

Belgo

Weekly eNews

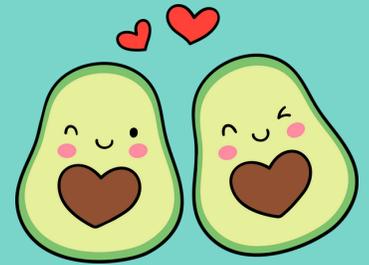


Syilx Word of the Week

I love you

k^w inxmínk (kwingk-kamik)

Je t'aime



Staying on School Property

We've been reminding students that once they arrive at school in the morning, they are expected to remain on school property for the entire school day. This includes avoiding leaving campus to wait for friends, visit nearby homes, or meet up and return later. These reminders help us ensure student safety and allow us to account for all students throughout the day.

Thank you for your support in reinforcing this message at home!

Weekly Snapshot

Lundi, le 16 février: Family Day (no school)

Mardi, le 17 février:

Mercredi, le 18 février:

Jeudi, le 19 février: PAC meeting at 6:30 pm in the library

Vendredi, le 20 février: Wear your Belgo shirt or wear blue and yellow

Belgo Learning Priorities

- Students will deepen their numeracy skills by sharing their thinking and engaging in real-world, task-based problem solving, using a variety of strategies. (Year 2)
- To improve reading for all learners while fostering the joy of reading. (Year 5)

Harmony 365

February is a month of inclusion - Black History Month, National Inclusive Education Month, Human Rights Month, and Pink Shirt Day. The goal is to cultivate harmony all day, every day - Harmony 365.



Event Calendar

- February 25:** Pink Shirt Day
- March 6:** PAC Movie Night
- March 11:** Second Written Learning Updates go home
- March 16-27:** Spring Vacation (schools closed)
- April 3:** Good Friday (no school)
- April 6:** Easter Monday (no school)
- May 18:** Victoria Day (no school)



The following letter was sent out to families from the school district, on Wednesday via email:

Dear Families,

Yesterday's tragic and deeply traumatic events in Tumbler Ridge are understandably upsetting for adults and children alike. It is often hard to know how to reassure our children when we ourselves are striving to process and make sense of this violent incident and all those impacted by this tragedy.

Children may experience a wide range of emotions in response to what they hear or see, and they will look to the adults in their lives to help them feel safe and understand the world around them. Over the coming days or weeks, we encourage families to remain attentive to any changes in their child's behaviours that may indicate a need for additional support.

We are sharing below some strategies and resources to help guide conversations with children, with the understanding that responses will vary depending on age, development, and connection to this tragedy.

Limit exposure to news stories on traditional and social media channels

Consider how you access news and how that may impact children nearby. Young children may not know how to make sense of the news they are seeing and can quickly become overwhelmed. Encourage older children to rely on reputable news sources, and where possible limit their consumption and exposure to upsetting coverage.

It is important to have conversations, and model with your own behaviours, the additional traumatic impact for victims and families when upsetting images are re-circulated. We respectfully suggest that individuals do not watch, repost or share videos of the tragedy.

Acknowledge feelings

Our children and youth will look to us for cues on how to process this upsetting information. Acknowledging our own feelings gives children a model for how to express and process their strong emotions. It is normal to experience a range of emotions in response to such unsettling news.

Listen more than you speak

Listen to your child's concerns before offering any explanations. Give them an opportunity to voice their fears and ask age-appropriate open-ended questions. These conversations will help you understand if your child is coming from a place of curiosity, concern or fear, and will help you gain a sense of what your child may need from adults to feel safe and supported.

Provide facts

Tell the truth but do it gently. Give your child facts as long as they are consistent with their stage of development - keep conversations age-appropriate. Children need to know their concerns and questions are being taken seriously by the adults around them and that they can trust their adults to be truthful to them. If you don't know the answer to a question, don't be afraid to say so.

Importance of routine

Maintaining daily routines can provide a sense of stability and security for children and adults. It can also be

Encourage empathy and compassion

Remind your child there may be others in their daily lives who may be impacted by this tragedy. Talk with your child about how we need to treat others with extra compassion and empathy during times like these. Tragedies and times of sadness and grief can serve as meaningful moments to teach compassion, which can help children feel empowered as they find additional ways to be kind and caring.

As school district staff, we recognize that our students may require additional support. We will continue to prioritize the mental health and well-being of our students. Be mindful of any changes in your child's typical behaviours. If you feel your child needs additional support, please reach out to your school and/or access the community supports identified in the following resources.

Resources

- [NCTSN Parent Guidelines for Helping Youth after the Recent Shooting \(no download required\)](#)
- [MECC - SST BC Mental Health Resource List \(no download required\)](#)
- [Canadian Mental Health Association](#)
- [ERASE](#)
- [Healthlinkbc: Helping Children with Grief](#)
- [Kelty Mental Health](#)
- [Learning through Loss](#)
- [Foundry Virtual BC - Foundry BC App](#)



PAC FUNDRAISER NIGHT AT MONTANA'S

Eat. Enjoy. Support Our PAC!

Tuesday, February 24th

5:00 p.m. until close

15% of all bills during the fundraiser time will be donated directly to the **PAC**.

Come out with your family and friends and enjoy a great meal while supporting a good cause!

February 6, 2026

Belgo Elementary PAC

Welcome Back!

We no longer transfer hot lunches between students, other than sibling. If your child is sick or away, you can ask to have their food passed on to a sibling, or picked it up yourself by contacting the school before 11 am or contacting Sophie Miranda or Krystal Brown.

Hot Lunch is run completely by volunteers. We are always looking for volunteers to help us: sort, label, and deliver orders. please sign up if you're able, using the link below:
(<https://signup.com/go/rSwjbcn>)

This Week:

Pizzas Tuesdays and Friday Hot Lunch ordering available on **Munchalunch!!!!**

Deadline for orders is 8 days prior to delivery date.

Important Dates:

February 19th:

PAC meeting at 6:30 pm
In the Library.

Everyone is welcome.
Child care provided in the gym.

We are looking for volunteers to assist with May's annual funfair events.

February 24th

Montana's Community Night.

Montana's will donate 15% for their dine-in sales from 5pm to close.

Wanna avoid making dinner and support PAC? Enjoy a nice dinner out with your family at Montana's that night!