

Tomsett Elementary

Tomsett is a school that C.A.R.E.S



Happy Lunar New Year - Year of the Tiger February 1, 2022

The Tiger is the third of all zodiac animals. People born in the Year of the Tiger are born leaders, who walk and talk assertively and inspire respect. They are courageous and energetic, love a challenge or competition, and are prepared to take risks.

Tigers are hungry for excitement and crave attention. They can also be rebellious, short-tempered and outspoken, preferring to give orders rather than take them, which often leads to conflict. Tiger people may appear calm, but there is often a hidden aggressiveness. Tigers can also be sensitive, humorous and capable of great generosity and love. There is never a dull moment with a Tiger!

Tiger Years: 1902, 1914, 1926, 1938, 1950, 1962, 1974, 1986, 1998, 2010, 2022

1

Groundhog Day

Tuesday, February 2

2

**Second Term
Conferences**

Wednesday, February 16
Thursday, February 17
1:45PM Dismissal

3

Pro-D Day

Friday, February 18



Richard Lee
School Board
Trustee



**Christel
Brautigam**
Assistant
Superintendent of
Schools



Mike Murray
Principal

Parent / Teacher Conferences - Wednesday February 16 and Thursday February 17

Teachers will be sending home sign-up sheets or will be sending you online invitations for virtual conferences. There will be no in-person conferences this term. **All teachers** will be having conferences during this time. **Students will be dismissed at 1:45pm.**



Pink Shirt Day - Wednesday February 23

We have wonderful students at Tomsett and bullying is not really an issue. However, the message is the same, nation-wide. Bullying will not be tolerated and together, we are strong. To show your support, we ask that if you have anything pink, please wear it on Wednesday, February 23th.



Exchanging Valentines

As we continue to live with the pandemic, we are asking that students not bring in any treats or goodies for Valentine's Day - not even prepackaged food items.

Students **are encouraged** to bring in Valentine's Day cards to share only with the children in their class.



Using the Word “Bullying” Correctly

At school, we sometimes get emails or phone calls where a parent will say “my child is being bullied”. Usually, when we look into the situation, one child has had an incident with another student - there may have been some pushing or shoving, or some hurt feelings. We do not consider these incidents bullying. These are arguments, disagreements, “dust-ups” or fights.

Bullying is the repeated, unwanted, and aggressive behaviour of one person over another, where there is a real or perceived power imbalance.

Bullying can be **physical, verbal, social, or cyber (online).**

As a school, we take ALL incidents that happen and that are brought to our attention seriously. Our students are often given the opportunity to make the necessary changes and solve the problem on their own, before we take further action. Where possible, we want to empower our students to be able to solve problems and make the right decisions regarding their behaviour.

If our students do not feel comfortable speaking to us about problems they are experiencing, we encourage them to phone the Kids Help Phone.





Preschool and Before and After School Care @ Tomsett

Our contractor continues to make good progress on our new preschool (to the east of the school) and on our Before and After School Care room (inside the school). The YMCA has been awarded the contract for both of these programs, which will operate independently of the school. Each is slated to open in early 2022. For more information and to submit an Expression of Interest, please click on the attached links below. Please note: submitting an Expression of Interest **does not** guarantee your child a spot in the program.

[Tomsett YMCA Kids Club](#) (before and after school program)

[Tomsett YMCA Child Care](#) (full day child care for children 30 months - 5 years)



PAC Toonie Tuesday's

Our PAC has continued to collect donations for our school **every Tuesday**. Their fundraiser started in October with the intention of having our students contribute **a toonie** every Tuesday until the end of May 2022. The idea was not only to raise funds to support our students' education, but also to make them part of the fundraising process. To date, our PAC has raised approximately \$1000.00

We encourage all of our students, if possible to participate.



Happy Family Day Monday, February 21st

This is a reminder that Family Day will take place on Monday, February 21st. It is a provincial holiday. We hope that you will take time to spend the day with family and enjoy this gift of time together.



February is Black History Month

This is a reminder that February is Black History Month in Canada and the US. We hope that you will take time to explore the vast contributions that black Canadians have made to our country and the struggles they have endured in the past. We have many books in our school library for students to learn more about Black History.



Thank You, Heatherbrae

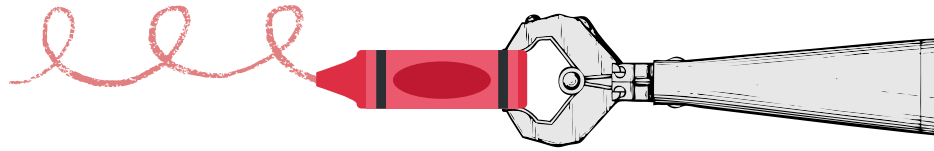
Over the last two years, our school has undergone a physical transformation thanks to Heatherbrae and their subcontractors. Our seismic upgrade and school addition are almost finished. Work continues to progress on the daycare facility, to the east of the main school. We would like to thank Keith McCurry and his team for their hard work for our students and staff.

Virtual Book Fair

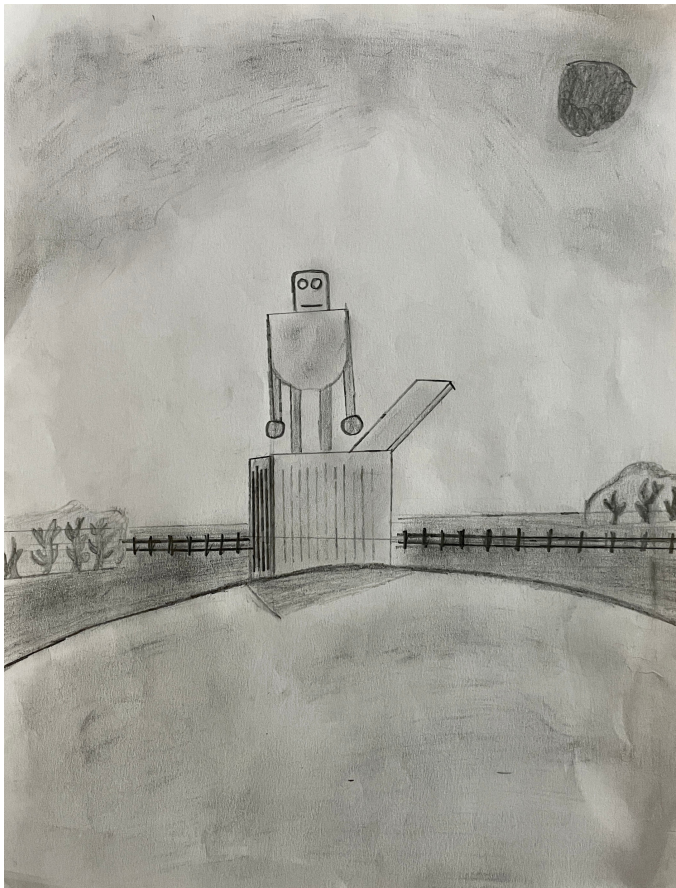
February 14 - 25



More information to follow.
Questions? Email: tomsett.library@sd38.bc.ca



WINNER OF TOMSETT'S READERS' CHOICE DRAWING CONTEST



**Congratulations
to Mauricio
from Division 2!**

**Thank you to
everyone who
entered!**

KIDS' BEDROOMS NO DEVICE ZONE DID YOU KNOW???

79%

79 % of teenagers and
75 % of parents have
their mobile devices in
their bedrooms

DEVICES IN TEEN



BEDROOMS

https://www.common-sense.org/sites/default/files/uploads/research/research_report.pdf

SLEEP DEPRIVATION 80%



<https://www.pbs.org/newshour/science/why-teens-are-sleeping-less-why-smartphones>

80 % of teens admit to using their
device in bed when they were
supposed to be sleeping and waking
up to respond to messages causing
further sleep disruption

9-11 PM BLUE LIGHT

When on a device between 9-11 pm,
the blue light emitted from the
screen causes a significant decrease
in melatonin, the body's hormone
that controls sleep-wake cycles



<https://www.mentally.com/news/teens-losing-sleep-why>

SLEEP RESEARCH 90%



<https://www.pbs.org/newshour/science/why-teens-are-sleeping-less-why-smartphones>

Over 90% of research studies
indicate that decreased and
interrupted sleep, due to increased
screen time, has negative effects
on academic performance as well as
physical and mental health

DIGI-KNOW 38

Meet Digiknow, our
SD38 tech mascot
who loves it when
students demonstrate
responsible use of
technology



Information to help SD38 students and
parents navigate their way through our
new digital world

Richmond Public Health

Vancouver
CoastalHealth

Children's Dental Program

Book your child's first dental check around their 1st birthday.

Free Oral Screening & Fluoride Treatment

- For children up to 5 years old who do not have a dentist

免費牙科普查計劃 & 氟化物處理

- 為 5 歲以下 不能去看牙醫的兒童設立

Referral for free dental treatment

- For children 3-12 years old who do not have dental insurance

轉介免費牙科治療

- 對於沒有牙科保險的 3-12 歲兒童



Scan or call 604.233.3104 for more info

