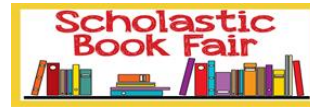




# NUSDEH YOH DUSTL'US

Check out our website at... [www.sd57.bc.ca/school/nyoh/](http://www.sd57.bc.ca/school/nyoh/)

Oct. 22<sup>nd</sup>, 23<sup>rd</sup> & 24<sup>th</sup>



Nusdeh Yoh Newsletter

October 2019

## SERVICES & OPPORTUNITIES

**Q:** Heart of the Family? Exciting new program!

**A:** Yes! Contact Imani Miller for more info.

**Q:** Afterschool Academic Program (ASAP)

**A:** Yes! Grades 1 to 3 – Contact Cassie Larsen

**Q:** StrongStart?

**A:** Yes – Monday to Friday (8:30-11:30am)

**Q:** Afterschool Activities?

**A:** Yes – Beginning week of September 23<sup>rd</sup>

**Q:** Monthly Assemblies

**A:** Yes – 1<sup>st</sup> Wednesday of the Month @ 1pm

*Please come!*

Hadih (Hello),

We hope everyone is doing well and enjoying the fall season! We are very excited to announce the opening of our new meals room. We will be having a "Grand Opening Celebration" on November 4<sup>th</sup>. More details to come 😊

Parent teacher conferences and the scholastic book fair will take place on October 22<sup>nd</sup>, 23<sup>rd</sup> & 24<sup>th</sup>. Please be sure to stop by meet with your child's teacher and enjoy the book fair!

Mrs. Arnold (Liza) & Mr. Bruce (Richard)



## 2019/20 Bell Schedule

8:40am	Warning Bell
8:45am	Instruction Begins
12:00pm	Lunch
12:15pm	Outside Play
12:40pm	Warning Bell
12:45pm	Instruction Begins
2:30pm	Instruction Ends - Dismissal



Wednesday: Early Dismissal at **1:53pm**

## Family Warrior Program

**Monday, October 21<sup>st</sup> @ 2:30pm**



- Program for those that raise our children
- Learning traditional skills of the spirit warrior
- Using the medicine wheel to gain spiritual, mental, physical and emotional self-empowerment
- Learn to facilitate family restorative circles
- Snacks, daycare & physical activity with our "Fit Nation" facilitator

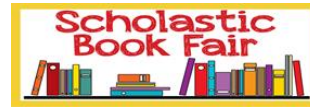
**For more information: Contact the school and ask for Imani Miller**



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Oct. 22<sup>nd</sup>, 23<sup>rd</sup> & 24<sup>th</sup>



## IMPORTANT DATES

- Oct. 21 Family Warrior Program
- Oct. 22 Early Dismissal
- Oct. 22 Book Fair
- Oct. 23 Book Fair
- Oct. 23 Phyllis Webstad
- Oct. 24 Early Dismissal
- Oct. 24 Book Fair
- Oct. 27 No School (NID)
- Nov. 1 Cecilia John
- Nov. 4 Kitchen Celebration
- Nov. 6 Monthly Assembly
- Nov. 11 Remembrance Day
- Nov. 13 Right to Play Visit
- Nov. 18 Primary Report Writing Day
- Nov. 29 No School (NID)
- Dec. 4 Monthly Assembly

Please check out our website at...  
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## Our focus – the Circle of Courage...

### BELONGING

- I show respect for others
- I respect myself
- I participate in my learning
- I express my feelings appropriately

Moose, Wolf, Sabe

### INDEPENDENCE

- I am confident (Belief in Self)
- I don't give up (Growth Mindset)
- I set a good example for others
- I begin tasks on my own

Bear, Butterfly, Salmon

### GENEROSITY

- I share with others
- I help others when needed
- I include others
- I show understanding when things are difficult for others

Coyote, Eagle

### MASTERY

- I learn with others
- I think creatively by trying new things
- I think critically by considering other opinions and using facts to support my opinion
- I solve problems respectfully

Beaver, Caribou

## OCTOBER

**RESPECT:** GIVING ALL HUMANS, PLANTS, ANIMALS THE CHANCE TO LIVE AND GROW; TREATING OTHERS AS YOU WOULD LIKE THEM TO TREAT YOU; HONOURING THE ENVIRONMENT

