



January 16th, 2026

Hello and Happy Friday, everyone,

[Back in October](#), I shared a few thoughts about the [stages of group development](#) and the importance of recognizing the phases of **Forming, Storming, Norming, and Performing**. Familiarity with these stages and reflecting on our relationships and experiences can help us to respond appropriately to the feelings that come along with the different chapters of the school year.



As an English teacher in a past life, I have often looked to stories and story structure to help think through the ebbs and flows of different challenges that surface in schools. Together with the stages of group development, it can be helpful to think about school challenges and conflicts as part of the [Three Act Structure](#) of stories, where:

- the **First Act** sets the stage, introduces characters and the challenges they will work to overcome;
- the **Second Act**, also referred to as the *Rising Action*, where the main character struggles to resolve the problem introduced in the opening; and
- in the **Third Act**, where our protagonist achieves a new sense of awareness of their capabilities and overcomes their predicament (often in dramatic fashion).

As we settle back into school following the winter break (even in the sunshine), there is a sense of struggle that shows itself in individual and collective ways: students might be having a hard time focusing on their daily routines, managing peer relationships, or working together in small or large groups in class. And it can be easy for any of us – students, teachers, siblings, or parents – to become frustrated with the lack of a clear path forward in these situations.

But it can be helpful to think of ourselves in these moments – students, teachers, parents, principals – as characters on [a heroic journey](#). What is the aim we are struggling to achieve? What is holding us back from reaching our goal? What new skills, knowledge, or perspectives will help us be successful in our quest?

True enough, the answer to this last question can be elusive. But sometimes thinking in terms of stories, and with the distance created by thinking of ourselves as a fictional character can be enough to show us at least our first steps toward realizing our goals.

Best of luck on all of your quests this weekend, and of course into the spring,

Bryan Jackson
Principal | Anmore Elementary
brjackson@sd43.bc.ca

Reminders & Notes

- **Rain Gear & Change of Clothes** – Please check in on your child’s rain gear (boots, rain pants, jackets) and make sure they have a change of clothes at school.
- **See the Fliers** attached following the *Anmore Moments* photos: SD43 Parent Education Events, Tutoring Services, and local Sports Opportunities.
- **Thank you** for everyone’s contributions to the SHARE Foodbank donation drive prior to the holidays: Anmore raised \$754!
- [Local Kindness Counts T Shirt Link](#)

Need to Know?

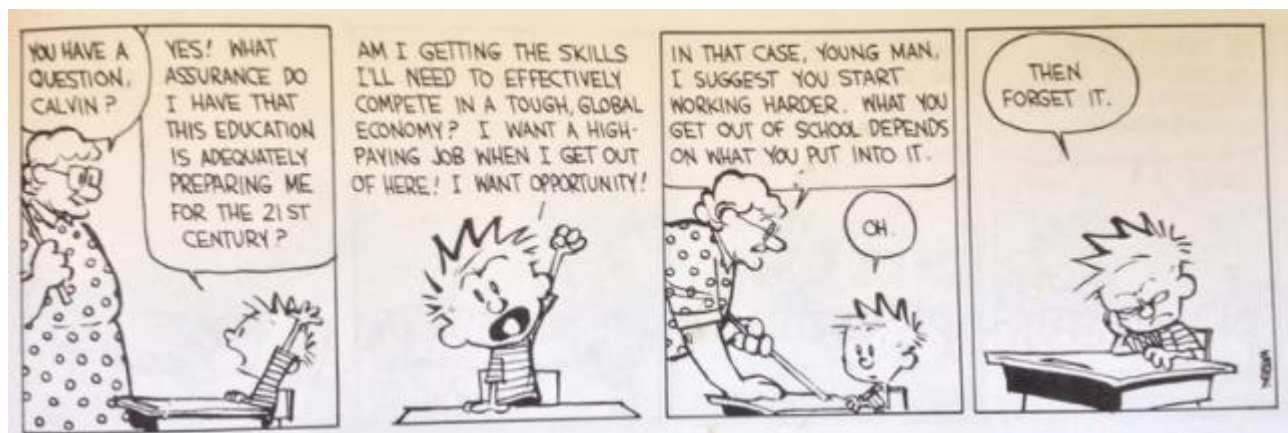
[Frequently Asked Questions](#)

[Absence Report](#)

[Parent Forms](#)

On the Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
19 th Lunchbox Theatre Matilda (Lunchtime)	20 th Fire Drill (11:30am) After School Basketball (3pm – 4pm)	21 st Lunchbox Theatre Matilda (Lunchtime) After School Pop Music Singing (3pm – 4:30pm)	22 nd Hot Lunch (Baked Favourites)	23 rd
26 th School-Based Pro-D Day (No School)	27 th Hold and Secure Drill (AM) After School Basketball (3pm – 4pm)	28 th Lunchbox Theatre Matilda (Lunchtime)	29 th Hot Lunch: Soup & Buns Social-Emotional Learning Recognition Assembly (1:45pm)	30 th Crazy Hair Day



Anmore Moments

For more, follow us @ www.instagram.com/AnmoreSD43



SD43 FAMILY AND COMMUNITY
LEARNING SERIES

Free Parent Presentation



Sleep Health
for Children
and Youth in a
Digital Age

ELIZABETH KEYS

ASSISTANT PROFESSOR
SCHOOL OF NURSING
UBC OKANAGAN



WED. JAN 21, 2026



6:30-8:00 PM PST



MICROSOFT TEAMS

PRE-REGISTRATION IS REQUIRED.

CLICK HERE TO LEARN MORE
ABOUT THE SESSION



STAY INFORMED WITH UPCOMING SESSIONS!

WWW.SD43.BC.CA/FAMILYSERIES



LOOKING FOR A TUTOR FOR YOUR CHILD?

Talons Tutoring Program, Gleneagle Secondary

FREE WEEKLY TUTORING

Exciting News! Gleneagle Secondary is offering this year's second round of Talons Tutoring, a **free tutoring service for children grades 4 to 8, taught by students grades 10 to 12**. This program will run afterschool from 4:00 to 5:15 pm, every Tuesday to Friday. Held on Gleneagle's campus, sessions provide a safe, supportive, and engaging environment for your child! If your child is accepted into the program, they will attend tutoring once a week for up to 10 weeks. To sign up and learn more, click on the link to the right and follow @talons_tutoring_ on instagram.

AVAILABLE SUBJECTS

- English
- Math
- Science
- Social Studies
- Languages (French, Mandarin)

Your child's assigned tutor can help with multiple subjects, but choosing one main subject is recommended.

DATES

Round 2 of Tutoring:

Sessions will take place from February 3rd to April 24th, every Tuesday - Friday

4:00 - 5:15pm

SIGN UP!

More information is listed here:

<https://forms.office.com/r/k1Ykuv5Y8d>



Sign up is first come, first serve!
Form closes on January 28th.

FOR ADDITIONAL QUESTIONS, PLEASE CONTACT TALONSTUTORING26@GMAIL.COM



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!





PORT MOODY
AQUARIANS

JOIN THE PORT MOODY AQUARIANS SWIM CLUB!



Scan Me!

The Port Moody Aquarians Swim Club is a community youth program that provides opportunities to develop and improve athletic and social skills. Join a competitive summer swim club that is safe, healthy and FUN! **Registration opens January 25, 2026 @8AM**

<https://portmoodyaquarians.ca/>



Aqua Splashers

SUMMER SWIMMING PROGRAM - AGES 3-4

- 3 practices/week, 30 minutes
- 12 week program: May - July
- Toddler pool at Westhill Park
- No experience required - ability to put face in water is an asset
- Comfortable entering the pool independently
- Registration Opens January 25, 2026 @8 AM
- <https://portmoodyaquarians.ca/>



Scan Me!



PORT MOODY
AQUARIANS



Anmore School X Sabai Thai Spa

50% OFF YOUR SPA DAY

Means More Support
for Anmore!

Avail this relaxing fundraising package:

FLOW AND GLOW SPA PACKAGE

For Only
\$159
(Reg. \$318)

**80 minutes of
pure relaxation**

Full Body Anti-Stress Massage
Express Facial with our Calm line
Aromatherapy Oil Enhancement

For every
package bought,

**\$35 goes
directly to
Anmore
Elementary
PAC.**



Scan Me

A Fundraiser Project With Sabai Thai Spa

Indulge in a rejuvenating spa experience
designed to relax your body and refresh your
skin for only \$159! (Reg.\$318)

SCAN QR CODE TO GET THE DISCOUNT

Help and Support Anmore School!

