



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

October 19	October 20	October 21	October 22	October 23
Consent Week 8:10 – Open Gym 12:00 - Choir Club	Consent Week Field Trip D07 & D06 - Skating Field Trip D18 - Water Treatment Plant 12:00 - Leadership Meeting 12:00 - Choir Club 2:45 – Health and Safety Meeting	Consent Week Open Gym 12:00 - Guitar Club Cross Country @ CVEX Exhibition Grounds	Consent Week Toonie Treat Sale After School 2:30 - PAC Spirit Wear Samples	Pro-D Day (No School)
October 26	October 27	October 28	October 29	October 30
8:10 – Open Gym 12:00 – Choir Club	Field Trip D07 & D06 – Skating 12:00 – Choir Club 2:45 – Staff Meeting	Open Gym Photo Retake Day 12:00 - Guitar Club Cross Country @ CVEX Exhibition Grounds	Kindergarten Hearing Screening Toonie Treat Sale After School 2:30 - PAC Spirit Wear Samples PAC Halloween Dance 6:00-8:00 p.m.	Open Gym School Spirit Day – Halloween Costume Day 

Upcoming dates to note:

- November 10 – PAC Meeting 6:30 p.m.
- November 10- Remembrance Day Assembly 10:45 a.m.
- November 11 – Remembrance Day **(School Closed)**
- November 17 – ENTER Open House for New Students (2027/2028)
- November 19 – Parent Teacher Interviews **(Non-Instructional Day)**
- December 1 - K and Gr. 6 Immunization Clinic
- December 1 – Green Thumb K-7 Theatre Performance “500 Words”
- December 4 – Winter Concert
- December 10 – ENTER Showcase
- December 18 – Last Day Before Winter Break
- January 4 – First Day Back After Winter Break

Universal Lunch Program-Munch a Lunch Update: 🍎 – Ordering link: <https://munchalunch.com/>
Munch a Lunch is now open for **November** ordering! Going forward, ordering for each menu day will close **3 days before** the scheduled date. Be sure to place your orders before the deadline!

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

The office will accept cash, cheque, or e-transfer. 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

Consent Week at Aspen Park



Next week, October 19-23, our school will be participating in Consent Week, an opportunity for students to learn about respect, personal boundaries, and the importance of asking permission. Consent means asking before acting and respecting a person's answer. Through age-appropriate activities and discussions, students will explore how consent is part of everyday life, whether it is asking before borrowing someone's belongings, respecting personal space, taking photos, joining games, or offering a hug or high-five. Students will learn that everyone has different preferences, and that listening to and respecting one another helps create a safe, caring, and inclusive school community.

By recognizing Consent Week, we hope to strengthen students' social-emotional skills and foster a school culture where everyone feels valued, respected, and empowered to have their voice heard.

PAC School Spirit Wear

Looking for something for your special student for the holidays? Surprise them with a cozy Hoodie, T-Shirt or Toque!

Order by November 13th to ensure your order arrives before Winter Break! Don't miss out!" Get your Aspen Spirit Wear!

Order Here [Aspen Park Clothing Order 2026/2027 – Fill out form](#)

Payment is made by E-Transfer to aspenparkpactreasurer@gmail.com

If you have any questions, please contact aspenpac@gmail.com

PAC Halloween Dance

Please click the link to volunteer. <https://signup.com/go/EqHgMLc>

ASPEN

HALLOWEEN DANCE 2026

We're looking for some amazing

VOLUNTEERS

to help make this year's Halloween Dance
• a fun, safe, and memorable night for our students!

Whether you can help with set-up,
concessions, games, supervision,
• or clean-up, every extra set of hands
makes a difference.



The event itself is **October 29, 2026**
from 6:00-8:00 PM, but will need
volunteers to help before and after.

Come get into the Halloween spirit
and help make this PAC fundraiser a

SPOOKTACULAR SUCCESS!

**PLEASE SIGN UP IF YOU'RE ABLE
TO VOLUNTEER - WE'D BE SO APPRECIATIVE!**



**SCAN TO
SIGN UP!**

For additional information or questions you may have,
please email Rhiannon.Holthe@gmail.com

Pictures



From Ms. Veloso's Class: Witches' potions counting numeracy activity, Fall colours scavenger hunt & Indigenous Education literacy 3 sisters story activity with Ms. Royal.



Community Events

Connect & Learn | for Parents & Caregivers

Emotion Regulation Part 2

Our kids' big emotions don't always make sense to us. We might even feel like we're walking on egg shells around them because we're scared of another big emotional outburst. Watch this second video conversation with Nicole Allen, registered clinical counsellor, to deepen your understanding about your kids' emotion regulation. Nicole helps us understand why some kids cope easier than others, how to determine what our child needs during those hard moments, and shares some strategies to help.



Register online at
familysmart.ca/events

Details

This video presentation will be followed by a facilitated discussion by the 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: Tuesday, October 20, 2026

TIME: 6:30 - 8:00 PM

COST: Free

This event is for parents/caregivers only, and sorry, we don't provide childcare.

Questions?

EMAIL: megan.watson-shelly@familysmart.ca

PHONE/TEXT: (250) 890-2393

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



Integrated
Child & Youth
Teams



FamilySmart
Together-Centred

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