



February 6<sup>th</sup>, 2026

Hi everyone, and Happy Friday,

If you've ever survived a ten-hour road trip in the family car, you know the trajectory. It starts with excitement and snacks. By the third hour, maybe we are all singing along to songs on the radio, or marveling at the sights. But by hour seven? Someone is "breathing too loud," the Munchies bag is down to the pretzels, and the "he's touching my seat" complaints begin in earnest.

In a small school like ours, I've noticed that we might be feeling a little "Hour Seven" the last couple of weeks: we know each other well – one of our greatest strengths – but at this point in the year, familiarity might be finding its way to friction. The novelty of the school year has faded, the winter chill has dampened some of our motivation, and we all may be finding our patience running a little thin. We can find ourselves a little less "dialed in" to the needs of those around us than we were back in September.

In this light, next week's focus on **Real Acts of Caring** couldn't have come at a better time, and we are using this week to hit the reset button on some of our hopes and expectations with each other. In preparation for RAC week, staff have been working to move past the mid-year slump and refocus on the values that make our school a community, rather than just a building.

To get back on track, we are highlighting a few pillars during these next few weeks:

- **Active Listening:** Moving beyond just waiting for our turn to speak. We're encouraging students to truly hear their peers and teachers, fostering a culture of genuine understanding.
- **Leadership in the Little Things:** Leadership isn't just about titles; it's about choosing to do the right thing when no one is watching – picking up a dropped binder, inviting someone into a conversation, or being the first to offer help.
- **Grace and Kindness:** We are reminding students that everyone is likely feeling that same "road trip" fatigue. Choosing to respond with grace – giving others the benefit of the doubt – is the quickest way to lower the collective temperature.

We often tell the students that we don't have to be best friends with everyone, but in a small school we are in many ways a family. And families thrive when they lead with respect.

We appreciate your support at home in reinforcing these conversations. Whether it's asking your child how they showed "grace" today or discussing the importance of active listening at the dinner table, your partnership helps us keep the van moving smoothly toward that *actual* summer road trip, in just a few months.

Wishing you a great weekend, as ever,

Bryan Jackson  
Principal | Anmore Elementary  
[brjackson@sd43.bc.ca](mailto:brjackson@sd43.bc.ca)

## Reminders & Notes

- **Anmore Songs Project: [Community Music Survey](#)** (Please distribute to local friends and neighbors – the more the merrier!)
- **New Hot Lunch Ordering Available on [MunchaLunch.com](#)**

## Need to Know?

[Frequently Asked Questions](#)

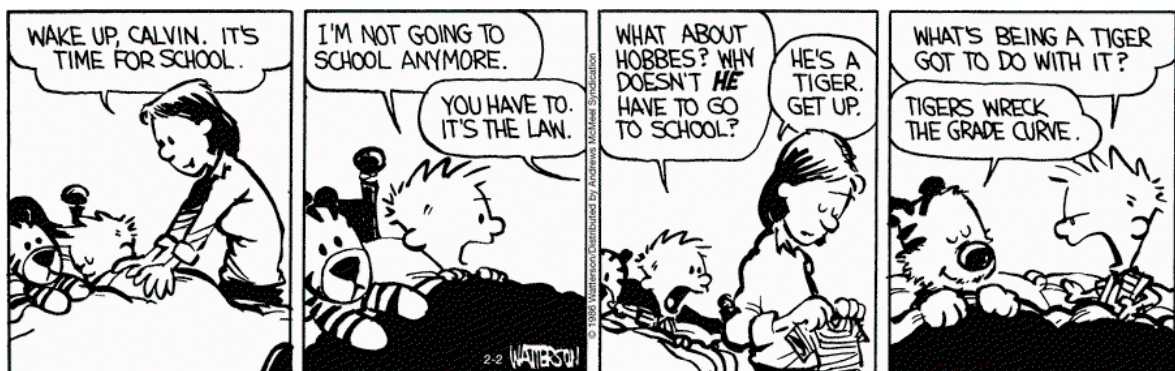
[Absence Report](#)

[Parent Forms](#)

DATE	MENUS	ORDER BY
19-Feb	Lunar New Year Special	Thu, Feb 12, 2026 11:59 PM
26-Feb	Taps and Tacos	Thu, Feb 12, 2026 11:59 PM
5-Mar	Boston Pizza	Thu, Feb 12, 2026 11:59 PM
12-Mar	Sushi	Thu, Feb 12, 2026 11:59 PM

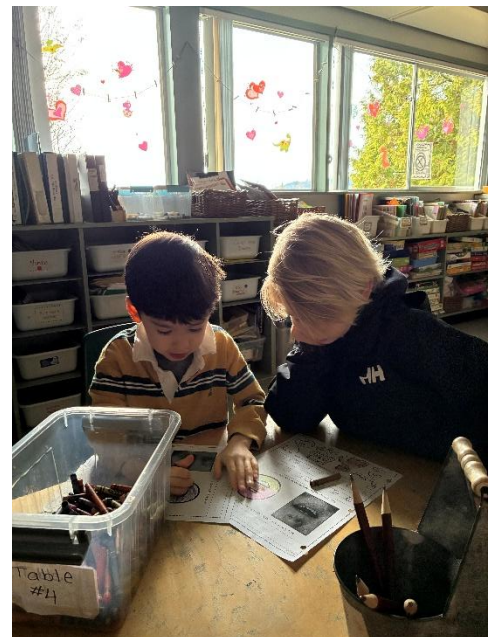
## On the Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
9 <sup>th</sup>  Lunchbox Theatre (Matilda) @ lunchtime	10 <sup>th</sup>  Yoga with Gabi (12:15-1 pm for grades K-2)  NO morning basketball practice  After-school program: Basketball (3-4 pm)	11 <sup>th</sup>  School Team Basketball game @ Mountain Meadows (3:15-4:15 pm)  Lunchbox Theatre (Matilda) @ lunchtime  Cross-catchment ends @ 4pm  After-School Program: Pop Song and Dance (3pm - 4:30pm) / Yoga w/ Gabi (3-3:45pm)	12 <sup>th</sup>  School Team Basketball game @ Port Moody (3:15-4:15 pm)  Hot Lunch (please remember to pack a snack)	13 <sup>th</sup>
16 <sup>th</sup>  Family Day Holiday (No School)	17 <sup>th</sup>  Basketball Team Practice (8am)  After School Program Basketball (3pm-4pm)	18 <sup>th</sup>  Vancouver Warrior Lacrosse Visit  Lunchbox Theatre (Matilda) @ lunchtime  After-School Program: Pop Song and Dance (3pm - 4:30pm) / Yoga w/ Gabi (3-3:45pm)	19 <sup>th</sup>	20 <sup>th</sup>  Div 2 – Red Cross 1 <sup>st</sup> Aid Training



## Anmore Moments

For more, follow us @ [www.instagram.com/AnmoreSD43](https://www.instagram.com/AnmoreSD43)





# 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.

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FOR ADDITIONAL QUESTIONS, PLEASE CONTACT TALONSTUTORING26@GMAIL.COM



# KIDS SPRING BREAK PROGRAMS

AT JAMES PARK SCHOOL



16-27  
March



For  
Grades  
K-Gr5

## ACTIVITIES

ART/DANCE, MULTISPORTS, SEWING.  
BASKETBALL AND MPOWER



Register Here:





### NEW REGISTRATION PROCESS:

Summer Learning registration will be by lottery to ensure fair access for all students. Visit the [SD43SummerLearning.ca](http://SD43SummerLearning.ca) for more information about the lottery, registration, courses and locations.

## ELEMENTARY

July 7 – July 24, 9:00am - 12:00pm, 8 locations

K to 1 transition, English for Beginners, Visual & Performing Arts, French Immersion, Integrated Studies, Math, Reading & Writing, Coding (Info Tech), Outdoor Science, STEAM, and more!

Lottery Registration: April 2 – 8, 2026 (Lottery Draw: Thursday, April 16, 2026)

## MIDDLE

July 7 – July 24, 8:45am - 11:45am, 3 locations

Band, Guitar, Creative Writing, Drama/Improv, English for Beginners, Guitar, Home Ec Culinary, Integrated Studies, English and French Immersion Language Arts, Mathematics, PE Leadership, Coding (Info Tech), Outdoor Science, STEAM, Tech Ed, Visual & Performing Arts, and more!

Lottery Registration: April 2 – 8, 2026 (Lottery Draw: Thursday, April 16, 2026)

## SECONDARY SKILL BUILDING

July 7 – July 24, 8:30am - 11:30am & 12:00pm - 3:00pm, 2 locations

Non-Credit Face-to-Face classes: English, English for Beginners, IB Math & Science, Jazz & Concert Band, Science, Home Ec, Sewing, 2D Animation, Metal & Wood Tech Ed, Math, Coding (Info Tech), Skills for Success. These non-credit courses may be taken to review previously covered course content or preview a course. Academic Completion 9/10 for Science & Math is only available by school referral.

Lottery Registration: April 28 – May 4, 2026 (Lottery Draw: Friday, May 8, 2026)

## SECONDARY FULL CREDIT

July 2 – August 6, 8:00am - 11:30am & 12:00pm - 3:30pm, 2 locations

Face-to-Face or Online Blended Fast Track: Life Science 11, Anatomy & Physiology 12; Career Life Education 10; Chemistry 11, 12; EAL 10, 11; English 10, 11, 12; English First Peoples 11, 12; Mathematics 10, 11, 12; Physics 11, 12; PHE 10; Socials 10, 11, Science 10.

Lottery Registration: April 28 – May 4, 2026 (Lottery Draw: Friday, May 8, 2026)



[SD43SummerLearning.ca](http://SD43SummerLearning.ca) / 604-936-4261 / [summerlearninginfo@sd43.bc.ca](mailto:summerlearninginfo@sd43.bc.ca)

Free to all BC residents, SD43 Residency requirements apply. Courses and locations are subject to change.



# 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](http://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!***

