



COAST SALISH ELEMENTARY NEWSLETTER

"A LEARNING COMMUNITY CONNECTING THROUGH SHARED HISTORIES, STORIES AND PLACE"

JANUARY, 2026

FROM MR. PEARSE

Happy New Year everyone! It was great reconnecting with staff and students this week and hearing about everyone's adventures over the holiday.

Unfortunately, we got away from regular newsletters over the past little while, mostly because the format I was using was reliant on me making it happen and, well, that's not always the best plan 😊. Either way the plan moving forward is to send out a school newsletter in the first week of each month.

Parking Lot and Driving (You must have known this would be the first item!)

For the most part I have been pleased with our pickup and drop off routine at Coast Salish over the past month or so. Please remember the following:

1. Do not drop off or pick up your child unless you are parked in a parking stall (or in the Kiss and Go line in the morning) it is very unsafe for students to be entering and exiting vehicles while in the driving lanes.
2. The Staff Parking lot is for staff use, not student pickup / drop off. Parents should not be driving into or through this lot unless they have permission from Mr. Pearse and a parking pass. There are a few families that do have permission to use this lot for different reasons, but please just because you see them, don't think this means it's okay for you!
3. If your child is older (Gr. 4/5) please consider dropping them off 5 minutes before the bell and picking them up 5 minutes after the bell or creating a meeting spot with them a block or so away from the school to avoid the traffic. Our parking situation in front of the school clears very quickly after dismissal and thus having them wait for a few minutes can save you a lot of hassle.

Attributes of a Sasq'ets

This fall we started our "Attributes of a Sasq'ets" Program at Coast Salish. Each month we have been learning about one of the four attributes of a Sasq'ets and then recognizing individual students for consistently demonstrating these attributes. The attributes are pictured on the right.

Each month, at our monthly assembly, we recognize students and they receive a wooden Sasq'ets foot engraved with their name and the attribute they have earned a foot for. This will be an ongoing program so students can work towards earning all four feet during their time at Coast Salish.

Through our Gym program we have also started working with Michelle Tremblay (Who runs the after-school Ninja Program) to do some martial arts with an "Attributes of a Sasq'ets" twist each month. Michelle (AKA



Ninja Queen) will be working through the four attributes in conjunction with some basic martial arts movement and self-defense strategies. Thus far the students have been really enjoying this program. To help supplement the cost of this program we will be adding an optional \$10 fee to School Cash Online for the month of January. This is optional and will help supplement, but not fully cover, the cost of this program.

Upcoming Events

As well as the upcoming PAC movie night (Below in the PAC information) we also have our January Assembly coming up on Friday, January 29th at 9:15 AM. At this assembly we will be celebrating the Winter Solstice and learning about the significance of this event for the Coast Salish Peoples. We will have a special guest (Graunty – Terry Galigos) and will also be giving out our January Sasq'ets feet. As always parents are more than welcome to attend our assemblies.

PAC NEWS – COASTSALISHPAC@GMAIL.COM

We would like to thank everyone for a very successful Breakfast with Santa, with an extra shoutout to all of our volunteers and sponsors: Blooming Dental and In Line Traffic Services and raffle donations from Arbonne, Club Pilates, Vital Life Physio, Thrifty Food and Ibex Cafe.

The annual Spring Fair is a school and surrounding community event that looks to raise money to expand Coast Salish's outdoor amenities. If anyone would like to volunteer for the Spring Fair Committee or have any small businesses that would like to be involved please reach out to us at coastsalishevents@gmail.com

Look out for further updates and more info on Movie Night on our WhatsApp groups.

NEXT PAC MEETING - PAC Meeting Jan 14th at 7pm in the Learning Commons

Spring Fair May 3rd, 2026 - Save the date for this must attend Coast Salish Event!

AROUND THE SCHOOL

Recess Champions

This year Mrs. Wood has started a leadership group called the Recess Champions. Recess Champions are grade 4/5 students who have undergone some training and then volunteer during their lunch time to organize cooperative fun games for the younger students. A huge shout out to our recess champions who are doing an amazing job as leaders outside!

Learning Commons Activities

Most weeks Mrs. Yeung has been opening up the library during outside playtime to provide students with engaging activities. Although these don't happen every week, often students have the opportunity to attend these activities at lunch time:

- Tuesday – Chess / Gr. 3 Battle of the Books
- Wednesday – Silent Book Club / Gr 4/5 Battle of the Books
- Thursday – Cartoonist Club
- Friday – Will be Board Games in the future

Students need to listen to announcements and talk to Mrs. Yeung during Library time if interested, these are not activities that parents need to sign kids up for or register.

Holiday Hampers from Coast Salish

A huge thank you to our community for your support of our Holiday Hamper Program in December. Often, I find myself making donations and then having no idea if they actually ended up where I intended. Having a personal connection to the school distributing the items and delivering the donations directly to the school myself, I can guarantee you that these donations made it directly to families in need! The receiving school was blown away with what we provided and asked me to pass along their heartfelt thanks to our community for your support!

Gymnastics

For the first three weeks of January we are working on gymnastics in our gym time. We have a district set of gymnastics equipment, as well as some of our own, set up and the students will all have a chance to learn basic body control, balance, jumping, and tumbling techniques. A huge thanks to Mrs. Turner (our resident gymnast) for helping us set up the equipment into a usable circuit and providing basic instruction to our students and teachers.

MYED BC

Watch for an email from the district early next week discussing some changes to the MYED Portal. The format looks a little different and is now more 'mobile friendly'. As always if you have difficulty accessing the system please reach out to Mrs. Newell (cnewell@sd43.bc.ca).

OTHER ITEMS

KINDERGARTEN REGISTRATION

Kindergarten registration for students born in 2021 will take place during the first week of February, and registration for programs of choice (French Immersion, Montessori, Mandarin) is currently open. Please visit www.sd43.bc.ca for more information regarding the processes for registration.

CROSS CATCHMENT

Following the registration process the Cross Catchment process will take place. Information on how this process works is also available at www.sd43.bc.ca.

AFTER SCHOOL PROGRAMS

Our winter afterschool programs are now starting. If you haven't yet registered please visit dwul.io and search for Coast Salish to see the programs that are still available.

UPCOMING CALENDAR ITEMS

January 14 – Coast Salish Spirit Wear Day

PAC Meeting (7:00 PM)

January 15 – Treat Day

January 20 – Hot Lunch Day (Pizza)

January 23 – Movie Night

January 26 – School-Based Non-Instructional Day (NO SCHOOL)

January 29 – Treat Day

January 30 – Assembly – Coast Salish Winter Solstice – 9:15

Jersey Day

February 4 – Hot Lunch Day

COMMUNITY EVENTS/ANNOUNCEMENTS

SD43 Family & Community Learning Series – “Sleep Health for Children & Youth in a Digital Age”

Meeting Date: Wednesday, Jan. 21, 2026

Time: 6:30 – 8:00 pm PST

Topics to be discussed include:

- How Screen Time Use Can Impact Sleep
- Why Screens Disrupt Sleep
- Recommendations for Improved Sleep Habits with Children & Youth

Presenter: Dr. Elizabeth Keys is a registered nurse with experience in child, school, and community health. She works at the School of Nursing at UBC Okanagan. She leads the SLUMBER research lab, which focuses on promoting healthy sleep and mental well-being for families. Elizabeth is also part of the Canadian Sleep Research Consortium and co-leads projects that explore sleep across the lifespan and sleep health equity. Her work is all about partnering with communities to create practical, real-world solutions that help families thrive.

Audience: Open to all community members and parent/caregivers. This documentary is valuable viewing for parents of children in Kindergarten to grade 12.

Register here for this event. You will receive a confirmation email with a calendar invite (ical) to add to your personal calendar and also the TEAMS presentation link. Email any related questions to familylearningseries@sd43.bc.ca.

Tri-City Eagles Field Hockey



JOIN THE TRI-CITY EAGLES FIELD HOCKEY CLUB - REGISTER NOW

U10 MINI & MITE FIELD HOCKEY

The U-10 Mini & Mites Field Hockey Program is open to girls and boys born between 2016 and 2021 and is a great way to learn, play, and have fun on the field.

The season fee is **\$155** — register before **February 1** and **save \$20** on your season fee! Registration for the Spring season closes **March 31**.

All games and practices are held at Cunnings Field at Town Centre in Coquitlam.

U11 - U18 JUNIORS

Girls born 2008-2015 can join U-11 to U-18 teams in the Greater Vancouver Junior Field Hockey League, playing a fun, exciting, and competitive season from late March to June.

Sign up before **February 1** and **save \$20** on the **\$190** season fee!

U11 - U14 BOYS

The Junior Boys Program is open to players born 2012 - 2015, while younger boys born 2016 - 2021 can join our Mini & Mite programs.

REGISTER NOW

REGISTER NOW AT TCFIELDHOCKEY.COM

Early Bird Pricing:
Save \$20 if you register by **February 1, 2026**
Regular Price:
\$155 for Minis/Mites and **\$190** for Juniors
Practices begin immediately following Spring Break

Don't wait – secure your spot and join the fun this season!



Euro Hoops Basketball

See attached flyer from Euro Hoops Basketball. This is a private company, not affiliated with the school, that rents space at Coast Salish in the evening. This information is provided as a community service. The sessions will run from 5:00 – 6:00 and 6:00 – 7:00 in the Coast Salish Gym on Wednesday's and Friday's beginning in late January. For more information or to register please email lvukalovic@gmail.com.



REC & SKILL DEVELOPMENT PROGRAM With Coach Luka

JANUARY – JUNE

36 SESSIONS • WEDNESDAY FRIDAY

For: Boys & Girls, Grades 1-5

Location: Coast Salish Elementary

PROGRAM FOCUS

- Fundamental skills development
- Ball handling, shooting, footwork
- Age-appropriate drills
- Fun, confidence-building environment

MEET COACH LUKA

CAREER HIGHLIGHTS

- 25+ years of international coaching experience across Europe, Asia, and Canada.
- Developed multiple players who advanced to professional and NCAA levels.
- Successfully led teams to over a dozen championships, including:
 - Serbian National & Provincial Championships
 - Las Vegas Live Division Champion
 - Pedro Raimundo International Champion (Lisbon)
 - Western Canadian Championship
 - Multiple Champions League titles (D1 & BDivision)
 - 2025 CCAA PACWEST Conference Champion
- Known for strong leadership, player development expertise, and building winning cultures.

EDUCATION & CERTIFICATIONS

- Bachelor's in Business Management
- Basketball Coaching Diploma
- FIBA Coaching License (2012)
- Safe Sport & True Sport Clean Certified
- Chinese Basketball Association Coaching Instructor (2019)
- Led certification clinics for 120+ coaches, developed training curriculum
- NBA Yao Ming Basketball Club (Beijing) Coach (2016-2019)
- Designed and executed 4x20 gram for programs for ages multiple courts
- Renmin University of China Coaching Consultant
- Coach & English Instructor

