

Sunday, January 25, 2026

Good morning, Sardis Families. We had a good turnout for the Angela Murphy presentation last Thursday. She shared some strategies of ways to de-escalate children when they are dysregulated and talked about the importance of adult wellness too and how to model strategies to help children learn. Thanks to Mrs. Fast and Mrs. Campbell for organizing that for us and to all the parents who came! Here are some things for you to know as we head into week #22 at Sardis Elementary:

\*This week we'll have Toque Tuesday again, which is perfect given this cold weather, and then Friday will be Sardis Swag (or wear something blue) Day.

\*Our PAC will be doing a Pink Shirt order and are looking for student submissions of designs that could be printed on the shirts. There is a very quick deadline for this as they need to get the shirts ordered quickly in order to have them ready for February 25<sup>th</sup>, so if your child would like to work on something at home today, or some might be working on them tomorrow during class, we will have the voting on Tuesday, January 27<sup>th</sup> to see which will be the winning design. They will be doing a bulk order of shirts to have for sale, they won't be online like the Sardis Swag, so watch for more information about when they will be available to purchase coming up!

\*Wednesday, January 28<sup>th</sup> is the last day to order for the Subway hot lunch taking place on Friday, February 6<sup>th</sup>. You can order on Munch-a-Lunch but just a reminder that orders need to be paid for within two hours of placing them or the system will delete the order.

\*All three of our Grade 5 sports teams have games this week. The Boys Tripleball team plays on Tuesday @ Promontory, the Girls Tripleball team plays on Wednesday @ Stito:s, and the Floorball team plays on Friday at Sardis vs Unsworth. Go Skyhawks!

\*We have the hotdog hot lunch on Friday, January 30<sup>th</sup>. This is the make-up date from December 12<sup>th</sup> when school was cancelled due to the rain. Deanna has opened up the hot lunch orders on Munch-a-Lunch now for lunches for the remainder of the school year, so you can order ahead now if you don't want to forget!

Despite the challenging season the Canucks are having this year, it was great to see so many of their jerseys on Thursday last week. I feel like I won't be able to convince my husband to watch the game at 3:00 today given that the Seahawks are also playing at 3:00, and that game's a little more important, but we'll be switching back and forth, I'm sure!

Mrs. Kasper