

December 2025 Newsletter



Happy December Bobcat Families!

*The primary classes are preparing for our **Primary Winter Concert**, which will be held in the gym on December 18 at 9:00 AM and again at 1:30 PM. We hope you can attend. We kindly ask parents and guests to stay for the entire concert, as coming and going can be very disruptive for both the performers and the audience.*

*At the Winter Concert, there will be a **PAC Bake Sale**. The PAC is looking for baking donations for the bake sale. If you are able to provide some baked items, please drop them off on Wednesday, December 17.*

*This month, we're organizing a **food drive** to create food hampers for Ralph Bell families in need. A list of items needed will be in the "Food Drive" section below.*

*Thank you to the parents that **volunteered** for volleyball this year. We had a great season with great improvements by all athletes. Way to go!*

***Learning Updates** (report cards) will be sent home to families on December 12 via MyEd. If you prefer a paper copy, please contact the office as soon as possible. Additional documentation, such as core competency self-assessments and learning assistance reports, will be sent home with your child on December 13. Please check your child's agenda.*

Thank you for being a great school community! We look forward to the rest of the year.

Kind regards,

Mrs. Tiffany Hawkins

Principal

Grade 7 Year End Field Trip Fundraiser

Thank you for ordering Purdy's. Pick up day will be at the school on Thursday, December 10th, 2025.



Mrs. O'Donovan's Class Project

Mrs. O'Donovan's class has been working on a finance literacy project. Part of this exciting project is having a Bake Sale hosted by her class on December 12 (11:00-12:00). If you would like to send money with your child on December 12, they will be able to purchase an item. I would recommend not sending more than \$5.00

Food Donations

- Canned vegetables (e.g., corn, peas, beans)
- Canned fruit
- Canned protein (e.g., tuna, salmon, chicken)
- Canned beans (e.g., kidney, black, chickpeas)

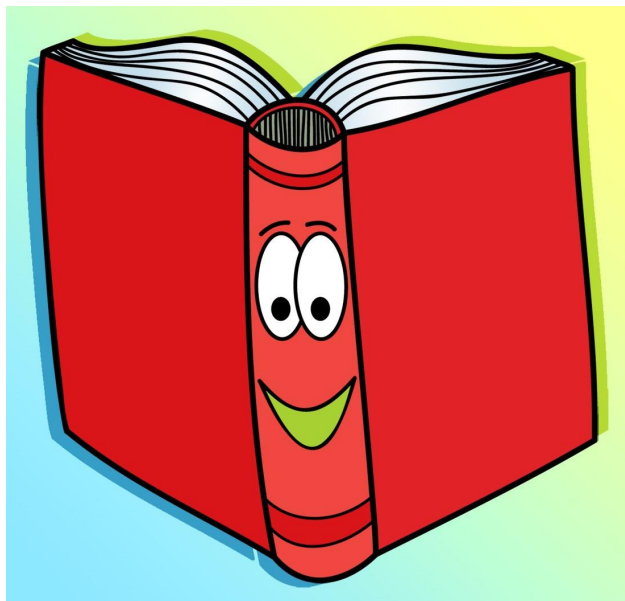
- Pasta and pasta sauce
- Rice, oats, or other grains
- Peanut butter
- Soups, stews, or chili
- Pancake mix and syrup
- Flour, sugar, and baking mixes
- Coffee and tea
- Crackers and snacks
- Chocolates, cookies, or other sweet treats
- Gift Cards



Parent Advisory Council

The Ralph Bell PAC would like to thank you for all your support with the Neufeld Farm Fundraiser and the Poinsettia Fundraiser.

The next fundraiser will be in February. It will be selling gentle used books to students. If you have extra children's books or novels that you would like to donate for this fundraiser, bring them to the office starting in January.



*The next PAC meeting will be held in the Ralph Bell library on **January 7, 2025 at 6:15pm.** Childcare is available. The PAC Facebook page has a lot of information for parents as well –
Ralph Bell Elementary PAC.¹*

Any questions, email ralphbellpac@gmail.com²

¹<https://www.facebook.com/groups/646472643192990>

²<https://ralphbellpac@gmail.com/>

After School Program - Adults Needed



SD73 Kamloops Thompson

SCHOOL DISTRICT NO. 73
(Kamloops-Thompson)

AFTER SCHOOL SPORTS AND ARTS INITIATIVE (ASSAI)

The SD73 ASSAI program is seeking arts and sports enthusiasts to join our team! We are hiring for Arts and Sports Leaders as well as Persons of Rapport positions. For more details on these positions and the program, go to <https://sites.google.com/gedu.sd73.bc.ca/sd73-assai-program/home>



GRADES 1-7



- ✓ Flexible Hours
- ✓ Training and Professional Development opportunities
- ✓ Fun and meaningful work

APPLY NOW!

Send your questions or resumes to Diana at dattermole@sd73.bc.ca

We gratefully acknowledge the financial support of the Province of British Columbia through the Ministry of Tourism, Arts, Culture and Sport.

Visitors to Ralph Bell - Reminder

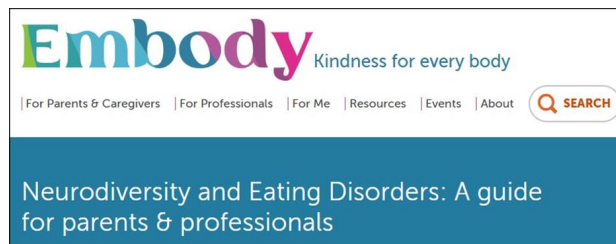
We take pride in advancing and supporting the wellbeing of everyone (students, employees, contractors, and visitors) when spending time in our school.

One of the many ways we do this is by ensuring that everyone enjoys a positive, inclusive, safe, and secure environment free of bullying, harassment, cyberbullying, intimidation, and discrimination.

As you enjoy your time here in Ralph Bell, we trust you will treat others with respect and dignity.

INTERIOR HEALTH INFORMATION

Neurodiversity and Eating Disorders



Eating disorders are complex mental health conditions that affect individuals across all ages, genders, and backgrounds. Neurodivergent children and youth may be at increased risk of exhibiting disordered eating behaviours or developing an eating disorder. EmbodyBC has resources for parents and professionals. Check them out here: **Neurodiversity and Eating Disorders - a guide for parents & professionals** ³

Addressing Vaping in Schools – Conference

BUNYAAD Public Affairs in collaboration with PHE Canada and the Lung Health Foundation is hosting a conference to talk about the challenges around vaping in schools, share what’s working and building forward together.

February 13, 2026 | 8 AM – 5 PM | Vancouver, BC | Register **here**^{4, 5}

³<https://embodybc.com/infosheet/neurodiversity-and-eating-disorders-a-guide-for-parents-professionals/?bbeml=tp-XA7tuBEajUiRJVJ8gcBQyw.j4VNKiYDa6EKLOOMZyp7lzg.rPOfeMB14qEe99JlkskERTg.liw6U2Ma3EEOKx0dQFFvz3w>

⁴<https://sites.grenadine.co/sites/bunyaad/en/addressing-vaping-in-schools-vancouver/register>

⁵<https://sites.grenadine.co/sites/bunyaad/en/addressing-vaping-in-schools-vancouver/register>

BC youth's experiencing with vaping and nicotine pouches



The Minister of Health's Youth Advisory Council on Health and Wellness (**BC YAC**)⁶, supported by McCreary, co-led a study on BC youth's experiences of vaping, nicotine pouches, and other nicotine products. The results from 2,784 youth aged 12-19, along with the BC YAC's recommendations to support youth who do and do not use these products, **have now been released**⁸.⁹ Members of the BC YAC have also prepared a video to share a summary of their findings, **available on their YouTube channel**¹⁰.¹¹

⁶https://can01.safelinks.protection.outlook.com/?url=https:%2F%2Fmcs.bc.ca%2Fbc_yac&data=05|02|kim.bartel%40interiorhealth.ca|46fafa1322634795221708de1e29f3ca|31f660a5192a4db392baca424f1b259e|0|0|638981363089057025|Unknown|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUslYiOilwLjAuMDAwMCIslIAiOiJXaW4zMilSkFOljoiTWFpbCislldUljoyfQ%3D%3D|0||&sdata=EgiJtUdAxRKUi3qLzOxM74a8rkm%2FPXfg5lurFePuuA%3D&reserved=0

⁷https://can01.safelinks.protection.outlook.com/?url=https:%2F%2Fmcs.bc.ca%2Fbc_yac&data=05|02|kim.bartel%40interiorhealth.ca|46fafa1322634795221708de1e29f3ca|31f660a5192a4db392baca424f1b259e|0|0|638981363089057025|Unknown|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUslYiOilwLjAuMDAwMCIslIAiOiJXaW4zMilSkFOljoiTWFpbCislldUljoyfQ%3D%3D|0||&sdata=EgiJtUdAxRKUi3qLzOxM74a8rkm%2FPXfg5lurFePuuA%3D&reserved=0

⁸https://can01.safelinks.protection.outlook.com/?url=https:%2F%2Fmcs.bc.ca%2Fbc_youth_vaping_and_nicotine_pouches&data=05|02|kim.bartel%40interiorhealth.ca|46fafa1322634795221708de1e29f3ca|31f660a5192a4db392baca424f1b259e|0|0|638981363089092463|Unknown|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUslYiOilwLjAuMDAwMCIslIAiOiJXaW4zMilSkFOljoiTWFpbCislldUljoyfQ%3D%3D|0||&sdata=FJkw4WsvSYdqtV8s976tGSiUY%2B5xg8QHhRwcnzEUgw%3D&reserved=0

⁹https://can01.safelinks.protection.outlook.com/?url=https:%2F%2Fmcs.bc.ca%2Fbc_youth_vaping_and_nicotine_pouches&data=05|02|kim.bartel%40interiorhealth.ca|46fafa1322634795221708de1e29f3ca|31f660a5192a4db392baca424f1b259e|0|0|638981363089092463|Unknown|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUslYiOilwLjAuMDAwMCIslIAiOiJXaW4zMilSkFOljoiTWFpbCislldUljoyfQ%3D%3D|0||&sdata=FJkw4WsvSYdqtV8s976tGSiUY%2B5xg8QHhRwcnzEUgw%3D&reserved=0

MENTAL HEALTH

Recognizing Self-Harm: How to Support Your Child



Self-harm is when someone intentionally hurts themselves to cope with difficult emotions. It's a way some teens express or manage intense feelings, not necessarily a desire to end their life. It's natural to feel shocked, confused, guilty or angry when you find out that your child is self-harming. Check out resources to learn more about self-harm and how you can help. **Remember: You're not alone, and neither is your child. With the right support, things can get better.**

See the resources here:

Talking About Self-Harm: A Guide for Parents and Caregivers | Kelty Mental Health ¹²

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¹⁰<https://can01.safelinks.protection.outlook.com/?url=https://www.youtube.com/watch?v=3DZOhlyrB1YGY&data=05|02|kim.bartel%40interiorhealth.ca|46fafa1322634795221708de1e29f3ca|31f660a5192a4db392baca424f1b259e|0|0|638981363089115662|Unknown|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUslYiOilwLjAuMDAwMCIslAiOiJXaW4zMilslkFOljoiTWFpbiClslldUljoyfQ%3D%3D|0||&sdata=wJ6aezEczb5y6ZNOGHdkQPwKtyIPbLc0OUOlpisipbWU%3D&reserved=0>

¹¹<https://can01.safelinks.protection.outlook.com/?url=https://www.youtube.com/watch?v=3DZOhlyrB1YGY&data=05|02|kim.bartel%40interiorhealth.ca|46fafa1322634795221708de1e29f3ca|31f660a5192a4db392baca424f1b259e|0|0|638981363089115662|Unknown|TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUslYiOilwLjAuMDAwMCIslAiOiJXaW4zMilslkFOljoiTWFpbiClslldUljoyfQ%3D%3D|0||&sdata=wJ6aezEczb5y6ZNOGHdkQPwKtyIPbLc0OUOlpisipbWU%3D&reserved=0>

¹²<https://keltymentalhealth.ca/multilanguage/self-harm-guide-for-parents-caregivers>

Violence Prevention Resources



The most recent initiative at **PREVNet**¹³ has focused on building the capacity of educators who support children and youth by co-creating and sharing tools and resources that address and **prevent gender-based violence, including identity-based bullying, sexual harassment, and teen dating violence**. They've developed 12 resources, including tip sheets, videos, and a training module, all available here: <https://www.prevnet.ca/resources/for-educators/>¹⁵.

PHYSICAL LITERACY



Outdoor play is a basic childhood need and taking risks is a necessary part of play. Whether jumping in a pile of leaves, climbing a tree, or playing street hockey, children are often happiest when playing. These kinds of experiences are a lot less

common for kids today. **Check out UBC's OutsidePlay**¹⁶ **which has resources for parents, ECEs, and teachers on outdoor play.**

¹³<https://www.prevnet.ca/>

¹⁴<https://www.prevnet.ca/>

¹⁵<https://www.prevnet.ca/resources/for-educators/>

¹⁶<https://can01.safelinks.protection.outlook.com/?url=https%3F%2Fwww.outsideplay.org%2F&data=05%20%20Valerie.Pitman%40interiorhealth.ca%20a1b68ee4ae4f4034681808de1b1e2750%2031f660a5192a4db392baca424f1b259e%20%20638978013514473369%20Unknown%20TWfPbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOilwLjAuMDAwMCIslAIiOjXa>

Keep non-sporty kids moving

There are kids who would prefer to draw than to dive. Kids who prefer to read than to run. And kids who prefer to investigate than to inline skate. Just like the clothes you prefer to wear, sport and physical activity is a matter of personal choice and taste. But no matter how much a kid likes sport or not, being active and moving everyday is good for all kids. So how do you get your non-sporty kid to be active? **Try these tips¹⁷ from Active for Life to incorporate what they love with movement.**

Effective consent education for boys and Autistic youth: Sex Information & Education Council of Canada (SIECCAN)

Effective consent education for **boys^{18 19}** and **Autistic youth^{21: 22}** A SIECCAN resource for health service providers is now available! This resource page will help educators, health professionals, and other service providers **learn about important core concepts for providing effective consent education to boys and Autistic youth.**

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¹⁷<https://can01.safelinks.protection.outlook.com/?url=https:%2F%2Fbchealthyliving.us4.list-manage.com%2Ftrack%2Fclick%3Fu%3D232008b25fcb468887d83e3b3%26id%3D1daa1956a1%26e%3Db6a0c75aa7&data=05|02|HealthySchools%40interiorhealth.ca|e4f66c58fb734746e1da08de279f2b0b|31f660a5192a4db392baca424f1b259e|0|0|638991761751512691|Unknown|TWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOilwLjAuMDAwMCIslIAiOiJXaW4zMilslkFOIjoiTWFpbCislldUljoyfQ%3D%3D|0||&sdata=koPI%2FMNMA0Vfk7Bc4f2pL1T4KenDdfnIs3K3nSFx45w%3D&reserved=0>

¹⁸<https://www.sieccan.org/consent-boys>

¹⁹<https://www.sieccan.org/consent-boys>

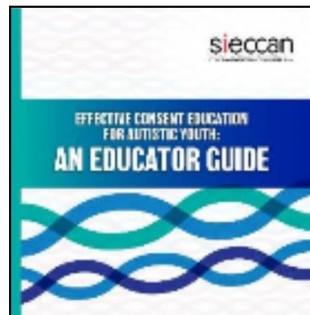
²⁰<https://www.sieccan.org/consent-autistic-youth>

²¹<https://www.sieccan.org/consent-autistic-youth>

²²<https://www.sieccan.org/consent-autistic-youth>

RESOURCES

SEXUAL HEALTH



The **School Health**^{23 24} section of the Interior Health Public Website will take you to the following sections where you can find more information: **School Staff**^{25, 26 27} **Promoting Health of Children & Youth in School**,^{28 29} and **Medical Conditions at School**.^{30 31}

Healthy Schools BC Website



The **Healthy Schools BC Website**³² is a great resource for teachers.

²³<https://www.interiorhealth.ca/health-and-wellness/infant-child-and-youth-health/school-health>

²⁴<https://www.interiorhealth.ca/health-and-wellness/infant-child-and-youth-health/school-health>

²⁵<https://www.interiorhealth.ca/information-for/school-staff>

²⁶<https://www.interiorhealth.ca/information-for/school-staff>

²⁷<https://www.interiorhealth.ca/health-and-wellness/infant-child-and-youth-health/school-health/promoting-health-of-children-and-youth-in-school>

²⁸<https://www.interiorhealth.ca/health-and-wellness/infant-child-and-youth-health/school-health/promoting-health-of-children-and-youth-in-school>

²⁹<https://www.interiorhealth.ca/health-and-wellness/infant-child-and-youth-health/school-health/promoting-health-of-children-and-youth-in-school>

³⁰<https://www.interiorhealth.ca/health-and-wellness/infant-child-and-youth-health/school-health/medical-conditions-at-school>

³¹<https://www.interiorhealth.ca/health-and-wellness/infant-child-and-youth-health/school-health/medical-conditions-at-school>

³²<https://healthyschoolsbc.ca/>

Look for the “Classroom and School Resources” and “Teach Food First”.

Healthy Schools Information Sharing

The following School Districts have a Healthy Schools tab on their websites. Take a look at all the great information available from: **SD 5**,³³ **SD 8**,³⁴ **SD 19**,³⁵ **SD 23**,³⁶ **SD 53**,³⁷ **SD 73**,³⁸ **SD 83**^{39 40}

Harm Reduction Resources

For resources visit the **Interior Health Website**.⁴¹

To connect with a Harm Reduction Coordinator email: **YHRC@interiorhealth.ca**

UPCOMING DATES

- *Every Wednesday at 7:15am - Basketball shooting for Intermediates*
- *PAC Snack Days – Dec. 4/Jan. 8 – Muffin and Milk; Dec. 11/Jan. 15 – Donut and Milk; Jan. 29 - Popcorn*
 - *PAC Lunch – Dec. 18 – Pita Pit*
 - *Book Fair – Dec. 2 - 4 (times to be announced)*
 - *Purdy's Pick up - Dec. 10*
 - *Last day of After School Program - Dec. 12*
- *Mrs. O'Donovan's Class Bake Sale - Dec. 12 - 11:00-12:00*
 - *Last day before Winter Break - Dec. 19*

³³<https://www.sd5.bc.ca/page/6652/health-promoting-schools>

³⁴<https://www.sd8.bc.ca/safeschools>

³⁵<https://www.sd19.bc.ca/programs-departments/sd19-healthy-schools/>

³⁶<https://sites.google.com/learn.sd23.bc.ca/hps>

³⁷<https://www.sd53.bc.ca/health-promoting-schools>

³⁸https://www.sd73.bc.ca/en/community-parents-and-students/healthy-schools.aspx?_mid_=1282

³⁹<https://sd83.bc.ca/healthy-schools-self-regulation/>

⁴⁰<https://sd83.bc.ca/healthy-schools-self-regulation/>

⁴¹<https://www.interiorhealth.ca/information-for/community-partners/harm-reduction#youth>

- *First day back after Winter Break - Jan. 5*
 - *Grimm and Hill Skating - Jan. 6 - 10:15*
 - *PAC Meeting - Jan 7 - 6:15*
 - *Davey and Babichuk - Gymnastics - Jan. 23 and Jan. 30*
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RALPH BELL WEBSITE⁴²



RALPH BELL
ELEMENTARY

⁴²<https://ralph-bell.sd73.bc.ca/en/index.aspx>