



October 2021

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PRINCIPAL'S MESSAGE

October 11th is Thanksgiving Day in Canada. Even in these trying times, it's an opportunity to reflect on the blessing of living in such a great country. Before going into what to be thankful for, there's one big reason to express your thanks: it's good for you. Counting your blessings isn't just a platitude. Studies have shown regular expressions of gratitude can decrease blood pressure, reduce anxiety and depression and even help you sleep! We can easily look around and be thankful for many things: a beautiful environment, safety, family and friends...and a great school! A lot of work has happened in the first month to prepare us for a successful year ahead, and as always, there are many people to thank:

- Thanks** to Mr. Rurka and Mr. Mills, our custodians, for a consistently clean, functional and safe facility.
- Thanks** to Mrs. Gudjonson for organizing student information and always being ready to help with the many urgent matters that come to her window (with a smile!).
- Thanks** to our noon hour supervisors that watch over students and make sure they have a good and safe lunch time.
- Thanks** to the classroom teachers, support teachers and educational assistants who have established the plans and patterns that will ensure that each child will experience success this year.
- Thanks** to the kids, our **Central Sockeyes**, for a good start and a positive feeling around the school.
- Thanks** to all our parents/caregivers for your support and cooperation as we got settled and joined together for our common purpose – student success. *A special thanks* to the many volunteers and PAC whose contributions often go unnoticed, but **we know who you are and we appreciate you.**

And a huge shout out of thanks to our many community partners who donate so generously to our school. This month we especially want to **thank**

October Dates to Remember:

October 1	Terry Fox Run: Donations until O-8th
October 5	PAC meeting virtually at 6:00 pm
October 7	School Wide Field Trip
October 8	Early Dismissal 11:20 am
October 11	Thanksgiving Holiday—NO SCHOOL
October 12	Lockdown drill 10:40 am
October 21	Earthquake drill 10:40 am
October 21	Photo Retakes
October 22	Pro-D day provincially—NO SCHOOL
October 28	Interims go home
October 29	Spirit Day-- Black and Orange Day Hot Lunch Day

November Dates to Remember

November 2	PAC meeting
November 11	Remembrance Day—NO SCHOOL

the Bike Recyclers who once again donated bikes give out to students and to Rotary and Bowls of Hope for our breakfast and lunch programs. Also **thank you**, to Murray Honda and Staples for their school supply supplements. **Thank you** again to the Bookman for their continued and generous support. **Thank you** to the Steller's Jay Lions Club for their kind donation towards our food programs. **So, you can see we are a school that has so much to be thankful for.**

It was wonderful seeing so many of you at our Meet & Greet BBQ.

MASK MANDATE

Today, the provincial government has expanded its provincial health and safety measures to mandate masks for all students in B.C.

Starting Monday, Oct. 4, all public and independent school students in B.C. will be required to wear a mask when inside school buildings, including while at their desks and on buses. This is an update to previous guidelines, which mandated masks for Grade 4-12 students only. The new mandate now also applies to kindergarten to Grade 3 students.

Masks are an effective layer of protection, in concert with other measures such as frequent hand washing, daily health checks and staying home when sick.

Here are some helpful links to use with your kindergarten to Grade 3 student about how to safely wear a mask.

- <https://www.youtube.com/watch?v=LsTSkUK9v0>
- <https://thekidshoudseethis.com/post/how-to-wear-a-mask-in-school-kids-video>

For more information on provincial health and safety measures in schools, see the

[Provincial COVID-19 Communicable Disease Guidelines for K-12 Settings.](#)

FIELD TRIPS AND STUDENTS IN GOOD STANDING

As our teachers begin organizing many wonderful off campus experiences for their classes, it is important to remember that students attending must be in good standing. That means it is expected that in order for students to participate they must have demonstrated that they can follow the Sockeye code of conduct and can S.W.I.M. That is be Safe, Warm Hearted, have Integrity and be Mindful. Students who have not demonstrated this during the regular school days will be reviewed by their teacher to determine whether they will be able to participate. We need to know that students taking part will follow the directions and expectations of the teacher so they can be safe and respectful when leaving the school property.

Students not participating will be provided with an alternative setting at the school while their class is on a fieldtrip.

Our first school wide field trip is coming up on Thursday, Oct. 7th as we head to the Blue Heron Reserve and a Vedder River Walk.

FOCUS OF THE MONTH

I can keep my hands and feet to myself. (SAFE)
When students have a conflict with peers, we encourage them to use their WITS. WITS stands for **W**alk away, **I**gnore, **T**alk it out and **S**eek help.

ATTENDANCE / ABSENT

If you know that your child is absent on any given day, please be sure to call 604-792-8537 and let us know as early as possible. This is essential to help us ensure your child's safety. Thank you.

COVID

Remember to complete the Daily Health Screen each morning before you send your child to school. If your child is showing any symptoms they are to stay home. **Once they are symptom free, they can return back to school.** We understand that this may be multiple days as we are entering cold and flu season. Please notify the office that your child will be away. If your child's symptoms worsen, you may wish to contact 811 for further assistance. If they get sick at school guardians will be contacted to pick up their child immediately. We appreciate your understanding with this protocol to ensure the health and safety of all.

STAFFING UPDATES/TRUSTEE

We said goodbye to Ms. Lofthouse a few weeks ago as she is off preparing for the arrival of her second child. We wish her and her family all the best. We are currently in the process of hiring a replacement. Ms. Thorburn has been fantastic as she is the teacher of the class in the interim. Welcome to Mr. Baseer who the newest member to our EA team, providing extra support in the classroom to our students. Central is happy to welcome Carin Bondar as our Trustee Liaison for our school this year.

SCHOOL HOURS

Please be reminded that the first morning bell rings at **8:15 am**. Classes begin at **8:20 am**. Children that arrive late miss important morning instruction and disrupt the teaching process. Please try to have your children at school on time. Dismissal is at **2:22 pm**. **Supervision** is provided 15 minutes before school begins and 15 minutes after. **Please note that students who arrive on the school grounds before or stay after these times are not supervised. Please do not drop off students before supervision begins in the morning.**

EMERGENCY DRILLS

Each year Central students participate in several emergency preparedness drills, such as fire, earthquake and lockdown. These drills help to prepare students in the event that a real disaster should occur. On Sept. 28th we held our first fire drill and on Oct. 12th we will have a lockdown drill. On the 21st of October, students will participate in a BC wide earthquake drill.

Last Friday we had a lockdown at Central that was not a drill, emphasizing the importance of practicing these emergency procedures.

BREAKFAST /LUNCH PROGRAM

If your child is needing the support of our breakfast and lunch program, please make sure you have filled out the form. If you require a form, please contact your child's teacher.

For those people participating in the Starfish food backpack program, pick up dates are as follows:

October 6 and 20	November 3 and 17
December 1 and 15	January 5 and 19
February 2 and 16	March 2 and 16
April 6 and 20	May 4 and 18
June 1 and 15	

Bags will be at the multipurpose room door from 2:20-2:45pm for pick up.

FREE BIKES

The Bike Recyclers, Steve and Penny have donated recycled bikes that have been fully repaired and are ready to ride. If your child does not have a bike and you would like one, please speak to your child's teacher and we will try to match him or her up with a bike!

PARENT ADVISORY COMMITTEE

If you have a child at Central, you are a member of Central's PAC (Parent Advisory Council). That gives you the privilege of having influence over decisions made, purchases, fundraising, recommendations made to the Principal, and connecting with the rest of the parents. **We encourage you to get involved as much as possible**—one of the key indicators of success in school is the amount of attention the parents/guardians give to their child's education.

Please join us for PAC meetings once a month on the first Tuesday (the next meeting is **October 5th at 6:00 pm virtually**). A link to the Zoom meeting will be sent out Monday October 5th via email.

PAC is looking for new active members to help with the school hot lunch program once a month and fundraising. Please contact our PAC executive if you are interested: central-pac@sd33.bc.ca

BC FRUIT AND VEGETABLE PROGRAM

Once again, Central Elementary will be a recipient of the Nutritional Fruit and Vegetable program. Students will receive a fruit or vegetable snack in the classroom several times a month.

WEATHER AND WEAR

We are entering the beautiful season of fall with the typical BC rainy weather. Please make sure your child has an appropriate jacket and boots, as we will continue to play outside for recess and lunch if it is just drizzling/lightly raining.

SCHOOL SUPPLY MONEY

School supplies were ordered and were ready for your children here at school when they arrived. We hope you have found this convenient. Payment is now due and should be made directly to your child's teacher. Students in grades 4 and 5 owe \$35.00 and students in K-3 owe \$30.00.

X-COUNTRY

Thank you to our coaches, Ms. Graham, Ms. Dueck, Ms. Blaschek and Mr. McHale for coaching our x-country team. This Thursday, Oct. 7th they will have their first run at F.G. Leary.

CENTRAL STRONGSTART

Hi, from Kim Karr our StronStart facilitator! StrongStart is a parent participation program for children up to 5 years of age. It is a wonderful drop-in program where you can come and have fun with other parents and children. We have crafts, painting, blocks, cars, dolls, puzzles, playdough, and snacks. Library time is on Tuesdays. Open Mon– Fri from 8:30-11:15 a.m. Drop in **Your child(ren) must be registered in order to attend Strong Start.** Go to

www.sd33.bc.ca/strong-start to register. Once the registration is complete, I will email you to let you know that you can start attending.

Facebook page: StrongStart Chilliwack SD33

Email: kim_karr@sd33.bc.ca

Thanks! Hope to see you soon!

Please visit our school website for current events, announcements, calendar activities, newsletters and more at:

<http://central.sd33.bc.ca>



One friend, one person who is truly understanding, who takes the trouble to listen to us as we consider our problem, can change our whole outlook on the world

~Dr. Elton Mayo

**HAPPY
OCTOBER!**

Happy October to our Central Families,



Kindest Regards,
Mrs. L. Waddington, Principal
Mrs. D. Arnold, Vice Principal

*~One heart, one mind,
working together for a common purpose.*

*~Syós:ys lets'e th'ále, lets'emó:t~
(See EYE yees, LETS – a - thala, LETS – a - mot)*