



Armstrong Elementary School

Respect Self, Others, Property and Learning

Feb 3, 2026

Principal's Message

Welcome to February! It feels like we didn't get a proper winter, but in this month, it's hard to know if we still will or if Spring will surprise us early. 😊

Our next formal written learning update (also known as report cards) will be sent home on March 10. However, please don't feel like you need to wait for learning updates to come home to check in on your child's progress! Teachers are happy to discuss your child's learning with you and we always appreciate the opportunity to strengthen home and school communication. Also, please check in with your child to see how they are doing with the goals they set in the fall. This time of the year is "prime learning time" and for many students, it's a time where they are starting to notice their own growth over time.

Sincerely,

Megan Weir

Principal

Our school goals:

Writing: Our classes are working hard on their writing skills. Intermediate classes are working with an "Expressive Writing" program. This program works on the fundamentals of writing, including how to compose a complete sentence and how to write multiple sentences all on the same topic. Students in all classes are working on similar goals. You can help at home by telling your child three facts- two of which are on the same topic and one which would not fit into the same paragraph. Have your child try to identify the one that doesn't belong, and think of a replacement fact that would make sense to have in that paragraph.

Numeracy: Learning the basic facts (addition, subtraction, multiplication and division) is essential to helping our kids become proficient mathematicians. Becoming fast with facts takes a lot of practice and playing a game with cards and/or dice each day for 10-15 minutes is incredibly helpful. A great game for addition facts is "9 square"

9 square

Skill: Addition to 18

Materials needed: deck of cards between 2 (or 3) students

9 square	
Skill: Addition or subtraction	Materials: deck of cards,
Teacher chooses a number to use as a target (adjust to the level of the students) Example: target 13 Deal 9 cards faceup (three rows of 3 cards) Player 1 goes first and removes 2 cards that add up to the target total. Replace the cards with two more from the deck. Player 2 then removes 2 cards that add up to the target total and replaces them with 2 from the deck. If you cannot find two cards to make the total you can choose any two cards on the table and replace them with ones from the deck, returning the cards to the bottom of the pile. This counts as your turn. Player with the most cards at the end wins. Extension/Variation: Allow students to use up to 3 addends. Same game can be played by looking for a "difference"- subtraction strategies.	



In this example, if the target is 13:

Player 1: could remove 6 and 7. Put those cards in their keeper pile. Draw two cards from the deck to replace the ones they took.

Player 2: takes 8 and 5. Places in keeper pile. Draws two cards from deck to replace those cards.

If a player cannot make a move, they can choose any two cards that are face up and remove them, replacing them with two from the deck and placing the discarded ones on the bottom of the deck. This counts as their turn.

How to win: have the most cards in your keeper pile when the cards are all used up or no more moves can be made.

Grade 5 Variety Show

As many of you know, our school is currently undergoing renovations. With some classrooms relocated and some shared spaces being used differently this year, organizing a full school Talent Show has become more challenging than usual. After much thoughtful discussion, the Talent Show committee and staff have made the difficult decision to take a break from hosting the traditional whole school show this year. We recognize that this event is especially meaningful for our Grade 5 students, as it is their final opportunity to participate before moving on to middle school. With that in mind, we are pleased to share that we will be hosting a Grade 5 Variety Show instead.

More details about the show will be shared soon. Thank you for your understanding and continued support!

Website information

There is always a lot going on at AES. I try to keep the school website aes.sd83.bc.ca up to date with all the happenings. Please check it frequently as I try to post important information about skating, field trips, and even what kind of soup is being served!

There are 2 ways to access the calendar:

1. Click on "Our School" then click on "Calendar"
2. Scroll down and then click on "View Calendar" next to the list of "Upcoming Events"

Upcoming Events

[VIEW CALENDAR](#)

3 Feb Munchalunch: pizza
All Day

Willing 2 Ninja

Willing 2 Ninja will be doing PE workshops with classes on February 26 and 27. All classes will get a session in the gym with the coaches in the 2-day period that they are at AES. We are thankful to our PAC for their generous sponsorship of this learning.

Ready Set Learn

Save the date! Friday March 6, 2026 from 10-11am we will welcome all families with children between ages of 3-5 to attend a session at Armstrong Elementary. Parents/Guardians are invited to bring their 3-5 year olds and enjoy an hour of great activities in the gym. All families will receive free books, materials and resources to support their child's early learning experiences. To register for this amazing event, please contact the school and leave your name and contact information.

Public health information

DENTAL HEALTH

Share Valentines Day Love with your Teeth

Valentine's Day is a wonderful time for children to enjoy treats and share sweets with loved ones, but it's also important to remember that **frequent exposure to treats can increase the risk of dental cavities**.

If Valentine Day treats are on the menu choose to have them with a meal instead of in-between meals. The Canadian Dental Association shares a supportive article about candy and oral health https://www.cda-adc.ca/en/oral_health/cfyt/dental_care_children/halloween.asp. Their guidance is sweet treats can be enjoyed but best to be **as part of a meal**, choose treats that dissolve quickly rather than stick to teeth, and follow up with **good brushing habits** to help protect healthy smiles.

💡 Tips to Enjoy Valentine's Treats While Protecting Your Smile:

- Enjoy treats with meals rather than snacking on them throughout the day.
- Drink water after eating treats to help rinse your teeth and mouth.
- Reduce frequency of sucking on candies.
- Brush twice daily with fluoride toothpaste and floss every day.
- Try these healthy valentines day treats [20 Healthy Valentine's Day Treats | Healthy Family Project](#)



This Valentine's Day, show your teeth a little love too. A healthy smile is one of the sweetest things you can do for yourself ❤️

PHYSICAL ACTIVITY

Webinar: What Diverse BC Families Need to be Physically Active



Join the BC Alliance for Healthy Living for a webinar to hear **insights and practical steps for making physical activity more accessible** to all British Columbians, especially equity-deserving families. All are welcome! For more information or to register, click [here](#).

Date: **Thursday, February 12, 2026**

Time: **10:00 — 11:15am (PST)**

MENTAL HEALTH

ADHD for Parents and Caregivers: Webinar Series

BC Children's Hospital ADHD Clinic and the Kelty Centre hosted a learning event designed to support parents of children with ADHD, covering topics like ADHD basics, self-regulation, behaviour at school, and medication. If you missed it, the speaker sessions available now:

[ADHD for Parents and Caregivers: Webinar Series | Kelty Mental Health](#)

The Truth about SAD: Seasonal Affective Disorder

Between colder, wetter weather and less light – keeping your own and your family's well-being top of mind can take a little extra effort. Check out this [article](#) from Kelty Mental Health a few **tips you can put in place to make the chilly season a bit easier.**



Important Dates

(also check out [Our School - Armstrong Elementary](#) for Calendar information):

Feb. 3	Munchalunch pizza
Feb. 6	PJ day (we made our January math problem solvers goal!)
Feb. 9	Soupermeal: Lunar New Year soup
Feb. 9	Div 9 & 6 Skating 8:30-9:45
Feb. 10	Munchalunch Askews
Feb. 11	Div 11 & 12 Skating 8:30-9:45
Feb. 11	Art Fair workshops for participating intermediate students
Feb. 13	Pro D day: no school for students
Feb. 16	Family day: no school for any of us!
Feb. 17	Munchalunch Sushi
Feb. 19	Spirit Day: Class colours
Feb. 23	Div 6 Skating 8:30-9:45; Div 8 Skating 11:45-1pm
Feb. 23	Soupermeal: Stone soup
Feb. 24	Munchalunch Opa
Feb. 24	Pink Shirt Day
Feb. 24	Celebration of learning Assembly 10:30am
Feb 26-27	Willing 2 Ninja PE workshops
Mar. 6	Ready Set Learn! Age 3-5 and their caregivers!
Mar. 10	Learning update #2 comes home
Mar. 16-27	Spring Break!

AES: the School Where Everyone Belongs

