



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 12	October 13	October 14	October 15	October 16
No School (Thanksgiving)	Field Trip D07 & D06 - Skating Field Trip D13 & D14 - Landfill 2:45 – Staff Meeting	Open Gym Guitar Club @ Lunch Cross Country @ Brooklyn	Shake Out BC – Earthquake Drill Toonie Sale	Open Gym
October 19	October 20	October 21	October 22	October 23
Consent Week 8:10 – Open Gym	Consent Week Field Trip D07 & D06 - Skating Field Trip D18 @ Water Treatment Plant 2:45 – Health and Safety Meeting	Consent Week Open Gym Guitar Club @ Lunch Cross Country @ CVEX Exhibition Grounds	Consent Week Leadership Meeting Toonie Sale	Pro -D Day (No School)

Upcoming dates to note:

- October 28 – Photo Retake Day
- October 29 – PAC Halloween Dance
- October 30 – School Spirit Day (Halloween Costumes)
- November 11 – Remembrance Day (**No School**)

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

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. 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***

Open Gym

Students are welcome to join us for Open Gym on Mondays, Wednesdays, and Fridays from 8:10–8:30 a.m. It's a great opportunity to get moving, enjoy some active play, and connect with friends before the school day begins.

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 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

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!

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**

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: • Undersand serve • Serving over the net • Serving to zones Game: • "Serve & Settle" • Teams earn points for successful serves • Modified games
WEEK 3 NOV 1	Setting Skills: • Hand position • Setting thumb the ball • Setting to target • Moving under/over 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 triangles 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 adam serving • Calling "mine" • Moving over correcting 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 vs Players game Finish with certificates for every player!

LOCATION:
Mark R Isfeld Secondary School

CONTACT:
kevinjeast@gmail.com

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

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