

Hello families,

Local news:

- First Credit Union and VIU are co-hosting an RESP sign-up “event” in Cumberland on Nov 20th in line with **Education Savings Week**. The goal is to promote and support access to the federal Canada Learning Bond (\$500-\$2000 grant for low-moderate income families) and the BC Training & Education Savings Grant (\$1200 for 6-9 year old BC residents). A primary target for these grants would be families in our school. Check in at the Credit Union if you seek more info.

Cumberland school news:

- **Forms from the beginning of the year** – many have been received – thank you! For those whom we did not get a form from, you will find a second copy coming home early in Nov. we are seeking consent forms for outside media, personal information, technology rights & responsibilities, code of conduct and emergency program guide.
- Equally important is the **verification form** that asks parents to review their contact info and update any court orders, so all parents have access to their student’s educational information. Please keep our office up to date with any changes so we can keep you informed and your child safe.
- **Halloween is ON at Cumberland!** We are hosting a costume parade (sorry – it will be inside the gym with no guests) on Friday morning – please send students in costume with a change of clothes so they can change after the parade to keep the spooky-wear clean & complete for the big day 😊

Health news:

- As we enter the autumn season, it remains essential that **parents complete their child’s health check each morning**. We continue to wear masks while indoors and wash our hands often during the day – if your child is unwell, please ensure he/she stays at home to get well, and then return to us health
- **Sleep** is essential to maintain health and wellness – arrange a family time to shut off the electronics and permit a restful sleep
- **PLEASE** – minimize the amount of candy that comes to school following Halloween.

Travelling?

- Our world is opening back up but there are some realities you must be aware of if you are taking a trip.
- Our district health and safety committee recommend the family spend some time reviewing <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada> and <https://travel.gc.ca/travel-covid> prior to any travel to see what the Canadian guidelines are around quarantine upon return and when it is safe to return to school. These requirements are your responsibility to keep yourself and our school community safe.

Vaping:

- At our most recent PAC meeting, the Principal report mentioned that vaping was present at Cumberland Community School without our support / full awareness. This is dangerous, discrete and may be happening without your awareness. The long-term health impacts are worth paying attention and asking questions with your child / teen.
- Our school health nurse provided the following link that will give parents more information if this is a new topic for you and your child / teen. <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping/awareness-resources.html>

November:

- More info about most to come soon.
- Remembrance Day assembly (virtual) – Nov 10
- Remembrance Day holiday – Nov 11 – no school
- Scholastic Book Fair in library – Nov 16 -19 (8:15 – 3:00)
- Conference Day – Nov 18 (no classes)

Enjoy the rest of October – Have a safe and fun-filled Halloween!