

Edith McDermott Elementary

February 2026



Principal's Message

The new year is off to a positive start and our school is bustling with learning and engagement in classrooms across EME.

As I step into classrooms, I am always struck by the many ways students are engaged in their learning: laughter and curiosity during science experiments, challenging problem-solving and discussion during math lessons, and excitement and enthusiasm through extra-curricular learning clubs, such as Author's Corner.

Seeing the passion our teachers bring to their practice, and how that passion directly impacts student learning, is like witnessing magic in action.

We are so fortunate at EME to have a dedicated staff who continually grow their practice, collaborate with one another, and work together towards shared goals of improved literacy and numeracy outcomes for all students.

Together, as partners in education, school and home play an important role in supporting the needs of every child.

Your support at home in prioritizing learning is greatly appreciated and makes a meaningful difference in your child's development.

Thank you for being partners in your child's learning and for working alongside our staff to create the best possible outcomes for our students.

Warm regards,

Christina Crump
Principal

The Anxious Generation by Jonathan Haidt



Part 4: The Erosion of Sleep

Sleep is one of the strongest protective factors for children's mental health and a pivotal time when brain development takes place. It is also one of the easiest things to erode in this digital age.

Sleep is not just rest for children. It is a time when children consolidate learning, regulate emotions, and reset their stress response systems. When sleep is interrupted, we often see increased anxiety, difficulty focussing and engaging in learning, irritability, and reduced ability to regulate emotions.

Screens can interfere with sleep in many ways (beyond just "blue light"): they delay bedtime (ever been asked for "just five more minutes"), they keep the brain in a state of heightened arousal, rather than winding down for sleep, and if phones are stored nearby, they introduce constant notifications and the pressure to stay connected, even when it's time for bed.

Protecting sleep is one of the most powerful ways families can support children's well-being, learning, and behaviour.

Family Challenge:

Consider creating a device-free bedtime routine this week. Choose a consistent time when all devices are turned off and placed outside bedrooms. Replace screen time with reading, conversation, or quiet play. Even small changes can lead to better sleep - and more settled and focussed days.



What Well-Rested Kids Often Look Like at School

When children get enough quality sleep, we tend to see:

- stronger focus and attention during lessons
- improved emotional regulation and fewer meltdowns
- greater resilience when things feel challenging
- increased patience, cooperation, and problem-solving
- more readiness to learn and engage with peers

Parent/Guardian Information

Vancouver Warriors Lacrosse

In January, the Vancouver Warriors Lacrosse team came to EME for a school assembly that was full of excitement!

As a follow-up to the assembly, they have provided us with a link to access a BOGO coupon for tickets. If you are interested, please go to:

<https://www.gofevo.com/group/Stickt2>



Breakfast Club

Did you know EME offers a Breakfast Club? At 8am daily at the exterior doors at the front of the school (the ones closest to the gym) students can access breakfast items served out of the kitchen. Menu varies daily, and sometimes includes hot breakfast items. Come check it out :)

Student-Led Conferences

As we look ahead to Student-Led Conferences on March 11th and 12th, families will be able to sign-up for their conference this month. These conferences are a valued part of our learning culture by giving students a voice in sharing their progress, developing new goals, and celebrating their growth.

When students lead these conversations, they gain confidence and ownership, and families gain meaningful insight into both achievement and effort. It's a valuable celebration of the second term and a reminder that learning is truly a shared journey.

Teacher schedules for conferences are expected to go live on February 18th. Please look on the Parent Portal on this date or later to schedule a time for your child's conference.

Teachers will not be scheduling conferences prior to this date, so please be patient while they upload their schedules to the Portal.



Parent/Guardian Information

PAC News

Attention all parents!

Our munch-a-lunch program is looking for a new coordinator for the upcoming 2026/2027 year, and we'd love to hear from anyone with daytime availability who might be interested in volunteering for this role.

This is a great opportunity to get involved early as we'll provide training and support to help you feel prepared. If you are unable to take on the commitment of coordinator but have availability to assist, we'd love to hear from you as there are lots of opportunities to help.

This is an important and fun program for our PAC, our students and our school and volunteer support keeps it running! If you're interested, we'd love to hear from you.

You can attend a meeting or reach out to our PAC email at edemacpac@gmail.com

West Coast Recess

During the fall and winter months, outdoor recess remains our default. Light to moderate rain and cold temperatures are typical west coast conditions and, on their own, do not result in indoor recess.

Students are expected to come to school prepared to be outdoors every day. Rain jackets, waterproof footwear, and weather-appropriate clothing are strongly encouraged. Spare clothes kept at school are also helpful, especially during wetter months.

Indoor recess is reserved for unsafe weather conditions such as heavy downpours, lightning, or extreme winds. With proper clothing, students are able to enjoy recess comfortably and safely in most weather.

Leadership Crew Corner

We've had an exciting month with our Leadership Team. We've been meeting on Mondays and Fridays to plan a variety of school events.

This month, our school took part in creating kindness cards, which we will be delivering to members of the community. Our basketball team has continued to practice hard and demonstrate outstanding sportsmanship during their games. Our music program is also in full swing, with many classes participating in—and winning—our Friday Music Trivia Contests.

We are now busy planning "Lights Off" in March and Spirit Week in April. Stay tuned for next month's update, when we share even more exciting things happening at Edith McDermott.



Upcoming Events

- Feb. 13 - Non-Instructional Day (NO SCHOOL)
 - Feb. 16 - Family Day Stat. (NO SCHOOL)
 - Feb. 18 - Student-Led Conference Sign-Up
 - Feb. 25 - Pink Shirt Day
 - Mar. 9-12 - Scholastic Book Fair
 - Mar. 11 - Early Dismissal 11:30 for Conferences
 - Mar. 12 - All Day Conferences (NO SCHOOL)
 - Mar. 13 - Last Day Before Spring Break
 - Mar. 16-27 - Spring Break (NO SCHOOL)
 - Mar. 30 - Schools Reopen After Spring Break
-