



JAN. 12 - 16, 2026

HAWKS NEWS

Week at a Glance



Mon. Jan 12

- Rogers-Stadnyk's class FT to Chilliwack Cultural Centre

Tues. Jan 12

- Rogers-Stadnyk's class guest speaker

Wed. Jan 14

- Wonderful Wednesday!

Thurs. Jan 15

- Late French Immersion information visit for Grade 5 students

Fri. Jan 16

- Flannel/Toque spirit day
- K and K/1 classes - SPCA presentations



PRINCIPAL'S MESSAGE

Dear East Chilliwack Families,



Happy New Year and happy 2026!

We hope you and your family had a happy, healthy, and restful Winter Break! We were excited to see our little Hawks back at school this week.

We wrapped up our first week back with an assembly highlighting our SOAR school matrix and the value of being **organized**. Students listened to the story Squirrel's New Year's Resolution and explored what a resolution means. Together, we discussed how setting goals can help us grow and improve.

Parent Tip: When helping your child set a goal, keep it specific and achievable. For example, instead of "I want to read more," try "I will read for 10 minutes before bed each night." Small, clear goals build confidence and lead to success!

UpComing Dates

- Jan. 20 - Sas, Massey, and Macdonald's classes to CSOPA play
- Jan. 20 - PAC meeting at 7:00 pm
- Jan. 23 - Non-instructional Day - no school for students
- Jan. 26 - Sas's and MacDonald's classes at skating
- Jan. 30 - Super Reader assembly
- Feb. 13 - Non-instructional Day - no classes for students
- Feb. 16 - Family Day - no school

Dress for the weather!

Please make sure your child is coming to school prepared to be play outside.

Please ensure your child has inside shoes, as our playground is very muddy. We want to keep our learning spaces clean!

With the significant rainfall, your child should wear boots and a waterproof jacket.

We go outside most days, and we want the students to be dressed for the conditions. Sending your child with a change of clothes is helpful! With the recent rainfall, we have many deep puddles and flooded areas.



Tripleball

Hello Grade 5 Tripleball parents/guardians!



In the next while, the girl and boy teams will start to practice. Practices will be after the lunchtime eating period. When the coaches have more information about the game schedule, we will send out the permission slips. Games will start the week of January 26th and end the week of March 2nd with a tournament. The boys team will have games on Tuesdays and the girls team will have games on Wednesdays. As soon as we know dates and locations, we will send permission slips through Student Quick Pay.

We're looking forward to another great Tripleball season!

Mrs. Massey, Ms. Solheim and Ms. Lyon



From the Office:

If you have moved during the school year, please make sure to contact the office and update your address.

MyEd BC requires a copy of your driver's license with the updated address, and a copy of a residential utility bill addressed to one of the parents/guardians (Municipal utility statement, B.C. Hydro, Fortis BC Bill, Cable TV or Internet Provider).

Parent Workshops for 2026

Circle of Security

Dates: Wednesdays - January 6, 13, 20, 27, February 3, 10, 17, 24

6:00-8:00 pm at Chilliwack Community Services #100 - 46187 Yale Rd.

A research and relationship-based program that takes much of the guess work out of being a caregiver; improving confidence in recognizing your child's emotional, relational needs; and providing information to help interpret your child's behaviours. Child-minding provided

[Register here](#)

Emotional Adaptability

Dates: Wednesdays- February 25, March 4, 11

9:30-11:30 am at Neighborhood Learning Center - 46361 Yale Rd.

When we mix our emotions with the experience of others, with updated wisdom about our past stories, and upgraded skills, we become more comfortable and more confident with emotional complexity. In this workshop we explore and re-establish friendly relations with our kids and our big emotions: Joy, Fear, Sadness, Anger, Shame, and Curiosity. Child-minding provided.

[Register here](#)

Anger CPR

Dates: Wednesdays- January 21, 28, February 4

9:30-11:30 am at Neighborhood Learning Center - 46361 Yale Rd.

Gain awareness of the emotional roots to anger, the difference between anger and aggression, and the steps that take us from frustrated to furious or adaptation. Discover useable ideas about taming tantrums and minimizing meltdowns, yours, and your child's. Child-minding provided.

[Register here](#)

Please see the attached flyer for more information. Space is limited, so register early if you are interested!

