

Hamilton Elementary School - Newsletter

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Website: Hamilton.sd38.bc.ca

Principal: Mark McCallum

Vice-Principal: Karen Burroughs-Chan

We acknowledge and thank the First Peoples of the [hən̓q̓əmin̓əm̓](#) (hun-ki-meen-um) language group on whose traditional and unceded territories we teach, learn and live.

January 11th, 2024

- **Principal's Message**
- **Grade 7 Parent Reminders**
- **PAC Reminders**
- **Basketball at Hamilton**
- **Cold Weather Tips**

Brrrrrr...and Welcome Back! We have had a great start up to the new term. The students are adjusting well after being back in class and the learning is well underway. The biggest issue we are dealing with right now is this latest cold snap that is hitting the Lower Mainland. We were able to get the students outside today, but we are watching closely to ensure they are dressed for the weather. Please see the "Cold Weather Tips" below and ensure that you are sending your children to school prepared. One positive is that there is a great deal of learning taking place. What we call a "teachable moment." Tomorrow, as the temperatures and windchill are expected to get even more severe. We will consider whether we have inside time during recess and lunch.

Mr. McCallum & Ms. Burroughs-Chan

Parents of Grade 7 students, please be on the lookout for various information going home over the next week regarding course selection for next year. And please keep the evening of **Thursday, January 25th** open and marked on your calendar so you may attend the **McNair Open House Evening**.

PAC Reminders:

Please join us on Facebook - **Hamilton Elementary PAC (Parent Advisory Council)**
Stay up to date with reminders about events and what is happening at our school.

>>>Fun Lunch Fridays is back for Term 2<<<

Please visit: <https://munchalunch.com/schools/hamilton>

You can still order from Bundle 1. Deadline: January 12th @ 11:59pm (Please order ahead so your child does not miss out)

The first fun lunch is Friday, January 12th

*if you ordered pasta lunch, please remember to put utensils in your child's bag

*if you forgot to order pasta lunch (the deadline has passed), please make sure your child has a packed lunch on Friday

*if your child is away on Friday, please email: HamiltonFunLunch@gmail.com

To volunteer to help with lunch distribution: <https://volunteersignup.org/MAYMF>

>>>PAC Meeting: January 31st @ 6:30pm<<<

*Please meet in the school library.

*Child care is available.

Thank you for your support.

Our **Grade 6/7 Basketball** program is already up and running and we have had practices for both the girls and boys this week. Mr. Barker and Ms. Johnson will be coaching the boys' team and Mr. McCallum and Ms. Burroughs-Chan will be coaching the girls. While skill development and game play will of course be emphasized, we also take a great deal of pride in instilling teamwork, sportsmanship, and developing a strong sense of community on the teams.

Cold Weather Tips:

Layer up! Bitter cold and snow can cause frostbite. Dress your child in several layers, and **make sure their head, neck and hands are covered. Wear warm socks and appropriate footwear.** Dress babies and young children in one more layer than an adult would wear. Synthetic and wool fabrics provide better insulation. Some synthetic fabrics are designed to keep perspiration away from your body which keep you dry and further reduce your risk.

Play it safe. Even when roads are closed to traffic, it's not safe to play or sled in the street. Visibility may be limited due to snowbanks and ice on the roads makes braking difficult.

Beware of clothing hazards. Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.

Check in on warmth. Before kids head outside, tell them to come inside if they get wet or if they're cold. Then keep watching them and checking in. They may want to continue playing outside even if they are wet or cold.

Use sunscreen. Children and adults can still get sunburned in the winter. Sun can reflect off the snow, so apply sunscreen to exposed areas.

Prevent nosebleeds. If your child suffers from minor winter nosebleeds, use a cold-air humidifier in their room. Saline nose drops can help keep their nose moist.

Keep them hydrated. In drier winter air kids lose more water through their breath. Offer plenty of water and try giving them warm drinks and soup for extra appeal.

Watch for danger signs. Signs of frostbite are pale, grey, or blistered skin on the fingers, ears, nose, and toes. If you think your child has frostbite, bring the child indoors and put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness. If you think your child has hypothermia call 9-1-1 immediately.

Important Dates for 2023 -2024 School Year

***Dates in bold are changes to the school day or regular hours of 8:45 – 2:45**

PAC Boston Pizza Lunch	Friday, Jan. 12
PAC Sushi Lunch	Friday, Jan. 19
McNair Grade 7 Open House	Thursday, Jan. 25
PAC Chinese Lunch	Friday, Jan. 26
Professional Development Day	Monday, Jan. 29
PAC Burrito Lunch	Friday, Feb. 2
PAC Subway Lunch	Friday, Feb. 9
PAC Pizza Lunch	Wednesday, Feb. 14
PAC Pasta Lunch	Friday, Feb. 23
Professional Development Day	Friday, Feb. 16
Family Day Holiday	Monday, Feb. 19
Early (12:00) Dismissal for Conferences (Pink Day)	Wednesday, Feb. 28
PAC Chinese Lunch	Friday, Mar. 2
PAC Sushi Lunch	Friday, Mar. 8
Class/Group Photo Day	Tuesday, Mar. 12
Last school day before Spring Break	Thursday, Mar. 14
First school day after Spring Break/Easter	Tuesday, Apr. 2
Second Written Learning Update Online	Thursday, Apr. 25
Professional Development Day	Friday, May 17
Victoria Day Holiday	Monday, May 20
Sports Day – 1:30pm dismissal	Friday, June 7
Last day students attend	Thursday, June 27