

Westwood Elementary Newsletter

*Lhewh Nadleh Nun: October 2022
(Time of the whitefish run)*

Westwood Elementary School

2633 Vanier Drive, Prince George, BC V2N 1V1

250-562-3076

Acting Principal: Shandee Whitehead

Senior Secretary: Kathy May



Hadih Parent(s)/Guardian(s), Staff, and Students,

Our first month of school have been active, exciting and productive. From the first bell on September 6th, the staff and students have put themselves into high gear and the energy has been boundless. We are confident that you have discovered, through discussions with your child(ren), that they have already been provided with various opportunities that have challenged, motivated and enabled them to progress along their individual learning paths.

The entire staff at Westwood School takes great pride in nurturing a safe and rich learning environment for your child(ren). As well as challenging the children academically, we wholeheartedly believe in, and take seriously, our responsibility to instill in each of our students the importance of being a caring individual that supports one another both within and outside of our school community. Our Terry Fox Run, held on September 21st, was a great example of this. It was wonderful to see the entire school participating in the event that raised \$496.75 for cancer research. A huge thank you to one of our Westwood families who generously donated \$100.00.

We would like to thank all of our guests who were able to attend the 'Meet the Staff' event here at Westwood. It was such a thrill to meet up with new and returning families and watch the excitement on students faces as they toured their families throughout our building. We hope everyone had an opportunity to view the classroom bulletins showcasing our Westwood Virtues (Be Proud, Be Kind, Play Safely, and Do Your Job).

As we move into our first long weekend of the school year, we truly have reason to give thanks. On behalf of all of the staff at Westwood, we would like to extend to you a Happy Thanksgiving. May you enjoy this time with family and friends, giving thanks for all with which you have been blessed.

Mussi cho,

Ms. Shandee Whitehead
Principal

Ms. Kathy May
Senior Secretary

Important Dates

September 30: Day of Truth and Reconciliation: NO School

Oct 3: Indigenous Day of Learning: NID: NO School

Oct 3: PAC Meeting: Library: 6:30 pm

Oct 3 – Nov 11: Grade 4 and 7: FSA Administration

Oct 5: World Teachers Day

Oct 6: PJ Day and Hot Lunch

Oct 7: Div 7: Masich Place: UNBC Women's Soccer Game

Oct 10: Thanksgiving (no school)

Oct 13: Div 7: Ginter's Park (Land based learning)

Oct 20: Picture Re-Takes

Oct 21: Non-Instructional Day: NO School

Oct 26: Bake Sale

Oct 31: Pumpkin Decorating Contest: Info TBA

Nov 1, 2, 3: Early Dismissal Days

- Dismissal time is 1:31pm (please plan for this dismissal as there will be no supervision beyond 1:46pm)

WESTWOOD is collecting back Westwood Spirit Wear

Has your child outgrown their Westwood Wildcat t-shirt or hoodie? If so, please consider donating them back to Westwood. We will be collecting previously loved spirit wear and finding them new homes.



Westwood Elementary Bell Schedule: 2022/2023

Supervision Starts: 8:15am
Welcoming Bell: 8:30am
Classes Start: 8:35am
Recess: 10:25am
Classes Resume: 10:40am
Lunch: 11:56am
Outside Bell: 12:12pm
Welcoming Bell: 12:36pm
Classes Resume: 12:41pm
Dismissal: 2:31pm
Supervision Ends: 2:46pm



- Students are not permitted to stay on school grounds after supervision ends. Please plan for your child to be picked up by 2:46 pm or have a plan to walk home. Students who are not picked up will be brought inside and a call home will be made.

Westwood is PEANUT AWARE: We are encouraging all families to NOT send any peanut or tree nut products to school as we have students with an airbourne anaphylactic allergy which is life threatening. We need to work together to keep our students safe!



Parent Advisory Council (PAC):

Westwood Elementary parent(s)/guardian(s) are encouraged to join the PAC and contribute their ideas and energy to our school community. The next meeting is being held, in the library, **Monday, October 3rd** at 6:30 pm. For more information, please visit the Facebook PAC page or email the PAC:

EMAIL CONTACT: westwoodwildcatspac@gmail.com

FACEBOOK PAGE: Westwood Wildcats PAC

Westwood Teacher Staff for 2022/2023

M. Matyas	Gr. K/1
T. Tomson	Gr. K/1
A. Westfall	Gr. ½
R. Redwood	Gr. 2/3
A. Brown	Gr. 3
A. Cook	Gr. 4/5
M. McDonald	Gr. 4/5
A. Ardley	Gr. 6/7
E. Striker	Gr. 6/7
K. Rice	LA/ELL
C. Hendry	PREP/ELL
D. Murrell	Support Teacher/ELL
W. Lam	Teacher Librarian/PREP
K. MacDonald	Counsellor/PREP

Westwood Support Staff for 2022/2023

Secretary	K. May
Custodians	C. Spooner (Crew Chief) and M. Stewart
Education Assistants	A. Bokvist, S. Harris, T. Flundra, C. Hewlett, A. Jager, A. Sandberg, S. Burkitt
Youth Care Worker	K. McBurnie
Community Coordinator	J. Cartmell
Indigenous Ed. Worker	D. Williams
Library Clerk	A. Rouleau

WE ENCOURAGE ALL STUDENTS TO STAY HOME WHEN SICK: When deciding whether or not your child should stay home from school, please consider answering these three quick questions: **Does your child have a fever?** Fevers are generally a sign of illness and could mean they are contagious, so children should stay home from school. **Is your child well enough to participate in the daily learning activities?** A cough that disrupts normal activity, headache, earache, etc. can cause children to run down quickly and disrupt their ability to learn. **Do you think your child has a contagious illness, such as the flu or pinkeye?** If so, keep them at home until they're no longer infectious. NOTE: Ask your doctor if you are not sure about keeping your child home or dial 811 (dialing 811 puts you in contact with a nurse in case of a non-urgent health issue).

Pedestrian Safety Tips:

If your children walk to school, please take some time to speak with the children about pedestrian safety. Following is a list of tips that can help guide you through a discussion regarding the importance of making safe decisions whether they are walking to school, to a friend's, or home.

Teach Kids How to Walk Safely

1. Teach kids at an early age to look left, right and left again before crossing the street. Then remind them to continue looking until safely across.
2. It's always best to walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks. If there are no sidewalks, walk facing traffic as far to the left as possible.
3. Teach kids to make eye contact with drivers before crossing the street.
4. Encourage kids to be especially alert for cars that are turning or backing up.
5. Teach kids not to run or dart out into the street or cross between parked cars.
6. If kids are walking when it's dark out, teach them to be especially alert and make sure they are visible to drivers. Have them wear light- or brightly-colored clothing and reflective gear.

Take Action Against Distraction

1. Teach kids to put phones, headphones and devices down when crossing the street. It is particularly important to reinforce the message with teenagers.
2. Pull headphones down or turn off the volume before crossing the street.
3. Be aware of others who may be distracted and speak up when you see someone who is in danger.
4. If kids need to use a cell phone, teach them to stop walking and find a safe area to talk.

Let Your Actions Speak as Loudly as Your Words

1. Be a good role model. Set a good example by putting your phone, headphones and devices down when walking around cars.
2. When driving, put cell phones and other distractions in the back seat or out of sight until your final destination.
3. Be especially alert and slow down when driving in residential neighborhoods and school zones. Be on the lookout for bikers, walkers or runners who may be distracted or may step into the street unexpectedly.
4. Give pedestrians the right of way and look both ways when making a turn to spot any bikers, walkers or runners who may not be immediately visible.

LEVEL FOUR THERAPY DOG: Effie-Lynn Peigi is a 3-year-old Springer Spaniel with level four therapy training. She likes to cuddle, play with her stuffed toys, and go for walks. Effie sheds when she is being pet, but her fur removes easily with a lint roller. Effie belongs to Ms. MacDonald, our school Counsellor who is onsite every Monday and Tuesday. Schools are expected to inform parents when a therapy dog is on-site so parents can have the opportunity to give feedback and voice any concerns. Please let us know if your child has any dog related allergies or fears, or if you have any concerns with having a therapy dog at Westwood. Effie-Lynn has been at Westwood for the past three years. We have been able to work around allergy issues with parents. Effie, will primarily reside in the office area, where Ms. MacDonald works from. She will be outside on breaks and may visit classrooms as needed. Effie will not be near children during eating times. Therapy dogs are a valuable resource for students and staff. There is nothing like a dog to help regulate the unregulated and bring a smile when that is hard.

Photo: The 2022 Westwood 'Terry Fox Run'



Photo: Effie-Lynn, our Level FOUR Therapy dog



Truth and Reconciliation Calls to Action

Did you know, in the 95 Calls to Action, #62 (with four subcomponents) and #64 are specific to education? As with all the 94 Calls to Action, these are actions all governments, courts, businesses, schools, and people living in Canada can do to help understand the past and present so that history does not repeat itself.

Calls to Action: About Education

6. We call on Canada to change the law that says it is ok for teachers and parents to hurt kids when they are not following the rules.
7. We call on Canada to work with Aboriginal people to make sure that all kids in Canada are getting a fair education and chances for jobs.
8. We call on Canada to give schools that teach First Nations kids enough money for those schools to give a fair education.
9. We call on Canada to tell us how much money they give to schools that teach First Nations kids and if Aboriginal kids are getting a fair education.
10. We call on Canada to make a law with Aboriginal people to make sure education for aboriginal kids respects culture and language.
11. We call on Canada to help First Nations students to go to College or university.
12. We call on all governments in Canada to make sure there is daycare for Aboriginal kids that respects Aboriginal ways of life.

Source: Spirit Bear's Guide to the Truth and Reconciliation Commission of Canada – First Nations Child and Family Caring Society of Canada. www.fncaresociety.co

Photo: National Day for Truth and Reconciliation poster.

Photo: Children painting rocks and writing words in honour of those who attended Residential schools.

