


2026.05.07 SD8 Weekly Bulletin - Family Edition



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

 Remember to check out the [SD8 calendar](#) for important dates and to find out what is going on around the district!
(downloadable/printable version - [2025/2026 School Year](#))

INFORMATION TO SHARE WITH SCHOOL FAMILIES / PARENTS / GUARDIANS



Health Promoting Schools - Interior Health Newsletter May 2026

COMMUNICABLE DISEASE

Pertussis

Pertussis, also known as whooping cough, is **currently circulating in the Interior Health region**. It is contagious and can spread easily through coughing or sneezing, or through close contact such as sharing food or drinks, cigarettes or vapes, or kissing.

Pertussis is identified through testing by a healthcare provider and can be treated with antibiotics to decrease the time a person is contagious. All positive cases are followed up by Interior Health, and the follow up aims to reduce the transmission risk to close contacts who may be at higher risk.

Immunization remains the most effective way to prevent pertussis or reduce the severity of illness. If you are not sure if your child is up to date for pertussis or other diseases, check your child's immunization status through Health Gateway. If you have questions about immunization or would like to schedule an appointment to get up-to-date contact your local public health.

For more information see: [Pertussis \(whooping cough\) | HealthLink BC](#)

HARM REDUCTION

Talking to Teens About Substance Use

Open, honest conversations about drugs, alcohol, vaping, and other substances help teens make safer choices. **Talking early and often—without judgment and with a focus on safety—does not increase substance use and can reduce risks.** Even if you don't have all the answers, listening, sharing family values, and learning together can make a big difference. For more information see:

<https://www.interiorhealth.ca/stories/how-talk-teens-about-drugs-and-other-substances>

MENTAL HEALTH

EmotionsBC

Dealing with emotions that are hard to manage can create chaotic relationships. [EmotionsBC](#) provides training, knowledge and support to help people cope, understand and communicate better with loved ones struggling with mental health challenges. The ultimate goal in all relationships is striving for that sense of connection.

Click [here](#) to see the programs and groups they offer.

Updated Youth Train in Trades Resources for Families

Have students interested in Youth Train in Trades, Youth Work in Trades, and Trades Sampler (Salmo/Mt. Sentinel cohorts)? We have updated our online resources for families to review:

1. [SD8 Youth Train in Trades](#)
2. [SD8 Youth Work in Trades](#)
3. [SD8 Trades Sampler](#)

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?

- ▶ By encouraging good attendance, you will make an important difference to the education of your children. Regular attendance is key to educational success.
- ▶ It's understandable that challenges to daily attendance are unavoidable - like illness and urgent appointments. But try not to let absences add up! Studies show that students who miss 18 or more school days each year usually suffer academically!
- ▶ It doesn't matter if absences are excused or unexcused. They all mean lost time in the classroom, and that means a lost opportunity to learn.
- ▶ Attendance matters as early as kindergarten! Studies show that students who attend more in Kindergarten and Grade 1 are less likely to struggle with reading by third grade.
- ▶ Students with good attendance are more likely to graduate from high school.
- ▶ Children who have good attendance rates are less likely to be involved in behaviours that will get them in trouble. Studies show that students who attend school regularly are less likely to break the law and go to jail later in life.
- ▶ Children are safer in school than out on the street.

Family Engagement Sessions

Check out the [SD8 Family Engagement webpage](#) to view our recorded presentations!

DPAC Meetings (virtual)

Please join us virtually for our next DPAC Meeting!

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

Next meeting is May 21, 2026 from 6:00 to 8:00 PM PST - hope to see you there!

[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!