



October 2019
Principal: Ms. P. Davis

The VES Buzz

Valemount Elementary School
1445 7th Ave; Valemount, BC; V0E2Z0
Phone: 250-566-4427

hello october,
please be good.

VES Monthly Message

♥ I want to start off my monthly message by saying to every student, teacher and parent that they are amazing, they are valued, and they are appreciated. Everyone is doing a fantastic job and is working really hard and it shows! Last month was a fantastic whirlwind of activities and it flew by faster than any of us wanted! October is usually a 'nose to the grindstone' kind of month for us. We look forward to a month of hard work and progress!

Dates to Remember:

- Oct 1: "International Coffee Day"
- Oct 3: PAC Hot Lunch: A&W Chicken Strips
- Oct 4: School Photos 8:45AM
- Oct 7-11: Fire Prevention Week
- Oct 9: Early Dismissal 1:00PM
- Oct 10: Wildlife BC Presentations; "World Mental Health Day"
- Oct 11: Fireman For A Day 11:00-1:00PM
- Oct 14: Thanksgiving Day STAT: no school
- Oct 16: Vancouver Theatre Sports Presentation 9:00AM; "World Food Day"
- Oct 17: PAC Hot Lunch: Pizza
- Oct 17-18: IEP Meetings with Mrs. Shaw
- Oct 18: "Walk and Talk" 8:35-8:45 AM
- Oct 21-24: Three-Way Conferences, dismissal at 1:15 PM
- Oct 22: PAC AGM 2:45 PM
- Oct 23: Strong Start begins 9:00-12:00PM
- Oct 25: Non-Instructional Day
- Oct 30: Photo Retakes
- Oct 31: Halloween Activities

World Mental Health Day is October 10th. The WHO has made suicide prevention its main theme of this day. Dr. Alberto Trimboli, *President of the WFMH*, states on the WFMH website that "(s)uicidal behavior has existed throughout human history, but due to several complex factors, it has increased gradually in all parts of the world and, in the past few decades, has reached alarming statistical levels ... It is often believed that it is only adults who exhibit suicidal behaviors, but it should be made known that many children and young people engage in this kind of behavior as a result of violence, sexual abuse, bullying and cyberbullying". This is a strong and alarming message that speaks volumes of a dramatically changing society and the behaviors of our new generation. Parents, please take this time to speak with your children about mental health and how to ask for help when they need it. There are many valuable resources available in the community of Valemount as well as online and via telephone.

World Food Day is October 16th. The FAO (Food and Agricultural Organization) has created "a day of action dedicated to tackling global hunger. Held annually on 16th October, people from around the world come together to declare their commitment to eradicate worldwide hunger from our lifetime". It is an important value at VES to practice healthy eating habits and through our grant from the Red Veterans Support Society and with help from our PAC we have been able to provide warm, healthy and nutritious foods to our students all of last year and we aim to provide the same this year.

October 7-11th is "Fire Prevention Week." Please take a moment to sit down with your children and develop fire escape plan specific to your home; please use the attached Family Home Escape Plan and draw this plan out and return it to the school to have your child's name entered in the 'Fireman For a Day' contest; this will occur Oct 11 from 11:00-1:00 PM where the winners (one from each grade KF-3) will receive a ride in a firetruck, visit the station, meet the firemen and have a pizza lunch.

Please come to school dressed up in your costumes on Oct 31 and take part in the costume parade. If you wish to participate in the Pumpkin Carving Contest, please have your pumpkins into the school library with your name and division number by Oct 30. We cannot wait to see your amazing creations and costumes this year! Please no weapons (guns, swords, bats etc.) as part of your child's costume, these are not allowed in school. Masks are a go as long as the scare factor is not too much (remember this is an Elementary school and we have to keep the little guys in mind). Just a reminder, please be safe and have fun while trick or treating; we want to see all your happy and healthy Friday morning!



10 October 2019



Wednesday ProD Model
Early Dismissal dates for 2019/2020:
Dismissal at 1:00 PM
Dates:
October 9, December 4, January 15,
February 12, April 29, May 27

Looking ahead to NOVEMBER...

See below for dates of interest:

- Nov 8: Remembrance Day Ceremony 10:00 AM
- Nov. 11: Remembrance Day STAT: no school
- Nov 15: "Walk and Talk" 8:35-8:45 AM
- Nov 22: Primary Report Card Writing Day: no school for those students in grades KF-3 (the grade 4's in both Mr. Coyle and Dutkiewich's classes are REQUIRED to come to school on this day)
- Nov 28: Learning Reports go home

Looking ahead to DECEMBER...

- Dec 4: Early Dismissal 1:00PM
- Dec 9-13: Scholastic Book Fair
- Dec 13: "Walk and Talk" 8:35-8:45AM
- Dec 19: Christmas Concert 7:00 PM
- Dec 20: Pancake Breakfast 8:45 AM
- Dec 21-Jan 3: Christmas Break: no school

Parents,

School planners have arrived!

The cost is \$5.00/planner/child. Please visit the office to process your payment. Teachers use these planners as a communication tool and to assist in teaching students to plan and schedule.

****Please note: Grade 1 and 2 students DO NOT require a planner.**

Reminders for Bus Families:

With the arrival of chilly mornings, please ensure that children are dressed for the weather. To help ensure a safe and comfortable ride for everyone, students are asked to keep all parts of the body inside the bus and to follow the driver's instructions the **first time** they are given. Seating plans are a routine bus procedure, just as they are in the classroom. Thank you for having your child(ren) to the designated stop five minutes before the bus arrives and supervising until the bus leaves.



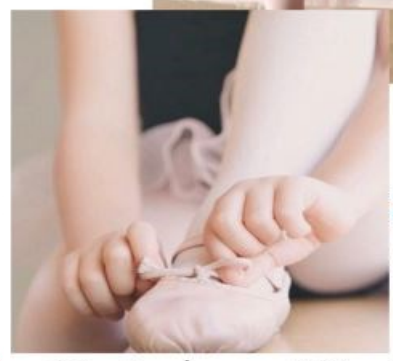
The Grade 6 students are raising money for the annual trip to **Barkerville**. We will be going on a bottle drive on **Saturday, November 2nd**. If you have bottles that you can donate, we will be picking them up from **10-00-3:00**. If you would like to drop them off in the morning, we will be sorting bottles at the Elementary School parking lot and would appreciate any donations.

The Grade 6's are also selling poinsettias and wreaths this year! Order forms, with more information, will be going home on October 21st.

Thanks for all your support of the grade 6 trip to Barkerville!
Karen Shaw and Dustin Winzer

Strong Start: Begins October 23rd!

This program runs every Wednesday morning, from 9:00 AM-12:00PM (snacks included). Strong Start is open to any child age 0-5yrs of age. To sign up we require a birth certificate and health care number to get your child registered. Strong Start is an early learning program that gives children the opportunity to socialize and take part in activities that will enhance their cultural, physical, creative and intellectual development. Caregivers must stay with their children. Oh, and did I mention...it's **FREE**.



Smart Start Snack Cart

The VES PAC is proud to unveil a new healthy snack program in the school, *Smart Start Snack Cart*. Thanks to a generous donation to the PAC from the VCBE the PAC has been able to purchase two rolling cooler carts for the school and set this program into motion. These carts will be stocked daily with healthy snacks for students who don't get enough to eat at home or didn't pack enough in their lunch. This program will encourage healthy food choices and is available to ANY child at VES in need.



Food is an essential part of success at school and we hope the Smart Start Snack Cart helps. Thank you to VCBE for your generous donation, allowing us to fund this project!

October 18, 2019

4-7 years old: 4:00-4:45PM
8-13 years old: 5:00-6:00PM

\$20/8 SESSIONS & PERFORMANCE
CONTACT: EMILY@RVCSBC.ORG
TO REGISTER

****Sessions will begin October 18th and will run every Friday**