



## 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: Mrs. Lisa Scheck

### Valley View Family Newsletter March 14th, 2025

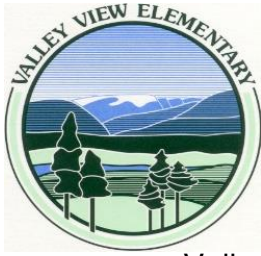
Dear Valley View Families,

Thank you to all the families who attended our spring musical, "My Town, My World". We are so proud of our school community for this beautiful production. A special thank to Ms Raposo, our talented music teacher, for orchestrating this creative endeavor along with dedicated staff and students!



Jump Rope for Heart photos:





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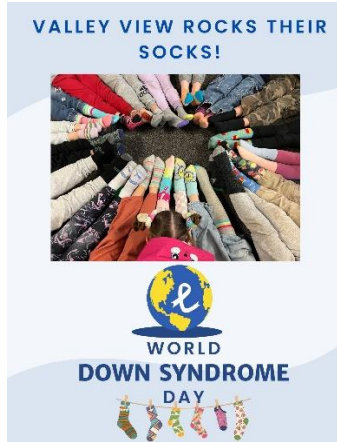
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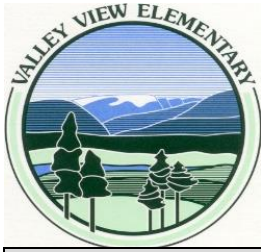
Valley View Rocks their Socks for World Down Syndrome Day!



Here are a few items for your consideration for the two weeks following spring break:

<b>Mon, March 31</b>	Back to school!  Leadership club
<b>Tue, April 1</b>	Salad bar for all  Last day to order Purdy's chocolates!
<b>Wed, April 2</b>	Chess club  World Autism Day – wear bright colours
<b>Thurs, April 3</b>	Soup & bun for all  Isfeld musical presentation in the gym 1:00
<b>Fri, April 4</b>	Hot lunch

<b>Mon, April 7</b>	Leadership club
<b>Tue, April 8</b>	Salad bar for all
<b>Wed, April 9</b>	Chess club



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<b>Thurs, April 10</b>	Soup & bun for all  Isfeld presentation for grade 7 students MPR 1:30-2:30 "What to expect in grade 8"  Family Movie Night (PAC fundraiser) Doors open 5:45 see attachment
<b>Fri, April 11</b>	Hot lunch  <b>Class photos</b>

### **Upcoming dates:**

April 22-24 Cycling skills – Div 9, 10, 11, 12

April 29<sup>th</sup> – Professor Wow- Art Start School presentation 9:15am

May 5<sup>th</sup> – Track and field jamboree (no district event this year)

### **PAC News:**

**\*We're looking for new people to join us! If anyone is interested in getting more involved in the PAC on any level, please chat with us at a meeting or email [valleyviewpac@gmail.com](mailto:valleyviewpac@gmail.com)**

Our next meeting: April 15<sup>th</sup> at 6:30pm in the library. Elections will take place.

## Family Movie Night! PAC fundraiser

Thursday, April 10<sup>th</sup>

Doors open 5:45 Pm

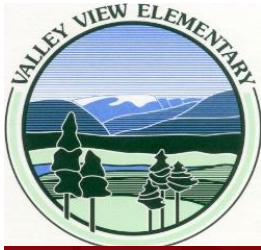
Movie starts at 6:00

Glow sticks, popcorn and candy bags for sale

Pre-order your pizza at the hot lunch website:

<https://valleyviewpac.hotlunches.net/admin/>

Parents must attend and supervise their children



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VALLEY VIEW PAC PRESENTS:

# FAMILY MOVIE NIGHT

Parents must attend and supervise their children

## MITCHELL'S VS THE MACHINES

**THURSDAY, APRIL 10**  
**DOORS OPEN 5:45PM**

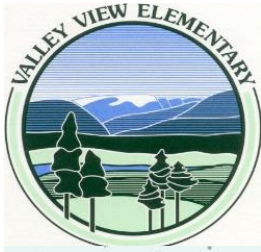
Movie starts at 6:00 PM  
Candy bags, glow bracelets and popcorn for sale

Pre-order your pizza at:  
<https://valleyviewpac.hotlunches.net/admin/>

### Purdy's chocolates:

Please note, if you have not already purchased from Purdy's, you will be asked to provide an email address and register to create an account. That way, the next time you order, it's even easier! **Last day to order is April 1<sup>st</sup>!**

<https://fundraising.purdys.com/1325339-127839>



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**Easter** 

VALLEY VIEW ELEMENTARY FUNDRAISER

**All orders due Tuesday, April 1st**

Orders will be available for pickup April 14th  
Shipping is free to the school

Please order and pay using:  
<https://fundraising.purdys.com/1191804-127839>

### **District News:**

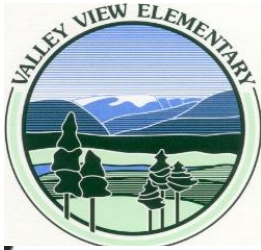
Comox Valley Schools is committed to fostering a safe and supportive learning environment for all. The Gender-Based Violence Committee is seeking input to help improve how our schools prevent and respond to sexual harassment, sexual assault, and other forms of gender-based violence.

We invite students, staff, and families to share their thoughts through an anonymous survey. Your feedback will help shape the policies, support systems, and culture of safety in our schools.

Take the survey

here: <https://form.simplesurvey.com/f/s.aspx?s=844AADC5-5C04-4EDA-AC65-D9FDE2771C53>

This survey is completely confidential and provides an opportunity for your voice to be heard. Together, we can build a safer, more inclusive school community.



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### ANONYMOUS SURVEY FOR: PARENTS/CAREGIVERS, STAFF & STUDENTS **YOUR VOICE MATTERS.**

How can our schools better *prevent* and *respond* to sexual assault, sexual harassment, and other forms of gender-based violence among students?

Survey Link



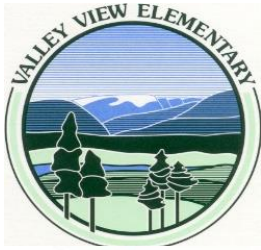
CAN BE VERBAL,  
PHYSICAL,  
EMOTIONAL,  
AND/OR SEXUAL.



**GENDER-BASED VIOLENCE (GBV):**  
DESCRIBES ANY UNWANTED OR  
UNWELCOME BEHAVIOUR  
COMMITTED AGAINST  
SOMEONE BASED  
ON THEIR GENDER,  
GENDER IDENTITY, GENDER  
EXPRESSION, OR PERCEIVED  
GENDER.

GENDER-BASED VIOLENCE  
DISPROPORTIONATELY AFFECTS  
WOMEN & GIRLS, INDIGENOUS  
PEOPLES, 2SLGBTQIA+ FOLKS,  
RACIALIZED PEOPLE, AND FOLKS  
WITH DIVERSE ABILITIES .





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### **Community News:**

**Topic:** [Explosive Behaviour in Teens: Strategies to Empower Families](#)

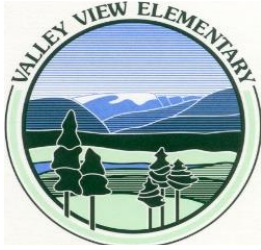
**What:** When our teens are showing up in explosive ways, we sometimes blame ourselves. Learn with us as a therapist explains some causes of explosive behaviour and some strategies that support parents and teens. This video presentation will be followed by a facilitated discussion with Comox Valley Family Peer Support Workers, Carolyn and Megan.

**When:** Wednesday, March 12 from 6:30-8:00pm

**Where:** Mark Isfeld Secondary (Multipurpose room)

**Cost:** Free

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



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### Coffee & Connection Morning Series:

#### Topic: RESCHEDULED [Self Care and Mindfulness When Parenting](#)

**What:** An informal drop-in group for parents/caregivers interested in connecting with other parents about child/youth mental health topics while enjoying some coffee and snacks. Taking good care of ourselves when caring for our kids can be hard, especially when our kids have mental health challenges. Let's talk about ways we can practise self-care and mindfulness when parenting.

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

**When:** Thurs, March 13 from 9:30-10:30 am

**Registration:** Click on the links above to register or simply drop-in that morning.

**Cost:** Free.

\*\*\***Childminding is not included as part of this event but the Lewis Centre does have childminding available during this time for \$3.15/child.** Please email Michelle Mowbray if you need assistance with this.

**Carolyn McCarthy, (she/her)**

Family Peer Support Worker - Integrated Child and Youth Team Comox Valley [www.familysmart.ca](http://www.familysmart.ca)

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

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

[www.familysmart.ca](http://www.familysmart.ca)

Wishing you a pleasant spring break,

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

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