



# Connaught Heights Elementary



## Weekly Newsletter – February 13, 2026

### Important Dates

Feb. 16	Family Day Holiday (School Closed)
Feb. 17	Pro-D Day (School Closed for Students)
Feb. 19	DPAC Meeting – Queen Elizabeth Elementary
Feb. 20	Rocks n’ Rings Curling Workshop
Feb. 24	Woomi Sushi Fun Lunch
Feb. 25	Pink Shirt Day
Feb. 27	PAC Movie Night

### Attendance

If your child will be absent or late, please let the office know. You can report an absence the following ways:

[Use the Report an Absence form](#)

**Phone:** 604-517-6010 (voicemail available 24/7)

**Email:** [connaughtheights@sd40.bc.ca](mailto:connaughtheights@sd40.bc.ca)

Please remember that the morning bell rings at 8:50am and your child’s attendance is taken at that time. If your child is late for school, they MUST check in with the office before they go to class.

### Principal’s Message:

Dear Connaught families,

I want to take a moment to acknowledge the recent tragedy in Tumbler Ridge. Our thoughts are with the individuals, families, and community members who are experiencing loss and heartbreak during this difficult time. Events like this can feel especially impactful in close-knit communities, and children may hear or sense that something serious has happened.

At school, we remain committed to providing a safe, caring, and supportive environment. Please know that staff, including our school counsellor, will listen to, offer reassurance, and support students who may have questions or feelings they would like to share. We encourage families to check in with their children, invite questions, and keep conversations simple, honest, and age-appropriate. Maintaining familiar routines can also help children feel safe and secure.

You may also refer to the District communication sent to families on February 11, 2026 for further [information and suggested resources](#) to help support. In difficult and emotional times like these, the strength of our community is found in compassion, connection, and care for one another.

Sincerely, Mr. Elves



## PAC News

Thank you to everyone that joined this week's PAC meeting. The minutes will be shared next week.

### **Read-A-Thon: ENDS AT MIDNIGHT TONIGHT**

Thank you to everyone that participated in our first Read-A-Thon! It has been a great success thus far and we still have a few hours left to go! So far we have **13,788** minutes read and **62** readers. You have until midnight to enter your minutes and make donations. The draws for the \$20 Kinder Books gift cards (1 per Division for those that logged minutes read) will take place at the Movie Night on Friday, February 27<sup>th</sup>. Winners will also be announced the following week at school.

### **Fun Lunch**

The next Fun Lunch is Woomi Sushi on Tuesday, February 24<sup>th</sup>.

School Cash Online will open February 16<sup>th</sup> - 25<sup>th</sup> for Papa John's Fun Lunch on March 12<sup>th</sup>. Wagon Wheels will be added to the Papa John's Fun Lunch!

Also, we have been short-handed with volunteers to pick-up and distribute fun lunches and really need some help to keep them going! Please reach out to Fusami at [chpacsec@gmail.com](mailto:chpacsec@gmail.com) if you can help.

### **Spirit Wear Pickup**

We hope to have the t-shirts and hoodies ready to pick-up Friday, February 20<sup>th</sup> and/or Monday, February 23<sup>rd</sup>. We will share details as soon as it is confirmed.

### **Stay Connected**

Follow us on Instagram: @connaughtheightspac  
Join the [PAC WhatsApp Group](#) for general updates and reminders.

Join the [PAC Volunteer WhatsApp Community](#) to get involved with events and fundraising.

Email us at [chpacchair@gmail.com](mailto:chpacchair@gmail.com) or [chpacvchair@gmail.com](mailto:chpacvchair@gmail.com)

## PAC Movie Night

**Friday, February 27<sup>th</sup>**

Wear your PJ's and bring blankets and pillows and join us for a fun and cozy evening as we watch the movie "Paddington" together. Entry to the event will be by donation, and we appreciate your support.

- Doors will open at 5:30 pm and the movie will begin at 6:00 pm.
- Concession will be **cash only** and will offer beverages, Kernels Popcorn and other snacks.
- This is a family event. **Please do not drop off your child and leave.** Parents and guardians must remain with their children at all times, even if an older sibling is attending.
- Please do not bring picnic or camping chairs.
- School Cash Online is open February 11<sup>th</sup> - 19<sup>th</sup> for pre-ordering Papa John's pizza.  
**We strongly encourage families to pre-order pizza**, as there will be little, if any, pizza available for purchase on the night of the movie.



## Student Learning Surveys



### Student Learning Survey >>>

Students in Grade 4 in BC (along with Grades 7, 10, 11 and 12) will be participating in the Ministry's Student Learning Survey over the coming weeks. Parents and families also have the opportunity to participate in the survey to provide their perspectives.

**Click on the image above to access the parent survey**, and simply select District 40, the school name and the language preference (if available).

## School District News

**Before Your Bedtime** - New Westminster Schools is inviting parents and guardians of children born in 2021 to a three-part "Before Your Bedtime" information series. The short evening sessions, held ahead of Kindergarten entry in September 2026, will feature district staff and guest speakers who will share expertise and practical tips to help families prepare for Kindergarten. See the [flyer](#) for more information.

Topics and dates:

- **Feb 9, 2026:** Social-Emotional Learning: Sleep, Nutrition, Everyday Anxiety and Physical Literacy.
- **March 9, 2026:** Foundations of learning: Play, Early Learning Framework and the First Peoples Principles of Learning.
- **April 9, 2026:** Literacy and Numeracy -Play based practical tools and strategies.

### Microsoft Teams meeting

Join:<https://teams.microsoft.com/meet/26668515860025?p=rOM3nwjpbzFV5PzAxx>

Meeting ID: 266 685 158 600 25

Passcode: AH9uw9fN

## Community News

### Free Virtual Workshop: *Navigating Big Emotions: Kind Minds for Parents and Caregivers*

Did you miss the *Navigating Big Emotions: Kind Minds for Parents and Caregivers* workshop during Kind Mind Month, or would you like to join a second time? The Kelty Foundation is excited to offer four additional virtual workshop dates:

- **Who:** All caregivers and educators who participated in **Kind Mind Month** during the 2025-26 school year.
- **What:** The same engaging workshop offered during Kind Mind Month in a virtual format led by Sheldon Franken.
- **Register Here:** <https://www.zeffy.com/en-CA/ticketing/navigating-big-emotions-kind-minds-for-parents-and-caregivers-workshop>
- **Questions?** The team at **The Kelty Foundation** is here to help! Please email [contact@thekeltyfoundation.org](mailto:contact@thekeltyfoundation.org)

**NAVIGATING BIG EMOTIONS**  
Kind Minds for Parents and Caregivers Workshop

**Workshop Description**  
This 1-hour interactive session explores how anxiety and big emotions impact the brain, body, and behaviours. Participants will gain practical tools for supporting both child and parent well-being, using the Dialectical Behaviour Therapy (DBT) ACCEPTS Model—a set of six coping skills: Activities, Contributing, Comparisons, Emotions, Pushing Away, Thoughts, and Sensations. Designed for both parents and teachers, this workshop provides actionable strategies to navigate anxiety and emotional challenges effectively. Followed by a Q&A.

**Your Workshop Host**  
Sheldon Franken is a school counsellor and the owner/facilitator of Soshemo. Specializing in social-emotional learning (SEL) and mental health education, Sheldon creates engaging, hands-on learning experiences that foster resilience, personal growth, and emotional well-being. His dynamic workshops incorporate experiential activities and play-based strategies, leaving participants with meaningful, immediately applicable tools for classrooms, workplaces, and everyday life.

**kind mind soshemo**