



January 2025

Jason Kemp, Principal | Chris Falk, Vice Principal | Andrea Spedding, Vice Principal | <https://stitos.sd33.bc.ca>

Message from the Admin Team...

Returning to routine after a holiday can be a bit challenging, especially with the dark, cold, and dreary mornings. We kindly remind all parents dropping off students to exercise extra caution, as the reduced visibility can make it harder to see children. Please also refrain from parking in the drop-off lane, as it disrupts the traffic flow. Ensuring the safety of our students is a shared responsibility, and we appreciate your cooperation in keeping drop-off times smooth and safe.

On a brighter note, we have an exciting lineup of events and activities to look forward to! Our middle-grade basketball teams and elementary volleyball teams are in full swing, bringing energy and enthusiasm to the season. It’s hard to believe, but the end of January marks the halfway point of our school year – it’s flying by!

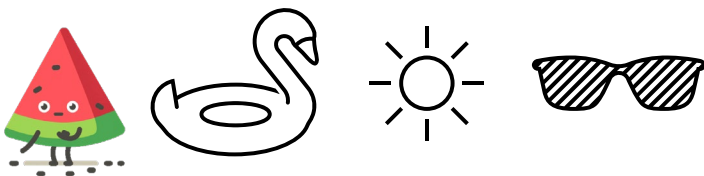
The best way to support your student is by staying involved. Join us at a PAC meeting, connect with your child’s classroom teacher, or attend a school event. Together, as a team of students, families, and school staff, we can help every child shine by nurturing their unique gifts, skills, and talents.

Thank you for your ongoing support, and let’s make the second half of the school year a great one!



Stitós Green Crew News

Hey everyone! We’re the student team at Stitós who spread mental health awareness and we’ve got a bright idea to beat those January blues! Plan to wear your tropical attire on **Monday, January 20th**! Think sun hats, sunglasses, and summer clothing! This will be a fun spirit day at Stitós to build community and focus on fun in the sun!



Important Dates to Remember...

January 6 th	School Reopens (Day 2)
January 15 th	Popcorn Day
January 20 th	Spirit Day – Tropical Attire
January 23 rd	PAC Meeting @ 7 pm
January 24 th	Assessment & Evaluation Day – No School for Students
January 29 th	Popcorn Day
February 12 th	Popcorn Day
February 14 th	Non Instructional Day – No School for Students
February 17 th	Family Day Stat – School Closed
February 20 th	PAC Meeting @ 7 pm
February 26 th	Pink Shirt Day
February 26 th	Popcorn Day
February 28 th	Early Dismissal @ 11:31 am




ANGER CPR

Gain awareness of the emotional roots to anger, the difference between anger and aggression, and the steps that take us from frustrated to furious or adaptation. Discover useable ideas about taming tantrums and minimizing meltdowns, yours, and your child's.



REGISTER NOW

FEBRUARY 5, 12, 19
3 PART SERIES WEDNESDAYS
9:30 - 11:30AM

Chilliwack Secondary School CSS –
 Neighborhood Learning Centre NLC
 46361 Yale Rd, Chilliwack



Student Quick Pay – Online Payment Portal

We are encouraging our Stitó:s parents/guardians to access the online payment portal. Through the online portal you can view all the current and upcoming charges on your student’s account. Please note that field trips will be located under the “Future Charges” tab until they have taken place and are past due. This is also where you can view some of the fun items we have for sale at the school. You may also want to check to see if you have a credit on your student’s account as you may not have to pay the full amount for an upcoming fee! If you have never accessed your student’s online account, we have attached the instructions on how to do so with this newsletter.

Grade 8 Transition Visit & Tours

Staff from GW Graham & Sardis Secondary will be coming in January to Stitó:s to talk with our grade 8 students. The Grade 8’s will be receiving a course selection presentation and also have the opportunity to have a tour at their respective school for the 2025/2026 school year. Please watch for permission slips to go come home with students in mid-January.



A research and relationship-based program that takes much of the guess work out of being a caregiver; improving confidence in recognizing your child’s emotional, relational needs; and providing information to help interpret your child’s behaviour.

8 Part Series
 CCS – Paramount-Arbutus Room
 #100 – 46187 Yale Rd, Chilliwack

Jan 15, 22, 29
 Feb 5, 12, 19, 26
 Mar 5

6:00 – 8:00 PM
 Childminding included



REGISTER NOW








Grade 8 Parent Info Night on Zoom

DATE 28.01.2025 **TIME** AT 7:00 PM





Zoom Link on SSS Website

Kindergarten Registration is Open!

Kindergarten registration for the 2025 – 2026 school year is underway. If your child will be five (5) years old by December 31, 2025, please register online. You will need to upload your child’s birth certificate and proof of residence when registering. We are strongly encouraging families who are planning to register at Stitó:s to do so as soon as possible as our Kindergarten classes fill up quickly and we want to ensure your child has a spot!

To register at Stitó:s or any other school in School District No. 33 (Chilliwack), please [click here](#). Chilliwack School District uses a centralized electronic registration system. SD33 schools do not accept paper-form registrations. For more information and FAQ, please visit [SD33 – Registration](#).

Counsellors' Corner

Support Your Child's Mental Health

Mental Health is a key component of healthy child and youth development, and also has an impact on their relationships and their performance in school.

How can parents support positive mental health?

Parents can help support positive mental health by forming strong and caring relationships with their children.

- **Connect** – talk and listen to their feelings and experiences.
- **Be Active Together** – take a walk and build physical activity into family time.
- **Take Notice** – encourage and praise the positive behaviours and choices your children make.
- **Keep Learning** – encourage your child to learn from both positive and negative experiences.
- **Give** – your time, your words, and your presence.

Sometimes, parents feel like they don't know what to say or how to interact with their youth. Learn more about [tips for how to talk to your child or teen about mental health](#).

Get more information about positive mental health for children and youth: [Positive mental health for children - Fraser Health Authority](#).

Find out what services, programs and resources are available for your child and/or youth: [Child and youth mental health - Fraser Health Authority](#).

Did You Know You Can Access...

School Information

Looking to see what is on the school calendar, what the bell schedule is for your child, or view the newsletter online??? Check out the School Information section on the school website.

Athletics Calendar

Looking to see when the next practice or game is??? Check out the school Athletics Calendar on the school website.

Counsellor Corner

Looking for loads of resources for families??? Check out the school Counsellor Corner section on the school website.

Learning Commons

Looking to see what activities and events are taking place in the Learning Commons??? Check out the Learning Commons section on the school website.

PAC Information

Looking to see who is your 2024/2025 PAC Executive or when the next PAC meeting is??? Check out the Parent Information section on the school website.

<https://stitos.sd33.bc.ca/>

Parent Advisory Committee

The next PAC Meeting is scheduled for **Thursday, January 23rd at 7:00 pm**. Did you know that you are a member of the PAC? Every single person that has a child attending Stitó:s Lá:lém Toti:lt Elementary / Middle is a member of the PAC and has a vote in what our PAC does.



Stitó:s Grade 8 Bottle Drive
Class of 2025

To help lower the cost for the Grade 8 Year End Celebration, fun activities and memorable events.

Collection Date: Saturday Jan 11-2025

Drop-off Location:
5337 Tyson Road,
Chilliwack BC, V2R 6J5
10:00am - 12:00pm

Bottles will be collected in the Stitó:s parking lot. Please drive around the bus loop and drop off near the front of the school.

For more information, please email: stl-pac@sd33.bc.ca
<https://stitos.sd33.bc.ca/>

Thank you for supporting us with your donation!

The poster features illustrations of various bottles and cartons of juice, milk, and oat milk.



NEW POPCORN DAYS FOR 2025

**JAN 15, JAN 29,
FEB 12, FEB 26**

For Elementary and Middle school students!!!
\$1.00 a bag
*Ordering opens in Jan 2025

ORDER ONLINE ON MUNCHALUNCH.COM

The poster features a large illustration of a red and white striped popcorn bucket overflowing with popcorn.

3 PART SERIES

REGISTER NOW



EMOTIONAL ADAPTABILITY

WEDNESDAYS
JANUARY
15, 22, 29

When we mix our emotions with experience of others, with updated wisdom about our past stories, and upgraded skills, we become more comfortable and more confident with emotional complexity. In this workshop we explore and re-establish friendly relations with our kids and our 6 big emotions; Joy, Fear, Sadness, Anger, Shame, and Curiosity.

Chilliwack Senior Secondary CSS - Neighborhood Learning Centre NLC
46361 Yale Rd, Chilliwack

9:30 - 11:30 AM CHILD MINDING INCLUDED



Chilliwack School District



CHWK
COMMUNITY SERVICES

SERIOUSLY, DON'T MISS OUT!

HEY! YEARBOOKS ARE ON SALE NOW

ORDER THE YEARBOOK TODAY!
LIKE, RIGHT NOW

\$30 until Jan. 15, 2025
(\$35 after Jan. 15th)

VARSITY  YEARBOOK

Go to <https://www.studentquickpay.com/sd33/>
(Link is on school website)