



OCT. 5 - OCT. 9, 2026

HAWKS NEWS



Week at a Glance

PRINCIPAL'S MESSAGE

Ey Swayel East Chilliwack Families,

Welcome
October

Happy October! It was a reflective week with our Orange Shirt Day assembly on the 29th and the recognition of the National Day of Truth and Reconciliation on Sept. 30th. Ms. Parenteau, our Indigenous Education Assistant, co-created a beautiful bulletin board display with our students for Orange Shirt Day!



October 4-10 is Fire Prevention Week, and the theme is "Charge into Fire Safety" - safe charging is a superpower! We are grateful to the Chilliwack Fire Department for coming to East Chilliwack on Tuesday to do fire safety demonstrations for our Kindergarten to Grade 3 classes in the morning. Check out the links for more fire prevention resources!



<https://www.nfpa.org/events/fire-prevention-week>
<https://www.sparky.org/activities>



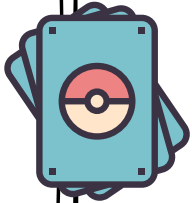
Upcoming Dates

Oct. 12 - Thanksgiving Holiday (school closed)
Oct. 13 - October assembly
Oct. 15 - The Great BC ShakeOut earthquake drill
Oct. 15 - Sas FT, Grade 2s and 3s field trips
Oct. 16 - PAC movie night
Oct. 20 - PAC meeting
Oct. 21 - Parent/Teacher conferences 2:30 - 5:30 (teachers will share with families what their conferences will look like)
Oct. 22 - Early Dismissal - 11:05
Oct. 23 - Provincial Pro-D Day - no school for students



Toys and Pokémon Cards

We ask that our students please leave toys and Pokémon cards at home unless they have a special show and tell day. We don't want special items to get lost, broken or stolen.



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](https://sd33.bc.ca) →

Parents/Community →
Volunteering

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

Rainy Weather

We expect that there will be many rainy days this year. Please have your child come dressed for the weather with raincoats, boots and maybe an umbrella. We will play outside on most days!



Lost and Found

Our Lost and Found is growing! Please try to label your child's clothing items so we can return items to their owners! Check out our Lost and Found area if your child is missing something!



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

AFTER SCHOOL CARE PROGRAM

Dear Families,

We are excited to continue offering our After School Care Program at East Chilliwack Elementary, providing children with a safe, welcoming, and fun environment to enjoy after their school day.

Program Hours: 2:00 PM – 5:30 PM

Fee Reduction & Subsidy Accepted

We accept Child Care Subsidy, helping make childcare more affordable for families.

NEW THIS YEAR!

We are excited to expand our program beyond after-school care and offer childcare options throughout the school year and during school breaks!

- Pro-D Day Camps
- Winter Break Care
- Spring Break Camps
- Summer Camps

These programs will provide children with opportunities for fun, creative activities, games, outdoor play, and special camp experiences while school is out.

Priority will be given to our current After School Care families for registration in all break and camp programs.

We are so excited about what we have planned for this year and look forward to creating a wonderful experience for our children and families!

Interested in joining us?

Contact us for registration information or to learn more about our After School Care and upcoming camp programs.

Call or Text @ 778-882-1360

LITTLE VALLEY 123 CHILDCARE CENTER

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

