



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 28	September 29	September 30	October 1	October 2
8:10 a.m. – Open Gym	School Wide Day for Truth and Reconciliation Orange Shirt Day Field Trip D07 & D06 - Skating	National Day for Truth and Reconciliation (No School)	1:00 p.m. – Assembly 3:30 p.m. - Cross Country @ Puntledge Elementary	10:45 a.m. – Hold and Secure / Lock Down Drill
October 5	October 6	October 7	October 8	October 9
8:10 a.m. – Open Gym School Photo Day	Field Trip D07 & D06 - Skating 2:30 p.m. - EA Meeting 6:30 p.m. – PAC Meeting	Open Gym 3:30 p.m. - Cross Country @ Huband	ENTER Photo Day Field Trip D07 – Walking to The Views	Open Gym

Upcoming dates to note:

- October 12 – Thanksgiving **(No School)**
- October 19 -23 – Consent Week
- October 23 – Pro D Day **(No School)**
- October 28 – Photo Retake Day
- October 30 – School Spirit Day (Halloween Costumes)

Universal Lunch Program – Ordering link: <https://munchalunch.com/>

The Universal Lunch Program replaces Hot Lunch and is available 5 days per week.

 Aspen Park Elementary School Feeding Futures Universal Lunch Program September 2026  Comox Valley Schools A Community of Learners INNOVATIVE • INQUISITIVE • 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.	How do I place an order? • Go to www.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 
Reusable Containers! Meals will be served in <i>Friendlier</i> reusable containers that will be collected from the school, professionally washed, and reused to reduce single-use packaging waste! 	
 Provincial Feeding Futures funding is provided so that 'students have access to food, daily, in an equitable, accessible, and non-stigmatizing manner' <i>Offering the same meals to all students helps create a school environment where everyone feels included and supported.</i>	

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**

Library

Reminder from the library that if you are creating a bookmark for the bookmark competition, they are due in by Tuesday, Sept. 29th. There is an orange box on Ms. Krahn's desk that you can leave it in! If you missed getting the paper to create it on, come by the library on Monday and get one from the check out desk.

Universal Lunch Containers

This week was the launch of our new Universal Lunch program. Thank you to everyone for their patience as we started this amazing new program!

To help us reduce food waste, if you order from the Universal Lunch Program please send your child to school with a reusable container each day. School dishes must stay at the school, so having their own containers allows students to easily pack up and bring any unfinished food home to enjoy later. Please be sure to also pack snacks for students to enjoy earlier in the day. Thank you for your help in making our new program a success!

Grade 6/7 Fundraising

Our Grade 6/7 students are kicking off a **Toonie Sale fundraiser** on Thursday, October 1! They'll be selling tasty frozen treats in the foyer after school. Be sure to stop by and support our Grade 6/7 students! 😊



Pictures











PIC•COLLAGE





Community Information

GRADE 5-7 VOLLEYBALL HOUSE LEAGUE

BOYS & GIRLS
Learn • Play • Grow

ALL SKILL LEVELS
WELCOME!



DATES
Sunday, October 18 –
Sunday, December 6
8 Weeks

GRADES
5-7
(Boys & Girls)

TIME
Girls: 1:00–2:30 PM
Boys: 3:00–4:30 PM
(90 minutes per session)

COST
\$100
per athlete

ABOUT THE PROGRAM

This 8-week program is designed to introduce and develop volleyball skills in a fun, positive and supportive environment. Players will receive skill instruction each week, participate in drills and stations, and finish each session with modified house-league games.

Perfect for beginners and those with previous volleyball experience!

8-WEEK PROGRAM

WEEK 1 OCT 18	Introduction & Passing Skills: • Athletic position • Forearm platform • Passing • Moving to the ball Games: • Balloon/ball volleyball • 2 vs 2 cooperative Volleyball • 4 vs 4 or 6 vs 6
WEEK 2 OCT 25	Serving Skills: • Understand serve • Serving over the net • Serving to zones Game: • "Serve & Serve" • Teams earn points for successful serves • Modified games
WEEK 3 NOV 1	Setting Skills: • Palm position • Setting from the back • Setting to target • Moving under the ball Game: • Catch → set → send • 3-contact games above experience
WEEK 4 NOV 8	Passing + Setting Focus: Putting skills sensation Drills: • Prillier part • Pass to target • Pass → set → send • 3-player triangle Games: • 3 vs 3 • 4 vs 4
WEEK 5 NOV 15	Attacking Introduce the basic attack. Skills: • Armouch • Arm army • Contact • Sending the ball over For beginners, olme: catch / toss / hit
WEEK 6 NOV 22	Team Play Introduce people positions and court movement. Teach: • Base position • Where to stand when serving • Calling "mine" • Moving over contacting the ball • Three-contact concept Game: • 4 vs 4 modified modified. Or 6 v 6 so nobody hits.
WEEK 7 NOV 29	Competition Week mini-tournament. Teams play several short matches. Format: Games to 15 • Rally scoring • 2-3 matches per team
WEEK 8 DEC 6	House League Championship / Celebration Finish with a fun day of volleyball and celebrate the season! Activities: • Serve Challenge • Longest Rally • Passing Challenge • Mini Tournament • Target Setting • Coaches on Players game Finish with certificates for every player!

EACH SUNDAY SESSION INCLUDES:

- 10 min – Warm-up & fun volleyball games
- 20 min – Skill instruction
- 15 min – Skill stations
- 5 min – Water break
- 35 min – House-league games
- 5 min – Challenge game / wrap-up

**48 BOYS & 48 GIRLS
SPOTS AVAILABLE**

LOCATION:
Mark R Isfeld Secondary School

CONTACT:
kevinjeast@gmail.com

ALL PROCEEDS GO TO
**MARK ISFELD
VOLLEYBALL PROGRAM**



**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**



bgc Central Vancouver Island

**opportunity
changes everything.**

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

Respectfully,

Teresa Cameron

Vice Principal, Aspen Park Elementary