

What's On

@ Cove Cliff

September 15th – 19th



MONDAY SEPT 15	TUESDAY SEPT 16	WEDNESDAY SEPT 17	THURSDAY SEPT 18	FRIDAY SEPT 19
3:10 – 3:40 pm Cross Country (back Field) FORMS – Please send your child's forms back ASAP!!!		8:00-8:40 a.m. Beginning band 8:40-9:20 a.m. Continuing Band	8:00 – 8:30 am Cross Country (back Field) 3:00 – 4:30 pm Meet the Teachers / Back to school BBQ	8:10 am Math Club 10:40-11:20 a.m. Beginning band 11:20 – 12 noon Continuing Band Hot Lunch - Sushi

Always check our [online calendar](#) for upcoming events. Upcoming Events Highlights:

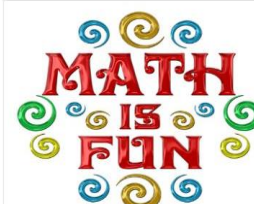
Schedule Changes	Events
Sept 30 – School not in session – Truth & Reconciliation Day	Sept 26 – Terry Fox Run Oct 2 – Cross Country Event at Little Cates Park Oct 9 – School photo day

Math Club

We are very happy to bring back the **Math Club** this year. Math Club was developed many years ago by the teachers in our school to create a positive and non-threatening learning environment for all students. There is no need to sign up, rather students arrive at the school and the teachers will help lead some fun activities to support the children in relevant areas of instruction. Thank you to our teachers for volunteering their time for this extra-curricular activity. Students, please enter through the outside classroom door and show up on time, ready to engage with the activities until dismissed by the hosting teacher. Fridays days **starting Sept. 19th**

Fridays at 8:10am

Kindergarten - Grade 2: Mrs. Dudley's door by the Primary Playground
 Grade 3 – 5: Mrs. Mitchell's door by the portables



Meet the Teacher Open House & Hotdog BBQ (at the back of our school)

Stop by your child's classroom between 3:00–3:45 PM to say hello and meet the teacher

At 3:45 PM, head to the gym for a quick welcome from Ms. O'Brien and Mrs. Dudley.

BBQ Celebration

After the gym, come outside and enjoy a hotdog (veggie dogs available too!) while mingling with other families and staff. Some of our amazing staff will be helping with the BBQ!

Note About Classrooms

If your teacher isn't in their classroom during the meet-and-greet, check the door for a note letting you know where to find them. We can't wait to see you there!

**Students must be with an adult to receive a delicious hotdog. 😊*



Cross Country

is kicking off soon for students in **Grades 4–7**. Practices will be on **Mondays at 3:10pm** and **Thursday mornings at 8:00am** rain or shine!

Thursday, October 2nd (Seycove FOS)- Little Cates Park

Thursday, October 16th (East FOS Grades 4-7) Loutet Park

Tuesday, October 21st (All District Grades 4&6) Loutet Park

Wednesday, October 22nd (All District Grades 5&7) Loutet Park

Meets will take place after school.



FREE WEDNESDAY LUNCH PROGRAM

The PAC is pleased to bring back our weekly Wednesday lunch program. Every Wednesday starting September 17, 2025, we will be offering free lunch items to every student. With the support, guidance and funding from the school district, a locally sourced bagel with cream cheese and sliced cucumber and fruit will be provided at lunchtime. These items will be on “help yourself” trays in each classroom.

If your child does not like the items provided, please talk to your child about the program and send lunch to school for them on these days. **If your child needs more food than will be provided**, please send them a supplemental snack/meal. **If your child has a sensitivity or allergy** to the items being provided (or other dietary restrictions), please let the office staff know as GF/lactose/dairy free options may be available.

This program can only happen with parent volunteers. Please sign up in Konstella under “Wednesday Lunch Bunch” from 10:30 am to 12 noon in the PAC kitchen. The PAC is excited to bring this program to Cove Cliff and hopes to be able to expand the program in the future.

“School food programs play an important role in providing students with stigma-free access to healthy, local food. Nourishing students at school not only helps them achieve better learning outcomes but also furthers connection with their school, peers, and community. For some students, food at school is an important part of their daily nutritional needs. Canadian research shows that school food programs have multiple positive impacts including better health, reduced risk of chronic diseases, improved cognitive function, enhanced mental health, and increased attendance.”