

The Apex News

Your Digital Newsletter



Important Upcoming Events

Wednesday Classes

----- JEREMY BAERG

Students have been busy creating some amazing works of art and craftsmanship. The sewing machines are busy each Wednesday for our older students and we are enjoying sharing the diversity of our learners and families together.

If you have any fabric that you are willing to donate to Apex, we will gladly accept any fabric that is clean and in good condition that we could use to repurpose into sewing and stitching projects. Please bring them in any time and give them to Ewa or Sharon.

The final Term 2 classes are on March 6. Term 3 classes will begin on April 10 and end on May 29.



Hearing Screening

The school district is holding a complimentary HEARING SCREENING for all grade 2 students, and students new to SD43 of any age, on **Wednesday, March 6 at Apex (Vanier Centre)**. The screening will take place in room 104 between **9:30am and 10:00am**. The screening will last about 3 minutes and will be conducted on a first come first serve basis.

Please enter the building via the back door as per usual and wait on the bench just inside the door by the stairs for a turn. A consent letter will be sent home to grade 2 families and those new to the district with more information. Please note that parents can opt out.



Breaking news

From your Principal

----- MICHELE REID ON BEHALF OF LISA DUBÉ

It's hard to believe we are already into February and nearing spring. Wednesday classes are in full swing, and we love seeing your children participating in the variety of activities the amazing Apex staff have created. It has also been encouraging to see the relationships forming between students and parents before, during and after school times. Thank you to all of you for being a safe and caring community for each other!

Some upcoming dates to be aware of:

- Monday, Feb.19 – Family Day (school closed)
- Friday, Feb.23 – District ProD Day (school closed)
- Friday, Mar.15 – End of Term 2 and final day before Spring Break
- Monday, Apr.1 – Easter Monday (school closed)
- Tuesday, Apr.2 – Term 3 begins

As always, if you have any questions or concerns, please reach out to me or the office.

Office contact info:

Lisa Dubé – Principal
lidube@sd43.bc.ca

Office Secretary –
ApexHeadSecretary@sd43.bc.ca
604-945-7311

[Apex website](#)



Apex Clubs

Stitch Club and **Kilometre Club** have continued to run this term. When the weather isn't great, KM Club has moved into the gym. Thank you to all of you who have continued to actively participate! We are bursting at the "seams" with stitch club and are appreciating the parent involvement and support as well as the keen students who are creating some very inspired works of art. See some Stitch Club resources below.



Grade 8/9 Parents

----- JEREMY BAERG

Please be sure that you have completed any paperwork in preparation for cross-enroll requests. Although we are not able to guarantee a placement, the earlier we have this information, the greater the chance for a placement.

If you haven't made plans for next year, please be sure to be in discussions with your Apex teacher and Melissa, our counselor.

If your plan is to come back to Apex for all your courses, then nothing is required other than to let your teacher know and to complete the re-enrollment form when it is published.



First People's Principles of Learning

This term, students are focusing on well-being. The principle of focus is: *Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.*

Here are some ideas to help you and your family think about well-being and some of the things that can keep you and the world around you well!

- **Get outside** – spend time in nature doing the things you love and that make you feel calm.
- **Sit Spots** – Find a spot that you can regularly visit one to two times a week to spend time with nature. Journal, ponder, do art projects.
- **Find an Outdoor place** that means something to you.
- **Identify plants** – Use an app like Seek that allows you to look up the plants you find. This way you can learn about uses of plants and whether or not they are native to this area or invasive.
- **Plant a winter garden** – Find out which plant grow well in this season! Think garlic and other wonderful things!
- **Adopt a trail** – See if there is a local trail that you can clean up and take care of.
- **Clean up garbage** – at home, in a park, etc.
- **Learn about your family ancestry** – where is your family from? What are some celebrations?
- **Track your sleep!**
- **Interview some family members!**
- **Volunteer**
- **Cook a meal together** as a family.

From AMBER PURCELL

Wednesday Classes for Term 3

Please let your teacher know if you are planning to participate



----- JEREMY BAERG

We are looking forward to having our students back on campus again beginning **Wednesday, Apr.10** and ending on **May 29**. In Term 3, the K-5 (morning) and the 6-9 (afternoon) schedule will stay the same as Terms 1 and 2.

Our K-5 students are encouraged to start the morning with Kilometre Club (optional) on the back soccer field. One of our Apex teachers will be ready to meet students at 9:10am on the field (or in the gym if raining) and will encourage movement and participation until 9:25am.

The morning schedule will be as follows for our K-5's.

9:10-9:25am – KM Club (optional)
 9:30-10:30am – PHE or Career Ed
 10:30-10:50am – Recess break
 10:50-11:50am – PHE or Career Ed
 11:50-12:25pm – Stitch Club (optional)

The afternoon schedule will be as follows for our 6-9's.

11:50-12:25 – Stitch Club (optional)
 12:30-1:15pm – Career Ed or Science Lab
 1:15-2:00pm – Career Ed or Science Lab
 2:00-2:20 – Recess break
 2:20-3:00 – PHE for all

The groups are as follows:
 Birch – K-2 students
 Maple – Gr.3-5 students
 Pine – Gr.6-7 students
 Cedar – Gr.8-9 students



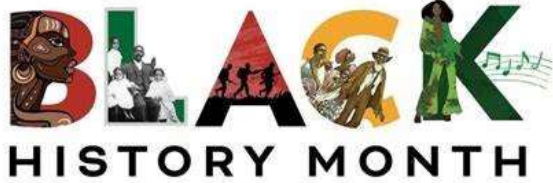
Wednesday, February 14, 2024

Counselor Corner

Hello Apex families,

Can you feel the love this month?

So many amazing things to celebrate this month. Black history, Real Acts of Caring Week, Valentine's Day and Pink Shirt Day! Lots of opportunities to celebrate love, kindness and culture!!! This month I want to talk about Love languages and Real Acts of Caring as they are connected to the many ways we can show caring and kindness to one another.



Let's talk about LOVE!

Speaking of love, do you know your families' love languages? Whether it's receiving gifts, words of affirmation, quality time, acts of service or physical touch, each of us has different ways in which we feel the most loved. Here is a quiz for you and your family to find out what your love languages are.

[The Love Language® Quiz \(5lovelanguages.com\)](https://5lovelanguages.com/)

What are Real Acts of Caring?

IT'S ABOUT DOING SOMETHING KIND FOR ANOTHER AND NOT EXPECTING ANYTHING BACK.

Feb 11 - 18 is Real Acts of Caring Week so let's celebrate by doing RACS!!! How? Make a compliment jar or positive memory jar for your family, tell your family members you love them, give your mom or dad a hug, spend quality time with your family, surprise someone with flowers or chocolate, make a meal for your mom or dad, or do a chore for a family member. Each of those RACS also hit each of the love languages as well. Here are some more ideas! realactsofcaring.org

Enjoy spreading the love this month!

😊 Melissa Silver

PAC Corner

Fundraising Opportunity

----- LISA DUBÉ

The PAC continues to encourage you to order reading materials through [Scholastic](https://www.scholastic.com/). The classroom code is: RC675249.

They are also doing an Easter Chocolate Purdy's fundraiser as well. Orders are open right now and pick up of your purchases will be on Wednesday, March 6th. Please order at <https://fundraising.purdys.com/1914803-116576>.



If you have any questions, please send me an email (lidube@sd43.bc.ca) or call me here at the school (604-945-7311). Thank you.

Stitch Club Resources

We invite you to watch a few of these videos to learn more about different stitches or to give you ideas for what you may want to create at Stitch Club.

How to Embroider by Hand for Beginners - [How to Embroider by Hand for Beginners](#) linen, cotton/linen blend are good; an embroidery hoop is useful.

Basic Embroidery Stitches:

1. Basic Running Stitch - [Basic Hand Sewing - Running Stitch](#)
2. Backstitch - [Basic Hand Sewing - Back Stitch](#)
3. Stem Stitch - [How to Stem Stitch](#) Good for outlines, stems on flowers; gives appearance of one long line.
4. Chain Stitch - [How to do a Chain Stitch](#)



5. Overstitch (Whip Stitch) - [Overstitch How To - Basic Sewing \(Hand Embroidery & Hand Sewing\)](#)
6. French Knot - [How to do a French Knot](#)
 1. Blog and videos/hints - [French Knots - Learn This Modern Embroidery Technique – Clever Poppy](#)
7. Satin Stitch - [How to do a Satin Stitch](#)
8. Lazy Daisy - [How to do a Lazy Daisy Stitch](#)
9. Basic Woven Wheel - [How to do a Woven Wheel Stitch](#)
10. Finishing Knot - [Basic Hand Sewing - Tying a Finishing Knot](#)

