



Week-At-A-Glance for Families:  
JAN. 27-JAN. 31, 2025  
**Highlights For Next Week Include**

Monday-27	Pro- D Day- No School for Students
Tuesday-28	8:00-8:30 AM Band Practices Run Club/KM Club @ Recess Student Leadership @ Lunch for Grade 5-7 students Basketball Practice @ Garden City
Wednesday-29	Happy Lunar New Year Dragon Band Rehearsals at Lunch 6/7 Girls Basketball Game @ Garden City
Thursday-30	Run Club/KM Club @ Recess 6/7 Boys Basketball Game @ Garden City
Friday-31	Noisy Club @ Recess Egg Tart Sale (Grade 7 Fundraiser) after school



Thank you to our Parent Advisory Committee for all you do around our school to create wonderful memories and experiences for our students. This week, we had our first hot lunch day. Hot lunches happen because of parents/caregivers who organize, separate and deliver hot lunch to classrooms. This week, Division 10 and 11 went to the Gulf of Georgia Cannery for a field trip to extend their learning about Salmon. They used PAC funds to pay for the transportation to the Cannery.

**SCHOOL NEWS AND UPCOMING EVENTS**

**Grade 7 Grad Fundraiser-**

On Friday, January 31<sup>st</sup>, our grade 7 group will be selling egg tarts to celebrate the Lunar New Year. All proceeds will go towards Grade 7 year-end celebrations (e.g. field trip, luncheon and assembly decorations). Please see the attached flyer and ingredients list. Cost is a package of 4 egg tarts for \$8.



## **Conversations with Children About Racism and Racial Slurs**

Recently, across our school district and at DeBeck, we've seen an increase in the use of racial slurs and harmful language. It's crucial for all of us to proactively address this issue. When such language is used, it undermines the sense of safety and belonging for everyone in the community.

At school, we address these incidents through education (helping students understand the meaning and impact of their words), appropriate consequences, and open communication with families.

To support this effort, here is a guide for parents on how to address racial slurs, support your child, and foster an inclusive and respectful environment:

### Start a Conversation

Engage your child in an open discussion about the issue. Ask questions like:

- "What happened at school today?"
- "I heard about a racial slur being used—what do you know about it?"
- "How do you think that word might make someone feel?"

### Educate About Respect and Empathy

Help your child understand why racial slurs are harmful. Explain that these words can cause deep emotional pain and perpetuate harmful stereotypes. Encourage them to reflect on how they would feel if the slur were directed at them or someone they care about.

### Celebrate Diversity

Teach your child to value and respect diversity. Explain that every individual has the right to feel safe and respected, regardless of their background, skin color, or ethnicity. Encourage them to see differences as something to learn from and celebrate.

### Set Clear Expectations

Make it clear that using slurs or discriminatory language is unacceptable. Establish firm expectations about respectful language and behavior at home and elsewhere. Explain the consequences of using such language and ensure that these consequences are consistent.

## **DISTRICT NEWS**

Recently our district hosted a Parent/Caregiver workshop about cell phones facilitated by Hannah Beach. Here is the description of the session:



*Many of our kids are anxious and glued to their phones, seeking endless distraction and feeling isolated and disconnected. Aggressive outbursts have become*

*common and yet others seem to have stopped talking all together. As parents and caregivers, we are increasingly alarmed. We entice, cajole, bribe, encourage, shout, but nothing seems to work long term.*

Join Hannah for a warm and conversational workshop exploring practical strategies we can use to help our children and youth when it comes to managing devices. This conversation has never been more important as we look at how we can support our children and youth to grow, learn, develop, and reach their fullest potential.

A recording of the session can be found [here](#)

## **PAC CORNER**

### **PAC Executive Team**

Several members of our PAC Executive will be aging out of DeBeck in the next two years as their children move onto high school. In May, we will be looking to fill several of our Executive positions. If you are interested in taking on a role on our PAC or have questions, please email [debeckpac@gmail.com](mailto:debeckpac@gmail.com)

### **Hot Lunch is Back**

Hot Lunch will be back in the New Year! The PAC has teamed up with some amazing vendors to bring you a tasty lineup of delicious options you won't want to miss. Ordering is now OPEN. <https://www.munchalunch.com/schools/debeck/>

Lunch Date	Lunch Theme	Order By Date
Mon, Jan 20, 2025	Pizza Bonanza	Sun, Jan 12, 2025
Wed, Feb 05, 2025	Popcorn Craze	Wed, Jan 15, 2025
Mon, Feb 10, 2025	KFC Crispy Adventure	Sun, Feb 02, 2025
Mon, Feb 24, 2025	Pizza Bonanza	Sun, Feb 16, 2025
Wed, Mar 05, 2025	Popcorn Craze	Wed, Feb 12, 2025
Mon, Mar 10, 2025	KFC Crispy Adventure	Sun, Feb 23, 2025

## **UPCOMING EVENTS**

Upcoming events are available on our website. [Click here to access.](#)

### **FEBRUARY**

Black History Month

- 3 Basketball Practice @ Lee
- 4 Boys Basketball Game @ Garden City
- 5 Snack Day- Popcorn Craze
- 6 Boys Basketball Game @ Currie (Parent Drivers required)
- 10 Hot Lunch- KFC Crispy Adventure
- 10 Girls Basketball Game @ Thompson
- 10 Boys Basketball Game @ Currie (Parent Drivers required)
- 11 Basketball Practice @ Garden City
- 14 Pro D Day- No School for Students
- 17 Family Day Weekend- No School
- 18 Girls Basketball Game @ Currie (Parent Drivers required)

- 19 Girls Basketball Game @ Spul'u'kwuks
- 19 Boys Basketball Game @ Lee
- 20 Boys Basketball Game @ Spul'u'kwuks
- 24 Hot Lunch- Pizza Bonanza
- 25 Lockdown Drill
- 26 Pink Shirt Day
- 26 Early Dismissal for Conferences (1:45 PM)
- 27 Early Dismissal for Conferences (1:45 PM)

## **MARCH**

- 3 Basketball Practice @ Lee
- 11 Basketball Practice @ Garden City

### **Around our School**



This term, Mr. Hocking's Class is learning about coding in the library with Ms. Kassan. The tools in These photos, like We Do Lego, Cubelet Robots and Dash-bots, teach important problem-solving skills – like collaboration, engineering, design, and computational thinking.