



**Thompson will be running across Canada!**

On Monday February 5<sup>th</sup>, at 11:30 am during an assembly, we will be launching a school-wide running/power walking program for all students from Kindergarten to Grade 7. We aspire to run three times/week on Mondays, Wednesdays, and Thursdays (weather permitting). Step one is to get everyone participating, trying their best, and have the mindset of striving to improve. Step two will be for students to make improvements. We will know that we are making improvement because we will be timing everyone periodically. Already this week teachers have been collecting baseline data so students can use that base time as motivation for the next time they run. I had the pleasure of seeing Ms. Ginet’s K/1 class and Mr. Dimmick’s 6/7s do their baseline testing today. Already there are some athletes who can run the whole distance without stopping. It is also obvious that this opportunity will transform others who are struggling to even run 200m. This initiative is not designed to be a competition with others, but to be a physical and mental challenge for each individual to persevere and aspire to improve their personal time, all the while building their cardio-vascular capacity and strength.



Our initial goal for individual students will be for each to jog 1 KM (3 times around our school) without stopping to walk. As a school-wide goal, teachers will be tallying up their class KMs for the week, and together we’ll tally a school-wide total of KMs run by everyone. We will show our school’s progress by mapping our progress on a large map of

Canada that will be displayed in the front hallway. Canada is approximately 6500KMs across. It will be interesting to see how long it will take us as a school to run across Canada. We’ll keep you posted.

**A few other tips/notes:**

- Parents are welcome to join us
- The parking lot will have limited access from 11:55-12:10pm for safety reasons.
- Please ensure that your child has suitable footwear for running. It is very difficult to run in boots.
- Although running is hard work, we’ll be having fun, playing music and celebrating our efforts. We will also have themed runs where student will be encouraged to run dressed for a special occasion. Eg. St. Patricks Day Run where we all wear green.
- Parents can help by providing additional opportunities for your children to exercise out side of school. This could happen by signing them up for community sports and/or activities at the Thompson Community Centre.

**Our International guests from China are here!**

We’re off to a great start with our new friends from China who have settled in nicely under the leadership of their teacher, Ms. Parmar. They have a very busy schedule full of exciting events during the day, evening and weekends. They’ve been mixing with other Thompson classrooms, coming to our basketball practices, and today was Pizza Day. Lots of fun!





## Lunar New Celebration- February 16 – Kick off Assembly at 8:50am

We have an amazing group of parent volunteers coordinating a special Lunar New Celebration event at Thompson on February 16<sup>th</sup>. The assembly starts at 8:50am and will showcase the singing of our National Anthem (using the new and improved lyrics). We'll also have a Power Point presentation educating everyone about the Lunar New Year and how it is celebrated, we'll hear a ceramic flute, our own students will perform for us, we'll experience a Lion Dance, and we'll even participate in Martial Arts demonstration. After the assembly, all students will rotate through various arts and craft stations that parent volunteers and student council members are hosting.

## IMPORTANT DATES

February 2	Deadline for parents submitting Transfer Applications (2018-2019 School Year) to requested schools by 3:00 p.m.
February 8	Grade 7 Farewell parent planning meeting 8:45a.m.
<b>February 12</b>	<b>Family Day Holiday – No school</b>
February 14	PAC Meeting – 9:00 a.m.
February 16	Lunar New Year Celebration 8:50am
February 21	Parent/Teacher Conferences – <b>Early dismissal at 1:45 p.m.</b>
February 22	Parent/Teacher Conferences – <b>Early dismissal at 1:45 p.m.</b>
February 22	Pizza Day
<b>February 23</b>	<b>Professional Development Day (no school for students)</b>
February 28	<b>Pink Shirt Day</b>
March 2	Hot lunch Day
March 15	Pizza Day - Last day of school before Spring break.
<b>March 16 to April 2</b>	<b>Spring Break and Easter Holidays (no school for students)</b>
April 3	School Re-opens

