



January Newsletter

Principal's Message

Dear KO Families,

We hope you had a wonderful holiday break filled with time together, rest, and moments of joy. While we were grateful for the opportunity to slow down, some of us may have been hoping for a little more snow - and others, not so much!

As we reflect on the weeks leading up to the break, we are still smiling about our Christmas concert and Jingle Bell Walk. The students' performance at the concert was exceptional, and the sense of community was truly special. A heartfelt thank you to the families who helped pick up food donations for the Jingle Bell walk and to those who stayed after the concert to help take down props. Your support made these events run smoothly and reminded us how fortunate we are to be part of such a caring community.

We are looking forward to getting into the groove of learning in these next few months as routines have been set and our many of the big events are done. There is much to be excited about, including Family Literacy Week at the end of the month. On the Friday of that week, students are invited to dress up as a character from one of their favourite books—always a highlight for both students and staff!

We are excited to welcome Jennifer Kingwell to our Teaching Staff. Mrs. Kingwell will be joining us as the Grade 4/5 teacher for the remainder of the school year. Most recently, she held the position of Learning Services teacher at T.M. Roberts, and we are thrilled to have her knowledge, experience, and uplifting presence join our team.

Our intermediate students are anticipating the start of their ski days, which promises to be a fun and memorable experience. Fingers crossed for some cooler (not cold) weather to provide more snow for these days. Thank you to our parent supervisors for attending this exciting trip.

As always, thank you for your continued support of our school. We are grateful for the partnership and look forward to all that 2026 has to offer.

Kind regards,
Carissa Hart

Month at a Glance

January 05

School Back in Session

January 14

PAC Hot Lunch

Taco Time

January 16

School Not in Session

January 23

PAC Hot Lunch

Pizza Hut

January 28

PAC Hot Lunch

Hot Dog Day

January 30

School Spirit Day

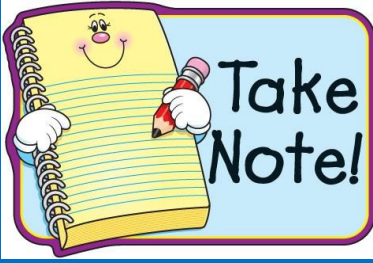
Dress as your favorite

Book Character



Nakta?suk

January



Kindergarten Registration

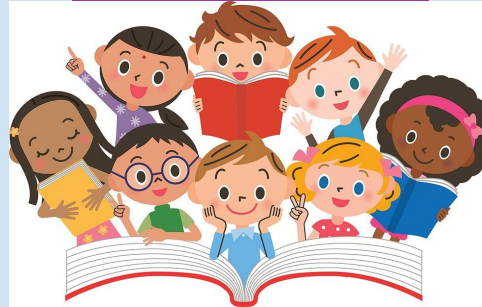
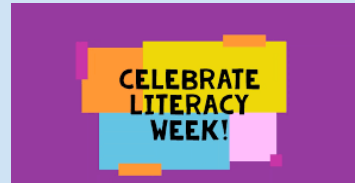
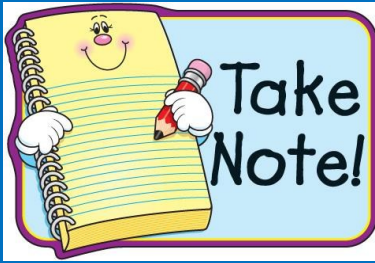
Kindergarten Registration for the 2026-2027 School Year will open on **Monday, February 2nd**. Registration packages will be accepted at the school office starting at 8:00 am.

To register your child for September 2026, a completed Registration Package must be submitted. You can either download and print the [Registration Package here](#) or pick-up a Registration Package from our school office starting January 15th.

Registrations will be reviewed and approved based on School District #5's Administrative Procedures for [Student Registration Enrolment & Procedures](#).

If you have any questions, please contact the school office at **(250) 426-8551**.





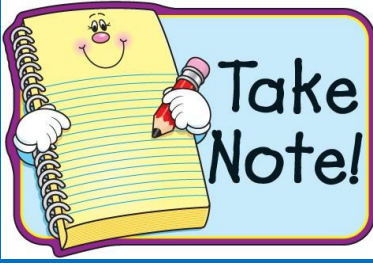
BC Family Literacy week is January 26th-January 30th.

In celebration of Literacy Week, we invite students to participate in a Book Swap!! Students can bring in books they have already read and swap them for something new to read.



On Friday, January 30th, we invite students to dress as their Favorite Book Character for school spirit day!!





Intermediate Skiing & Snowboarding



We are excited to have students participate in the Skiing & Snowboarding program at Kimberley Alpine Report again this year. Information was sent home with students before the Christmas Break. Fees will need to be paid using [School Cash Online](#).

Ski Days:

Wednesday, January 21st

Tuesday, February 3rd

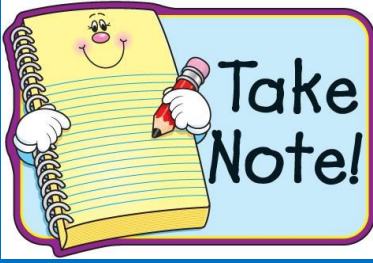
Tuesday, March 10th

KO Sledding Hill

As we enter the winters months, our sledding hill will be open to students. Our school has a limited amount of sleds available to classes on a rotating basis.

Students are welcome to bring sleds from home but they must be the soft, foam type. No hard plastic sleds will be permitted. Please ensure student's names are clearly written on the sleds.





Primary Skating at Kinsmen Arena



Students in our primary classes continue to enjoy skating at the Kinsmen Arena. Please ensure that student come to school with Skates, Helmet, Snowpants & Gloves.

Skating Days:

Thursday, January 8—Miss Feltham & Mrs. Linardic

Thursday, January 15—Mrs. Malmberg & Mrs. Adams

Thursday, January 22—Ms. Boss & Mr. Flegel

Thursday, January 29—Miss Feltham & Mrs. Linardic

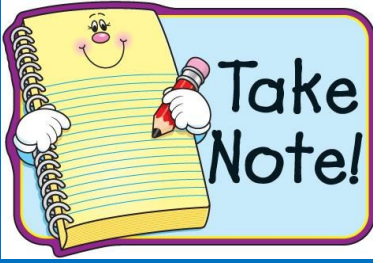
Thursday, February 12—Mrs. Malmberg & Mrs. Adams

Thursday, February 19—Ms. Boss & Mr. Flegel

Thursday, March 5—Mrs. Malmberg

Thursday, March 12—Miss Feltham & Mrs. Linardic





Grade 6 Basketball

Our basketball season begins this week. All players will be provided a jersey to wear. At the end of the season, students must return their jersey and ensure that it has been washed.

Practices

Boys: Tuesday mornings before school and Thursdays after school.

Girls: We do not currently have a coach for the girls team. We are reaching out to KO families to see if a parent/guardian is willing to help coach our team. Please reach out to Ms. Hart at carissa.hart@sd5.bc.ca.

Games

Games will take place on Tuesdays. A schedule will be provided once available. Parents will be responsible for driving students to and from games.

Permission Forms

Permission Forms were sent home with students this week. Please ensure these are returned back to the school.





Music Corner

In January, the KO Music Program shifts to instruments and notation.

Instruments:

Mrs. Malmberg & Mrs. Adams: Melodian Keyboards

Ms. Boss & Mr. Flegel: Guitars

Ms. Reinarz & Mrs. Schadeli: Recorders

Students in Mrs. Reinarz's & Mrs. Schadeli's class will need to acquire a recorder for the beginning of January. Any soprano recorder will be fine but please try to avoid recorders from the dollar store. The school has new recorders available for purchase for \$13.00. To purchase a recorder through the school, please visit [School Cash Online](#) to place an order.

Mrs. Kirkpatrick, Mrs. Halldorson & Mrs. Potter: Band

These classes will now dedicate all of their time to their band instruments. This is the time of the year when the students usually make significant progress on their instruments.



If you have any questions, please contact Mr. Lutz at kim.lutz@sd5.bc.ca

or through the Kootenay Orchards Music Facebook Page 



***The annual KO Talent Show is just around the corner
and we want YOU to perform!***

Audition Week February 9th-12th

**Talent Show on Thursday, February 26th at the
Key City Theatre at 1:00 pm**

Students wishing to perform need to ensure
they get their Registration Forms to Mr. Lutz
before Audition Day.



Some acts will given a Golden Ticket and will make it directly
into the show; other acts may be given tips for improvement
and asked to re-audition.

Acts should be no more than 2 minutes and a Backing Track
(karaoke or instrumental) needs to be emailed to [Mr. Lutz](mailto:Mr.Lutz) in
advance or brought in on a USB Stick.



If you have any questions, please contact Mr. Lutz at kim.lutz@sd5.bc.ca

or through the Kootenay Orchards Music Facebook Page 



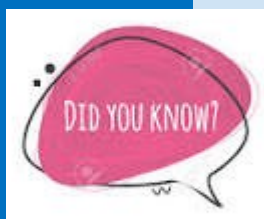
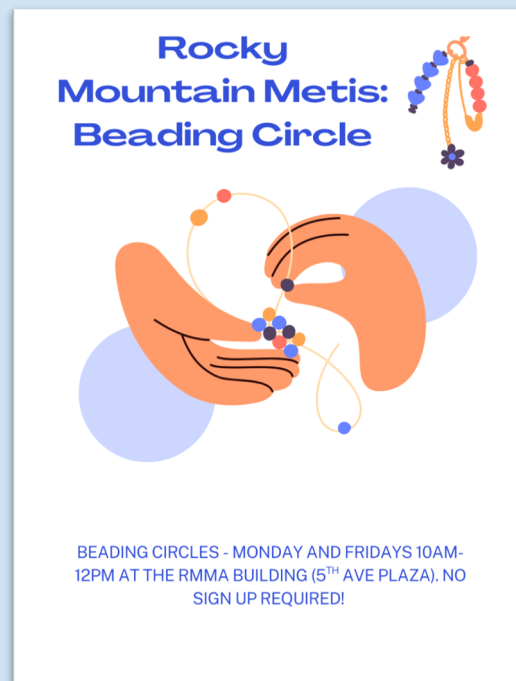
INDIGENOUS EDUCATION

Ki?suk kyuk?kyit qapi niski!

I hope you all had a restful winter break filled with connection and community, alongside people and things that fill your cup! I just wanted to reach out and remind families that I'm here for connections, support, or anything else that may arise! Please do not hesitate to reach out to me at terrace.leduc@sd5.bc.ca. I know this time of year after the holidays can bring about exciting or stressful changes or challenges!

Also, I wanted to remind families that for a student/family to sign up for the Indigenous Education program that we do not need status or citizenship cards showing Indigenous ancestry. This applies for all Indigenous families, whether you're status, non-status, Metis, Inuit, and all others - we welcome everyone!

Sincerely,
Mrs. Leduc



Michif Word of the Month is FAAMII (Family)
Michif TO GO is a great downloadable APP for Metis Michif language learning!

School COUNSELOR

Happy New Year and welcome back! I hope everyone had a healthy and safe winter break. As we move into the rest of the winter season, it feels like a good time to share about Seasonal Affective Disorder, also known as SAD. While many adults can relate to or have experienced SAD themselves, it is also important to recognize that children can also experience the symptoms of SAD. SAD symptoms can be the same as general depression, however they arise seasonally.

For more information on the symptoms, causes, and treatment options for SAD, please find attached a few articles that may be of help:

<https://keltymentalhealth.ca/blog/2025/01/truth-about-sad-seasonal-affective-disorder>

<https://kidshealth.org/en/parents/sad.html>

<https://childmind.org/article/seasonal-affective-disorder/>

If you notice that you or your child are experiencing low mood/energy, are often feeling sleepy, are isolating from or avoiding social situations, are feeling sad or anxious, or are having trouble concentrating, it is important to reach out to a professional for support; this may be a family doctor, a community counsellor, or your school's counsellor.

As always, if you have any questions about how school counselling could be a support for your child or family, please feel free to email me.

Sincerely,
Mrs. Doll

karley.doll@sd5.bc.ca



StrongStart - Cranbrook

We're
OPEN

StrongStart is open and operating in the new Steeples facility. We invite families to come and see the new space on January 5!



- **A free, parent-accompanied play and learning program for children ages 0-5.**
- **Snacks provided.**
- **Play-based and learning activities facilitated by a qualified early childhood educator.**

Monday-Thursday
9:00-11:30 and 12:15-2:45
Follows school calendar



StrongStartBC

**Steeples Elementary
School**

250-426-0620

cbal.ngreen@sd5.bc.ca



Play



Connect



Learn

We gratefully acknowledge the financial contribution of the Province of British Columbia through the Ministry of Education and Child Care.

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

January 2026

WINTER HEALTH TIPS

Handwashing Tips

When done properly, good hand hygiene is the best way to prevent the transmission of disease. This hand hygiene article offers reminders for proper hand washing and hand sanitizer use, including when it is best to use soap and water and when to use alcohol-based hand sanitizer. Parents and caregivers can also find illustrations to help them teach their child how to properly wash their hands. To learn more, please visit www.aboutkidshealth.ca/handwashing

New Colour-Coded Weather Alerts

Canadians know how quickly the weather can change—and how important it is to be prepared



Canada.ca/Weather-Alerts

Canada

for when it does. That's why Environment and Climate Change Canada (ECCC) has introduced new colour-coded weather alerts. Under this new system all weather alerts—Warnings, Advisories, and Watches—are now colour-coded, moving from yellow, to orange, to red as the potential risk increases. ECCC's forecasters choose the colours based on how confident they are that the weather will happen, and the possible impacts that weather may have. By giving alert colours meaning, Canadians are now able to get at-a-glance information about the potential risk a weather hazard poses to them. For more information on what the colours mean click [here](#)

SCREEN TIME

Protecting Youth Online

Violent online groups are targeting children and teens through social media and gaming platforms, coercing them into harmful acts and spreading extremist ideologies. Parents and caregivers should watch for warning signs like secretive app use, sudden interest in violent content, or withdrawal. Learn more and get prevention tips: [Read the RCMP report.](#)



If you would like to place an order, please visit [Muncha Lunch](#).
Please Note: Orders must be placed no later than one week before the scheduled hot lunch date.

January 14th: Taco Time

January 23rd: Pizza Hut

January 28th: Hot Dog Day

*****Watch for new Hot Lunch dates announced for February-June coming in the next few weeks*****



Stay up-to-date on all our PAC Fundraisers & Activities

by joining our Facebook Page 

Celebrate the Ktunaxa Language!!

Scan the QR codes below with your phone's camera to hear the word in Ktunaxa.



Naktaʔsuk

January



kaqʔiʔmuʔ

Skates



a·kʔu watkum

Snowball



a·kʔu titqatʔ

Snowman



We would like to acknowledge that we learn, play and work on the Homelands of the Ktunaxa people.