

# NXCE NEWS



## THIS IS AN IMPORTANT NOTICE. PLEASE HAVE IT TRANSLATED

这是重要通知,请找人翻译。 這是重要通知,請找人翻譯。 Ceci est un avis important. Veuillez vous le faire traduire.

Dies ist wichtige Nachricht Bitte lassen Sie sich die folgenden Seiten übersetzen

これは重要なお知らせです。 どなたかに翻訳してもらいましょう。

중요한 공지사항입니다. 이 내용을 번역해 주십시오. Este aviso es muy importante. Pida que alguien se lo traduzca.

Ito ay mahalagang patalastas. Mangyaring ipasalin ito sa inyong wika.

بخواهید این اطلاعیه را برای شما ترجمه کند. این اطلاعیه مهمی است. لطفا از کسی

> Đây là thông báo quan trọng. Xin nhờ người phiên dịch.

#### Halloween Fun!

On Tuesday, many students of all ages, and staff members too, dressed in costumes to celebrate Halloween. We enjoyed each other's costumes during our annual Halloween Parade and school-wide Halloween dances.











#### **Rainy Days**

In case you haven't noticed, we get a LOT of rain! At school, we will aim to have students go outside for recess and lunch breaks as often as possible, even when it's raining. On rainy days, please send your child to school with rain jackets, boots and an umbrella if they have them. A change of clothes is a good idea if your child does not have adequate rain gear. Though we have some spare clothes at the school we can loan, we do not have enough in all sizes for all children, so your help in sending what you have is appreciated.

It is also important that students who walk, cycle or scooter to/from school are visible to drivers during these dark and wet days. Thank you for helping your children wear something reflective/bright and/or have a light with them so they are more visible.

#### erase - expect respect & a safe education

<u>erase</u> is about building safe and caring school communities. This includes empowering students, families, educators and the community partners who support them to get help with challenges, report concerns to schools, and learn about complex issues facing students. erase started in 2004 through the provincial government's Safe, Caring and Orderly Schools Strategy, and has since evolved.

Families are encouraged to review the resources and information found on the erase website with their children, including about online safety, mental health and well-being, substance abuse, bullying, racism, sexual orientation and gender identity (SOGI) and more. There is also a reporting tool to get help and support.

Starting on November 16, the school district and school websites will feature erase on the homepage rotating banner. We are doing this to increase awareness of this resource. You can expect to see erase shared on school district and school websites periodically throughout the school year.

### Indigenous Veterans' Day & Remembrance Day

Next Wednesday, November 8th at school we will recognize Indigenous Veterans Day (recognized in Canada on November 8) and Remembrance Day (recognized in Canada on November 11). We will have a school-wide assembly on Wednesday to recognize the contributions and sacrifices of Indigenous and Canadian Veterans to past and current wars. During the assembly, we will also show respect for veterans from all parts of the world, as well as show empathy for people affected by past and present wars. Currently in the school, Ms. Sonja has put together a bulletin board to recognize Indigenous and non-Indigenous veterans. If you have someone in your family who is a war veteran and would like him/her to be honoured at school, please provide a photo and/or a short write-up to Ms. Kelly (K. Sangha) so that we can add it to our honour board.

#### Rugby

Constable Matt Plant is a member of the West Vancouver Rugby Association, and is volunteering his time to teach our students rugby! Cst. Matt and the kids are having lots of fun learning a variety of rugby-related skills. He will be here through the end of this month, and return in the spring for follow-up training.

#### **Basketball Camp Opportunity**

I-SPARC Host a Two Day Basketball Camp with Vancouver Bandits, BCs professional basketball team - Free to Register



**SCAN ME** 



Age: 8

Time: 10am to 2pm

Age: 8 to 17

REGISTRATION Closes Nov 15, 23

CONTACT:
Morgan Anson,
Fraser Regional
Coordinator
Email: manson@isparc.ca

Pete Natrall
Vancouver Coastal
Regional Coordinator
Email: pnatrall@isparc.ca

Location: Mulgrave School 2330 Cypress Bowl Ln, West Vancouver, BC V7S 3H9



Indigenous Sport, Physical Activity & Recreation Council







## Parenting Strategies for Supporting Anxious Youth with Neurodivergent Needs

#### **FREE WORKSHOP**

Thursday, November 16, 2023 7:00 PM - 9:00 PM

Location: On-line via Zoom The link will be forwarded upon registration

- Evidencebased
- Practical strategies & Resources



#### Please register:

https://NDYOUTH2023.eventbrite.com



Please note: Here, there is a time change in the early morning of Sunday, November 5th. Please adjust your clocks to one hour earlier!

#### **LOOKING AHEAD TO NEXT WEEK (NOV 6 - NOV 10):**

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|---|--|---|
| 8:15-8:35<br>Breakfast Program<br>(service <b>ends at</b><br><b>8:35</b> ) | 8:15-8:35<br>Breakfast Program<br>(service <b>ends at</b><br><b>8:35</b> ) | 8:15-8:35<br>Breakfast Program<br>(service <b>ends at</b><br><b>8:35</b> )          | 8:15-8:35<br>Breakfast Program<br>(service <b>ends at</b><br><b>8:35</b> ) | School-Based<br>Professional<br>Development Day<br>(School not in<br>session) |
| 8:50-9:50 Monday<br>Morning Mingle in<br>the Library                       | 3:00-4:30: Red Fox<br>Active Play<br>3:00-5:00: Gr. 6/7<br>Capilano        | 10:45: Indigenous<br>Veterans' Day /<br>Remembrance Day<br>Assembly  2:15 Dismissal | 9:00-12:00 In-school<br>Rugby classes                                      |   |
|  | Community Services Program (in-school) 6:30 PAC MEETING                    |   | 3:00-5:00: <b>Gr. 6/7 Capilano Community Services Program (in-school)</b>  |   |