



VALLEY VIEW ELEMENTARY SCHOOL

2300 Valley View Drive, Courtenay, BC V9N 9A3

Phone: 250-897-0343 Fax: 250-897-3923

Principal: Mme Michelle Mowbray

Vice-Principal: Yolanda Lehton

Valley View Family Newsletter November 8th, 2024

Dear Valley View Families,

Students have been learning about the significance of Remembrance Day. We had a solemn and very touching assembly today; I was proud of our school community. As a military spouse, I was particularly moved by the poems, the songs and the presence of veterans and serving members of the Canadian Forces. Ms Lehton, our vice principal, recently retired from serving as a Reservist musician for the past 30 years.

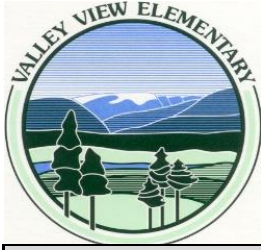
A special thank you to our grade 7 student, Hikaru, for playing the Last Post so beautifully on his trumpet.

Remembrance Day honours those who sacrificed for our freedom, including veterans and active service members. By remembering them, we show gratitude and commit to a more peaceful future.

Here are a few items for your consideration for the next 2 weeks:

Mon, Nov 11	Remembrance Day – no school
Tue, Nov 12	
Wed, Nov 13	Gr 6/7 volleyball game at Valley View Volleyball practice 11:45
Thurs, Nov 14	Wear BLUE for World Diabetes Day
Fri, Nov 15	Hot lunch QF

Mon, Nov 18	
Tue, Nov 19	PAC meeting 6:30 – all are welcome
Wed, Nov 20	Gr 6/7 volleyball game at Royston Elementary for Team



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	Volleyball practice 11:45
Thurs, Nov 21	Parent conferences – no school for students
Fri, Nov 22	Hot lunch -Panago

Upcoming dates:

November 21st - Parent conferences with teachers (**No school for students**).

Please follow the link below to book your parent/teacher conference appointment on Thursday, November 21st or earlier for some teachers.

If you have previously registered in OPTIS, enter your e-mail address and password. If you are new to the school, click on “New Parents” to register.

You will need to know your child’s teacher’s name in order to book your appointment.

If you need any assistance please call the office at 250-897-0343.

<https://secure.parentinterviews.com/valley-view-elem/home>

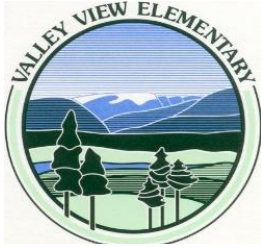
-December 17 – Family Snowball Dance organized by our PAC in lieu of the Winter concert– more details to follow soon – probably 5:00- 7:00 pm 😊

*We will hold a Spring Concert on March 12th.

Important information:

- **PAC fundraiser – Order Purdy’s chocolates until Nov. 29th**. See attached <https://fundraising.purdys.com/join.aspx/1191804-121736>

- **EDAS – Everyone Deserves a Smile campaign** is underway. Our school is collecting: men’s and women socks, men and women’s gloves, toques and scarves.



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- **Communicable diseases** – letter from Public Health Nurse – see attached

- **Hot lunch ordering for December** deadline to order is Wednesday, November 27, 2024.

If you are able to volunteer on Friday's from 11:00-12:15 please tick the box on the ordering form as this will help us organize and schedule volunteers. <https://valleyviewpac.hotlunches.net>

- **Grade 7 fundraiser for Camp Homewood:** bottle drive account -see attachment

-Parent sessions available

We are excited to be offering a new series of events for parents and caregivers starting next week at the Lewis Centre in Courtenay.

Coffee & Connection Series:

What: Informal drop-in groups for parents/caregivers interested in connecting with other parents about child/youth mental health topics while enjoying some coffee and snacks.

Where: Lewis Centre, Craft Room A, 489 Old Island Hwy

When: 9:30-10:30 am on the following dates:

Thurs, Nov. 14: [Screen Time: The Struggle is Real](#)

Let's talk about our struggles with our kids' screen time, and some ways we might make the hard a little bit easier.

Thurs, Nov. 28: [Parenting in the Deep End: Parenting Kids Ages 4-8](#)

Let's talk about the challenges when our kids are 4 – 8 years old and what helps to make it a bit easier.

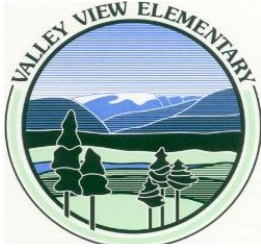
Thurs, Dec. 5: [Parenting in the Deep End: Parenting Kids Ages 9-12](#)

Let's talk about the challenges when our kids are 9 – 12 years old and what helps to make it a bit easier.

Thurs, Dec. 12: [Parenting in the Deep End: Parenting Kids Ages 13+](#)

Let's talk about the challenges when our kids are 13+ years old and what helps to make it a bit easier.

Registration: Click on the links above to register for any you would like to attend or simply drop-in that morning.



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And as a reminder, our next *Connect and Learn* event is coming up on Wednesday next week on ADHD. We hope you can share this with any families you know who may be interested:

[ADHD: The Real Deal:](#)

What: Join us as we listen to Dr. Don Duncan, Child and Adolescent Psychiatrist, dispel the myths, learn how and why the ADHD brain works the way it does, and talk about medications for ADHD.

When: Wednesday, Nov. 13 from 6:30-8:00pm

Where: Mark Isfeld Secondary (Multipurpose room)

Cost: Free

Register: For more information and to register, [click here](#).

Thank you for all that you do to support families in our community!

Kind regards,

Carolyn

Carolyn McCarthy, (she/her)

Family Peer Support Worker - Integrated Child and Youth Team Comox Valley

[250-890-2391](tel:250-890-2391)

[click here to book an appointment with me](#)

www.familysmart.ca

Wishing you a wonderful weekend,

Michelle Mowbray

Principal – Valley View Elementary

<https://www.comoxvalleyschools.ca/valley-view-elementary/>