



Aspen Park Elementary School Newsletter

Hello Aspen Park Families,

Here are this week's information items. New items are in **Yellow**.

Week at a Glance

March 9	March 10	March 11	March 12	March 13
Open Gym	8:00 – SBT Elder in Residence Variety Show 2:45 – Staff Meeting 6:30 – PAC Meeting	Open Gym	D03 – Field Trip Toonie Sale	Open Gym Elder in Residence Girls In STEM D01/ D02 – Field Trip Learning Summaries Sent Home
March 16	March 17	March 18	March 19	March 20
Open Gym	8:00 – SBT Elder in Residence	Open Gym D01, D02, D03 – Field Trip Rugby (Grades 3-7)	D03 – Field Trip Reading Link Challenge (Grade 4/5) Toonie Sale	Open Gym Elder in Residence Last Day Before Spring Break

Upcoming dates to note:

- March 23 – First Day of Spring Break
- April 6 – Easter Monday (No School)
- April 7 – First Day Back to School After Spring Break

Hot Lunch – Open March 6th - 16th

Hot Lunch ordering for April and May will be open from March 6th – 16th. We are excited to share that there are a few new menu items to try this round!

We also welcome your feedback as we begin planning for the 2026/2027 school year. Please feel free to share any thoughts or suggestions at aspenparkhotlunch@gmail.com

Be sure to place your orders before March 16th

Lost and Found Reminder

Our Lost and Found is quickly filling up. Please take a moment to look through items and remind your child to check for any missing clothing, water bottles, or other belongings.

Families are also welcome to stop by and take a look. The lost and found rack is in our main entry. Any unclaimed items will be donated during Spring Break.

PAC Bottle Drive

The PAC is collecting bottle donations to help support school activities and programs. If you would like to contribute, bottles and cans can be dropped off at the Return-It Depot using the Express system.

Simply print a label at the depot using the phone number (250) 792-1785 and select the account “Aspen Park Elementary PAC.”

Thank you for supporting our PAC and helping raise funds for our school community!

Pictures













Community Information



**COMOX VALLEY
EARLY YEARS
FAMILY RESOURCE FAIR**

@
FLORENCE FILBERG CENTRE
APRIL 9TH, 2026
2-6PM

A FREE EVENT FEATURING
INFORMATION BOOTHS & FUN ACTIVITIES
FOR CHILDREN AGED 0-8.



TRY RUGBY 2.0

WED, APRIL 15

LEWIS PARK
5:30-7:00

non contact
NO EXPERIENCE NEEDED

grades 3-8 ➔

 **cvrapidsrugby**
 **rapidsrugby.ca**

parenting without power struggles

Navigate the pre-teen years with confidence and connection. Empower yourself to be the best possible parent for your youth!

THURSDAYS from 7:30–9 pm
9–week session starting
March 5 to April 30

Virtual Sessions
Accessible wherever you are!

Registration Required
Reserve your space today!

bgccvi.com/pwps/
parentingprograms@bgccvi.com



opportunity
changes everything.

In-Person Events

Community Events

Connect & Learn | for Parents & Caregivers

Emotion Regulation

When kids frequently have big emotions, parenting can be overwhelming and tiring. Discover some strategies and skills that can make it easier for your kids and you, and learn about the critical role that parents and caregivers play to create positive change for young people.

Learn about emotion regulation and dysregulation from Nicole Allen, Registered Clinical Counsellor.



Details

This video presentation will be followed by a facilitated discussion by Family Peer Support Workers in the Comox Valley.

LOCATION:
Mark Isfeld Secondary (multipurpose room)
1551 Lerwick Rd, Courtenay
The entrance is to the left of the main office doors.

DATE: Wednesday, March 18, 2026

TIME: 6:30 - 8:00 PM

COST: Free

This event is for parents/caregivers only, and we are not able to provide childcare.

Questions?

EMAIL: megan.watson@familysmart.ca

PHONE/TEXT: (250) 890-2393

For more information and to register, go to familysmart.ca/events



Register online at
familysmart.ca/events



Integrated
Child & Youth
Teams



FamilySmart
Together Connected

Feel free to email me at zale.darnel@sd71.bc.ca if you have any questions or comments.

Respectfully,

Zale Darnel

Principal, Aspen Park Elementary