



## 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 December 13th, 2024

Dear Valley View Families,

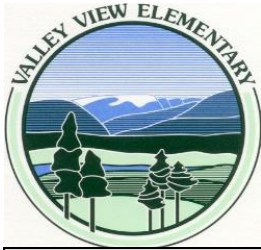
Thank you all for your generosity with EDAS and Christmas hamper campaigns, among other initiatives happening around the school!

The PAC is still looking for a hot lunch volunteer coordinator. If interested, please contact [valleyviewhotlunch@gmail.com](mailto:valleyviewhotlunch@gmail.com)

Here are a few items for your consideration for our final week before the holidays and our first week back in January:

<b>Mon, Dec 16</b>	Leadership club
<b>Tue, Dec 17</b>	<b>Twinkly Tinsel Tuesday</b> – wear clothes with lights, sparkles, sequins...  Red pod salad Div 3, 5, 6, 8, 10, 15
<b>Wed, Dec 18</b>	Chess club  <b>Family Snowball Pizza and Dance – 5:00 – 7:00</b> – see below for more details
<b>Thurs, Dec 19</b>	<b>Whole school Jingle Run</b> – 8:50 back field  Soup and a bun for all
<b>Fri, Dec 20</b>	<b>Festive Friday</b> – wear your favorite holiday gear/ensemble  Grade 7 dance in MPR 1:30-2:30

<b>Mon, Jan 6</b>	Back to school – Happy New Year
<b>Tue, Jan 7</b>	No salad bar



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Wed, Jan 8	Chess club
Thurs, Jan 9	Soup & bun for all
Fri, Jan 10	No hot lunch – we're still searching for a hot lunch coordinator

### Upcoming dates:

Comox Valley Volleyball December Camp is December 21st and 22nd at Highland School. The morning session is for grades 5-8 and the afternoon session is for grades 9-12. Please email Brian at [bdstevens@hotmail.com](mailto:bdstevens@hotmail.com) for more information.

### **-Valley View Festive Fun Days in December:**



### **-Wednesday, December 18 – Family Snowball Dance**

Donations for the PAC fundraiser gratefully accepted at the door.

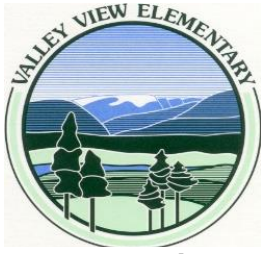
Proceeds help fund the purchase of self-regulation tools for classrooms. Thank you!

Doors open at 5:00- 7:00 pm 😊

Glow sticks for sale: 2 for \$1

Treat bags: \$2

Photo booth with amateur photographer: \$5 a sitting



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Pre-order pizza through the hot lunch link before Dec 13<sup>th</sup>..

<https://valleyviewpac.hotlunches.net>

\$3 per slice or \$20 for a whole large pizza. Cheers, pepperoni or Hawaiian from Panago. (limited extras for sale on site).

Juice or water \$1.25

**\*\*\*Students MUST be accompanied and supervised by a parent/ guardian.\*\*\***



**Here are the general Expectations for the Snowball dance:**

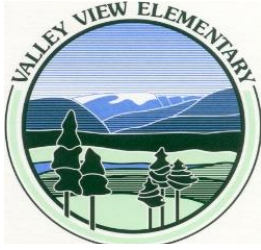
**Supervision:** All students must be always accompanied and supervised by their parent or guardian for the whole time.

**Respect Others:** Be polite and respectful to everyone, including teachers, parents, students, and grade 7 leadership volunteers. Have fun!

**Walking feet:** We walk in the gym and in the hallways.

**Stay in Designated Areas:** Do not enter classrooms or other off-limits areas. (This is an indoor event only - no in/out of the building)

**Bring Your Water Bottle** as we won't have cups to hand out.



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**Please clean up your space after eating.** Several tables will be set up for families to eat at the back of the gym.

Wishing you all plenty of fun!

### **Community News:**

#### **Creating Calm Program Questions and Answers:**

##### **What is Creating Calm?**

Creating calm runs free community groups for children aged 7-12 experiencing mild to moderate anxiety. It teaches children about worries and anxiety, raises awareness and helps them develop a 'tool box' of strategies and skills.

##### **How do I get referred to the program?**

Parents can directly refer their children or referrals can be made through family doctors, school or community counsellors or by other community members. **A referral form can be found at:** <https://www.comoxvalleyfamilyservices.com/programs--2/creating-calm-child-and-youth-anxiety-support-group>

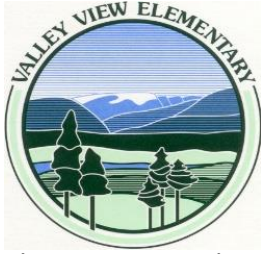
Please fill out the referral form and return it and your child will be added to the waitlist for the next group. We do a pre-group interview with the child and their parent(s) to ensure that the group is a good fit. *The referral form is also attached to this email as a word document.*

##### **How do I know if my child is ready?**

Generally, children are the most successful when:

- They have some awareness of their anxiety and the negative impacts it is having.
- They have some language around expressing their experiences, thoughts and feelings.
- They understand what the 'creating calm' group is about and agree to attend.
- They attend regularly.
- They are ready to learn and practice skills and strategies and 'take charge' of their worries.
- They have parents that recognize that the skills learned in the group need to be practiced and role modelled and that parent participation is vital for the well-being of their child.

##### **What is the group like?**



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The groups are divided into age groups, 7-9 and 10-12. Each group has a maximum of 8 children. Each session is an hour and a half and uses games, videos, conversation and crafts to help children gain knowledge and skills about worries and anxiety. Each week a snack is provided.

### **Is parent participation required?**

Research shows children are more successful with developing strategies for anxiety when their parents participate in their learning and role model and practice regulation skills and techniques with their child.

The program runs for a total of 10 weeks. Parents attend three evenings; one at the beginning, one midway and one at the end. These are parent only nights and provide an opportunity to meet other parents, ask questions and to share and discuss skills and strategies for managing your child's anxiety. In addition, each week parents are provided with a tip sheet and/or article about managing anxiety in their child and in their family.

### **When do the groups happen?**

**The groups run twice a year in January and September of each year.** Both groups will happen on Tuesday. The 7-9 aged group will be 3:30-5 pm and the 10-12 group will be 5:30-7pm.

Wishing you a pleasant weekend,

**Michelle Mowbray - Principal – Valley View Elementary**

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