



BEST

**BERT EDWARDS SCIENCE & TECHNOLOGY
ELEMENTARY SCHOOL**
711 Windsor Ave Kamloops, BC V2B 2B7 Phone 250-376-2205 Fax 250-377-2243

January 23rd 2026

Dear BEST Families,

Next week is literacy week! Our school activities for the week are highlighted in green. Unplug and Play forms are due February 3rd.

Monday, Jan. 26th

DEAR (Drop Everything and Read)

Tuesday, Jan. 27th

Read my shirt or wear a word

Tier 1 Teams - Raft River

Wednesday, Jan. 28th

Breakfast

Write a book report

Skating (Farber, Bowden, Ernst) 10:45-11:45am

Thursday, Jan. 29th

Tubing at Harper Mountain (Lovell, Wood, Kershaw, Unsworth)

Hats off to reading - wear a hat

Scientists in Schools (Ernst)

After school art class

After school Robothink class

Friday, Jan. 30th

Hockey Club

PJ day

Thanks, Mrs. Edstrom



Important Dates:

Fri Jan 23rd : TONIGHT!!!

The B.E.S.T PAC and Flow with Nicole Presents

FAMILY YOGA NIGHT

Friday January 23, 2026
Location: B.E.S.T Gym

Doors open @ 5:30 p.m.
Class starts @ 6:00 p.m.
45 min class

Only \$15
a family

An illustration of a family of four practicing yoga on mats. A woman on the left is in a tree pose, a man in the center is in a tree pose with his hands in a prayer position, a young boy in the foreground is in a child's pose, and a woman on the right is in a warrior II pose. They are all smiling and appear to be enjoying the activity.

Join Our Family Yoga Class! Promote health, wellness and fun for the whole family! All levels welcome please bring your own mat if you have one.