



Ecole Willow Point Elementary 250 Larwood Road, Campbell River, BC, V9W1S4 <u>sd72.bc.ca/willowpoint</u>

November 1, 2023

Dear Parents and Guardians,

The **Halloween Carnival** was a huge success! We are so grateful to our PAC members who organized such a fun event that brought our EWP community together. Thank you to the many volunteers who contributed their time at the many stations. Our annual **Halloween parade** on the 31st warmed our hearts and gave our students an opportunity to share their costumes with others.

We hope that our **student-led conferences** gave you the opportunity to see the learning your child has been engaged in and to connect with your child's teacher. We are so proud of our students, who are working hard at school to learn and grow every day.

Remembrance Day is our opportunity to honour those who have dedicated their lives, past and present, to serving our country. Please consider joining us for our assembly on November 10th at 10:45am.

This month we will be practicing a **lock down drill** as part of our Ministry mandated emergency preparedness measures. We will send you more information beforehand, so that you can support your child in understanding the purpose and knowing what to expect.

While our Principal, Hendrick, is on a leave, I will be Acting-Principal and will do my best to fill his shoes. We are very fortunate that **Joanna Broadbent**, a retired CR administrator, will be our Vice-Principal during this time. Joanna brings a wealth of experience in working with students. We are fortunate to have her! Please also help us in welcoming **Maria Varga**, our new Educational Assistant, to the EWP staff. Maria is an experienced early childhood educator with many skills and talents.

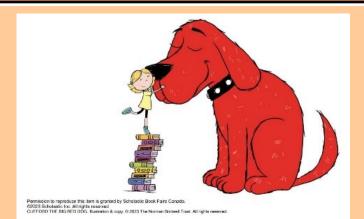
Thank you for your continued trust in us, to guide and lead your children in their learning.

Rachel Black



LOST & FOUND

Please remind your child to check the <u>Lost & Found</u>, clothing is hanging on a rack across from the office, smaller items are on the bench in foyer. There are quite a few items in it. Please check it yourself next time you are in the school.



Scholastic Book Fair Countdown!

Dear families,

Our school's Scholastic Book Fair starts next week! It will be open for class visits on Monday, Tuesday and Thursday and it will also be open on Wednesday during the Student Led Conferences from 8:30am to 4:00pm. Feel free to pop in before or after your child's conference!

Your investment in our readers also helps our whole school. All purchases earn Scholastic Dollars that can be redeemed for books and educational resources for our school's library. The countdown to more book joy is on!

On another note, the library is still looking for volunteers to help with this year's fair. Please contact Mme. Alex directly if you would like to help.

Catch you at the Fair!

OCTOBER 30 - NOV 2

Happy reading!

Please be sure to dress your child appropriately, and please pack an extra set

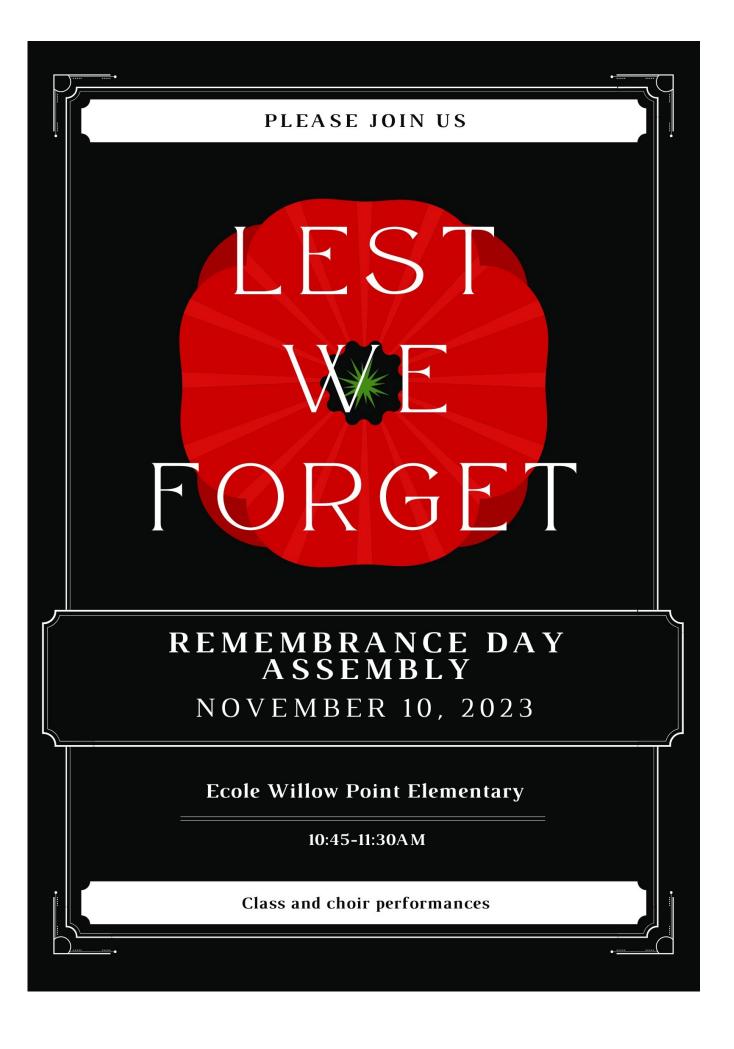
of clothes. The students go out for both recess breaks, even if raining . Boots and weather

proof jackets are a must.











Once again, a fabulous Birthday Board by Shelley!!

Happy Birthday to these students

Oliver Benen Kiptyn Alyia Charlotte Mila Amelia C Lachlann Evelyn G Turah Cian

Regan Lily

FE

BIG TROUBLE IN LITTLE EARS



Ear infections or middle ear fluid occur in nearly two-thirds of all children by the age of three years! Ear infections are the most common reason children see the doctor. Ear infections can lead to fluid behind the eardrum, leading to a temporary hearing loss. When the fluid is gone hearing usually goes back to normal. This can take up to three months. Frequent ear infections can cause difficulties with pronunciation, language and learning.

If your child has an ear problem, be sure to let the teacher know. Ear problems can make it hard for your child to hear, listen and learn at school. If the hearing loss persists, contact a <u>Public Health Unit</u> Hearing clinic to arrange a hearing test for your child.

For more information contact: Your local Public Health Unit Hearing Clinic

Hearing Clinics:

Nanaimo **250-755-6200**

Courtenay 250-331-8526



With busy schedules, it can be hard to find time for family meals. Making the time for family meals is worth it.

Children who eat with an adult almost every day:

Are more connected to their families and friends Do better in school Are less likely to engage in high risk behaviors like smoking, alcohol and drug use Have less risk of depression and suicide Make healthier food choices and are more likely to maintain healthy growth and weight

Not sure how to get started? Here are some ideas:

Make family meals a priority. Schedule meals the same way you schedule other activities. involve your children in planning, preparing and meal clean-up. Give everyone a job to do. Keep table talk positive and supportive. Focus on the good things that happened in everyone's day, such as things learned at school, good deeds done, a book you are reading or a joke you have heard.

For more ideas and resources, check out **Better Together**!

Children and teens say eating together as a family is one of the things they like to do with their parents. Eating together is good for the whole family.

For more information:

Your local Public Health Unit

HealthLinkBC and Dietitian Services or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)



PREVENTING COLDS AND INFLUENZA (FLU)

Cold and influenza season is here. As the weather gets cooler and we move indoors, so do germs. Children need reminders to decrease the risk of colds and flu at school and home by:

Washing hands often Coughing and sneezing into their elbow Keeping hands away from nose and mouth Not sharing food or drink with others Not sharing facecloths or towels

To help limit the spread of germs, please keep your child home from school and activities if they are feverish, coughing a lot, have thick yellow or green discharge from the nose, or are otherwise unwell.

Remember:

Viruses cause colds and influenza

Antibiotics will not make a cold or other virus go away faster

The most effective treatment for a cold is rest and fluids

- The influenza vaccine will protect against specific types of influenza
- Call your doctor if your child has an earache, fever higher than 39° C (102° F), rash, is very sleepy or difficult to wake, very cranky or fussy, has trouble breathing or a cough that will not go away.
- Handwashing is the most effective way to stop the spread of germs that cause colds, influenza, diarrhea, and other illnesses
- Wash hands, before and after eating or handling food, after using the toilet, handling pets, coughing, sneezing, or wiping noses

For more information:

Your local <u>Public Health Unit</u> <u>HealthLinkBC</u> or dial 8-1-1 (a free call)

FEEDING THE LUNCH BUNCH



Lunch is an important time for children at school. The midday meal gives kids energy to concentrate, learn and be active all afternoon.

To make a balanced lunch, choose foods that include protein, long-lasting, energy-providing carbohydrate and healthy fat.

Make lunch interesting. Mix and match any of these ideas for a tasty, healthy lunch:

Kids are more likely to eat lunch when they help make it. Involve children in planning and packing lunches. Young children can wash fruits and veggies and can choose from what is offered. Older children can make their lunch with your help.

½ of Your Plate: Vegetables and fruit		ur Plate: an animal protein	¼ of Your Plate: Whole grains	Pack a safe lunch Wash your hands well with warm soapy water.	
Celery and car- rot sticks or peppers Sliced cucumber Broccoli and cau- liflower "trees" Fresh, frozen or canned fruit	Tofu and soy based prod- ucts Nuts and seeds Bean spreads or dips Lean meat Tuna or salmon Chili	Milk Chocolate milk Yogurt Cheese Fortified soy beverage Cottage cheese	Whole grain bread Crackers Mini bagels or buns Tortilla Roti or naan bread Pita bread	 Pack your child's lunch in an insulated lunchbox. Keep hot foods hot in a thermos. Keep cold foods cold with an ice pack. Remind children to wash their hands before eating. After school each day, wipe down your child's lunchbox with warm soapy water. 	

For more information and great lunch ideas:

Your local Public Health Unit

<u>HealthLinkBC and Dietitian Services</u> or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call) <u>Healthy Families BC</u>

Better Together BC

<u>Lunch</u>

es to Go (PDF)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Book Fair	-Nov 2 BOOK F	1 Student Led Conferences	2 Hot Lunch Dave's Bakery	3	4
5 Day light saving time ends Fall back!	6	7	8	9 Hot Lunch Booster Juice	10 Remembrance Day Assembly 10:45 am	11 Contraction Contraction
12	13 Remembrance Day Observed No school	14	15	16 Hot Lunch Pita Pit	17	18
19	20 PAC Meeting 6:00 pm	21	22	23 Hot Lunch Taco Del Mar	24	25
26	27	28	29	30 Hot Lunch Boston Pizza		