



Merritt Central Elementary School

Family WAG Week of Jan 19-23+

	<p>19 Handball 8:20 gr. 4/5 boys</p> <p>Breakfast: Ms. Omori & Mrs. Sahota - Pancakes</p> <p>Hot Lunch: Main Dish- Beef Teriyaki</p> <p>Calming space - 12:30- 1:00 Ms. Nicholls</p> <p>1:00-1:30 Mrs. Chhabra</p> <p>12:30-1:00 Train Club in library - grades 1-3 (students should bring outdoor gear)</p> <p>12:30-1:00 Board Games 4-7 in Mrs. Smith's room with Mrs. Illingworth</p> <p>Basketball practice 12:30-1:30</p> <p>Weekly Assembly: Tolmie/Morrison</p>	<p>20 Handball 8:20 gr. 4/5 boys</p> <p>Breakfast: Mrs. Preet- Bagels & Fruit Hot Lunch: Main Dish- Pizza Sub</p> <p>Calming space - 12:30- 1:00 Ms. Nicholls</p> <p>1:00-1:30 Mrs. Chhabra</p> <p>Basketball practice 12:30- 1:30</p> <p>Armenian Christmas Holiday-Israel</p>	<p>21 Handball 8:20 gr. 4/5 boys</p> <p>Breakfast: Ms. Morrison & Mrs. Dixon - Cereal</p> <p>Hot Lunch: Main Dish- Deli Trio Sub</p> <p>12:30-1:00 Board Games 4-7 in Mrs. Smith's room</p> <p>Basketball practice 12:30-1:30</p> <p>Boys Basketball Game Team C1- 3:15-4:00 LNIB vs Central 1 @ LNIB</p> <p>Boys Basketball Game Team C2- 3:15-4:00 CV vs Central 2 @</p>	<p>22 Handball 8:20 gr. 4/5 boys</p> <p>Breakfast: Mrs. Martindale & Mrs. Smith - Fruit, Muffins & Yogurt</p> <p>Hot Lunch: Main Dish- Sweet & Sour Chicken</p> <p>Calming space - 12:30- 1:00 Ms. Nicholls</p> <p>1:00-1:30 Mrs. Chhabra</p> <p>12:30-1:00 Board Games 4-7 in Mrs. Smith's room</p> <p>Basketball practice 12:30-1:30</p> <p>Girls Basketball Game - 3:10-3:45 DV vs Central @ DV</p>	<p>23 Handball 8:20 gr. 4/5 boys</p> <p>Breakfast: Mr. Shea & Mr. Gagliano- Fruit, Muffins & Yogurt</p> <p>Hot Lunch: Main Dish- Taco Salad</p> <p>Calming space - 12:30- 1:00 Ms. Nicholls</p> <p>1:00-1:30 Mrs. Chhabra</p> <p>12:30-1:00 Board Games 4-7 in Mrs. Smith's room with Ms. Illingworth</p> <p>Basketball practice 12:30-1:30</p>
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	<i>Civil Rights Day- USA</i>		<i>Central</i>		
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	Weekly Assembly: Whole School review expectations/Code of conduct				
26	<p>Handball 8:20 gr.4/5 boys</p> <p>Breakfast: Ms. Omori & Mrs. Sahota - Pancakes</p> <p>Hot Lunch: Main Dish- Pizza Bagel</p> <p>Calming space - 12:30-1:00</p> <p>Ms. Nicholls 1:00-1:30 Mrs. Chhabra</p> <p>12:30-1:00 Train Club in library - grades 1-3 (students should bring outdoor gear)</p> <p>12:30-1:00 Board Games 4-7 in Mrs. Smith's room with Mrs. Illingworth</p> <p>Basketball practice 12:30-1:30</p> <p>Weekly Assembly: Shout Out</p>	<p>27</p> <p>Handball 8:20 gr.4/5 boys</p> <p>Breakfast: Mrs. Preet - Bagels & Fruit Hot Lunch: Main Dish-Breakfast Wrap</p> <p>Calming space - 12:30-1:00 Ms. Nicholls 1:00-1:30 Mrs. Chhabra</p> <p>Basketball practice 12:30-1:30</p> <p>Family Come Read With Me Sessions @ Public Library 6:30PM</p>	<p>28</p> <p>Handball 8:20 gr.4/5 boys</p> <p>Breakfast: Ms. Morrison & Mrs. Dixon - Cereal</p> <p>Hot Lunch: Main Dish-Perogies</p> <p>12:30-1:00 Board Games 4-7 in Mrs. Smith's room</p> <p>Come read with me - Parents of gr k/1 Students 9-10:15</p> <p>Boys Basketball Game Team C1- 3:15-4:00 NC vs Central 1 @ NC</p> <p>Boys Basketball Game Team C2- 3:15-4:00 LNIB vs Central 2@ LNIB</p>	<p>29</p> <p>Handball 8:20 gr.4/5 boys</p> <p>Breakfast: Mrs. Martindale & Mrs. Smith - Fruit, Muffins & Yogurt</p> <p>Hot Lunch: Main Dish-Season Chicken Bites</p> <p>Calming space - 12:30-1:00 Ms. Nicholls 1:00-1:30 Mrs. Chhabra</p> <p>12:30-1:00 Board Games 4-7 in Mrs. Smith's room</p> <p>Basketball practice 12:30-1:30</p> <p>Girls Basketball Game - 3:10-3:45 Central vs Bench @ Central</p> <p>SD58 Winter Celebration</p>	<p>30</p> <p>Handball 8:20 gr.4/5 boys</p> <p>Breakfast: Mr. Shea & Mr. Gagliano- Fruit, Muffins & Yogurt</p> <p>Hot Lunch: Main Dish-Chicken Nuggets</p> <p>Calming space - 12:30-1:00 Ms. Nicholls 1:00-1:30 Mrs. Chhabra</p> <p>12:30-1:00 Board Games 4-7 in Mrs. Smith's room with Ms. Illingworth</p> <p>Basketball practice 12:30-1:30</p> <p>Intermediate Ski Trip to Sun Peaks</p>

**Jan 26 to 30- Family
Literacy Week**

**NICOLA-SIMILKAMEEN SCHOOL DISTRICT &
INDIGENOUS EDUCATION INVITE YOU TO ATTEND**

Winter Celebration

Date: January 29th 2026

Where: Nicola Valley Institute of Technology Gym

Time: 9:00AM to 2:00PM

For: Educational Pow wow Performances

INVITED DRUM GROUPS ONLY

INVITED DANCERS ONLY

**Limited Space & Numbers. Each school will be
scheduled into a time slot**

Contact:

Dawn Williams - dwiliams@sd58.bc.ca

250-378-2720

Tanya Edwards - tedwards@sd58.bc.ca

250-378-2514



Please See Below for more upcoming dates, PAC info, Parent Resources, and The Character Focus for the Month

Upcoming Important Dates	PAC	Monthly School Focus
<p>Feb 2 - Weekly Assembly-Gandy/Gagliano Feb 4 - Basketball playdate Feb 5- Girls Basketball Game –3:00-4:15 Central vs Bench & CV vs Central @ Central Feb-9 - Weekly Assembly- Matheson/Easterbrook Feb 10 – Basketball playdate Tournament Feb11 – Basketball playdate Tournament Feb 12- Early Dismissal Day Feb. 13 ProD Day- Non-Instructional Day- No School for Students Feb 16- Family Day Feb. 19- Handball playdate Feb. 18- Handball playdate Feb 23- Shout Out Assembly Feb. 25- Handball playdate Feb. 26- Handball playdate Mar 2- Weekly Assembly – Ferris/Shea Mar 4- Handball playdate Mar 5- Handball playdate Mar 9- Weekly Assembly – Galiano/Morrison Mar 12- Handball Tournament Mar. 11 Handball Tournament Mar 13 – Report Cards go home Mar 13- Last Day before Spring Break Mar 16-27- Spring Break Mar 30- School reopens after Spring Break Mar 30 – Whole School Assembly- Welcome Back/Expectations/Code of Conduct Apr 3- Good Friday Apr 6- Easter Monday Apr. 9– Class photos Apr 13- Weekly Assembly- Matheson/Preet Apr. 14 – Staff Meeting Apr 16- Rugby Playdate Apr- 20- Shea/Gandy Apr 23 Rugby Playdate</p>	<p>We'd love for you to be part of the MCES PAC A welcoming group of parents working together to support our school and students. Here's what we do, and how you can help:</p> <ul style="list-style-type: none">• Share your voice: Help us bring parents' ideas and feedback to the school staff and principal. Your input helps shape school programs and activities.• Be part of the fun: Help organize PAC events and activities and take part in learning opportunities for parents.• Get involved: Whether you have a little time or a lot, your involvement makes a big difference in building a strong school community.• Stay connected: We help keep families informed and build strong partnerships between home and school to support our kids' learning.• Find support: We're here to help you navigate the school system and speak up for you and your child when needed.• Support school goals: Through fundraising and volunteering, we help bring great ideas to life – from classroom resources to community events.• Make a bigger impact: You can also join district and provincial parent councils to share ideas and help shape education beyond our school. <p>Next PAC Meeting will be held Tuesday Fe b . 10, 2026 (TENTATIVELY) 7:00 pm Please check your school messa ges in February for confirmation.</p> <p>Here are a few things PAC is supporting for the Eagle Bay Grade 7 Trip Grade 7 fundraisers for eagle bay</p> <ol style="list-style-type: none">1. January 2026 - 2 week “change war” between the 2 grade 7 classes. Winning class gets popcorn! (Students will bring in change, to add to their class’ jar).	<p>Monthly School Focus</p>  <p>This month, our school is focusing on the character trait Truth, a value that shapes not only our classrooms but our entire school community. Truth is more than just being honest; it's about integrity, courage, and authenticity. It means striving to be the best version of ourselves and encouraging our children to do the same.</p> <p>When we practice truth at home and school:</p> <ul style="list-style-type: none">• We build trust with one another.• We create a safe space where mistakes become learning opportunities.• We empower children to value honesty and take responsibility for their actions. <p>Connecting to Indigenous Teachings Truth is one of the Seven Grandfather Teachings, which guide us in living a good life. Truth reminds us to be true to ourselves and others, and to live with honesty and integrity. Sharing these teachings with children helps them understand that truth is not just about words, it's</p>

Apr 27- Weekly Assembly- Whole School Shout Outs
 Apr 30- Rugby Playdate
 May 4 – Weekly Assembly –Ferris/ Easterbrook
 May 7 - Rugby Tournament
 May 11 – Weekly Assembly Tolmie/Gandy
 May 18- Victoria Day
 May 19 – MCES Track Meet
 May 25 – Weekly Assembly – Whole School
 Jun 1- Weekly Assembly-Morrison/Matheson
 Jun 4 – District Track Meet
 Jun 8- Weekly assembly- -Gandy/Shea (Eagle Bay Expectations)
 Jun 15- Weekly assembly- Preet/Matheson
 Jun 25- Year End Acknowledgment Ceremonies & Grade 7 & Kindergarten Graduations – K grad 9:15-9:50, Primary acknowledgement ceremonies -10:00am- 11:00am, Intermediate acknowledgement 11 am-12pm, grade 7 grad 1:30
 Jun 25, 2026 -Last Day of Classes
 Jun 26, 2026 – Admin Day – Teachers/Admin only

2. Have letter into the Elks hall requesting support.
3. February 21, 2026 (Saturday) Bottle Drive (pending parent participation) - locations to be decided by grade 7 parents' participation. Some could do out of town spots if they wish, and we will sort at the central parking lot.
4. March 2026 - movie night at central school (Concession available)
5. April 2026 - Idea, steak dinner at the grand?
6. May 2026 - all funds due to the school.
7. June 2026 - Students go on their trip!

about actions and living in harmony with our values.

Family Resources to Support Truth

1. Books for Kids:

- *The Empty Pot* by Demi (teaches honesty and courage)
- *Ruthie and the (Not So) Teeny Tiny Lie* by Laura Rankin
- *A Bike Like Sergio's* by Maribeth Boelts (about integrity and choices)

2. Open Parachute Resources:

- Open Parachute Parent Resources
Explore videos and activities that help families talk about honesty, resilience, and emotional well-being. Ask your child's teacher for access.

3. Conversation Starters:

- "What does being truthful mean to you?"

"Can you think of a time when telling the truth was hard but important?"

- "How do you feel when someone is honest with you?"

4. Activities:

- **Truth Jar:** Write down examples of truthful actions your child notices at home or school. Celebrate these moments together.
- **Role-Play Scenarios:** Practice what to do when telling the truth feels difficult.

5. **Online Resources:**

- Common Sense Media –
Teaching Kids Honesty

PBS Parents – Building Character

More Parent Resources

[Raising Digitally Responsible Youth Parent / Caregiver Resources](#) [Interpreting and Translating Emojis](#)

