



SEPT. 28 - OCT. 2, 2026

HAWKS NEWS



Week at a Glance

PRINCIPAL'S MESSAGE



Ey Swayel East Chilliwack Families,

What a fantastic turnout to our Meet the Teacher/Welcome Back BBQ last night! It was wonderful to connect with our families. We are so fortunate to be part of such an involved school community. Special thanks to our PAC and the many volunteers that helped set up, clean up and provide the Welcome Back BBQ!

Thank you to our amazing PAC Chair, Lindsay and PAC Vice Chair, Lauren for all of their time and work!



On **Tuesday, September 29**, we are recognizing National Day for Truth and Reconciliation. Students are encouraged to wear orange shirts. We will have an assembly at 8:30 followed by an Indigenous Story Walk. Families are welcome!



Mon. Sept. 28

- **Marvellous Monday!**

Tues. Sept. 29

- **Orange Shirt Day**
- **assembly at 8:30 and storywalk**
- **Rogers-Stadnyk FT**



Wed. Sept. 30

- **National Day for Truth and Reconciliation - no school**

Thurs. Oct. 1

- **Cross Country race at Townsend Park 3:30**

Fri. Oct. 2

- **Wear your Hawks' spirit**

Upcoming Dates

Oct. 4 - ECE Hawks' online spirit wear store closes - see poster for online orders
Oct. 4 - 10 - Fire Awareness Week
Oct. 5 - Science World on the Road Show presentation Gr. 1-5
Oct. 6 - Fire Safety presentations - K-3
Oct. 8 - Bus Evacuation Drills / Cross country meet at Fairfield Island
Oct. 9 - Non-instructional Day - no school for students
Oct. 12 - Thanksgiving Holiday (school closed)
Oct. 15 - The Great BC Shakeout earthquake drill
Oct. 15 - Sas FT, Grade 2s and 3s FT
Oct. 16 - PAC movie night



Our school participated in the Terry Fox Run on **Monday, September 21st**! Thank you to our school community for supporting our fundraising efforts to end cancer.

You can still donate to <https://schools.terryfox.ca/138214> or scan the QR code to access East Chilliwack's fundraising page! Our donation page will close October 2. So far we have raised \$565.00 in cash and online donations!



Soccer

Grade 4 and 5 boys and girls practices have begun! A game schedule will be coming out soon!



Student Information Verification Forms

If you haven't done so already, please complete and sign the form **as soon as possible**. Please read the form over carefully and **make any changes/additions in pen.**



Volunteers

If you are interested in volunteering for your child's field trips or in the classroom, please be sure to have an up-to-date police check completed.

How to Apply:

Access the application via
SD33.bc.ca →

Parents/Community →
Volunteering

<https://sd33.bc.ca/volunteering>

Student Absences

To enter an absence, use the **Safe Arrival App**. Please use the link for more information: <https://www.sd33.bc.ca/safe-arrival>. You can also call the school at (604) 794-7533, or email Ms. Deputan at lisa_deputan@sd33.bc.ca if your child is going to be absent, arrive late or for an early dismissal time.

X-COUNTRY



DATES AND LOCATIONS

GRADE 3, 4, 5

RACE # 1

Time: 3:30

Date: Thursday, October 1st

Location: Fairfield Island Park

RACE # 2

Time: 3:30

Date: Thursday, October 8th

Location: Townsend Park (real grass area)

RACE # 3

Time: 3:30

Date: Thursday, 15th

Location: Sardis Sport Complex

*If you have any questions, please contact
sarah_lyon@sd33.bc.ca*



EAST CHILLIWACK ELEMENTARY

ONLINE STORE OPEN NOW!!

Order online until
OCTOBER 4, 2026

LATE ORDERS
WILL NOT
BE ACCEPTED

https://logogear.ca/east_chilliwack_elem/shop/home

- Go to the LogoGear website
- Click on Products to see all options
- Add desired items to cart
- Check out



**Note: All Youth sizes are PST exempt. Adult sizes are not.*

All product supplied by Mark's Chilliwack.

Invoices/Statements will show as Logogear Spirit Wear



branded apparel • promotional products • workwear programs

TIPS FOR PARENTS FOR A HEALTHY BACK TO SCHOOL SEASON:

As children head back to school, parents face the familiar challenge of managing busy schedules, school routines and inevitably, health concerns.

Help set the stage for a healthy school year with Fraser Health's Healthy Back to School Guide.



The guide provides information on a variety of ways to keep children healthy during a school year. For instance, fostering healthy routines for sleep, mealtimes and physical activity can greatly support your child's health and wellness.

Staying healthy during the school year is also about protecting children from illnesses that can spread quickly in classrooms. It is important to make sure children wash their hands properly, and to keep them home if they are feeling unwell.

Another way to protect your child's health is to ensure their immunizations are up to date. Vaccines help prevent several serious illnesses and infectious diseases, for example, measles. Please check that you (if born in or after 1970) and your children have received at least two doses of a measles-containing vaccine. Find out how to check your immunization records here.

Vaccines are available at many pharmacy locations, physician offices, and at all public health units.

If you are new to B.C. or Canada, provide your immunization records to public health at fraserhealth.ca/immunizationform.

Need fast access to health advice? Call Fraser Health Virtual Care: Dial 1-800-314-0999. For an interpreter, say your language in English.

Our Fraser Health Virtual Care registered nurses and dietitians can provide convenient, fast health advice and information for busy families. With options for phone or web chat consultations, families receive medical advice from nurses with emergency experience. It can save you time and may help you avoid having to visit a clinic or emergency department. Nurses can also connect you with an Urgent and Primary Care Centre, if needed.

How to reach Fraser Health Virtual Care

Dial 1-800-314-0999. For an interpreter, say your language in English.

For web chat, go to fraserhealth.ca/virtualcare and click the blue chat bubble in the right corner to start.

Available 10:00 a.m. to 10:00 p.m. every day, including statutory holidays. After hours, call 8-1-1.

Learn more about Fraser Health Virtual Care, other care options and more at: Fraserhealth.ca/VirtualCare

