

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 September 19th, 2025

Dear Valley View Families,

We had a beautiful afternoon running our Terry Fox Run today. Thank you for all the donations for "Toonies for Terry".

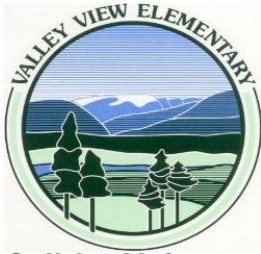
Are you interested in coaching this year or being a ref for basketball?

If so, please contact Michelle Mowbray. Coming up: Cross Country running starting October 1st for grades 4-7, Triple Ball (volleyball) later this fall and basketball after the winter break. Any parents of interested participants are encouraged to get their paperwork done early in the year to avoid delays.

Here are a few items for your consideration in the upcoming weeks:

Mon, Sept 22	
Tue, Sept 23	
Wed, Sept 24	
Thurs, Sept 25	Tour de Rock Cops for Cancer will stop by our school at 8:43. The upper two drop off lanes will be closed.
Fri, Sept 26	Cross country running practice 11:45

Mon, Sept 29	Orange shirt day Assembly
Tue, Sept 30	No school – Truth and Reconciliation day
Wed, Oct 1	Cross country race gr.4-7 with permission forms and drivers Puntledge Park school
Thurs, Oct 2	
Fri, Oct 3	Photo Day!



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Call for Volunteers: We are looking for volunteers to help with our breakfast and foods program among other volunteer opportunities at Valley View. Please contact our VP, Yolanda Lehton if you're interested. Yolanda.lehton@sd71.bc.ca

Cross Country races start October 1st for students in grades 4 to 7. Parent volunteer drivers are needed for these events and will not proceed if we don't have enough drivers.

Parent volunteers at our school require a **criminal record check** (good for 5 years) and a volunteer agreement. Please ensure this **paperwork is complete**. Driving paperwork is also required if you wish to help drive students. All the forms and info can be found at: <https://www.comoxvalleyschools.ca/valley-view-elementary/volunteer-driving/>

Tour de Rock, Cops for Cancer – fundraiser for childhood cancer. See attached info sheet. Our school is fundraising for this and for Terry Fox. The collective amount raised by Sept. 25 will determine the school wide prize later in October.

They will be visiting our school Sept. 25th at 8:43 so the upper drop off lanes will be closed at 8:40 for this special event.

\$1000 extra recess for the whole school

\$2000 silly staff competition (willing staff only) at an assembly

\$3000 freezies for all

Donations can be made online at this

link: https://support.cancer.ca/site/TR/CopsforCancer/COPS_NW_even_?team_id=536687&pg=team&fr_id=30364

We'll also collect twoonies for Terry until Sept. 25th.

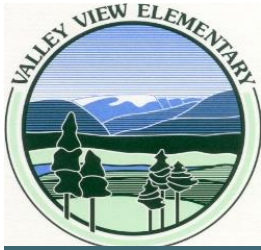
Community partners:

BGC (formerly Boys and Girls Club) is

facilitating **Parenting Without Power Struggles (PWPS)** starting Thursday, October 2.

PWPS is a free nine-week peer-support parenting program for caregivers of kids aged 9 to 12. BGC runs PWPS twice per year (Fall and Spring).

To Register: parentingprograms@bgccvi.com or call 250-338-7141



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parenting without power struggles

Navigate the pre-teen years with confidence and connection. Empower yourself to be the best possible parent for your youth!

THURSDAYS from 7-8:30 pm
9-week session starting October 2

Virtual Sessions
Accessible wherever you are!

Registration Required
Reserve your space today!

Next Session starts October 2

bgccvi.com/pwps/
parentingprograms@bgccvi.com

opportunity changes everything.

bgc Central Vancouver Island

BGC Central Vancouver Island

Kirra Gullickson

Parenting Programs Co-Facilitator

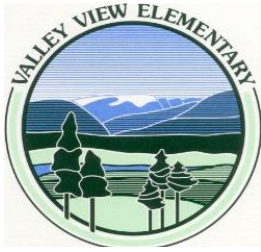
kgullickson@bgccvi.com | bgccvi.com

Safe and Active Schools project:

We are one of three schools in the district to work with the project team supporting the City of Courtenay with the development of their new *Safe and Active School* (SAS) program. The City of Courtenay's *Safe and Active School* program aims to improve road safety near schools and increase the number of students using Active School Travel (walking, cycling, and rolling) to and from school. Active school travel is any form of human powered travel to and from school and the school bus stop, such as walking, biking, and scootering.

These goals are achieved through a combination of interventions that can include:

- Built environment improvements to reduce the volume and speed of vehicles in the vicinity of the school
- Road safety improvements including raised crosswalks, rapid flashing beacons, curb bump outs, dedicated cycling facilities, and other infrastructure that reduces risk through separate facilities for different transportation modes



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- Programs that encourage active school travel, including walking school bus programs, identification of “drive to 5” locations, school street, and bike bus programs.
 - Participation in national events including walk to school and bike to school months.
 - Other initiatives that may be identified through participation in the Safe and Active Schools Program.

Active school travel initiatives have been shown to:

- Improve physical and mental health
- Reduce congestion, vehicle volumes, and vehicle speeds around schools to help improve student safety
- Improve air quality and the environment through the reduction of greenhouse gas emissions and traffic related air pollution
- Have students arrive at school alert and ready to learn
- Have students feel more connected to their community
- Help students develop healthy transportation habits that will stay with them as they grow older

Any parent interested in attending the launch of the City of Courtenay’s Safe and Active School Travel program at the SAS Open House happening on **Friday, October 3rd from 5:00-7:00 pm** at an other school location, please contact Michelle Mowbray to get an RSVP link.

At this Open House, we will be introducing the program itself – including program objectives, timelines, upcoming events, and ways to participate as a valued partner. We will also be conducting an initial feedback session with attendees to better understand their existing concerns and challenges at the three participating schools this year - École Puntledge Park Elementary School, Courtenay Elementary School, and Valley View Elementary School.



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PAC update: Please see attached meeting minutes.

DPAC – District Parent Advisory Committee News:

Understanding Individual Education Plans (IEPs) for Parents & Caregivers

Join Comox Valley Schools Inclusive Education and SD 71 DPAC for an important session to help parents and caregivers better understand Individual Education Plans (IEPs)

📅 Thursday, September 25th

🕒 6:30 – 8:00 pm

📍 2488 Idiens Way, Courtenay

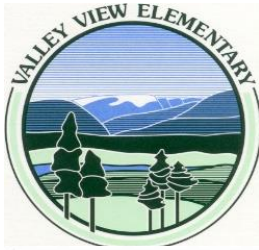
💻 Zoom option available

👶 Free childcare option available

This session will provide families with tools and knowledge to support their children's learning journeys.

✅ Registration is required.

✉ To register or learn more, email: dpac@sd71.bc.ca



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Comox Valley Spirit Walk

September 30th

to recognize the National Day for
Truth & Reconciliation



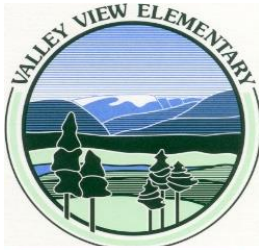
*"In orange shirts and ribbon skirts, moccasins and
a feather, we embrace the spirits of the ancestors,
and we all walk together."*

At 10am we will walk as a community from
Harmston Park down 5th Street to Lewis Park

Everyone is Welcome.

We respectfully acknowledge that
the land we gather on is Unceded
Traditional Territory of the
K'omoks First Nation, the
Traditional Keepers of this land.





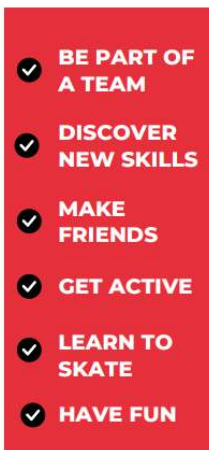
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Wishing you a wonderful weekend,

Michelle Mowbray

Principal – Valley View Elementary