



Armstrong Elementary School

Respect Self, Others, Property and Learning

April 2, 2026

Principal's Message

Welcome to April and Term 3 at AES. It always seems like the third term of the school year starts to fly by as the weather improves and many spring activities take place. There is a lot of learning left in the year and attendance continues to be hugely important. There are also many different learning opportunities planned: field trips, swimming, gardening, cross country running and many more. Make sure to check the calendar on the school website (aes.sd83.bc.ca) for ongoing information.

Sincerely,

Megan Weir

Our school goals:

Writing: We continue to work really hard on developing writing stamina- which is the ability to persevere and write longer selections of work. A fun way to give children opportunities at home to explain their thinking more is to play a simple game called "**Because, Because...**"

Start by noticing when your child makes a statement (or by giving your child a simple statement), such as:

- "I like school."
- "I want a pet."
- "Summer is better than winter."

Ask your child to complete the sentence by adding **one reason** using the word *because*. For example:

"I like school **because** I get to see my friends."

Then say "**Because...?**" again, prompting them to explain or expand further:

"Because we play games like one up one down."

You can repeat "Because...?" a few times, encouraging your child to keep adding ideas or details. The goal isn't to be perfect—it's to practice stretching one idea into multiple connected thoughts.

This activity helps children learn to explain their thinking, connect ideas, and elaborate on a topic—all key skills for writing longer, higher-quality pieces. Best of all, it can happen anywhere: during a walk, at the dinner table, or in the car.

Numeracy: Fact fluency continues to be really important and games are a great way to practice. **“Steal the Total”** can be a fun game for the family and all you need is a deck of cards (remove face cards for younger players).

Setup

- Place the deck face down in the centre.
- Decide the operation for the round (addition is best to start).
- Everyone starts with **0 points**.

How to Play

1. On a turn, the player draws **2 cards** and places them face up.
2. The player must **state the answer** based on the operation:
 - Addition: “ $7 + 8 = 15$ ”
 - Multiplication (older players): “ $7 \times 8 = 56$ ”
3. **If the answer is correct**, the player has a choice:
 - **Bank It:** Keep the points (add to your total), OR
 - **Steal:** Attempt to steal points from another player by **correctly solving a new math fact using ONE of the same numbers**.

Example: Player draws **6 and 9**. Says: “ $6 + 9 = 15$ ” and chooses to **steal**; Targets another player and says: “ $9 \times 2 = 18$ ”. Steals **18 points** from that player and adds them to their own score

Winning: Play until the deck runs out or the time is finished. Player with the **most points** wins.

Looking ahead to next year

It seems hard to believe but it is already time to start thinking about next year. Once again, it looks like AES will be quite full! If you know that you are moving, or your child(ren) won't be attending AES next year, please let us know as soon as possible. Likewise, if you or anyone that you know, has a Kindergarten student or a student moving into our catchment area, please come in to register as soon as possible. We are starting to think about classes and how we will be arranging everything for next year and the more information we have, the better. If there are specific educational reasons that you would like us to take into consideration when placing your child, please fill out [the attached Microsoft form link](#) (open until the end of May). Placing students in classrooms is a very complicated process and we will begin this in May.

Swimming lessons and pool time

We have confirmed sets of swimming lessons (four days of one hour lessons) for all of our grade 3 students. These will be happening in the 3rd week of May and at the beginning of June. Grade 3 students will be grouped together to go to the pool with one teacher, while the grade 2 or 4 students in the class will stay behind with the other. Our PAC is generously sponsoring the cost of the lessons. Please watch more information coming to parents/guardians of grade 3 students. There will also be the regular class swim sessions, but these are still yet to be scheduled.

Grade 5 Variety Show

AES Grade 5s were able to showcase a variety of talents in March! Congratulations to the performers for their courage and willingness to perform in front of such a large audience! This was definitely a reminder that AES students can be brave and do hard things! Thanks also to the staff who worked behind the scenes to support this show- Mrs. Normandeau, Mrs. Rempel, Mrs. Novakowski. It was a lovely way to celebrate together before Spring Break.

School Wide Pancake Breakfast

Thank you!! A huge thank you to all the parent volunteers who, despite the snowy road conditions that day, were able to help with the pancake breakfast on the last Thursday leading up to Spring Break. Staff and students enjoyed around 1000 pancakes mostly cooked up on the giant Sunbelt bbq griddle. Leadership students helped make pancake batter and went to classes to serve pancakes and toppings to students, before finally enjoying their own pancakes in the staffroom. We are incredibly grateful to the many parents who volunteered their morning to make this a success and to the Feeding Futures program for their support with funding the breakfast supplies.

Criminal Record Checks

We are now at the point when most of our volunteers have successfully completed their Criminal Record Checks. Thank you! Please remember that we will not be able to have any parents accompany classes on field trips, at the pool, or volunteer in the school, without a criminal record check. This is a district policy and is really done to help protect our children. We don't want to have to turn away parents from the school, so please ensure you have your criminal record check completed as soon as possible and definitely in advance of any upcoming event. Your support is very much appreciated.

Process:

- 1) Go to <https://justice.gov.bc.ca/criminalrecordcheck>
- 2) Enter the code **6TQTFUJGQP**
- 3) Follow the instructions for completing the online Criminal Record Check.

Further instructions, showing step by step instructions can be found at https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/crime-prevention/criminal-record-check/ecrc_online_service_-_user_guide_2021.pdf

If you have any questions, please contact either Kyla Verbeek or Megan Weir at the school.

School Restoration & Painting update

Mrs. Ramsey's class is back into their updated classroom. Mr. Belec's classroom is scheduled for restoration work to begin April 13th. Photos are being taken throughout the process so that pieces of history can be remembered.

Resources from Interior Health

Healthy smiles help children learn, grow, and feel their best. Taking care of teeth and gums starts with simple daily habits like brushing twice a day with fluoride toothpaste, flossing daily, eating healthy foods, and visiting a dental professional regularly. Good oral health supports overall health and helps prevent problems before they start. This month is a great reminder for students and families to focus on the basics and keep smiles bright at every age. Click [here](#) for more dental health information.

Podcast highlight: Supporting your Kids Through Trauma

When it comes to supporting children and youth through trauma there are things that parents can do to help. This podcast touches on what trauma is, how it can show up for kids, and its impact on mental health. This episode also outlines ways parents can support their child at home. Listen to the [podcast](#) or click here to [learn more about Trauma & PTSD](#)

Starting a Conversation About Bullying: Resources for Families

Bullying can significantly impact a young person's mental health and well-being. Families and educators can play an important role in intervening if bullying is suspected. [Check out tips](#) from Kelty Mental Health for parents and caregivers on how you can support your child if they are being bullied, or if they are bullying.



Important Dates (please also check the Calendar at aes.sd83.bc.ca):

April 7	Cross-Country running starts (Tuesdays and Thursdays 2:15-2:45)
April 13	Kindergarten and grade 3 vision screening
April 13	Baked potato soup
April 14	RESP information session 5:00-5:45 in the AES library (child-minding provided)
April 14	munchalunch: Pizza
April 17	munchalunch: hotdogs
April 20	Pro D day: school for staff only!
April 21	AES cross-country run
April 23	Div 5 at Raven/Foreshore Trail; Div 2 at Allan Brooks Nature Centre
April 24	Celebration of Learning assembly 10:15
April 24	Creative Hair Day
April 27	AES & HPE cross-country run at AES
April 27	Chilli (soup)
April 28	PAC meeting 5:30 in the library (child-minding provided)
April 28	Class group photos
April 28	munchalunch: sushi
April 29	Little Mountain Stomp cross-country run at Field of Dreams (Salmon Arm)

AES: the school where everyone BELONGS