



École Willow Point Elementary

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Website: <http://www.sd72.bc.ca/willowpoint/> November 2022

★ Safe Thoughtful Accountable Respectful Students ★

Dear Parents and Guardians,

November is a wonderful time for reflection and remembrance. It is a time when we have the opportunity to pay tribute to those who have dedicated their lives in the past and present, who have given us the gift of freedom. Our annual Remembrance Day Assembly will be held on Thursday November 10th.

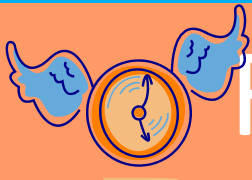
The Halloween Carnival and Halloween day was a lot of fun. Thank you to our PAC and all the volunteers who made the carnival happen, it was great to see everyone there! We were extremely impressed with the behaviour of our students on Halloween day, which made it an enjoyable day for all.

November 24th is Parent-Teacher-Student Conference Day and school will not be in session for students. This year, we will be having in person conferences and your child's teacher will be contacting you soon to arrange a time to meet.

As part of our safety procedures, Ecole Willow Point will be practicing a lockdown drill sometime during November. The purpose of the drill is to introduce the established routines in the event of a lockdown. All schools in the province are mandated to practice lockdowns. Essentially, a lockdown drill mimics a real lockdown, Teachers will lock their doors, close their blinds/curtains, and turn the lights out in the classroom. Students and staff are expected to remain quiet and away from the sightlines of any windows or doors. The teachers will be discussing the procedures for the drill with their students, and we are aware that it may seem a little scary to some of them. Our aim is to educate and prepare our students without needlessly frightening them. Please chat with your child about the drill and contact us should you need more information about it.

Kindly,

Hendrick Horsthuis and Rachel Black



Reminders

1330

LOST & FOUND

Please remind your child to check the Lost & Found, (now located on the bench in the front entry.)there are quite a few items in it. If your child is missing something, you may come in the front door and check.

Scholastic Book Fair From November 22nd-24th

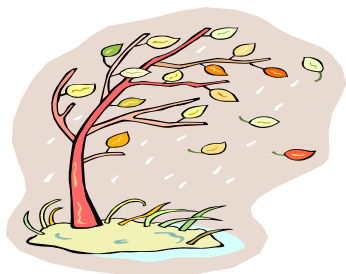
The library will be hosting a Scholastic book fair the week of November 22nd to 24th. The students will be able to shop in person while they are at school and parents will be able to shop in person on November 24th while at school for their child's student led conference. There will also be a link sent to families so they can shop virtually all week. More details coming soon.

The library is currently looking for a couple of parent volunteers who would be available to help during the week with sales shifts and on Monday November 28th with the take down and packaging of the book fair. Please contact Mme. Alex Simonut (Teacher Librarian) Alessandra.simonut@sd72.bc.ca if you would like to help!



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.





Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 PROD Day	2	3	4 Hot Lunch	5
6	7	8	9	10 Remembrance Day Assembly 	11 No School 	12
13	14	15	16	17 	18 Hot Lunch	19
20	21	22 Book Fair	23 Book Fair 	24 Student Led Conferences No students in attendance	25 Hot Lunch	26
27	28	29	3			



Once again, a fabulous Birthday Board by Shelley!!

Happy Birthday to these students

Tali	Benen	Amelia C	Lachlann	Kiptyn
Alyia	Regan	Neve	Lily	Avery-Rose
	Ashley	Eli	Cian	

BONNE FETE



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 [Public Health Unit](#) 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



EATING TOGETHER, EATING BETTER

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 [Public Health Unit](#)
[HealthLinkBC](#) or dial 8-1-1 (a free call)

**Mme Halliday's class at the most "AMAZING" whale sculpture
Halloween fun!!**



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	¼ of Your Plate: Plant-based or lean animal protein		¼ of Your Plate: Whole grains	
Celery and carrot sticks or peppers	Tofu and soy based products	Milk	Whole grain bread	Pack a safe lunch
Sliced cucumber	Nuts and seeds	Chocolate milk	Crackers	Wash your hands well with warm soapy water.
Broccoli and cauliflower “trees”	Bean spreads or dips	Yogurt	Mini bagels or buns	Pack your child’s lunch in an insulated lunchbox.
Fresh, frozen or canned fruit	Lean meat	Cheese	Tortilla	Keep hot foods hot in a thermos.
	Tuna or salmon	Fortified soy beverage	Roti or naan bread	Keep cold foods cold with an ice pack.
	Chili	Cottage cheese	Pita bread	Remind children to wash their hands before eating.
	Eggs		Small muffins	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](#)

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

[Healthy Families BC](#)

[Better Together BC](#)

[Lunch](#)

[es to Go](#) (PDF)