



2026.02.12 SD8 Weekly Bulletin - Family Edition



Mission - We inspire and support each learner to thrive in a caring learning environment

INFORMATION TO SHARE WITH SCHOOL FAMILIES / PARENTS / GUARDIANS

Family Engagement Sessions (virtual) - [LINK](#) for all sessions

Attend by ZOOM, Password: parent

April 9, 2026 - 6:00 pm - Scholarships: What to Expect During Adjudication

Review for students and families.

DPAC Meetings (virtual)

Please join us virtually for our next DPAC Meeting!

Find meeting dates, agendas, DPAC contacts and more [here!](#)

Next meeting is February 19, 2026 - hope to see you there!

Attendance

Attending school regularly helps children feel better about school - and themselves. You can help your children start building this habit early so they learn that going to school on time, every day is important. Good attendance will help your children do well in school, post-secondary, and at work.

Did you know?

- A regular bedtime and morning routine can help your children make it to school on time and ready for the day ahead.
- Get to know your children's teachers! Learn about the school's attendance policies. Keep in regular touch so you know how your children are doing.
- Let your children know that attendance matters to you. By learning how to show up for school every day, your children are learning how to show up for work every day later in their lives.
- Encourage your children to go to school unless they are sick.
- Try to avoid having older children stay home from school to care for their younger siblings.
- Try to avoid booking medical appointments during school hours if you can, and try not to schedule any family trips on school days unless you have to.

- Ask for help if you need it. What services are available in your community? Can the school help you access the resources you might need?
- Join with other parents to make an attendance commitment. Agree to help one another if something comes up that will make getting to school difficult.
- Contribute to your school's efforts to address absenteeism. Help out if you can. Help improve attendance for all of the children in our community.

Host and International Student!

Go to www.international.sd8.bc.ca for more information (see flyer on pg. 4)

Mental Health Resource List

Find additional information and support through these resources

Resources:

- [BC Children's Hospital](#)
- [BC KUU-US Indigenous Crisis and Support Line](#)
- [Canadian Mental Health Association](#)
- [erase \(Expect Respect and a Safe Education\)](#)
- [FamilySmart](#)
- [First Nations Health Authority \(Mental Health and Wellness Supports\)](#)
- [Foundry Virtual BC - Foundry BC App](#)
- [Fraser Health](#)
- [HealthLinkBC: Helping Children with Grief](#)
- [Help Starts Here](#)
- [Here2Talk](#)
- [Hope for Wellness Helpline](#)
- [Interior Health](#)
- [Island Health](#)
- [Kelty Mental Health](#)
- [Kids Help Phone \(24/7\)](#)
- [Learning through Loss](#)
- [Northern Health](#)
- [Suicide Crisis Helpline \(Call or Text 9-8-8\)](#)

- [Vancouver Coastal Health](#)
- [Youth in BC](#)

Ministry of Children and Family Development Resources

Provincial:

- [Child & Youth Mental Health \(CYMH\) Intake Clinics - Province of British Columbia](#)
 - [Responding to Children & Youth After Unforeseen Frightening Events](#)
 - [what_to_expect_from_cymh_services.pdf](#)



[SD8 News](#) - *catch up on the latest announcements, Board Highlights and news in SD8!*

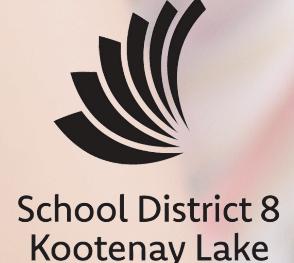
[Superintendent's Report](#) - *Read the latest blog from Superintendent Smillie to find out what's being celebrated and what is going on around the district this month!*

HOST AN INTERNATIONAL STUDENT

\$1200/MONTH REMUNERATION

- ✓ Learn about a different culture?
- ✓ Enjoy an enriching experience?
- ✓ Make lifelong friendships?

Apply to become
homestay host!



School District 8
Kootenay Lake

Or visit
WWW.INTERNATIONAL.SD8.BC.CA

