



January 2026 Jason Kemp, Principal | Chris Falk, Vice Principal | Andrea Spedding, Vice Principal | <https://stitos.sd33.bc.ca>
Season – Temxeytl' (tem hate) – **Winter / Month (Moon)** – Meqo:s / Pelo:qes (pel awh kis) - **Torch**

Message from the Admin Team...

We hope everyone had a wonderful winter break. Spending time with family and friends while getting a chance to recharge your batteries. Returning to our routines after a holiday break can take a little time – especially with these dark, cold, and dreary winter mornings. As a gentle reminder, we ask families to take extra care during drop-off, as reduced visibility can make it harder to see students. Please also avoid parking in the drop-off lane, as this helps keep traffic moving smoothly and safely. Keeping our students safe is a shared responsibility, and we truly appreciate your cooperation. We also encourage students to dress for the weather, as we continue to spend time outdoors each day whenever possible.

On a brighter note, there is lots to be excited about! Our Grade 7 and 8 basketball teams are well underway, bringing great energy and school spirit. It's also hard to believe that the end of January marks the halfway point of the school year – time is certainly flying by.

One of the best ways to support your child is by staying connected. Whether it's joining a PAC meeting, reaching out to your child's classroom teacher, or attending school events, your involvement makes a meaningful difference. Together – as students, families, and staff – we can continue to help every child shine by supporting their unique strengths, skills, and talents.

Thank you for your ongoing support. We're looking forward to a wonderful second half of the school year together!



Wear Your Ribbon Skirt Day – January 7th

The day was inspired by Isabella Kulak, a fifth grader from Cote First Nation, who in 2020 was told her ribbon skirt wasn't formal enough for the school's Formal Day. Ribbon skirts hold cultural and spiritual significance for many Indigenous Peoples, symbolizing identity, resilience, and connection to heritage. Isabella's story sparked a movement that led to the successful passage of Bill S-219 in 2022 by Senator Mary Jane McCallum, that officially designated January 4th as National Ribbon Skirt Day.



Important Dates to Remember

January 5 th	School Reopens – Day 2
January 7 th	Wear Your Ribbon Skirt Day
January 19 th	Spirit Day – Tropical Attire
January 21 st	PAC Popcorn Day
January 22 nd	PAC Meeting @ 6:30 pm
January 23 rd	Assessment & Evaluation Day – No School for Students!
February 4 th	PAC Popcorn Day
February 5 th	Grade 6 Immunizations
February 12 th	Spirit Day – Pink & Red Day
February 13 th	Non Instructional Day – No School for Students!
February 16 th	Family Day (Stat) – No School
February 18 th	PAC Popcorn Day
February 26 th	PAC Meeting @ 6:30 pm

Outdoor Learning Series Update

Indigenous middle school students have been given the opportunity to learn hands on traditions of respect and resourcefulness. We give thanks to the 4-legged animals that provided the natural materials utilized. Students explored methods used to process animal hide into a final product commonly used as a tool to sing and share stories – a drum. These selected students will now carry the responsibility of taking care of a drum and will be invited to participate anytime a song is needed here at Stitō:s. Thank you to those students who put in the hard work – *Ey Te Syó:ys- Good Work.*



Learning Commons

Here is the link to the Learning Commons January Newsletter - <https://app.smore.com/n/usmt7>.

Stitō:s PAC

Did you know that you are a member of the PAC? All parents are members of our PAC and encouraged to attend the PAC meeting. PAC meetings provide parents with information about our school, a chance to ask questions or raise concerns and a chance to become involved with our school. The next PAC meeting will be **Thursday, January 22nd at 6:30 pm**.

MDI Survey

We will be completing the MDI Survey with Grade 5 and 8 students in the New Year. Specific information has already been sent to Grade 5 & 8 families. Please see the MDI Middle Years Development Instrument further in the email.

Counsellors' Corner

Hello parents and caregivers! We invite you to join Cathy and Marie, our school counsellors, on the first Friday of every month for a warm and welcoming coffee time from **8:30–9:15 am**. Each month will feature a short discussion topic and helpful information shared by our counsellors—plus coffee and treats to enjoy. This is a relaxed opportunity to connect, check in, and spend time with other parents and caregivers as well as our counselling team. We hope to see you there!

Connecting with Our Kids When Anxiety Leads to Social Isolation

Family Smart online event: January 20, 2026 @ 6:30 pm - 8:00 pm PST

When kids spend a lot of time alone because of their anxiety, it can be frustrating and challenging for parents. Join us as Christine M. Yu, M.A., Registered Clinical Counsellor, and a parent talk about the hard stuff. Learn some strategies that can help us connect with our kids when they are socially isolated. Join us and other families for this video presentation and discussion that's facilitated by a Family Smart Family Peer Support Worker.

Thank You to the Christmas Hamper Project

We extend our heartfelt thank you to our generous donors for their wonderful support of our school community through the Christmas Hamper Project. Thank you so much to Club Pilates Chilliwack, Forstbauer Family Natural Food Farm, and our amazing anonymous donors too! Your kindness and generosity have helped bring joy, care, and support to families during the festive season, truly reflecting the spirit of giving. We are deeply grateful for your contributions, which make a meaningful difference and strengthens the sense of community within our school.



Kindergarten Registration is Open!

Registration for the 2026 – 2027 school year is underway. If your child will be five (5) years old by December 31, 2026, please register online. To register at Stitō:s or any other school in School District No. 33 (Chilliwack), please [click here](#).



Experiences in the middle years — especially between the ages of 10 to 13 — have critical and long-lasting effects. During this time, children experience significant cognitive, social, and emotional changes that establish their lifelong identity and set the stage for successful development in adolescence and adulthood.

The Middle Years Development Instrument (MDI) is a self-report questionnaire that is completed online and asks students in Grades 4 through 8 about their experiences in school, in the home, and in the community. It is a valid and reliable measure with strong scientific evidence. It focuses on highlighting the protective factors and assets that are known to support and optimize development in middle childhood.

To date, the MDI has been implemented with over 280,000 students in BC.



The MDI at a glance

- The MDI uses a strengths-based approach to assess five dimensions of child development that are scientifically linked to social and emotional well-being, health, academic achievement, and overall success through school and life.
- Students complete the survey during class time in January or February through a secure, online portal hosted by the University of British Columbia.
- The MDI project is voluntary. School administrators, teachers, parents or caregivers, and the children themselves are able to choose whether or not they wish to participate.
- The questionnaire is administered by an educator and takes 45-60 minutes to complete.
- Teachers and other school staff are fully supported by the MDI team including training, presentations and a variety of online and printed resources.
- Within two months of the MDI being complete, administrators can access Online School Reports, a comprehensive overview of MDI results for all questions and measures. MDI reports include data and infographics that are easy to interpret and share.

Five Dimensions of the MDI



Physical Health & Well-Being

Children evaluate their own physical well-being in the areas of overall health including help-seeking for emotional well-being, transportation to and from school, nutrition, and sleeping habits.



Connectedness

Questions regarding children's overall social support and connection with the adults in their schools and neighbourhoods, with their parents or caregivers at home, and with their peers.



Social & Emotional Development

Children respond to questions about their current social and emotional competencies in several areas such as optimism, self-esteem, happiness, sadness, worries, self-awareness, and self-regulation.



School Experiences

Children are asked about their school experiences in 4 areas: academic self-concept, school climate, school belonging, and experiences with peer victimization (bullying).



Use of Out-of-School Time

Children are asked about the time they spend watching TV, doing homework, volunteering, reading, hanging out with friends, and playing video games.

Five things to know about the MDI

1. Children's overall health and well-being affects their ability to flourish and thrive, concentrate and learn, develop and maintain positive relationships with adults and peers, and navigate thoughtful decision-making. The MDI takes a "whole child" approach to understanding their health and well-being.

2. Children's social and emotional skills not only predict academic success, but also physical health and mental well-being in adolescence and adulthood. The MDI collects data on the factors that are associated with resilience, including supportive relationships with adults at home, in school, and in the community, as well as their nutrition and sleep, and their constructive use of time during the after-school hours.

3. The MDI aligns with multiple initiatives within BC's curriculum as well as existing research frameworks on social and emotional learning and mental health in schools. Questions on the MDI shine a light on facets of children's Personal and Social Competencies, Physical Education and Health, and other factors that support health and well-being.

4. The MDI upholds Article 12 of the United Nations Convention on the Rights of the Child, which states that children have a right to give their opinion and be heard by the adults around them. The MDI provides children with opportunities for self-reflection and to safely share their experiences, thoughts, and feelings.

5. MDI data are a powerful tool for encouraging exploration of ways to promote children's personal and social competencies in the classroom, in schools, and with parents and caregivers, educators, and leaders in the community. It provides the information needed to take action to support the well-being of children at school and beyond. Explore your MDI community data here: mdi.dashboard.earlylearning.ubc.ca/



Instead...

The MDI is not used for individual diagnosis or assessment of children, or comparison of individual teachers, classrooms or schools.

Our goal is to support schools, families, and the children themselves in charting their own course toward improving the lives of children during these critical years of growth and transition.

The Human Early Learning Partnership

The Human Early Learning Partnership (HELP) is a research institute based at the University of British Columbia. For over 20 years HELP has worked in partnership with schools and school districts across British Columbia to gather population-health data related to healthy child development. The MDI is one of a family of tools that can be used as part of HELP's child monitoring system. The information collected is shared with schools and communities to support children and their families. Please visit earlylearning.ubc.ca to learn more about HELP.

DiscoverMDI.ca

Our online resource - Discover MDI: A Field Guide to Promoting Well-Being in Middle Childhood - provides a wide-range of practical strategies and tools that support schools and communities to build an understanding of the MDI along with information on how to promote the well-being of children in middle childhood. The Field Guide provides a supported, step-by-step journey that will help you gain familiarity with the MDI measures, make sense of your MDI data, and guide approaches to building dialogue and action within schools, and communities.

Contact us:

604. 822. 1310

mdi@help.ubc.ca

earlylearning.ubc.ca mdi



**HUMAN
EARLY LEARNING
PARTNERSHIP**



CHEQ

Childhood Experiences
Questionnaire

EDI

Early Development
Instrument

MDI

Middle Years Development
Instrument

YDI CHARTLAB SFU

Youth Development
Instrument

KINDERGARTEN
Parent & Caregiver
Questionnaire

KINDERGARTEN
Teacher
Questionnaire

GRADES 4-8
Student
Questionnaire

GRADES 10-12
Student
Questionnaire



Kw'emet
EARLY LEARNING
AND CHILD CARE
CHILLIWACK SCHOOL DISTRICT #33

Just B4 Preschool

Locations: Robertson, Vedder, Watson



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



**Chilliwack
School District**

justb4-registration@sd33.bc.ca



WEARING BLACK ON THIS DAY IS ONE WAY TO EXPRESS OUR SHARED RESPONSIBILITY TO:

NAME AND DISRUPT SYSTEMIC RACISM WHEREVER IT EXISTS, INCLUDING IN OUR SCHOOLS AND COMMUNITIES;

UPLIFT THE VOICES AND LIVED EXPERIENCES OF BLACK STUDENTS, STAFF, AND FAMILIES;

AFFIRM OUR DISTRICT'S COMMITMENT TO SAFE, INCLUSIVE, AND IDENTITY-AFFIRMING LEARNING ENVIRONMENTS;

ENGAGE IN THE ONGOING PROCESS OF ANTI-RACIST EDUCATION AND ACTION, AS SUPPORTED BY THE 2025 RACISM RESPONSE GUIDELINES.

WE INVITE ALL MEMBERS OF THE SD33 COMMUNITY TO JOIN US IN WEARING A BLACK SHIRT ON THIS DAY—NOT JUST AS A SYMBOL, BUT AS A REMINDER OF THE RELATIONAL ACCOUNTABILITY AND COLLECTIVE ACTION NEEDED TO ENSURE THAT EVERY LEARNER FEELS SEEN, HEARD, AND VALUED.

I have a dream that one day we will be judged by the content of their character rather than the color of their skin.

BLACK SHIRT DAY 2026

**WEAR A BLACK SHIRT
START A CONVERSATION**

**January
15th**



RESOURCES

#BLACKSHIRTDAY