



Hixon Elementary School

378 Lockyer Road, Hixon, BC V0K 1S0 (250) 998-4377

Principal: Mr. Rob Lewis

Vice Principal: Mr. John Forbes

November 3, 2022

If you believe it, you can achieve it!

<http://hixo.sd57.bc.ca>

From the Principal's Desk

Hadih Hixon Students and Families,

I hope everyone has had an opportunity to rest and recover from Halloween. We would like to thank the PAC for providing the hot lunch and support for the Halloween activities that took place during the day. Kids enjoyed the day and had a safe Halloween.

As we head into November we will continue to work at building community and connection with our students as we explore healthy relationships with ourselves and others. You will find some information in this newsletter about the Open Parachute program our teachers are using in their classes as well as Social Media Awareness sessions being put on by ERASE. I would encourage you to take a look at both of these programs as they are great opportunities for families to build on the conversations we are having with students.

A reminder that we are doing parent – teacher interviews. This is a great opportunity to meet your child's teacher and build connections that will benefit your child's educational experience.

A reminder that the PAC is always looking for parental involvement.

Please do not hesitate to reach out at any time.

Sincerely,

Rob Lewis, Principal



Calendar of Upcoming Events

November

- 1-3 Early dismissal days (dismissed at 1:22pm each day)
- 4 Photo retakes
- 9 Swimming lessons
- 10 Remembrance Day assembly
- 11 Remembrance Day holiday
- 15 Poinsettia orders due
- 16 Swimming lessons
- 17 PAC Meeting 1:00 in the kitchen
- 23 Swimming lessons
- 25 Non-instructional day – no school for students
- 30 Poinsettia pickup/delivery
- 30 Swimming lessons

December

- 2 Primary report writing day – no school for Mr. Forbes class
- 7 Swimming lessons
- Dec 17-Jan 2 Winter holidays

January

- 3 Back to school

2022/23 Bell Schedule

8:10	Supervision begins
8:20	Warning bell
8:25	Morning classes begin
10:00-10:15	Recess
11:45-12:30	Lunch
12:30	Afternoon classes begin
2:22	Dismissal



Student Photo Retakes

Student photo retakes will be on November 4, 2022. A form is being sent home with students to communicate that you wish your child to receive retakes. If you don't receive the form, please send a note or call the school and leave a message, indicating that you wish retakes.

Parent Advisory Council

Fundraising events are in full swing! November 15th is the poinsettia order deadline. November 30th is poinsettia pickup/delivery day. Worlds finest chocolate bar sales will be starting soon. Next PAC meeting will be on November 17th at 1:00pm. Next hot lunch will be announced soon. Please keep an eye out for order forms. Finally, a reminder that all parents/guardians are welcome to come to meetings and be involved. 😊

DPAC

[PAC Cafe – Nov 5 – School District 57 DPAC](#)

On Saturday November 5 at 11am, the SD57 District Parent Advisory Council (DPAC) is hosting a PAC Cafe. This is an in-person (only) opportunity to network with DPAC and your fellow PAC Executives. Info on our website here: <http://sd57dpac.ca/2022/10/pac-cafe-nov-5>

Parent Volunteers

Any parents that wish to volunteer to read with students at school are welcome to stop by the office and fill out the appropriate volunteer paperwork.

Lates/Absences

Please call the school at 250-998-4377 if your child will be absent or late for any reason. We will attempt to contact families whenever there are unknown absences. Please leave a message on the answering machine if no one answers when you call.

Appropriate dress for weather

Please ensure you send your child to school with appropriate clothing for changing weather. Even if the weather is nice in the morning, it can change during the day! Winter is coming!!



Parent Social Media Awareness Sessions Available Online

We are seeing a rise in negative social media behaviour with some of our students across the school district. Our hope is that our students use social media responsibly and understand the dangers that can be associated with posting pictures and content publicly. We also want our parent partners to be as informed as possible and help support their children to use social media responsibly.


Our classes will be taking part in online sessions from ERASE around Social Media Awareness and having a positive digital footprint.

As well Erase is hosting online sessions for Parents. Please visit the links below for more information and to register. The links will also be available on our school website.

Student Sessions with Parents (after school hours) - Social Media Awareness - Social Media Awareness, Digital Footprints and Cyberbullying

November 15, 2022 from 6:30 PM to 7:30 PM

<https://event-wizard.com/events/SocialMediaAwarenessStudentParentsNov152022/>

	<p><u>Register Student with Parent Session 1 - November 15, 2022</u></p> <p>This session for students and parents covers all things digital, from how to be a good digital citizen to the criminal consequences of cyberbullying.</p> <p>event-wizard.com</p>
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November 30, 2022 from 6:30 PM to 7:30 PM

<https://event-wizard.com/events/SocialMediaAwarenessStudentParentsNov302022/>



[Register Student with Parent Session 2 - November 30, 2022](#)

This session for students and parents covers all things digital, from how to be a good digital citizen to the criminal consequences of cyberbullying.
event-wizard.com

Norther BC Healthy K to 12 School Newsletter

The new [Northern BC healthy K to 12 schools newsletter: Issue three](#) has been published. It provides an informative and interesting range of health topics and links to resources provided from Public Health.

This newsletter is best viewed in electronic format as there are web links built into the document and will be available on our website as well.

Please email HealthySchools@northernhealth.ca with suggestions for the next newsletter.

Open Parachute

Dear Parents,

We are pleased to announce that this year we will be delivering the Open Parachute Mental Health Program to our students.

This program addresses issues of stigma surrounding mental health in young people, encourages help-seeking, and creates a culture of mutual support and respect for any struggles that students may face.

This program was developed by Dr Hayley Watson, an adolescent clinical psychologist who has been developing programs across Canada and internationally for the past 15 years.

There are video-based resources to provide you, as a parent, with practical tools for supporting the well-being of your child at all stages of their life. These resources can be accessed by following the link in the attached flyer, and creating your own (free) account.

Here is a message from the founder, Dr Watson:

I am so pleased that your child is taking part in this program. I developed this resource because I want every child to learn practical mental health skills, so they can live life to their fullest potential.

This program aims to build a strong foundation of resilience so that your child can learn to trust in their own abilities, relate to their own feelings in a healthy way, and change any unhelpful thoughts and/or behaviour patterns that may hold them back at any point in their lives.

It is normal for your children to have feelings stirred up throughout the course of this program, because we are intentionally providing a space where they can address challenging issues in a safe, nurturing,

and supportive environment. These conversations can also continue at home if you and your child would like to explore these topics further – the video-based resources for parents can help guide these discussions.

If you have any questions or feedback at any point during the program, one of our trained psychologists would be happy to speak with you directly to further support the well-being of your child.



School Wellbeing Resources
Parent Information Pack



Student Curriculum

Open Parachute is pleased to be working in partnership with your child's school. We create well-being programs designed to promote social and emotional development in students K-12. We use clinically validated, research based psychological skills-building exercises to boost resilience, self-awareness, and social responsibility in youth, and increase their connection and systems of support.

Our programs are based on documentary videos of real teenagers sharing their own experiences of overcoming struggle, inspiring students to build resilience, empathy, and empowerment in their own lives. The Lessons break down complex issues into simple conversations that are accessible and relatable for everyone, with skills that assist every student in living up to their fullest potential.

Topic Areas:

- Peer Dynamics (eg. Healthy friendships/boundaries/bullying)
- Awareness of cultural issues (eg. Prejudice/inequalities)
- Mental Health (eg. Anxiety/depression/ trauma)

Each topic is explored at the appropriate developmental level for each grade, providing students with practical tools for facing these challenges as a part of their core curriculum in school.



Resources for Parents

This program provides you with access to an online video-series with information on how to support your child's development through adolescence and the many challenges they may face. The program provides tools for addressing well-being concerns that typically occur as children developmentally mature. It is common for these various difficulties to arise for children at any age, and you can refer back to these resources at any time based on what you are noticing in your child. The topics covered are listed below:

Pre-Teens:

- Resilience
- Empathy
- Social Media
- Saying No

Teens:

- Bullying
- Trauma
- Acting Out
- Self-Esteem

Mature Teens:

- Mental Health
- Addictive Patterns
- Boundaries & Consent
- Anxiety & Depression

These resources can be used individually or as a group, and provide you with tools for having difficult but important conversations with your child, building empathy and accountability in your child, and staying connected to your child as they move through their adolescent years.

Access this Resource [HERE](#)

Program Creator

Our program creator Dr Hayley Watson is a Clinical Psychologist with a PhD in bullying interventions. She has been creating and delivering intervention programs globally for the past 15 years, and her mental health curriculum programs are operating in schools across Canada, the US, and Australia.



Contact Information

If you have any questions about our programs, or if you would like to find out more about how our resources are supporting your child, please contact us on the details below:

openparachuteschools.com
info@openparachuteschools.com

Feedback from Schools

Our programs are currently being used by over 100,000 students across 5 countries. Here is what schools are reporting:

"All I can say is WOW. As a team we were very blown away on how much risk our students were willing to take and the trust that they have in this process. Thank-you for this very valuable tool in dealing with mental health!" - Educator

"I wanted to send an email to say thank you. The program that you have created with the videos, presentation slides, and discussion/activities have all been high quality and have been a great way for us to have these conversations with our students. Thank you for the work you are doing to help us care for our students in a way that we can't always do on our own!" - Principal

"The Lesson ran so well - Even students who never speak up were sharing their thoughts and feelings! I also ran one of the teacher wellbeing sessions in our staff meeting which went really well too. At the end of the meeting our admin felt so good about the sense of calm and peacefulness in the room, that they refrained from adding on any more work tasks. Needless to say, the teachers were very pleased! This program makes my job of supporting the wellbeing of staff and students easy!" - Educator