



École Willow Point Elementary

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Website: <http://www.sd72.bc.ca/willowpoint/> November 2025

★ Safe Thoughtful Accountable Respectful Students ★

Dear École Willow Point Families,

At École Willow Point, the heartbeat of our school is the incredible support and enthusiasm from our families. Whether it's cheering from the sidelines, volunteering behind the scenes, or simply showing up with smiles and spirit, you help make our school a vibrant place to learn and grow.

Last week, we celebrated a fantastic achievement: over 60 students represented our school at the district cross country meet at the Sportsplex, the largest turnout in the entire district! What an amazing show of teamwork, perseverance, and pride. Bravo to all our runners!

We are always looking for meaningful ways to involve families in learning. Student-led conferences are a powerful moment for children to reflect on their progress and share their goals. Thank you for attending and engaging in these conversations. Your questions and encouragement help build confident learners.

A huge thank you to our PAC for hosting a hugely successful Halloween Fun Fair! The energy was electric, and it was wonderful to see so many families enjoying the festivities together. We also loved having parents join us to watch the Halloween parade. Your presence made the day extra special.

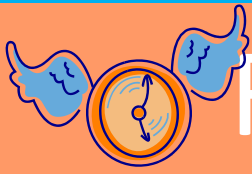
This month, we are thrilled to welcome back Éric from Profaquá! His science activities always spark curiosity and excitement, and we can't wait to see what discoveries lie ahead.

On Monday, November 10 at 10:45am, we will gather for our Remembrance Day assembly, a time to reflect and honour those who have served. Families are welcome to attend our assembly.

Thank you for being such an essential part of our school community. Your involvement, energy, and care help create a place where students feel seen, supported, and inspired every day.

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 next time you are in the school.

WINTER CONCERT SAVE THE DATE!

Date: Thursday, December 18th,

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, and only attend one performance time.

We are looking for parents to help decorate before the concert.

If you can help out on December 15th, starting at 8:30 am, please contact the office and let us know. Merci!



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.



Happy Birthday to these students

Finley 01, Madelyn G 02, Thea 04, Oliver F 05,
Benen 10, Lachlann 13, Kiptyn 13, Evelyn G 14
Aspen 14, Rosalie 17, Regan 19, Charlotte 19
Beatrice 22, Mila 28, Cian 29

BONNE FÊTE!!



November

EWP Library Learning Commons



D.E.A.R

Our D.E.A.Revent in October was a huge success! Thank you to all the families and students who joined us to "drop everything and read"!



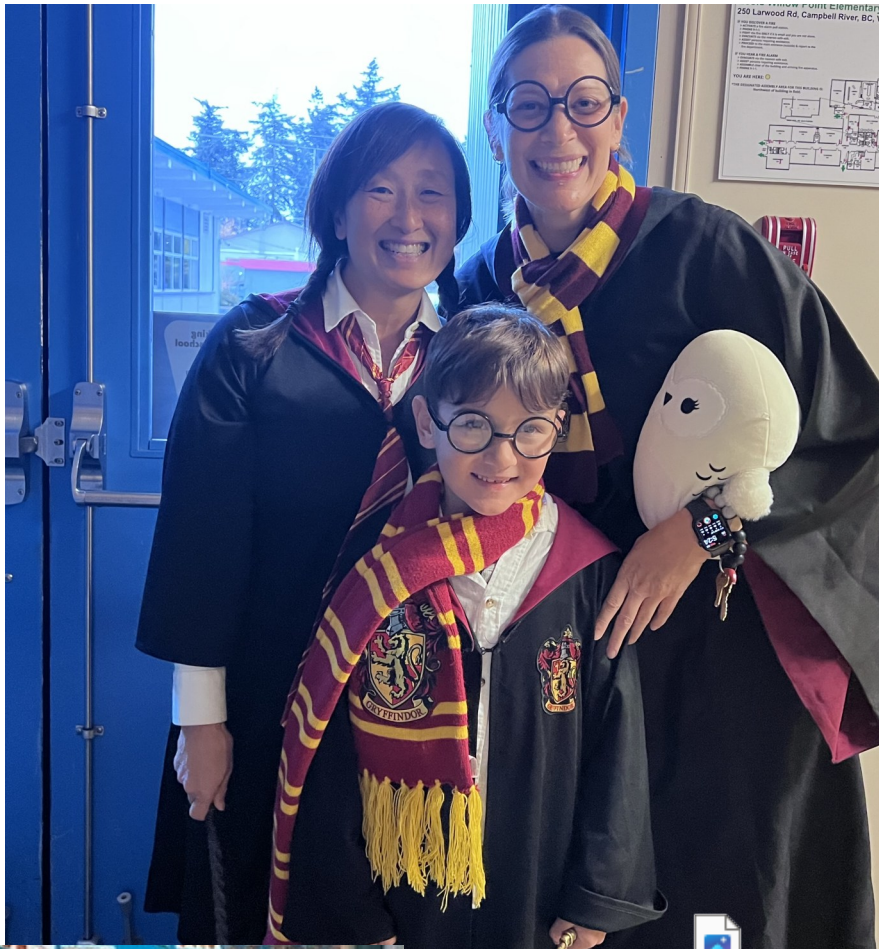
**Thank you
Parents**



I wanted to extend a huge thank you to our PAC and to all the parents who came in, and helped set up and run our Scholastic Book Fair last week. It was an incredibly successful fair and we got a lot of money in rewards for our school library. I couldn't have done it without you! Your help and support is very much appreciated!

Mme. Alex
Teacher Librarian





Our annual Halloween Parade and Carnival were a great success. Students and staff came up with some great costumes.





Just a few of our seasonal Field trips, projects and crafts that our students enjoyed in October.





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
						1
2	3	4	5	6 Hot Lunch Dave's Bakery	7	8
9	10 Remembrance Day Assembly @10:45 am	11 Remembrance Day 	12	13 Hot Lunch Fatburger	14	15
16	17	18	19 Profaqua 	20 Profaqua Hot Lunch Subway	21 Profaqua	22
23	24	25	26	27 Booster Juice & Katie's Rice box	28	29
30						