

Dear Glenwood Families,

January is flying by, and we will be ending the month celebrating literacy. We have various literacy-based activities planned. Of particular interest is the dress as your favourite character day. This is a fun day designed to give students and staff a chance to speak about their favourite character in a story. It can be as simple as a hat or scarf and bringing the book. It is not meant to be another Halloween costume. Ideally, we will be able to speak about why we love the story and the character. On other days we have guest readers, presentations by our students and wearable literacy day.

## Literacy Week 2026

### Monday, Jan. 26 – House Team Reading

Students will kick off the week by reading together in their house teams. This is a great way to build community and share favourite stories across grade levels.

### Tuesday, Jan. 27 – Character Dress-Up Day

Students are invited to dress up as their **favourite character** from a book or story. Costumes can be simple, home-made, or creative — no need to purchase anything. It would be wonderful if you are able to front load your children to be able to tell classmates and teachers why they chose the character they did.

In the afternoon, the whole school will join in a fun round of **Literacy Bingo**, with activities and challenges connected to reading and writing.

### Wednesday, Jan. 28 – Guest Reader Day

Various guest readers will be visiting classrooms to share stories. This is always a highlight for students and a wonderful way to expose them to diverse books and voices.

### Thursday, Jan. 29 – Dramatic Readings

Division 1 students will be performing dramatic readings for the other classes. We're excited to showcase their expression, confidence, and storytelling skills.

### Friday, Jan. 30 – Wearable Literacy Day and Closing Assembly

Students are encouraged to wear **school-appropriate words** on their clothing — this could be a favourite word, a pun, a slogan, or a homemade creation. Let's fill the school with words! Our celebration of Literacy Assembly will take place at 2:15 pm.

## February Kindness month:

We will be participating in the Keilty Foundation Kindness Month starting February 2<sup>nd</sup>. More information will come home next week but please mark **Thursday, February 5** on your calendar. We will be holding our parent session that evening at 7 pm.

## Supporting Positive Mental Health:

At school we have regular conversations about ways to look after ourselves. Below is some information from Fraser Health on ways to support your child's mental health.

Positive mental health allows us to enjoy our lives and can help children and youth weather the normal ups and downs of life. It plays a critical role in the healthy development of children and youth, supporting their ability to build healthy relationships and succeed in school.

### How can parents support positive mental health?

Parents can foster positive mental health through strong and caring relationships with their children.

- Self-care – focus on doing something for yourself, even if just for a few minutes.
- Build routines – consistent schedules, such as meal, sleep and play times help children feel safe.
- Connect – talk and listen to their feelings and experiences.
- Be active together – take a walk and build physical activity into family time.
- Take notice – encourage and praise the positive behaviours and choices your children make.
- Keep learning – encourage your child to learn from both positive and negative experiences.
- Be present, not perfect – give your time, your encouragement and your presence.

Get more information about positive mental health for children and youth [here](#).

Sometimes parents aren't sure how to talk about mental health. Learn more about [tips for how to talk to your child or teen about mental health](#).

Family transitions like separation and divorce can be tough and can impact mental health. To learn more and access practical resources visit [FamiliesChange.ca](#).

Need help? Find out services, programs and resources for your child and/or youth on Fraser Health's [Child and youth mental health](#) page.

Remember, you can get fast and reliable health advice from registered nurses with emergency experience who have access to your child's personal health record. Contact them via phone at 1-800-314-0999 or web chat. Learn more at [Fraserhealth.ca/VirtualCare](#).

**Parking Lot:**

A reminder the parking lot is for staff parking. Increasingly there are situations where staff are arriving late because they are unable to park in the parking lot. As well there are several vehicles that are double parking. This is unsafe for students and staff. Please do not come into the parking lot to pick up and drop off. The surrounding streets have places where you can park. It is very healthy for children to walk and the little bit of walk to the car is not harmful to them.

**Lost and Found:**

Our lost and found is once again full. If your child is missing a hoodie, coat, or other items please check the lost and found bin near the front door.

**Before and After school:**

A reminder that there is no supervision outside before school. Students should be arriving a few minutes before the bell. There have been several students arriving before 8:40 am and in many cases they are not staying on the school grounds. I have spoken to a number of children about being up in the park behind the school. It is important to know that there is no adult supervision outside.

**Interruptions during the school day:**

We would appreciate knowing ahead of time if you need to pick up your child during the school day. We understand there are times when appointments or other events need to happen during school hours. It is very helpful if you let the office or your child's teacher know if you need to pick up your child during the day. Also, if you are dropping off lunch it needs to be left at the office. Parents arriving at classroom doors is disruptive to student learning. If we know ahead of time, we can make sure your child is ready to go and at the office.

**Important upcoming dates:**

Jan 26 - 30 Literacy week

Jan 29 Div 1-3 Skating Field trip

Feb 2 Kindness Month begins

Feb 5 Parent Night 7 pm

Feb 12 Div 1-3 Skating Field trip

Feb 16 Family Day (No school)

Feb 26 PAC Movie Night

Feb 27 Professional Day (No school for students)