

### Upcoming Events

Inservice Day, no school	Dec 2
Christmas Spirit Week	Dec 16-20
Christmas Concert, 1:15pm and 6 pm	Dec 19
Christmas Break	Dec 23-Jan 3
Inservice Day, no school	Feb 7
Family Day, no school	Feb 17
Spring Break	Mar 16-20



### Principal's message

Dear Parents and Guardians,

If you have not had the chance to tour our hallways lately, I would recommend it. Many of the classrooms have displayed some amazing artwork. Thank you to the teachers, Ms. Eustache and our students for creating these eye catching pieces of work!

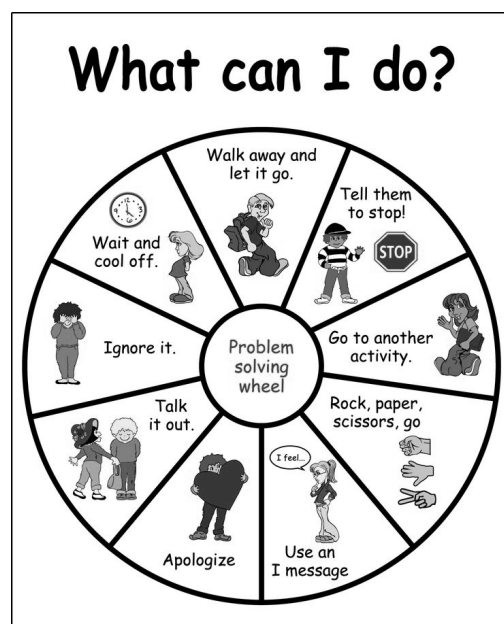
Thank you to the parents and community members for making our last book fair a great success. With the proceeds from the fundraising, we will be able to add some great resources to our library!

As you may be aware, we are using the WITS program school wide. This program focuses on peaceful problem solving. Please review with your child about solving peer conflict on the playground and in the classroom respectfully. Several students are solving issues with hands on behaviour. Attached to the newsletter is a great resource that defines the difference between peer conflict and bullying.

In our newsletter this month, You will find out about our Christmas concert, importance of sleep, and reminders of dressing warm.

Our Christmas Concert, thanks to Mrs. Underhill, will be on December 19 starting at 1:15 and 6:00pm. Please note the doors will open at 1:05 and 5:50. Hope you can make it!

Sincerely,  
Mrs. Hawkins





## Sleep

Sleep is very important for all of us, especially for our children as they grow. According to About Kids Health Website, key points about sleep:

- Lack of sleep causes irritability, increased stress, forgetfulness, difficulties with learning and low motivation. Over time, it can contribute to anxiety and depression.
- Sleep time guidelines depend on a child's age. Every child is different, so take time to figure out what works best for your child. Recommended times: 5-10 years old – 10 to 12 hours and 6 to 13 years old – 9 to 10 hours
- See your doctor if you have concerns about your child's sleep patterns.

Sleep is a very important part of your child's mental and physical health because it allows your child's mind and body to rest and recover.

Children who consistently get a good night's sleep:

- are more creative
- can concentrate on tasks for longer
- have better problem-solving abilities
- are better able to make positive decisions
- are more able to learn and remember new things
- have more energy during the day
- can create and maintain good relations with others.



### Parent Engagement Session Barriere Secondary

#### **January 13th: Screenagers (1.5 hours Documentary)**

An award-winning film that probes into the vulnerable corners of family life and depicts messy struggles over social media, video games and academics. The film offers solutions on how we can help our kids navigate the digital world. (runtime about 67-minutes).

### **New Bell Schedule:**

Warning Bell, kids come into the school: **8:30am ~ NEW!**  
 Start of the day: 8:40am  
 Recess: 10:25am-10:40am  
 Lunch break: 12:20pm-1:15pm  
 Start of afternoon classes: 1:20pm  
 End of day: 2:40pm  
 Bus pick up: around 2:55pm

### Grade 6 Christmas Tree Fundraising

Christmas Trees will be available for purchase on Friday, Dec 6 after school in dirt parking lot across from the school. Price: \$20, First come, first served.

### **Gingerbread House Contest**

From Dec 1-24th, at the Coast Hotel in Kamloops, the gingerbread houses will be set out for viewing. Come view the gingerbread houses and vote. You will also receive a complimentary hot chocolate and house baked cookie from ROMEOs Kitchen.

### **Dress for the Weather**

Just a reminder that with temperatures and snow falling students need to be prepared to come to school dressed for the cold, and be ready to go out at recess and lunch break.

### **WEBSITE**

<https://barriere-elem.sd73.bc.ca/>

As you may already be aware of, we have an updated website. You will find lots of useful information on the website (i.e. dates, important events, newsletters, Parent Advisory Council information, Breakfast Program information).

Please check it out!

### **SD73 mobile app**

(Please be advised that this is not the Safe Arrival app!)

SD73, our staff and our schools are committed to communicating with parents in as many ways as possible. We want you to know what is happening in regards to the education of your children!

Our mobile app is our latest tool. Once downloaded to your Apple or Android smartphone or tablet, the app will allow you to choose to receive news about your school straight to your device, and allow us the opportunity to reach out to you when we have important news to share.

Key functions of our app includes:

- Receive notifications about alerts, incidents or critical events in your school
- Subscribe to receive updates from your school
- Download invites for specific events at your school, including ProD days, concerts, sport events, etc. to your personal calendar
- Stay in touch with school staff

For further information please check out the SD73 district site

<https://www.sd73.bc.ca/en/community-parents-and-students/mobile-app.aspx>

### **Safe Arrival : Toll free number 1-844-350-2647**

A reminder for parents new to BES and the Kamloops/Thompson school district, SD73 has moved to an automated safe arrival program. This means that parents must call into the system in the morning. Any student arriving after 8:40am will be considered late or absent, triggering the automated system to call home/cell for up to twenty minutes until a response is logged indicating the reason for the student's absence.

Please contact the school for more information or go to the link below

[www.go.schoolmessenger.ca](http://www.go.schoolmessenger.ca)

If you have an Android or Apple device, you can also download the SafeArrival

### **Early Arrival**

Our school doors are open at 8:30 am each day to welcome back our students for another day of learning.

On cold weather days, please be mindful of sending your child too early. Thank you for your consideration and support with early arrival.