

## Upcoming Calendar Events

Thurs, Jan 22- Feb 5 – Tennis

Mon, Feb 2-5 – Kindergarten Registration English

Mon, Feb 2 – Staff Meeting

Tues, Feb 3 – Hearing Screening

Fri, Feb 6-11 – Cross Catchment Registration

Tues, Feb 10 – BC Lions Energy Presentation

Fri, Feb 12 – Hot Lunch Sushi/Hot Dogs

Mon, Feb 16 – BC Family Day

Tues, Feb 17 – PAC Meeting

Wed, Feb 18 – Class Photos

Thurs, Feb 19 – Theatrix Performance

Wed, Feb 25 – Pink Shirt Day

Thurs, Feb 26 – Hot Lunch – A & W

Fri, Feb 27 – Pro D Day

## Principally Speaking

Hello Glenayre families,

Our students have been loving their tennis time with Coach Marcus, which will continue into next week. Again, I'd like to acknowledge our PAC for funding this program for the school, making it 'no cost' to families. Please consider getting involved with our PAC to ensure funded opportunities like this can continue for all our students.

Continuing with our monthly theme of digital and sleep health, I'm attaching some resources below. If you have topics you are interested in seeing for our monthly theme, please reach out to myself or Mme. Sigismund.

Have a wonderful weekend,  
Ms. A. Wilcox, Principal

### RESOURCES

- Fraser Health: [Healthy Sleep for Children](#)
- HealthLinkBC: [Helping your children - and yourself - sleep well](#)
- Sleep Foundation: [Sleep Hygiene](#)
- Kelty Mental Health: [Sleeping well: Kelty Mental Health](#)
- HereTo Help: [Getting a Good Night's Sleep](#)
- [Sleep tips: How to help your child get a good night's sleep](#)
- [Sleep Hygiene for Children \(CHOC Children's\)](#)
- [10 Ways to Help Your Child Get a Better Night's Sleep](#)
- [CHEO – Sleep for Children and Youth](#)
- [Sleep Health and Kids.pdf](#)

 [SD43 Recording - Sleep Health for Children and Youth in a Digital Age.mp4](#)



Welcome to Counsellor's Corner- your one stop shop to stay up to date about community events and workshops which support mental health. Every week I will share an emotional regulation tool.

Natalia Kubiak, M.Ed, RCC [nkubiak@sd43.bc.ca](mailto:nkubiak@sd43.bc.ca)

### Calm Breathing

Sit up straight, with your feet flat on the floor. If you are comfortable, close your eyes. Place one hand on your belly and one hand on your heart. Take a deep breath in through your nose, feeling your belly rise as you do. Hold it for three seconds, then release it slowly through your mouth, feeling your belly fall as you do. Repeat for three breaths. Open your eyes and take note of how you feel.

What happened? What physical and mental changes did you notice after doing the calm breathing activity?

Adapted from EASE

### Family Smart Workshops (All Virtual)

[For Families: A Conversation About Eating Disorders](#)- Various Dates in February, 6:30-8:00pm

Parenting ADHD Children – A Neuro-Affirming Approach- February 18<sup>th</sup> 6:30-8:00pm

Click [Here](#) to Register

[glenayrepac.wordpress.com](http://glenayrepac.wordpress.com)

## Questions for the PAC? Please contact:

General Inquiries:  
[glenayrepac@gmail.com](mailto:glenayrepac@gmail.com)

Treasurer Inquiries:  
[glenayrepactreasurer@gmail.com](mailto:glenayrepactreasurer@gmail.com)

Hot Lunch:  
[glenayrepaclunchmail.com](mailto:glenayrepaclunchmail.com)

## Reminders Before the Coffee Wears off...

- ★ Sign up for an Executive Position for next year!
- ★ Build your team and get your tickets for this year's Trivia Night!
- ★ Join the Carnival Planning Committee!



### Hot Lunch

Don't forget to put in your hot lunch orders for the remaining school year on Munchalunch. **Order deadline** is **Thursday the week prior by midnight.**  
<https://munchalunch.com/>



## PLAYGROUND READ-A-THON

**Only 2 days left** to get those Read-A-Thon pledges in and plan a reading goal for the Read-A-Thon. The Read-A-Thon will officially start this Sunday **February 1st!**  
Don't forget to check out the fun reading tasks on the BINGO cards to keep your readers entertained. There are lots of great prizes to win.

*Here are some additional tips to support your kids with their Read-A-Thon goals:*

- Choose a reading time such as a book with breakfast or at bedtime
- Gather a selection of books to choose from
- Plan a trip to the Port Moody or Coquitlam libraries
- Encourage your child to read in the car to and from school or other activities
- Split up reading time throughout the day
- Listen to an audiobook or story podcast if parents or caregivers are unable to read with their child every day
- Have a reading party with your Glenayre buddies and read to each other
- Keep your sponsors updated on your progress so they can encourage and cheer you on

  
**READ  
BOOKS  
AND  
WIN  
PRIZES**



## TRIVIA NIGHT - MARCH 6, 2026

**Join us for the most fun parent night of the year!**

Friday, March 6th, 2026 from 6:30-10:30pm in the Glenayre school gym

This year's event is Hosted by IQ2000, Vancouver's Premier Trivia Host. So grab your friends (or poach the smartest people you can tolerate spending an evening with) and get ready for an evening filled with costumes, games, libations and of course the undeniable quest for knowledge. Are you game ????

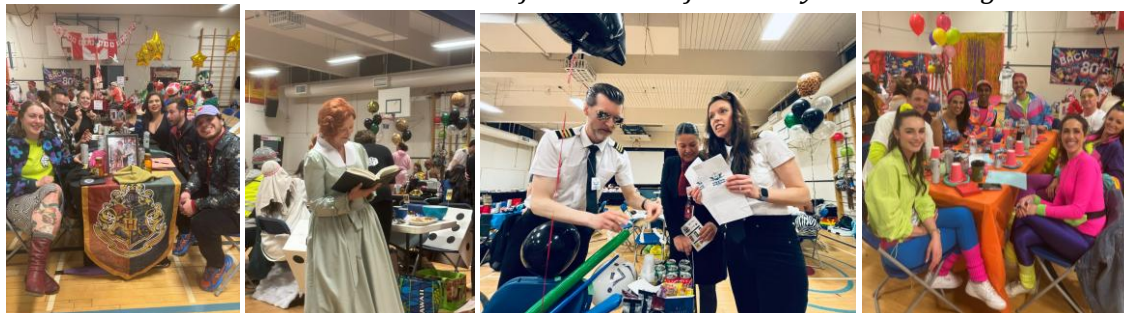
\$120 for a team up to 8 adults and \$150 for a team of up to 10 adults. Entry includes your reserved table, several rounds of trivia, a chance to win prizes, and a whole lot of fun!

**Register TODAY** at [Trivia Night Registration Form](#)

Interested but don't have a team? Reach out to the event team at [glenayretrivia@gmail.com](mailto:glenayretrivia@gmail.com) to connect you with a team or to help you find additional team members.

Volunteer at Trivia Night...it's as much fun as being on a team. Sign up on [Lotsa Helping Hands](#).

*Take a look at some fun moments from last years Trivia Night*



### **STAY UP TO DATE & CONNECT WITH US TODAY**

Want to stay in the know about everything happening at Glenayre? Follow us on social media for updates on fundraisers, school news, upcoming events, monthly calendars, and more!

\* Facebook: @GlenayrePAC \* Instagram: @GlenayrePAC

### **Fundraisers to Support the PAC all year long!**

For more details, visit <https://glenayrepac.wordpress.com/ongoing-fundraisers/>.

*Please share these great rebate programs with friends and family!*

1. **PORT MOODY LIQUOR STORE:** Mention Glenayre Elementary at checkout and 5% of your purchase goes to the PAC.
2. **MABEL'S LABELS:** Shop online and the PAC earns a rebate.

## **Attachments:**

**21.1** Trivia Night

**21.2** City of Port Moody Pro D Day

**21.3** Lacrosse