



JAN. 19 - 23, 2026

# HAWKS NEWS

## Week at a Glance



Mon. Jan 19

- **Marvelous Monday!**

Tues. Jan 20

- Rogers-Stadnyk's class guest speaker
- Sas, Massey, Macdonald CSOPA FT
- 6-7 pm - Gr. 5 parent meeting for year-end fundraising
- 7 pm - PAC meeting

Wed. Jan 21

- **Wonderful Wednesday!**

Thurs. Jan 22

- **Salish weaving workshop - Macdonald**

Fri. Jan 23

- **Non-instructional day - no school for students**



### PRINCIPAL'S MESSAGE

Dear East Chilliwack Families,



*We are thrilled to see the sun back this week after all the rain! Our fields and some of the playground areas were flooded and are very muddy. Please consider having a change of clothes in your child's backpack, as our students often get muddy and wet during outside playtimes.*

*One of our school goals this year is focused on writing. We want to increase our students' engagement in writing and improve the quality of our students' writing.*

### **How you can support your little Hawk at home:**

- Create a "Writer's Space" with special paper, pencils, pens, and colouring tools.
- Have your child write lists or facts: what they see on a walk, what they do after school, items to buy for dinner, or what to pack for a trip, etc.
- Write a story together! Make writing fun!



# UpComing Dates

- Jan. 26 - Sas's and MacDonald's classes at skating
- Jan. 28 - Grade 3 and Grade ½ classes skating FT
- Jan. 30 - Super Reader assembly at 12:50 pm
- Feb. 10 - Ready, Set, Explore (see attached flyer) 9:00 am
- Feb. 12 - Valentine's/Friendship Day / PAC Bake Walk - wear red, white, pink
- 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. With the recent rainfall, we have lots of muddy areas and deep puddles.**



# 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 2<sup>nd</sup> 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!

