

# January 2026 Newsletter



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*Happy New Year Bobcat Families!*

*Welcome to 2026 and the next term of learning at Ralph Bell. It is great to see all of the student's smiling faces back and ready for the 2026 school year.*

*As we get ready to launch into another great year, I would like to pass along my thanks to all the parents, families, and community members who came out to support the Primary Winter Concert.*

*As we have seen a bit of snow over the holidays, please ensure students are dressed for the cooler weather and are prepared to go outside.*

*If your child is missing articles of clothing, please stop by our **Lost & Found**.*

***Basketball** season is upon us and students have started practices. Permission forms and Student/Parent Code of Conducts will be sent home to be completed. Please return to the school as soon as possible when you receive them. School jerseys will be given to students before each game. They **MUST** be returned after each game. Please do not let your child take them home, as they often get lost and are expensive to replace.*

*The staff of Ralph Bell Elementary would like to wish a safe, happy, healthy and productive New Year to all, and we look forward to a great 2026 school year with our students and school community.*

*Kind regards,*

*Mrs. Tiffany Hawkins*

*Principal*

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## **PARENT CORNER**

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*As we start the new year, it is a great time to help your child set attainable goals. Some of the goals we are working on as a school are Growth Mindset and Resiliency with our intermediate students and increasing writing skills in our primary grades. Mrs. O'Donovan's class are sharing their knowledge of Growth Mindset on our announcements each week. Below is a great article from Interior Health regarding the importance of having resiliency.*

### ***Resiliency (Interior Health Article<sup>1</sup>)***

*We aren't born with resilience, we build it over time as our life experiences interact with our unique, individual genetic make-up. Personal resilience is about our strengths and assets, and helps us get through and overcome hardship. We can all develop resilience, and we can help our children develop it as well. Parents play an important role in helping their child build resiliency skills.*

#### ***Tips:***

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- Connect with your child often, during meals, car rides, by helping with homework, watching TV, or doing chores together.*
- Listen and talk to your child about how they feel and show acceptance for their feelings.*

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<sup>1</sup><https://www.interiorhealth.ca/sites/default/files/PDFS/interior-health-parent-newsletter-november-2021.pdf>

- *Notice your child's good qualities and show interest in the things that interest them.*
- *Make sure your child has a daily routine and gets enough rest, food and exercise, and make sure you do too.*
- *Help your child develop social skills. Encourage your child to be a friend in order to get a friend.*
- *Make sure your child has time to play. Unstructured play and other enjoyable activities help children deal with their stress.*
- *Teach your child coping skills like taking slow, deep breaths to help them discover ways to feel better when they are stressed.*
- *Role model a positive attitude. Keep things in perspective and maintain a hopeful outlook.*
- *For more information and resources on resiliency for children, teens, and parents:*

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– *Strong Kids and Strong Minds*<sup>2</sup>

– *Canadian Association for Mental Health Raising Resilient Children and Youth*<sup>3</sup>

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## **Parent Advisory Council**

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### ***Looking for gently used books!***

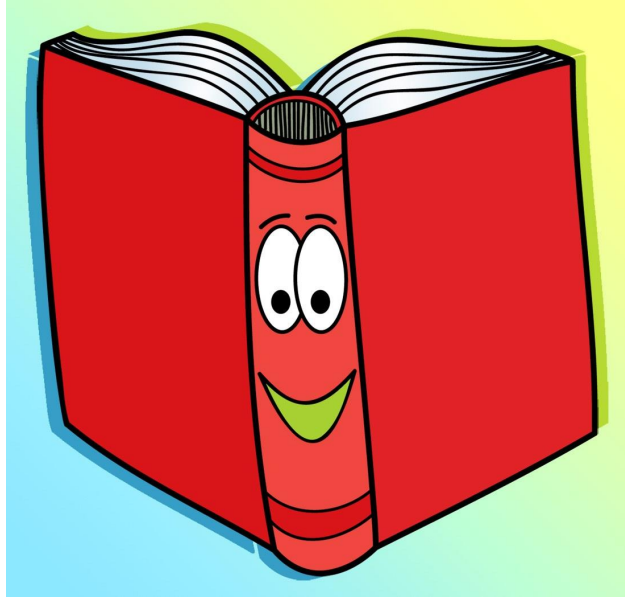
*The next fundraiser for the PAC will be in February selling donated books to students. If you have extra children's books or novels that you would like to donate for this fundraiser, bring them to the office starting today!*

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<sup>2</sup><https://www.strongmindsstrongkids.org/online-shop>

<sup>3</sup><https://www.camh.ca/en/health-info/guides-and-publications/raising-resilient-children>



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*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.<sup>4</sup>*

*Any questions, email [ralphbellpac@gmail.com](mailto:ralphbellpac@gmail.com)<sup>5</sup>*

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<sup>4</sup><https://www.facebook.com/groups/646472643192990>

<sup>5</sup><https://ralphbellpac@gmail.com/>

## AFTER SCHOOL PROGRAM - GRADES 3-5



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*We are fortunate to have an after-school program hosted at Ralph Bell Elementary for the **Grade 3s, 4s, and 5s.***

*Our January to March after-school program is **SPORTBALL**, a multi-sport program that teaches fundamental movement skills that are developmentally appropriate and allow children to develop at their own pace and encourages them to work towards skills mastery so that they can enjoy healthy active play for life. In this 8-week after school sports program, students will have the opportunity to focus on two sports of the group's choosing, from soccer, hockey, basketball, golf, football, rugby, volleyball or tennis. The program will include a variety of activities and games related to fundamental movement skills. Throughout the program, participants will also play a number of fun warm-up games and team-building activities. All participants will get the opportunity to learn and practice sports skills, socialize and make friends! This program is free of charge and a healthy snack will be provided.*

***Mondays, January 19, 26, February 2, 9, 23, March 2, 9, 2026*** \*No Program February 16\*

As you may know, these programs can be very popular. If your child is interested in participating in the program, they will receive a Permission Form, Emergency Authorization and Pick Up Information, and Parental Consent Form – Media Release on Wednesday, January 7. These completed forms need to be returned to the office by **Wednesday, January 14, 8:45am.**

There is **not a guarantee** that everyone who returns a form will be given a spot. If there are more forms returned than spots, names will be drawn randomly.

## BASKETBALL PRACTICES

### Practice Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b> 7:15 - 8:20 am	Gr. 4/5 Boys (Tier 3) Leslie	Tier 1 Boys (Rec) Phil	Basketball, Mr. Denby	Grade 6 girls (Tier 1 Comp) Leslie	
<b>Lunch</b> 12:35-1:15 pm	Grade 6 girls (Tier 1 Comp) Leslie	Grade 5 girls Tier 3	Grade 5 girls Tier 3	Intramurals	Possible another day of Intramurals
<b>After School</b> 2:45 - ?	After School Program	Potentially Tier 1 Rec Boys Game	Potentially Tier 3 Game	Potentially Tier 1 Comp Girls Game	

## UPCOMING DATES

- Every Wednesday at 7:15am - Basketball shooting for Intermediates with Mr. Denby
- Every Thursday at Lunch - Battle of the Books practices - Mrs. O'Donovan

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- *PAC Snack Days*
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- *Jan. 8 – Muffin and Milk*

- *Jan. 15 – Donut and Milk*

- *Jan. 29 - Popcorn*

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- *Jan. 22 - Pizza Day PAC Lunch*

- *Jan. 7 - 6:15pm - Library - PAC Meeting*

- *Jan. 8 - 9:30am - Grade 7s at Valleyview Secondary - Band*

- *Jan. 9 - 9:30 am - Lockdown Drill, school wide*

- *Jan. 23 and Jan. 30 - 12:15-2:15 - Davey and Babichuk - Gymnastics*

- *Feb. 6 - No School - Non-Instructional Day*
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## SAFETY DRILLS



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*As you may be aware, each year, every school must perform several emergency drills throughout the year. This year so far, we have had three fire drills and one earthquake drill. In the spring, we will have three more fire drills.*

*This Friday, we will have a Lockdown Drill and later in January we will have a Hold and Secure.*

*Before, during and after each drill, students are reminded what the drills are for and how to act appropriately during each drill. For example, during a lockdown drill, students will be asked to stay in their classrooms with the lights off, to be quiet until the drill is complete, and to position themselves away from any exterior windows or windows into the hallway. No one will be able to enter the school at this time. Students are reminded that it is a practice drill.*

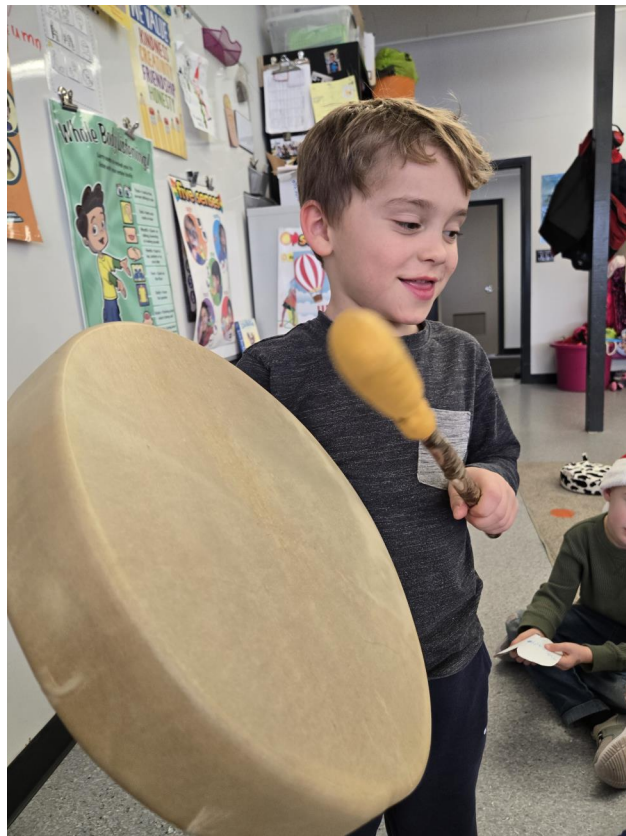
*During a Hold and Secure, students and staff can move about the school as a regular day. However, no one is allowed to leave the school or enter the school. Sometimes, we may have blinds closed around the school depending on the situation.*

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## **CAPTURED MOMENTS**











RALPH BELL WEBSITE<sup>6</sup>



**RALPH BELL**  
ELEMENTARY

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<sup>6</sup><https://ralph-bell.sd73.bc.ca/en/index.aspx>