

Monday Message
Week of October 8, 2018



Downie Wenjack Legacy Project

Westview Elementary is one of five schools in the North Vancouver School District registered as a Legacy School with the *Gord Downie & Chanie Wenjack Fund (DWF)*.

Gord's legacy is his call to action for reconciliation in Canada. Secret Path Week, October 17-22 is when the nation comes together to "Do Something". What will your ReconciliACTION be? For more information please go to downiewenjack.ca.

Food Sense: Healthy Cooking on a Budget – North Shore Neighbourhood House

Please see additional attachment for information to register for this free six week cooking program.

Girls with Grit at Westview – PAC sponsored

Wednesdays: November 7th, 14th, 28th & December 5th (no class Nov. 21st)
3:30-5:00pm / grades 3-5 / \$90, Westview PAC will receive 15% of the total registration fees.

Let's raise a generation of girls who are mentally happy and healthy; who know it's okay to be strong and soft at the same time; who know how to deal with adversity; and who are totally in-tune with their unique awesome-ness.

At Girls with Grit, we use yoga to show how strong our bodies are, mindful meditation (aka [#braintrain](#)) to show how strong our spirits are, and awesome crafts to show how strong our creative sparks are. We also talk about real topics like friendships, stress, pressure, anxiety + mental health, gender stereotypes, technology, compassion, empathy and what being an awesome girl is really all about.

Registration link: <https://www.eventbrite.com/e/girls-with-grit-at-westview-elementary-school-grades-3-5-wednesdays-nov-7-14-28-dec-5-tickets-50712409181>

Important Dates in October

Tuesday, October 9th to Friday, October 12th – grade 6 students to Outdoor School at Cheakamus Centre

Friday, October 19th – Provincial Professional Day – School not in session for students.

Thursday, October 25th – Halloween Howl – PAC sponsored event

Tuesday, October 30th – PAC meeting – 6:30 p.m. in the library

Sincerely,
Carla Orr
Principal

Marilyn McVey
Vice Principal