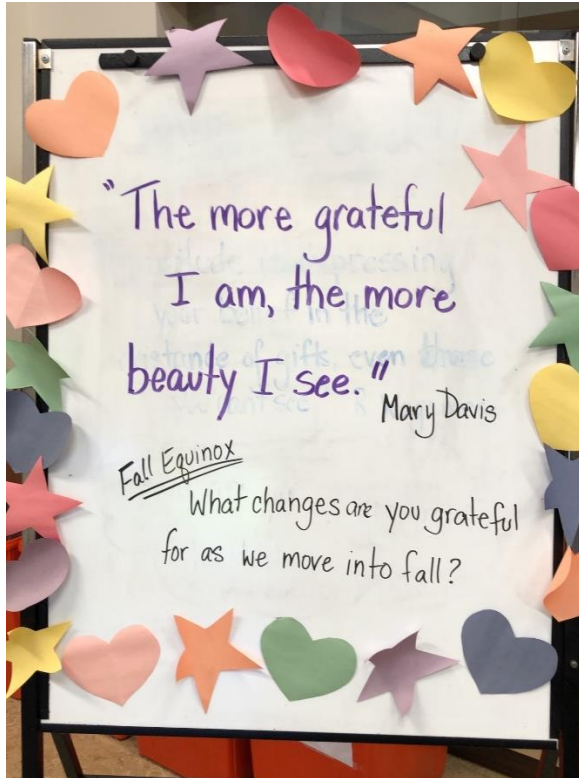


## Week at a Glance - Friday Sept 24<sup>th</sup>

Another beautiful week of learning in paradise! We had a lovely walk around the school and community hall property on Monday morning where students noticed signs of the changing seasons. We also enjoyed snacks together from the school garden. This year, we are also focusing on gratitude and every week we will have a different gratitude check-in. This week our check-in was noticing the beauty in the changes in nature as we move into fall.



We also had our Terry Fox run for Cancer on Thursday. We had a great run and students enjoyed collecting their beads after every lap. We had some prizes of t-shirts, water bottles and backpacks as well which made it an extra memorable event. So far, we have raised \$148 for Cancer research and we will be accepting donations at the office next week as well.



We have about half of the school walking permission slips and verification forms in. Please get those into the office as soon as possible so we can make bigger plans for our walks and I can start to share and celebrate more student work with you (like the photos above). If you need another copy, send a note or email to the school and we can get that sent home.

This year's school supplies have worked out to \$40 per student. Staff were very diligent in reusing and recycling materials in order to keep this number low again. We also received supplementary materials which were generously donated from Staples and Jiffy Lube in Courtenay. We are in the process of changing over our banking so that we can offer e-transfers to help with payment. We will also accept cash or cheques made out to the school. Please email me [Yolanda.lehton@sd71.bc.ca](mailto:Yolanda.lehton@sd71.bc.ca) if you require other arrangements.

**Safe Arrivals** program launch very soon! The safe arrivals program is an attendance app you will be able to use from your phone to tell us if your student will be absent, late, picked up early etc. We are hoping to launch the app for our school in the next week so watch out for a special email with more information to follow.

We had some great lessons this week by our Counsellor Margo Janz around boundaries and consent. I would like to share the video, [Consent for Kids](#) that was shown so you can check it out with your child together. There is a great Zoom presentation coming up this Tuesday called [Childhood Stress and Anxiety - Building Resilience](#) registration is required but it is free! See the email attachments for more information.

Lastly, I am looking for a couple volunteers to take turns helping us out with the school salad bar program on Thursdays. It would be great if the volunteer understands safe food handling and could work with students and staff to prepare, serve and tidy up. We would like someone who could come from 11 - 1pm. Includes a free lunch!

Check the school website for more updates, events and photos! This is also a great way to connect with your child's teacher through email.

Have a super weekend, enjoy the sun!

Yolanda Lehton, Vice-Principal

Upcoming events

Orange Shirt Week/Day next week – wear orange everyday or on Wednesday to honour the Indigenous Residential School survivors

Sept 29 – whole school Indigenous Truth and Reconciliation learning day – students will participate in many engaging activities and be offered a Three Sisters (corn, beans and squash, vegan) soup and locally made bread for lunch

Sept 30. – National Indigenous Truth and Reconciliation Day – no school

Oct 1 – Fun Sock Friday! Wear your craziest socks just for fun!

<https://www.eventbrite.ca/e/free-virtual-presentation-on-childhood-anxiety-by-julie-anne-richards-tickets-175752820417>

Event poster below...

# CHILDHOOD STRESS & ANXIETY BUILDING RESILIENCE

EMPOWERING STRATEGIES

EFFECTIVE SUPPORTS



**ZOOM Presentation and Discussion By:**

**Julie-Anne Richards**, M.A., R.C.C., C.C.C.

Registered Clinical Counselor, Psycho-educational Consultant

[www.JulieAnneRichards.com](http://www.JulieAnneRichards.com)

6:30-8:00 pm

Tuesday

September 28, 2021

**REGISTER TO RECEIVE  
ZOOM SIGN-UP LINK**

Tailored for Parents,  
Caregivers and Educators  
supporting children  
ages 5 - 12

**VIRTUAL**

**PRESENTATION**

**The ZOOM the Link will  
be emailed to you  
September 28**

**Free Event!**

**REGISTRATION REQUIRED** (copy and paste in browser)

<https://www.eventbrite.ca/e/free-virtual-presentation-on-childhood-anxiety-by-julie-anne-richards-tickets-175752820417>

**This Presentation is structured for an Adult Audience**

Sponsored by SD#71, Comox Valley

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