



Newsletter


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Admin Team Message

February is shaping up to be a very month for the Hudson school community! Please check out our event calendar below with various fundraising activities added as well. A HUGE thank you to our Diversity Club for their amazing designs for Pink Shirt Day and congratulations to Erin from Division 2 for the winning design submission.

February Calendar

February 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Spirit Day *Don't forget to wear red	4
5	6	7	8	9	10 Deadline to Order Popcorn	11
12	13	14 Valentine's Day 	15 Popcorn Day	16 PAC Meeting *6:30pm in the library	17 ProD Day Students not in attendance	18
19	20 Family Day Students not in attendance	21	22 Pink Shirt Day	23 Div. 1-4 & 14F Parent Musical Performance in PM	24 100 Day NTFT Anti-Bullying Virtual Assembly Jump Rope for Heart	25
26	27 Jump Rope for Heart	28				

Kernels Popcorn Fundraiser for Laptops

Our current laptops at Hudson are getting along in years and we have a limited number that are up to date with their operating system. The majority can't be updated by IT, as they are over ten years in age. Every two weeks on Wednesdays, students can order snack size bags of popcorn through SchoolCash Online

<https://vsb.schoolcashionline.com/> We have 5 flavours to choose from: Buttersalt, Dill Pickle, Salt & Vinegar, White Cheddar & Creamy Caramel. All flavours are gluten free and nut free. We appreciate your support for this fundraising initiative!

Ordering Details:

-For our first order, online ordering is open **until Friday, February 10** and will be delivered to students on Wednesday, February 15th before recess.

-Snack sized bags are \$2.50 each **online payment only** <https://vsb.schoolcashionline.com/>

*If you need assistance with ordering, please contact the Hudson Office at HUDSON@vsb.bc.ca

Jump Rope for Heart

This year, Hudson will be jumping rope for the Heart and Stroke Foundation on February 24 and February 27 in gym class. Our goal is to empower kids to build healthy habits for a healthy life and learn the importance of giving. If you would like to donate to the Heart and Stroke Foundation, please click on the link to the Hudson donation page <https://jumpropeforheart.crowdchange.ca/19595> We are not encouraging students to fundraise for individual prizes.

Parents can check out the easy online challenge where kids can play fun online activities, games, and quizzes – a playful way to learn heart healthy habits. <https://www.jumpropeforheart.ca/easy-online-challengeeee803085>

Trusted Adults

At Hudson, we have been working on building connections and fostering a sense of belonging. We have also talked about who are trusted adults in our school community in classes.

Who are Trusted Adults?

- They are adults working in school and community settings who are a consistent, dependable source of support for youth.
- They are present.
- They are the influencers.
- They understand the importance of youth agency in building an equitable, inclusive classroom and culture.
- They are empathetic, non-judgmental, trustworthy, “someone who believes in me,” and are good listeners.

What Do Trusted Adults Do?

- They listen, respond, reassure, and follow-up.

Talk to your child(ren) and see if they have a trusted adult within the Hudson school community that they can talk to. If not, please reach out to your child's teacher or school admin team about connecting them with a trusted adult.

School Athletic Jerseys

We are looking for unreturned jerseys from cross-country and volleyball players. If you have a Hudson jersey at home, please return it to Mrs. Dawson in the gym ASAP.

PAC Information

The next Parent Advisory Council meeting will be on **Thursday, February 16th at 6:30pm** in-person in the library. All Hudson parents/guardians are welcome! Please check the PAC website for more information on updates. hudsonpac.ca

Community Information

Generation Health is a **FREE 9-week healthy lifestyle program** for children and their families, delivered through YMCA BC and in partnership with the Childhood Obesity Foundation. Program participants will meet virtually to learn about healthy eating, physical activity, goal setting, body image, self-esteem and more!

We have 3 program days to choose from: Tuesdays, Wednesdays, and Thursdays from 6:30-8:30 pm. This program requires prior registration through these details: phone 1-888-650-3141 or send an e-mail to generationhealth@gv.ymca.ca.

Families who join this program receive a complimentary membership to the YMCA.



Join Us For Generation Health This Winter!

Learn about healthy eating & physical activity and build long-lasting healthy habits as a family in Generation Health. This 10-week program for families with children ages 8 to 12 is free, interactive and FUN!

Delivered virtually through YMCA BC starting February 2023 on Tuesday, Wednesday, and Thursday evenings.

Interested? Register today!

Call 1-888-650-3141 or email generationhealth@gv.ymca.ca



generationhealth.ca



Jericho Baseball

Jericho Baseball Registration is now open until February 10th. Player assessments for Minors and Majors is on Feb. 11th to be placed on a team. Season runs April to June.

Open to players aged 3 (born after Sept. 1st 2019) to 12 (born after Sept. 1 2010)

<https://www.jerichobaseball.com/>

Vancouver Minor Box Lacrosse

Vancouver Lacrosse organizes teams for girls and boys aged 5 to 17

Early Bird registration open to Jan. 31st.

<https://www.vancouverlacrosse.com/registration/>

Come try lacrosse sessions (free) sign up here:

<https://mailchi.mp/81b865c05308/trylax>



SPRING BREAK SOCCERCAMP

Spring into Action with She Plays Soccer Academy!
Develop your technical skills and have fun with game play under the guidance of our experienced and certified female coaches. Empower and inspire your passion for soccer. Register now and secure your spot!

MARCH 20-24
9:00 AM - 12:00PM

- ✓ Skills & ball techniques
- ✓ Footwork exercises
- ✓ Strategy & teamwork exercises
- ✓ Fun games

\$199

MORNING CAMP
5-12 years old
9 AM - 12 PM

GIRLS & BOYS WELCOME!

VAN TECH SCHOOL TURF
2600 E Broadway, Vancouver

Registration Link
www.sheplaysoccer.com

More Information
(604) 307-0970 (TEXT)

Registration QR code





Carousel THEATRE FOR YOUNG PEOPLE

SPEND YOUR SPRING BREAK WITH CTYP



PUPPET PRO-D DAY CAMP

Come join us for a day of live theatre, crafts and fun! With a combination of theatrical games, playful exercises, and puppet-making, students will play both collaboratively and independently with a focus on puppetry.

FEBRUARY 17, 2023

\$89 | AGES 7-12 | 9AM-4PM

ONLY THREE SPOTS LEFT

Tuition includes a complimentary ticket to Carousel Theatre for Young People's presentation of the puppet play *Clémentine: A (True) Story*.



SPRING BREAK CAMPS

Join us for a week of Emerald City inspired fun! Pack a lunch and snacks, and get ready for a week of imagining, creating and reinventing at Carousel!

Magical Musical Theatre

Ages 7-10 | March 13-17

Twisted Tales

Ages 9-12 | March 20-24

\$445 | 9AM-4PM

Tuition includes a complimentary ticket to Carousel Theatre for Young People and Kaleidoscope Theatre for Young People's *Oz* by Patrick Shanahan.