



École Willow Point Elementary

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Website: <http://www.sd72.bc.ca/willowpoint/> November 2024

★ Safe Thoughtful Accountable Respectful Students ★

Dear Ecole Willow Point Families:

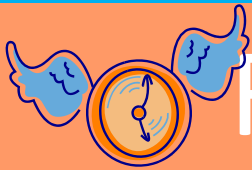
How inspiring to see our school at this time of year, when everything is in place to move forward with school-wide initiatives.

Thank you to the PAC for hosting a very successful Halloween Fun Fair. What a pleasure to see so many families at this event. We were also delighted to see so many parents join us at our Halloween parade. Please note, the staff would appreciate it if students left their Halloween candy at home to enjoy.

We are constantly trying to make sure that there are lots of opportunities for you, as parents, to be involved in your children's learning. At the student-led conferences, your children are able to share their successes and talk about next steps in their learning journey. We thank you for attending these conferences and we encourage you to ask questions about what you can do to support your children at school.

Lastly, on Friday, November 8 at 10:55am, we will be having our Remembrance Day assembly. This has always been an important assembly for schools. Parents are always welcome to attend.

Warm regards,
Carrie La Pierre & Nancy Hwang



Reminders



LOST & FOUND

Please remind your child to check the **Lost & Found**, **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.

WINTER CONCERT SAVE THE DATE!

Date: Thursday, December 19th,

Time: 9:00 am & 1:00 pm, we are offering these two times as our Gym cannot accommodate all our families at once. Please choose a time that works for you.



We are looking for parents to help decorate before the concert, more information and date to come.



Photographer wanted! Do you love taking photos? We are searching for a volunteer to take photos of our Winter Concert, November assembly, and other performances throughout the year. These photos will possibly be featured in our newsletter, school district newsletters, and a presentation to the school board. If you are interested in volunteering for one or more events, please contact Mme Kirstin at kirstin.liske@sd72.bc.ca. Thank you!

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.





How was your guess? Here are the names to match the childhood photos of our staff.

Happy Birthday to these students

Thea Oliver Benen Amelia C Lachlann Kiptyn
 Evelyn G Regan Charlotte Turah
 Beatrice Mila Cian

BONNE FETE



Just a few pics
of the great
costumes in
our annual
costume
parade.





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)

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)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 <div data-bbox="625 661 1161 766"> <p>Oct 28-Nov 1 BOOK FAIR</p> </div>			1 Student Led Conferences	2
3	4	5	6	7 Hot Lunch I-Wok	8 Remembrance Day Assembly @ 10:55 am	9
10 	11 Remembrance Day School Closed	12	13	14 Hot Lunch Fat Burger	15	16
17	18 PAC Meeting 6:00 pm	19	20 	21 Hot Lunch Pita Pit	22	23
24	25	26	27	28 Hot Lunch Boston Pizza	29	30