

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 2nd, 2025

Dear Valley View Families,

We have so many exciting activities going on at Valley View Elementary! Our grade 4-7 students voted on Monday and the Conservative party won. Here are the results:

Name	Party	Votes
Gunn	Conservative	49
Lash	Liberal	45
Wegg	Green	40
Johnston	New Democratic	31
MacKnight	People's	5
Staples	Independent	5
Spoiled ballot	N/A	8

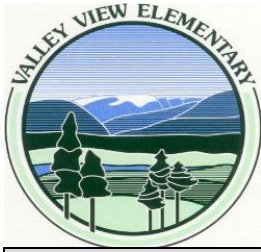
Today, our community enjoyed shopping and browsing the grade 6 entrepreneur fair. We are so impressed with their ingenuity and creativity! See photos at the end of this document. Thank you to our grade 6 students for sharing 10% of their profits to the Canadian Cancer Society.

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



Educator appreciation week

Mon, May 5	Jamboree – Vanier track – grades 4-7 (busses leave at around 8:50-9:00) <i>Bring hat, appropriate shoes and clothes for the weather/day, water bottle/lunch/snacks or money for concession, sunscreen</i> School spirit day – wear Valley View t shirts/hoodies or orange and black
Tue, May 6	Salad bar for all Grade 6 immunization (morning)



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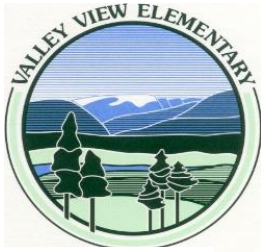
Vice-Principal: Mrs. Lisa Scheck

	<p>Bidding closes – Grade 7 online auction https://auctria.events/ValleyViewGrads2025</p> <p>Teachers, EAs and staff are Noteworthy! Write your teacher a note (or a picture) to show how they have helped you this year.</p>
Wed, May 7	<p>National Child & Youth Mental Health Day</p> <p>Flower power or Fist bump day. Bring a single flower for your teacher or give a fist bump and a smile</p>
Thurs, May 8	<p>Soup & bun for all</p> <p>Sweet treat or sweet comment for teachers and staff</p>
Fri, May 9	<p>City bus presentations and rides</p> <p>What's your teacher's superpower? Posters will be posted on classroom doors and in hallways. Sign you name and add a note.</p>

Mon, May 12	
Tue, May 13	<p>Salad bar for all</p> <p>Welcome to Kindergarten event 3:00-4:00</p>
Wed, May 14	<p>Earthquake and evacuation drill 1:30</p>
Thurs, May 15	<p>Soup & bun for all</p> <p>Grade 4 Big house experience 11:45</p>
Fri, May 16	

Upcoming dates:

May 22 9:15-10:00am **How2Science** primary Show
 10:45-11:30am **Earth, Wind & Science** intermediate Show
 May 28 – grade 6 & 7 presentation with RCMP officer – Consent, harassment
 June 2 – fire drill – afternoon



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School News:

**Valley View Teacher & staff
APPRECIATION WEEK**

Dear students and families,
We will be celebrating our teacher and staff appreciation week starting May 5th.
Below is an itinerary of daily events along with a suggestion of ways you can contribute to the fun of showering our teachers and staff with the appreciation they deserve! These are simply suggestions and are optional. Thank you!

MONDAY, MAY 5
School spirit
Show your school spirit and wear your Valley View gear or something orange and black **Go Tigers!**

TUESDAY, MAY 6

Teachers, EAs and staff are **NOTEWORTHY!** Write your teacher and a staff member a note (or draw them a picture) to show how they have impacted your life this year!

WEDNESDAY, May 7
Flower power or Fist bump!
Bring in a single flower for your teacher. Buy it, pick it or create it! **OR** give a fist bump to a staff member in the hallways and outdoors

THURSDAY, MAY 8

Sweet treat or sweet comment!
Students are welcome to bring a small, sweet treat for their teacher! **OR** give a staff member a sweet compliment!

FRIDAY, MAY 9

What is your **teacher's super power**? Every staff member will have a poster up on their door or near the front office. Students are encouraged to write a note to let them know how awesome they are!

*****We are very excited to share The grade 7 online auction for their year end trip to Camp Homewood <https://auctria.events/ValleyViewGrads2025>**

There are many exciting prizes donated graciously from local businesses and Valley View families, and some fun school based prizes including pizza lunch with Mme Mowbray and front row seats to the grad ceremony! Bidding will go live On April 25 at noon (bidding closes May 6 at 9pm).

Please share with your friends and family (if you are interested in donating an item, we are still collecting!). Let's help us raise some \$\$!



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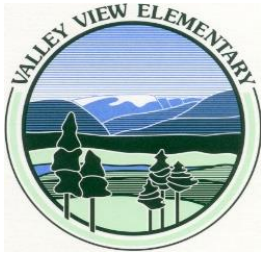
*Comox Valley Schools invites our school community to participate in our **Preliminary Budget Survey** for the 2025–2026 school year.

This year, we're engaging earlier in the process to ensure your voices help shape our priorities from the outset. Your input is vital in helping the Board of Education make informed decisions that reflect the needs of students, staff, and the broader school community.

All feedback will be reviewed by the Board as they work to set fiscal priorities and align resources with our Strategic Plan.

 **Take the survey now:** [2025/26 Annual Budget Input Survey - Comox Valley Schools](https://www.comoxvalleyschools.ca/2025/26-Annual-Budget-Input-Survey-Comox-Valley-Schools)





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Ministry Update – New Resource for Families Going Through Separation

The Health and Justice Alliance has created a new, free resource to support family well-being during parental separation. This toolkit contains six key messages, images, social media posts and newsletter text that are linked to practical actions and tangible resources on an updated, interactive website to help parents and children navigate this stressful time and foster resilience.

The six messages address:

1. Dealing with Change
2. Moving Forward Financially
3. Managing Conflict
4. Caring for Yourself
5. Strengthening Relationships
6. Empowering Your Children

For more information, please visit the [FamiliesChange.ca](https://familieschange.ca) website.

Community News:

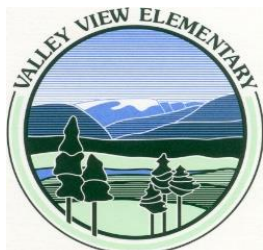
Next week is National Child & Youth Mental Health Day on May 7th and FamilySmart has some great resources and events available to parents, caregivers, teachers, or community members to get involved.

To join our free online events, download conversation guides for home and explore other ways to participate, visit **Our National Child & Youth Mental Health Day website** - may7icare.ca

Free Virtual Events next week:

1. Topic: [Finding and Creating Connection with Kids](#)

- Tues, May 6: 6:30-7:30pm



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2. Topic: [Supporting Kids with Substance Misuse: A Conversation with Together We Can](#)

- Wed, May 7: 6:30-7:30pm

3. Topic: [Substance Use and The Power of Support: A Conversation with Guy Felicella](#)

- Thurs, May 8: 6:30-7:30pm

We also have a free in-person event coming up at the end of May for caregivers in the Comox Valley:

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.

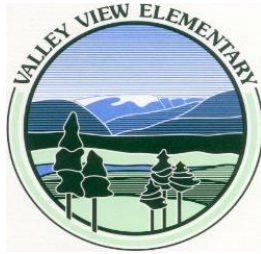
Carolyn McCarthy, (she/her)

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



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CREATING A SUBSTANCE USE PREVENTION PLAN

A **WEBINAR** FOR PARENTS, GUARDIANS & CAREGIVERS

Join leading adolescent **Clinical Psychologist** Dr. Hayley Watson, as she helps you create a **personalized step-by-step plan** for implementing **substance use prevention skills** in your home. Dr. Watson will focus on specific steps you can take to ensure that **you and your family are supported** as you teach substance use prevention skills to your child/youth.



Key Takeaways:

- ✓ Learn the skills that will help prevent your child and youth from using substances
- 🔗 Navigate the challenges that arise while teaching these skills to your child/youth
- 🛠️ Create a step-by-step plan for implementing substance use prevention strategies
- 🤝 Increase your ability to support yourself and your child/youth at the same time

Time: 6-7:30pm PST *(includes Q&A!)*

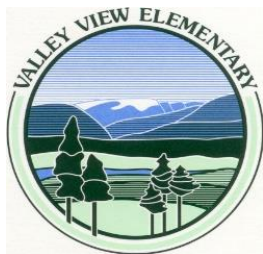
Date: April 29th, May 7th and 8th 2025

Scan the QR Code to Register



REGISTER NOW

We acknowledge the financial support of the Province of British Columbia through the Ministry of Education and Child Care



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The Ministry of Education and Child Care, in partnership with Dr. Hayley Watson, Adolescent Clinical Psychologist and Founder of [Open Parachute](#) is hosting three free webinars focused on helping families create a personalized step-by-step plan for implementing substance use prevention skills at home. Dr. Watson will focus on specific steps that families can take to ensure that they are supported as they teach substance use prevention skills to their child/youth.

Please share this within your school community since this is a webinar geared towards parents, guardians and caregivers. **Here is a one pager with information on the sessions that you can distribute.** [Creating a Substance Use Prevention Plan.pdf](#)

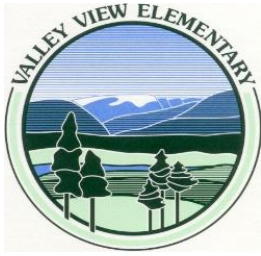
Key Takeaways for Families:

1. Learn the skills that will help prevent your child and youth from using substances
2. Navigate the challenges that arise while teaching these skills to your child and youth
3. Create a step-by-step plan for implementing substance use prevention strategies
4. Increase your ability to effectively support yourself and your child/youth at the same time

Time: 6:00-7:30pm PST (includes Q&A!)

Please register in advance by selecting the session that you would like to attend:

1. [April 29th – 6:00-7:30pm PST](#)
2. [May 7th – 6:00-7:30pm PST](#)
3. [May 8th – 6:00-7:30pm PST](#)



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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*

Children's Colouring

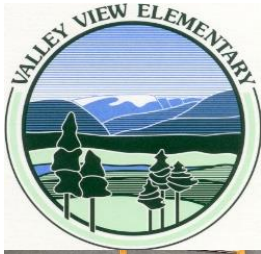
Contest [PWW 8.5x11 OpenHouseColouringPage PRINT.pdf](#)

A colouring contest will be offered to children. Colouring sheets will be distributed to local schools and the community prior to PWW. Completed entries can be submitted during school visits or at the Open House event, where they will be displayed, and prizes awarded to children of different age group categories.

***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 for more information.**

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





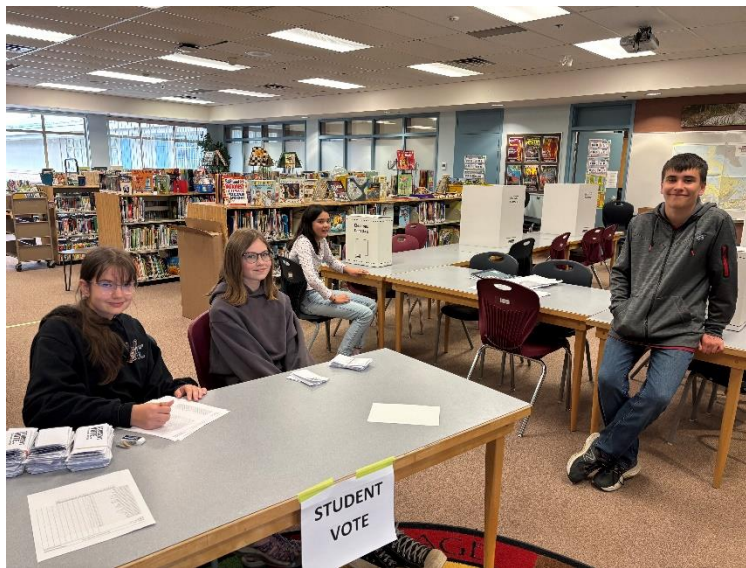
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Wishing you a pleasant weekend,

Michelle Mowbray - Principal – Valley View Elementary

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