

## 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 May 16th, 2025

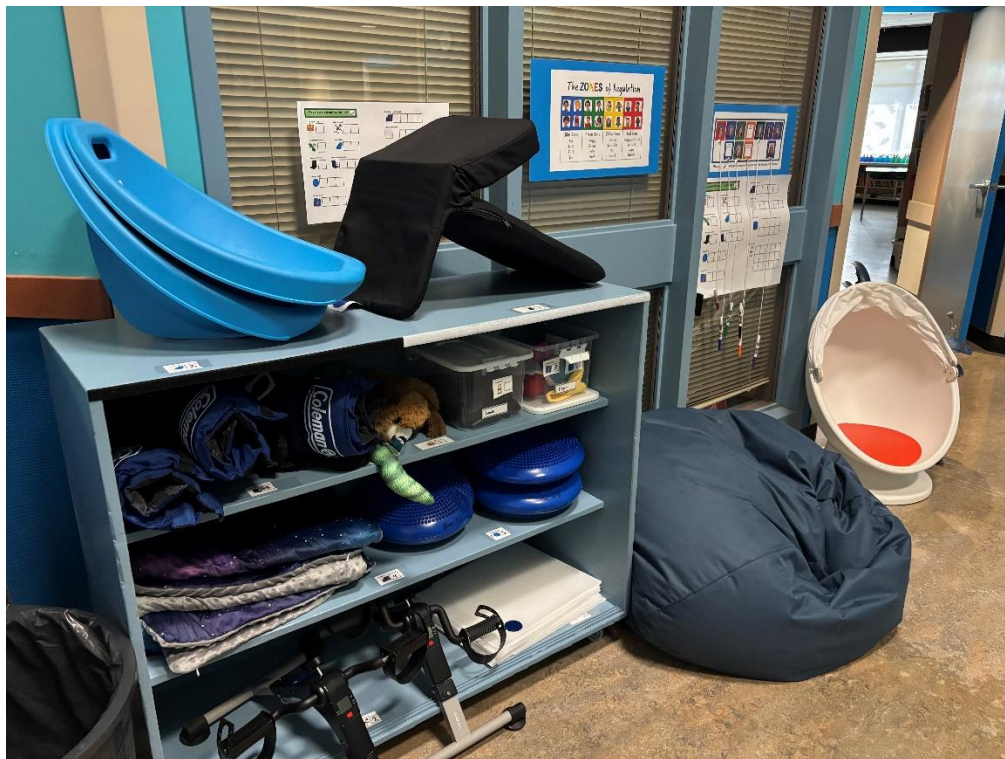
Dear Valley View Families,

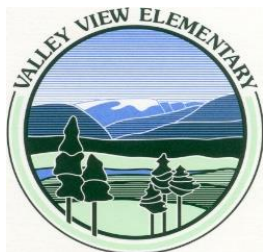
A friendly reminder to please let our office know if your child will not be attending Valley View in the fall.

As the warm weather increases, please remind your child to bring their water bottle to school. Thank you!

We'd like to send a special **Thank You** to our wonderful **PAC** for providing us with some treats for Educator appreciation week. We are also grateful for the fundraising efforts that have helped fund our "*Regulation Stations*" in each of our three pods.

Students now have access to a variety of self-regulation tools that they can sign out and use as needed. We created a video for students by students on how to use the tools correctly. So far, it's been a great success and we hope to keep adding tools to the Stations. This work is one of many strategies our staff have been implementing to help students learn about how to regulate their bodies throughout the day.





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

<b>Mon, May 19</b>	No school – Enjoy the long weekend
<b>Tue, May 20</b>	Salad bar for all PAC meeting 6:30 library – all are welcome!
<b>Wed, May 21</b>	
<b>Thurs, May 22</b>	Science presentations - gym  9:15 <b>How2Science</b> primary Show 10:45 <b>Earth, Wind &amp; Science</b> intermediate Show  Soup & bun for all
<b>Fri, May 23</b>	

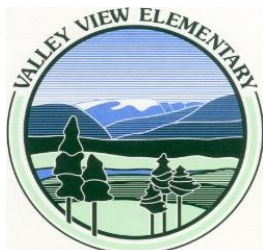
<b>Mon, May 26</b>	
<b>Tue, May 27</b>	Salad bar for all
<b>Wed, May 28</b>	Indigenous Rugby (Grade 6 & 7)  Grade 6 & 7 presentation with RCMP officer, consent, harassment
<b>Thurs, May 29</b>	Soup & bun for all
<b>Fri, May 30</b>	

### Upcoming dates:

Friday, June 20<sup>th</sup>: Indigenous Peoples Day Celebration & Fun day

Monday, June 23: School wide beach day. More info to come.

Tuesday, June 24 10:40 Grade 7 leaving ceremony



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Thursday, June 26 – LAST morning of school. Dismissal at 11:45am.

### **Community News:**

#### **Topic: [ADHD: The Real Deal](#)**

There are many myths about ADHD and it can be hard to understand how to support our kids who have ADHD. 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.

This video presentation will be followed by a facilitated discussion by Carolyn McCarthy and Megan Watson, Family Peer Support Workers in the Comox Valley.

**Note: This is a repeat topic for the Comox Valley - showing the same video from our event in November. We welcome you to join us whether you've joined us before for this topic or if it's your first time.**

**When:** Wednesday, May 28 from 6:30-8:00pm

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

**Cost:** Free

**Register:** For more information and to register, [click here](#). Even if you are not sure if you can make it, we encourage you to register as you will receive access to resources following the event via email.

\*While the event is held at the secondary school, this event is for parents of all school aged children and youth who are interested in learning more about ADHD.

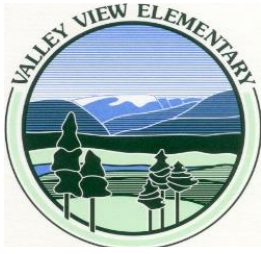
**Carolyn McCarthy, (she/her)**

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



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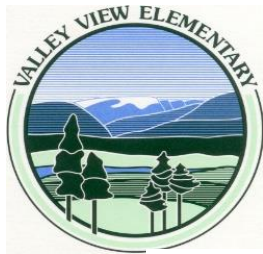
### **From the City of Courtenay for school newsletters: Public Works Week Day Event and Colouring Contest**

*Public Works Week (PWW) is recognized across North America to celebrate the essential role that public works plays in the daily lives of our communities. This year, PWW is taking place from May 18 to May 24, 2025. The theme of this year's events is People, Purpose, Presence—the three cornerstone ideals that motivate public service professionals to serve their communities every day.*

*To celebrate and raise awareness of the important work carried out by the City of Courtenay's Operational Services Department, the Department is organizing a series of community engagement activities, culminating in a public Open House. Operational Services is pleased to welcome the participation of the City of Courtenay Fire Department, further highlighting the collaborative efforts across City departments that contribute to public safety and well-being.*

#### **Public Open House**

1. **Date:** Saturday, May 24, 2025 -- 10:00 a.m. to 2:00 p.m.
2. **Location:** Operational Services Center (1000 Piercy Ave. , Courtenay)
3. **Planned Activities:**
  - a. Heavy equipment displays and live demonstrations
  - b. Interactive displays showcasing the work of City Operations
  - c. Facility tours
  - d. Tree and plant giveaways
  - e. Free hot dogs for visitors
  - f. Display of painted snow plow blades **(The one we have painted will be on display!)**
4. City of Courtenay Fire Department
  - a. Display Fire Truck
  - b. Fire Safety House



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- c. *Display of painted snow plow blades created by local elementary school students*
- d. *Children's colouring contest entries display*

**\*The Comox Valley Volleyball Camp is July 7th-10th this summer. It is for grades 5 and older. Please contact Brian at [bdstevens@hotmail.com](mailto:bdstevens@hotmail.com) for more information.**

[Junior Academy – Crown Isle](#) – click on the link for more information

**RYT**  
RAINBOW YOUTH THEATRE  
PRESENTS

Disney  
**FROZEN JR.**

**AUDITIONS OPEN NOW!**

Ages: 5 to 13  
Auditions: Online, open now until May 30  
Location: Comox Valley (TBD)

<b>Rehearsals:</b> 9:00am–2:00pm Aug 5–8 Aug 11–15 Aug 18–22	<b>Directors:</b> Alyssa Moores Joey Clarkson
<b>Performances:</b> Aug 22 – 7:00pm Aug 23 – 2:00pm Aug 23 – 7:00pm Aug 24 – 2:00pm	<b>Musical Director:</b> Joey Clarkson
	<b>Choreographer:</b> Sarah Kielly
	<b>Producers:</b> Christine Carson Katie Clarkson

**WWW.RAINBOWTHEATRE.COM**





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Wishing you a pleasant May long weekend,

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

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