



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 20th, 2024

Dear Valley View Families,

Our Family Snowball Dance was a huge success. We'd like to thank all the families who were able to join in the fun and helped contribute to the PAC's fundraiser for self-regulation tools for classrooms. **A special thank you to the PAC, staff and student volunteers who all helped with the dance. Together, we raised over \$1100!**

Photos from the Dance night:

For anyone waiting to receive photos from the family dance night, please check your junk folder or email Susie.gilson@sd71.bc.ca

PAC Hot lunch update:

Great news! We have a new hot lunch coordinator. More info to come in the new year. We hope to get that program up and running by the end of January.

Reporting and assessment:

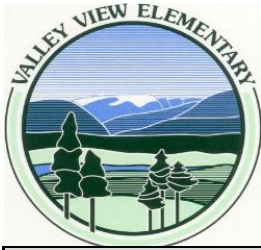
Some teachers have selected to share reporting via paper portfolios or online portfolios throughout the year.

Some teachers are using the MyEd report cards and these paper reports were sent home with your child today. You will then receive a second report card before spring break and finally the third at the end of the school year.

Whether portfolios or paper reports, some subjects only get reported one once throughout the school year but subjects like Math and English get reported on three times. Every student will have an opportunity to self-reflect on their core competencies and goal setting throughout the year. If you have any questions about reporting, please reach out to your child's teacher.

Here are a few items for your consideration for the first 2 weeks back in January:

| | |
|-------------------|--|
| Mon, Jan 6 | Back to school – Happy New Year School wide pyjama day |
| Tue, Jan 7 | 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 |

| | |
|---------------|---------------------------------|
| Mon, Jan 13 | Fire drill – weather permitting |
| Tue, Jan 14 | Leadership club |
| Wed, Jan 15 | Chess club |
| Thurs, Jan 16 | Soup & bun for all |
| Fri, Jan 17 | No hot lunch |

Coming up: Grade 6 & 7 Basketball games start the week of January 20th

Community News:

Creating Calm Program starting in January

Questions and Answers:

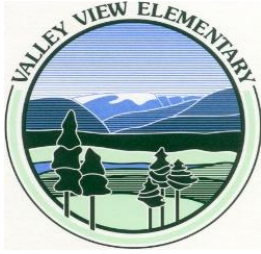
What is Creating Calm?

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.*



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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?

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.



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Community Sports:

Ringette has a January - March beginner program starting soon for kids under 8 or brand new skaters. At only \$6.50/ice time (\$130) This is a fabulous way for your kids to learn how to skate, play a team sport and meet some friends for life. The ringette community is supportive and our ice times are family friendly... after school on Tuesdays and Sundays at 11:45am.

One of our FUNdamentals coaches is a former NRL (National Ringette League) player and the others all have years of skating and ringette experience. We can provide sticks to all new registrants and we also have loaner gear for athletes as needed.

Learning to skate through ringette is one of the best ways to learn. The pads take the sting of falling away and the play aspect makes it fun and social. If you want a low pressure, fun way to play a team sport on ice... this is your sport!

More information and registration can be found here:

www.comoxvalleyringette.com

Wishing you a peaceful holiday,

Michelle Mowbray - Principal – Valley View Elementary

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