



PARENT / STUDENT EDITION

October - November

News

30 - 3 2023

MONDAY Oct. 30

- Scholastic Book Fair all week
- Hillkeep Park Field Trip – (Armstrong, Simpson, Ratzlaff)
- Boys Soccer Tournament – Townsend Park 3:00 – 5:00

TUESDAY Oct. 31

- Halloween – Pumpkin Contest

WEDNESDAY Nov. 1

- Girls Soccer Tournament – Townsend Park 3:00 – 5:00
- Explorations After School Program (Grade 4/5) 2:00 - 4:00

THURSDAY Nov. 2

FRIDAY Nov. 3



News cont...

Upcoming Dates:

| | |
|------------------|------------------------------|
| Oct. 24 | PAC Meeting @ 7PM |
| Oct. 27 | Photo Retakes |
| Oct. 30 – Nov. 3 | Scholastic Book Fair |
| Oct. 31 | Pumpkin contest |
| Nov. 9 | Remembrance Day Assembly |
| Nov. 10 | Professional Day |
| Nov. 13 | Remembrance Day Long Weekend |
| Nov. 24 | Professional Day |

New Absence Reporting Instructions

We have a new system on how to report a student absence. Please [visit this link](#) for instructions on how to register and use the new system.

There are three ways to report an absence:

1. School messenger app (directions on how to download at the link above)
2. School messenger website
3. A new phone number (not the school's phone number)

Thank you for your attention to this change in procedure.

October 31:

Pumpkin Contest:

Students will be able to bring in a carved or decorated pumpkin from home to enter our contest. Categories will be:

- Smallest Pumpkin
- Painted Pumpkin
- Story Book/Movie Character Pumpkin
- Scariest Pumpkin
- Funniest Pumpkin
- Best East Chilliwack Hawks Mascot Pumpkin

Age-appropriate costumes can be worn at school but please ensure they are free of:

- Gore
- Weapons (fake or real)
- Drug/alcohol symbols
- No Halloween masks please

If staff see these items, your child will be asked to change. Students still need to attend to their lessons, so big cumbersome costumes are not the best.

Fundscrip Fundraiser:

Fundscrip order forms will be coming home soon! The fundraiser will close on November 10th. This will be a quick turnaround time, to ensure they arrive by the end of November.

This fundraiser works by buying gift cards from the order form for stores you already frequent. For example, if you purchase a \$25 gift card to Starbucks, you will receive a card to Starbucks with \$25 loaded on it. The school receives a percentage from the fundraising company. Please know that the percentage the school receives does not come off your card of \$25.

The money raised from this fundraiser will go towards the grade 5 celebration at the end of the year.

Thanks for your support!

Parking Lot:

The parking lot is incredibly busy with buses, students and cars. If you drop off or pick up your child, please familiarize yourself with how the parking lot works. **There is no exiting or leaving your vehicle unattended in any of the lanes.** This stops the flow in the parking lot and paralyzes it. We need your cooperation to keep this a safe place.

All traffic is one way moving from the west to the east.

There are 3 lanes in the parking lot, the lane closest to the school is for Busses Only (Lane #1). (Unless directed to use it by staff)

Lane 2 is the Drop Off Lane - Drivers may not get out of your vehicle or leave it in any lane unattended.

Lane 3 is a Drive-Thru Lane - there is no stopping in this lane either. There are times before school when staff will start to direct vehicles into this lane if traffic is backing up on the road. Please remind your child to look both ways before crossing the parking lot.

After school you may wait in your vehicle in lane #2 and #3 prior to the bell so we don't back onto the road but please **do not leave your vehicle unattended in the lanes.**

Several parking spots by the north-east corner of the school are controlled by staff at the end of the day and are marked by signs. That corner is very busy with students, parents and staff. You must wait for the buses to leave before you will be allowed to exit the parking lot.

And finally, please be patient and allow others to merge in and out of the parking lot. ECE has very few spots for parking, and as our school grows your patience and cooperation will make a difference in the mornings and after school. We all want our kids to be safe.

Dress for the weather:

With fall arriving, please make sure your child is coming to school prepared to be outside. Proper footwear, a good coat, gloves and a toque will become necessary very soon. We try to go outside most days and we want the students to be properly dressed for the conditions.

'intheknow' Connect and Learn

For families and caring adults who
are parenting a child or youth with
mental health and/or substance
use challenges.

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'.
WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT
HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR
UNDERSTANDING AND CONNECTION WITH OUR KIDS.

Emotion Regulation

Young people face many different stressors in today's world. This can often lead to feelings of overwhelm and dysregulation. This event offers support to parents and caregivers with information and strategies to cope with emotion dysregulation and will talk about the critical role that parents and caregivers play in creating the environment for positive change for their young people especially when things can be the most challenging.

Come together with other families to watch this 35 minute video presentation followed by a 40 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.

Cost: Free of Charge

Date(s):

Wednesday, November 8, 2023, 6:00pm (PST)

Tuesday, November 14, 2023, 6:30pm (PST)

Thursday, November 16, 2023, 12:00pm (PST)

Tuesday, November 21, 2023, 6:00pm (PST)

Thursday, November 23, 2023, 6:30pm (PST)



FamilySmart
Together-Centred

Registration required:

www.familysmart.ca/events





Supporting Your Family After a Mental Health Crisis

“Really filled the gap where it was most needed by way of information and moral support. I feel this workshop nailed the exact questions and concerns I as a parent was having.”

TOPICS INCLUDE:

- How to support a safety plan at home
- How to take care of yourself and family after a crisis
- How to find the resources you need

THE WORKSHOP IS OFFERED FOUR TIMES EACH MONTH FOR B.C. FAMILIES:

- Wednesdays: 9:30am - 11am (2 weeks)
- Tuesdays and Wednesdays: 12pm - 1pm (2 weeks)
- Thursdays: 12pm - 1pm (4 weeks)
- Thursdays: 6pm - 8pm (2 weeks)

The workshop is free and offered online. Registration required.



familysmart.ca/workshops

