



Aspen Park Elementary School Newsletter

Hello Aspen Park Families,

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

Week at a Glance

September 14	September 15	September 16	September 17	September 18
8:15 – Open Gym 8:15 – Breakfast Program Begins	10:30 – Primary Assembly 1:00 – Intermediate Assembly 6:30 – PAC Meeting	Open Gym 9:00 – Fire Drill		Open Gym
September 21	September 22	September 23	September 24	September 25
Pro- D Day (No School)	1:00 – Earthquake Drill 2:30 – Open House	Open Gym	1:00 – Terry Fox Run	Open Gym

Upcoming dates to note:

- September 30 – Day for Truth and Reconciliation **(No School)**
- October 1 – School Assembly
- October 5 – School Photo Day
- October 12 – Thanksgiving **(No School)**



Aspen Park Elementary School

Feeding Futures Universal Lunch Program
September 2026



Comox Valley Schools
A Community of Learners
INNOVATIVE • INCLUSIVE • INCLUSIVE

A NEW UNIVERSAL LUNCH PROGRAM IS HERE!

A new universal lunch program is now available at Aspen Park Elementary School, offering all students the opportunity for nourishing lunch, every school day, regardless of their ability to pay.

Lunches are a suggested price of \$4 each. With support from provincial Feeding Futures funding, we are offering a pay-what-you-can model. This means you can anonymously pay the full balance, nothing, or anything in between, whatever works for your family.

What is a Universal Lunch Program?

A universal lunch program provides all students equitable access to nourishing food, supporting better learning outcomes, focus, and overall well-being. By offering the same meal to all students, the program reduces stigma, encourages students to try new foods, and promotes food equity across the school community.

Questions?

Please email Meghan Nesling
meghan.nesling@sd71.bc.ca

How will it work at Aspen?

Monthly menus will be posted online around the middle of the previous month. (For September 2026, online ordering will open on September 14th, with food delivery starting Tuesday, September 22nd). Families will create a Munch a Lunch account, select the meals their student would like, make a payment at their discretion, and that's it! Meals will be delivered directly to students in their classrooms on the days they've ordered.

Will I have to pay with a credit card?

Yes, currently, we can only accept online orders paid by credit card. If using a credit card is a barrier, you can select \$0.00 as your payment amount. Cash or cheque donations can be made separately, but they won't be connected to your account or order.

Reusable Containers!

Meals will be served in *Friender* reusable containers that will be collected from the school, professionally washed, and reused to reduce single-use packaging waste!



How do I place an order?

- Go to [www.munchalunch.com](https://munchalunch.com)
- Click 'Parents – Register Here'. Enter your details and click 'Create account'
- Click 'Add a school', filter town to 'Comox' and add Aspen Park Elementary'
- Add your children to your account, making sure their grade and class/division are correct!
- Click 'Place order' and make your selections from the menu
- Follow the instructions all the way through until you see that your order has been submitted.
- You will receive a confirmation email upon completion



Provincial Feeding Futures funding is provided so that 'students have access to food, daily, in an equitable, accessible, and non-stigmatizing manner'

Offering the same meals to all students helps create a school environment where everyone feels included and supported.

School Supplies

For the 2026-2027 school year Aspen Park Elementary will be providing basic school supplies to students in Kindergarten to grade 7. Instead of parents purchasing individual sets of supplies, families provide money to the school, and the school will purchase supplies for each student. This approach will ensure equity and equality among all students and will save parents time (no shopping!) and money (ordering in bulk, our discount on school supplies is significant). The only items parents will have to provide are a backpack, a lunch bag, and appropriate shoes for gym.

- Kindergarten to Grade 7 the fee will be \$40
- ENTER fee for Grade K/1 will be \$100
- ENTER fee for Grade 4-7 will be \$200
- The office will accept cash, cheque, or email transfer
- Fees will be due September 30th

The office will accept cash, cheque, or e-transfer. Fees are due no later than October 17th.

Those who are choosing the e-transfer option, you can send the transfer to AspenPark@sd71.bc.ca.

Please make sure you include the following message: **School Supplies-Student(s) Name**

School Forms

School start-up forms were sent home with all students today. These forms include:

- **Student Verification Form – IMPORTANT** - shows the information we have in our database for your child. Please cross off any incorrect information and add any information that needs to be updated.
- **Protocol and Consent & Walking Field Trip Permission Form** – Review the documents listed on this form. Please refer to the Aspen Park Elementary website at <https://www.comoxvalleyschools.ca/aspen-park-elementary/> under the *parent info* tab for detailed explanations of these documents.
- **CASL (Canadian Anti-Spam) Form** – for any families who have not filled one out already. This form is a government required document that we must have on file. This gives us your approval to communicate with families via email.

Forms should be complete and return to the school by Friday, September 18th. Should you have any questions regarding any of these documents, please feel free to contact our office.

Terry Fox Run – Thursday September 24

We are excited to take part in our annual Terry Fox Walk/Run on Thursday, September 24 at 1:00 p.m.!

Students will learn about Terry Fox and his incredible Marathon of Hope before heading outside to walk or run together. Our intermediate students will complete a longer route, while our primary students will participate in a fun walk/run around the school field.

This year, our school goal is to raise \$1,500 for cancer research. Every donation, big or small, helps!

We will also have some fun fundraising activities along the way, including \$1 "Pie the Staff Member" tickets and Freezies for sale after school.

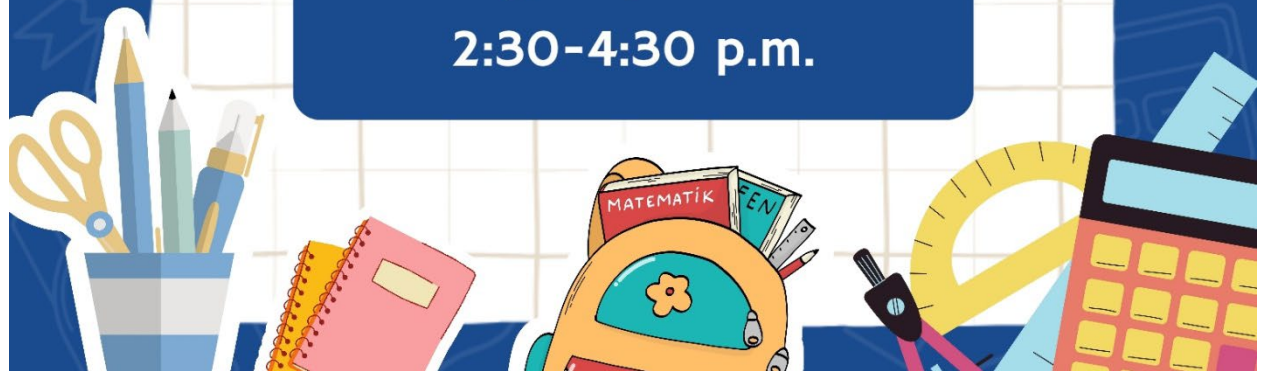
Thank you for helping our students learn about Terry Fox, support an important cause, and show that small steps can make a BIG difference!

Aspen Park
Elementary

School Open House

Come meet your teacher and
see your classroom. 😊

Tuesday, September 22
2:30-4:30 p.m.



E-Scooters and E-Bikes

Comox Valley Schools wants every student to arrive at school and return home safely.

E-scooters

- Riders must be at least 16 and wear an approved bicycle helmet.
- Maximum motor power is 500 watts and maximum speed is 25 km/h.
- One rider only.
- Ride only where local rules permit. Do not ride on sidewalks or through crosswalks unless signage allows it.

E-bikes

- Light e-bikes: riders must be at least 14; maximum 250 watts and 25 km/h; pedal assist only.
- Standard e-bikes: riders must be at least 16; maximum 500 watts and 32 km/h.
- An approved bicycle helmet is required.
- Legal e-bikes must have working pedals or hand cranks.

Please slow down, stay alert and follow the rules of the road. Let's help everyone travel safely to and from school.

E-bike rules: <https://icbc.com/.../sharing/micromobility-vehicles/e-bikes>

E-scooter rules: <https://icbc.com/.../electric-kick-scooters-e-scooters>

Recess and Lunch

Students will be outside at recess and lunch unless poor weather make it unsafe to be outside. Please ensure students have weather appropriate clothing with them at school. Students should not take food outside during recess and lunch. By not allowing food items to be on the playground and field it will help reduce garbage outside and thereby also reduces visits from wildlife in the area.

Parking/ Drop-off

We encourage all of our students to try to walk, bike or scooter their way to school but understand that is not possible for everyone. For those families who drive their student(s) to school, please remember that our parking lot can be busy, so it is important that we keep it safe for everyone.

Please be aware our parking lot is not large. Families who drop off their student(s) should use our drop and go lane in the front of the school. Please note there is no parking for drop off or pick up as we are limited for space. Families are asked to move through the parking lot and pick up their child at the end of the parking lot near the garden. If your child is not there, then please do not park and wait as we want a continuous flow through the parking lot. Instead, continue driving, exit the parking lot and then loop around to the entrance to go through again and hopefully your child will be ready at that time.

Reporting an Absence

School Messenger is a communication suite used by Aspen Park Elementary for attendance reporting and to notify parents of unexcused absences. Please refer to our website for information on how to report an absence and install the app. Click [here](#) to go directly to this link.

Student-Parent Handbook

As we begin the new school year, we encourage all families to take a few minutes to review our Aspen Park Elementary Student & Parent Handbook. The handbook is a helpful reference for important information about school routines, expectations, procedures, communication, attendance, safety, and much more.

[Student Parent Handbook](#)

Pictures







Community Information

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
starting October 8

Virtual Sessions
Accessible wherever you are!

Registration Required
Reserve your space today!

**Next Session
starts October 8**



bgccvi.com/pwps/
parentingprograms@bgccvi.com



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changes everything.**

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

I look forward to seeing everyone on September 8. Have a great rest of your summer!

Respectfully,

Zale Darnel

Principal, Aspen Park Elementary