



ALEXIS CREEK SCHOOL

March newsletter



Dear Families,

Happy March! February meant we were officially in the heart of winter, and our students did a great job battling the cold. As we begin to transition into spring we are looking forward to fun activities, and maybe even some sunshine, ahead!

IMPORTANT DATES & UPCOMING EVENTS:

MARCH IS IRISH HERITAGE MONTH



March 5 - Tea Blending Workshop

1:30 - 2:25pm at Alexis Creek School. Join Dancing Waters to learn about the flavours and benefits of traditional Indigenous tea, and even blend some of your own!



March 8 - International Women's Day



March 9 - Elementary School Report cards sent home



March 10 - Find your Fit Career Fair & Primary Swim

11:00 - 11:45am. in William's Lake. Intermediate students explore a variety of careers in B.C. through fun, hands-on activities designed to uncover student strengths and spark curiosities. Meanwhile, primary students enjoy a swim at Memorial Pool. Permission slips will be sent to parents and caregivers.



March 14 - Commonwealth Day

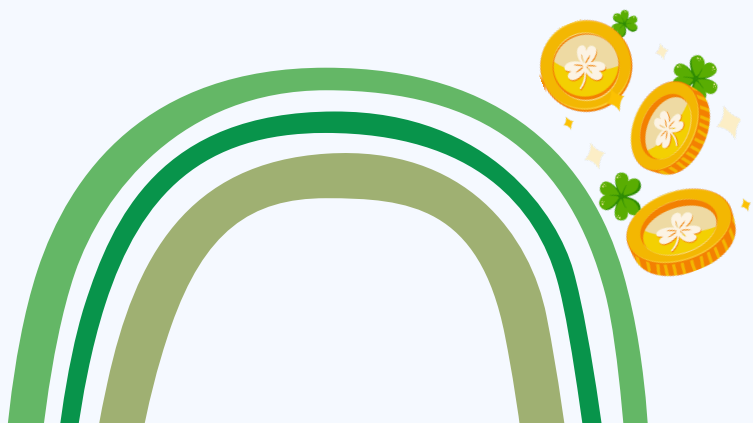


March 15 to 29 - Spring Break

School is closed. First day back March 30.



March 31 - National Indigenous Languages Day & International Transgender Day of Visibility



Pictured above: Thaxton (Kindergarten) ¹ enjoying a SWEET game of Pie Face.



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IN OTHER NEWS

- ✿ Alexis Creek School has welcomed their newest staff member. Take a moment to pop into the office and say hello to Brianna (Bri). She will be taking over as secretary and librarian!
- ✿ For those interested in enrolling their children for Kindergarten and/or School of Choice for Fall 2026, registration can be completed at Alexis Creek School. Just ask at the office for a registration package, or to use a laptop to register.
- ✿ Student Learning Surveys will be administered to students (Grades 4, 7, 10-12) and their parents/guardians/caregivers. We encourage everyone to participate in this survey, as the results are important in identifying and celebrating current strengths, as well as determining where the school needs to focus improvement. Survey will be open until May 1st and can be completed online at: <https://www2.gov.bc.ca/gov/content/education-training/k-12/support/student-learning-survey>.
- ✿ Attached are services provided by BC Children's Hospital. Therapy and resources are available for children and caregivers who play a caring role for a sibling with chronic health conditions or disabilities.



STAFF SPOTLIGHT



In honour of National Indigenous Languages Day, we at Alexis Creek School would like to re-introduce and acknowledge our wonderful Indigenous Language and Culture teacher Annette Frank.

Born in Tl'etinqox (Anaham) Annette has worked with School District 27 since 2014. She continues to be an irreplaceable member of the Alexis Creek School Team, and a valuable keeper of traditional Chilcotin language and culture. Having grown up speaking Chilcotin in the home, Annette prides herself on teaching her students through the songs and cultural games that she herself learned as a child.

Rooted in advocacy and strength, Annette says the highlight of her day is to work with students in teaching not only Chilcotin language and values, but honour, self-empowerment, and pride within themselves. When asked her favourite Chilcotin phrase or saying, Annette beamed with pride and said "**deni nilin**" [*de-nee nee-leen*] or "to be a person". Thank you, Annette, for all you do!



**FREE, ONLINE
MONTHLY
SESSIONS**

THERAPEUTIC RESOURCES FOR SIBLINGS

**PEER SUPPORT GROUPS FOR CHILDREN (AGES 8-11)
WHO PLAY A CARING ROLE FOR A SIBLING WITH
CHRONIC HEALTH CONDITIONS AND/OR
DISABILITIES**

AVAILABLE TO BC, YUKON & ALBERTA

**PLEASE SCAN THE QR CODE FOR
INFORMATION VIDEO ON PEER GROUPS:**



**PLEASE SCAN THE QR CODE TO SIGN UP
FOR UPCOMING PEER GROUPS:**



This program was made possible by the Canadian Centre for Caregiving Excellence, a program of the Azrieli Foundation, and Petro-Canada CareMakers Foundation



Sibling support resources for caregivers



ARTICLES

See online links to English articles that provide parent/guardians useful information to support siblings.



SCHEDULE CHECK-IN TIMES

Try to set time aside where you and your child can touch base. This will offer your child a chance to ask questions as well as demonstrate that their needs are still important, despite their sibling's health challenges.



GO EASY ON YOURSELF

Go easy on yourself and your child. Members of the same family can have very different reactions and need time to adjust to the changes. Seek support from your loved ones and healthcare team to help you navigate this experience.

SUPPORT EMOTIONAL EXPRESSION AND QUESTIONS

Help siblings name their feelings, such as being sad, scared, angry, jealous, or guilty. Share your own feelings and be a good listener even if what they have to say is hard to hear. Encourage siblings to share their feelings and ask questions.



COMMUNICATE

Serious illness or injury can be confusing and scary for a sibling. Children have active imaginations and they can get the wrong idea about what is happening. Ask questions to figure out what your child knows and give information in clear, age-appropriate ways.



HELP SIBLING'S FEEL INVOLVED

Allow them to be a part of their sibling's care. Plan visits to the hospital and introduce them to the healthcare team. If visiting is not possible, find ways to help them keep in touch with their sibling.

