ARDEN ELEMENTARY

Week at a Glance
October 19 - 30, 2026

Monday Oct. 19	Tuesday Oct. 20	Wednesday Oct. 21	Thursday Oct. 22	Friday Oct. 23
Consent Awareness Week Oct 19-23rd **The Great Shakeout 1:00** Hot Lunch – Chicken Burger	**Curling Div 8 & 9 (9-11am)** **Bonanza 230-4p** Hot Lunch - Pizza	**Wheelie Wednesday** **XC @ CVex** Hot Lunch – Taco Bowl	**PHOTO RE-TAKES (AM)** Hot Lunch – Turkey Sandwich	**Pro-D Day** **No School**
Monday Oct. 26	**Tuesday Oct. 27**	**Wednesday Oct. 28**	**Thursday Oct. 29**	**Friday Oct. 30**
630pm PAC AGM Hot Lunch – Meatball Sub	**Curling Div 7 & 10 (9-11am)** Hot Lunch - Pizza	**Wheelie Wednesday** **Kindie Immunization** **XC @ CVex** Hot Lunch – Chicken Teriyaki Bowl	Hot Lunch – Grilled Cheese Sandwich	**Halloween Parade** Hot Lunch – Cheese Tortellini w/ Pesto

Looking ahead:

Oct. 21 – Costume Swap
Oct. 22 – Photo Re-takes
Oct. 23 – Pro-D Day – No School
Oct 28 – Kindergarten Immunization
Dec. 3 – Winter Concerts – More to come

Hello Arden Families,

We hope you are settling nicely into fall. It has been another great week at Arden.

Around the school this week, students have been engaged in exciting learning. Our upper intermediate classes are gearing up to participate in Student Vote, learning about political parties and how elections work. There has also been a buzz of excitement with cross country and Wacky Wheelies keeping students active and connected!

We have been so proud of our Arden Ambassadors, who have been supporting our All In recess program, facilitated by our wonderful Ms.Stacey. This program creates a fun, inclusive space for students to enjoy structured games and connect with one another.

Thank you to all the parent volunteers who helped with driving and supporting our cross-country team, and curling and fish hatchery trips this week. We couldn't do it without you! A quick reminder that if you are volunteering, please submit all volunteer paperwork by 2:30 p.m. the day before the activity, at the latest. This helps us stay organized and ensures we are ready to go on the day.

Next week is consent Awareness Week, please see below for more information.

Thank you for all the ways you support our Arden community. Have a wonderful weekend!

Alex Sabell
Vice Principal

Consent Awareness Week



Comox Valley Schools is recognizing **Consent Awareness Week**, an opportunity to promote respectful relationships, personal boundaries, safety and healthy interactions throughout our school communities.

The week is also part of the district's broader commitment to addressing gender-based violence and creating safe, inclusive and respectful learning environments. This work includes implementing recommendations from the Gender-Based Violence Committee and increasing awareness of the district's Gender-Based Violence and Sexual Misconduct Policy.

Families are encouraged to learn more about the district's work and available supports through the Comox Valley Schools Gender-Based Violence webpage. Provincial information and resources are also available through the B.C. government's ERASE Gender-Based Violence webpage.

Consent Awareness Week provides an opportunity for students, staff and families to continue conversations about respect, boundaries and safety, while ensuring people know where they can turn for information and support.

Understanding consent: FRIES

A helpful way to articulate consent is through FRIES: **Freely Given, Reversible, Informed, Enthusiastic and Specific.** This framework can help support conversations about consent, personal boundaries and respectful relationships.

Andrew Ferneyhough
Principal
Arden Elementary
3040 Lake Trail Rd.,
Courtenay, B.C. V9N 9M1
250-334-3191
andrew.ferneyhough@sd71.bc.ca
https://www.comoxvalleyschools.ca/arden-elementary