

# CASSIE HALL ELEMENTARY SCHOOL

January 6, 2023

## Important Dates

January 9: DASH back in session  
January 27: PD Day (No school for students)  
January 27: Family Movie Night at CHES—6:00 p.m. start time

## Principal's Message



Ama Su K'oi : Happy New Year! To end the year, Cassie Hall's students showcased their talents in our Christmas Concert. We also had a special visitor from the North Pole come to visit us! To start the new year off, students are focusing on what it means to be respectful. The "R" in our student code of conduct stands for respect. Respect means letting people know that we care about them and that they are important. It also means that we follow the rules. Students caught being respectful, will have their names placed in our weekly Rock Star draw. Please contact me at the school or via email if you ever have a need. [annette.mcalpine@cmsd.bc.ca](mailto:annette.mcalpine@cmsd.bc.ca)



## Family Movie Night Presented by CHE's PAC

Mark your calendars! **January 27th at 6:00 p.m.** CHE's PAC is inviting you to attend our Movie Night. Please watch CHE's FB page for more information. **Please note: Students must be accompanied by an adult.**

## The Counsellor's Corner with Mrs. Groves



Happy New Year and welcome back! We hope your winter break was filled with all of the things that bring you peace and joy and that you are feeling refreshed in the new year. From this point until the end of the school year, each day will bring more and more daylight! The new year is often a time when we challenge ourselves to make a change. Here are some mental wellness tips to start your journey to better mental health:

**Tip #1:** Take time to do the things you enjoy, especially outdoors. Research shows that being in nature helps reduce stress. Breathe the fresh air (and maybe feel some sun)!

**Tip #2:** Get moving! Physical activity has many benefits to your mental health. Movement can help relieve stress, tension, and anger, boost overall mood, and reduce anxiety and depression.

**Tip #3:** Connect with others and create joy. Social connection is crucial to our mental health.

Laughing decreases pain and promotes muscle relaxation. The good feelings we get from being around others can boost our ability to bounce back from stress.

**Tip #4:** Take care of yourself. Drink water, eat a nutritious breakfast, get plenty of sleep, and take breaks from screen time. Think of how you may want to take better care of yourself, and set a goal for how you can incorporate new habits into your daily routine. Modeling these habits will encourage your children to do the same.

## Tsimshian Culture with Ms. Conway



For January, we will be working on hunting, trapping, snowshoeing & the use of the whole animal. The Tsimshian call January Ha'lisuwiliinsk (hunting month).

We are continuously reviewing words in Sm'algyax and numbers 1-30 depending on the age group. We will be discussing that winter is not a slack season; trapping and hunting kept families very busy over the winter months. For winter travel, they built some form of snowshoe with a wood frame and rawhide webbing. Having a respect for animals is very important and we will talk about not wasting any of the animal and only killing if the animal is to be used.

Also, I would like to invite any parents who may need some support in any area to feel free to reach out to me.

School attendance is very important at any age and I would be happy to try to figure out a plan to support students who may not be attending school on a regular basis.

We also have our free Breakfast Club every morning that opens at 8:30 a.m., and I love meeting new kids, so please encourage them to stop in.

## Ms. Shore's Grade 1/2 Class and Mrs. Jones-Gallant's Grade 3 Class



In December, Mrs. Jones-Gallant's and Ms. Shore's classes got their passports ready and travelled around the globe to learn about different holiday traditions and celebrations around the world! Did you know that Advent calendars and decorating gingerbread cookies originated in Germany? Or that the tradition of giving Christmas cards started in Great Britain?

The kids had a blast eating latkes for Hanukkah, making Christmas crackers, having a piñata party and decorating their own gingerbread cookies.

Both classes raised a total of \$186 for children in the Ukraine. Thank you to everyone who donated to this cause.



## Mrs. Jay's Class

Writing from Demetri:

I went to New Aiyansh to see my Gi Gi and my Ye Ye. I showed them how to play Hot Cross Buns on the recorder. I play the guitar.



## Fruit Kebabs are Back at CHE!

Fruit kebabs will be on sale each Thursday at lunch for the next three weeks (all of January). The cost will be \$2 each, and all the money raised will go towards helping in the people in Ukraine.