



Ocean Grove Elementary

3773 McLellan Road, Campbell River, BC

V9H 1K2

Phone: 250-923-4266

Fax: 250-923-2589

Email: oceangrove@sd72.bc.ca



Important Dates

Oct. 3rd:

- Student Photo Day
- Cultural Event:
Abbey Road Rockers

Oct. 4th:

- Chocolate Almond
Delivery (Fundraiser)

Oct. 3rd to Oct. 6th:

Food Drive

Oct. 10th:

Thanksgiving Day

SCHOOL CLOSED

Oct. 12th: Grade 3

Fire Safety House

Oct. 20th: Great BC

Shake-Out

Earthquake Drill

Oct. 21st: Pro-D Day

NO CLASSES

Nov. 1st: Pro-D Day

NO CLASSES

Bell Schedule

8:25	School Starts
10:15	Recess Begins
10:30	Recess Ends
11:55	Lunch Starts
12:25	Lunch Eating
12:40	Lunch Ends
2:10	Dismissal

Hello Ocean Grove Community,

Since our last newsletter so much has happened. Our school community raised over six hundred dollars for Cancer Research, as part of our support for Terry Fox's Marathon of Hope. Thank you for your support and to the student Leadership Team for organizing the event and helping to make sure everyone was safe and having fun. These events that bring us together are very important.

On Thursday the 29th we had an assembly dedicated to National Truth and Reconciliation Day. As part of the Truth and Reconciliation Commission's Calls to Action, we will continue our commitment throughout the days and years to come.

This week, we have another opportunity to support our bigger community through a Food Drive. We shared a little bit at our assembly and explained it as sharing what we have with others who may need a little extra help at this time. We explained, just like a loonie went a long way for the Marathon of Hope fundraiser, items of food can become part of an important breakfast, lunch or dinner. There are more details in the newsletter.

On behalf of the Ocean Grove staff, we want to wish you a wonderful Thanksgiving weekend!

Sincerely,
Louise Panziera
Principal

Happy
Thanksgiving

Student Illness & When to Stay Home

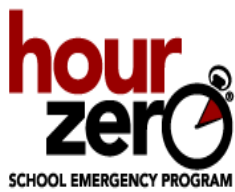
Each morning before school parents/caregivers should be performing a daily health check of their student (no paperwork required) to determine when students must stay home. If students have a fever or have thrown up, VIHA's recommendation is that they do not return to school until 24 hours after the last symptom. If your child has a cough (not asthma related) please use your discretion—if the cough is consistent and they are spreading germs around the classroom you will be phoned to pick up your child.

Thank you for adhering to this procedure to stop the spread of infections in our community.



VIHA has provided the following three simple ways to make the school year more successful:

1. **Wash your hands** - back to school means back to bugs and germs! The best way to ward off common illnesses like colds, flus, strep throat, respiratory viruses and many more is common handwashing.
2. **Sleep** - elementary children need 9 to 11 hours of sleep every night. Try to keep bedtime and wake up times consistent. Make sure the child's room is calm, dark and comfortable to encourage a solid sleep. Takes phones and devices out of their bedrooms while they are sleeping.
3. **Physical Activity** - every child needs 60 minutes of moderate to vigorous physical activity every day. Just as important is limiting screen time to less than two hours a day!



DURING ANY EMERGENCY, our first priority is the safety of our students and staff. In order to provide an effective response to any school crisis, the District has developed an Emergency Response Plan.

Please see the following link for more information: <http://hour-zero.com/>

A school letter to all Ocean Grove parents/guardians, together with a Student Emergency Release Form, was sent home mid-September with each student. We ask that you return the completed Forms **ASAP**.

Please note that the same form may be used for all siblings at this school.

Attendance Notifications

Thank you very much for the phone call and email messages advising when your child(ren) will be absent from school or late. With over 330 students attendance can be a busy time. **We require a phone call or email each and every day your child is absent** (unless you have pre-notified of a block of dates).

All unexcused absences will result in a phone call home to check if the child is coming to school late or has been excused. Please note that standard procedure is to phone the cell number of guardian one on the child's file. To save us the time of making unnecessary phone calls each day, please communicate your child's absence as follows:

1. **EMAIL** "oceangrove@sd72.bc.ca" (link also found on our website), **OR PHONE** 250-923-4266 and leave a message on the Attendance line.
2. Provide the following information:
 - student's first and last name
 - your relationship to child (ie: Mom, Dad)
 - days the child will be absent
 - **reason for the absence*** (illness, appointment, vacation, or otherwise excused)



*This is important as we track the number of students away sick and reports are made to VIHA when required.

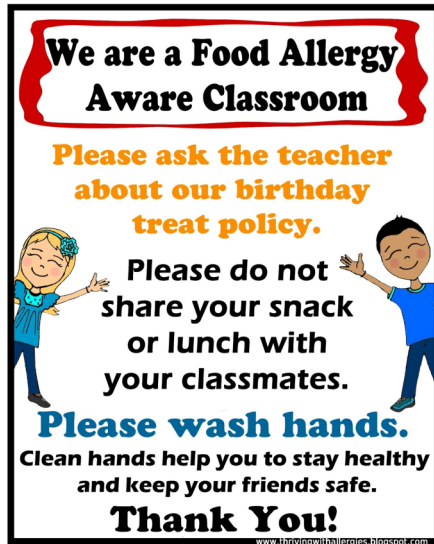
IF SIGNING OUT YOUR CHILD EARLY

Email both your child's teacher **AND** oceangrove@sd72.bc.ca to advise of the early pick-up. If at all possible, it is best to do this the day before to ensure that the teacher receives the message and that the class is not on a *walking fieldtrip* when you would like to pick up your child. If your child is returning to the school after any appointment they must sign in at the office.

Thank you!

Please note allergy alerts in certain classrooms - our classrooms will be free of these allergens to protect these children.

All visitors & volunteers please take notice below.



Ms. Farrell:	All Nuts
Ms. Kretlow:	Cashews, Peanuts and Pecans, Tree Nuts and Fish (airborne);
Ms. Brown:	Tree Nuts & Sesame
Mrs. Pottage & Ms. Stevens:	Peanuts, Tree Nuts and Lentils
Mrs. Gibson:	Peanuts, Nuts & Eggs
Mrs. Derouin:	Peanuts, Pistachios and Cashews

Thank you for your cooperation in keeping our children safe!



Monday, October 3rd

Picture day is Monday, October 3rd. We will start in the morning with the kindergarten students and proceed through the grade levels with grade 5's hopefully completing their photos before lunchtime. **After picture day, proofs will be uploaded to Lifetouch's website.** We will not be provided with paper proofs to send home.

You can then review the proofs and purchase your photos. Make it simple by ordering your photos online, using your Picture Day ID and child's first name to get started.

Retake day to be announced when booked.

Chocolate Fundraiser

The first PAC fundraiser of the 2022-2023 school year is here! Each student will be sent home with one box of nut free chocolates on **Tuesday, October 4th** to sell (\$3/box, 30 in case). We are looking for a few parent volunteers to help distribute in classrooms. Please email **pacocean-grove@gmail.com** if you'd like to help out.

PAYMENT: You may send an e-transfer to **pacoceangrove@gmail.com** once you have completed selling. You may also return exact cash/cheque (payable to Ocean Grove PAC) with your child in an envelope clearly labelled with your child's full name and teacher's name. Your child can return any of the remaining boxes and money to the office.

RETURN DATE: Monday, October 24th. If you do not wish to participate, your child may return the case of chocolates on this day as well. If you wish to have extra boxes to sell, please contact the PAC directly.

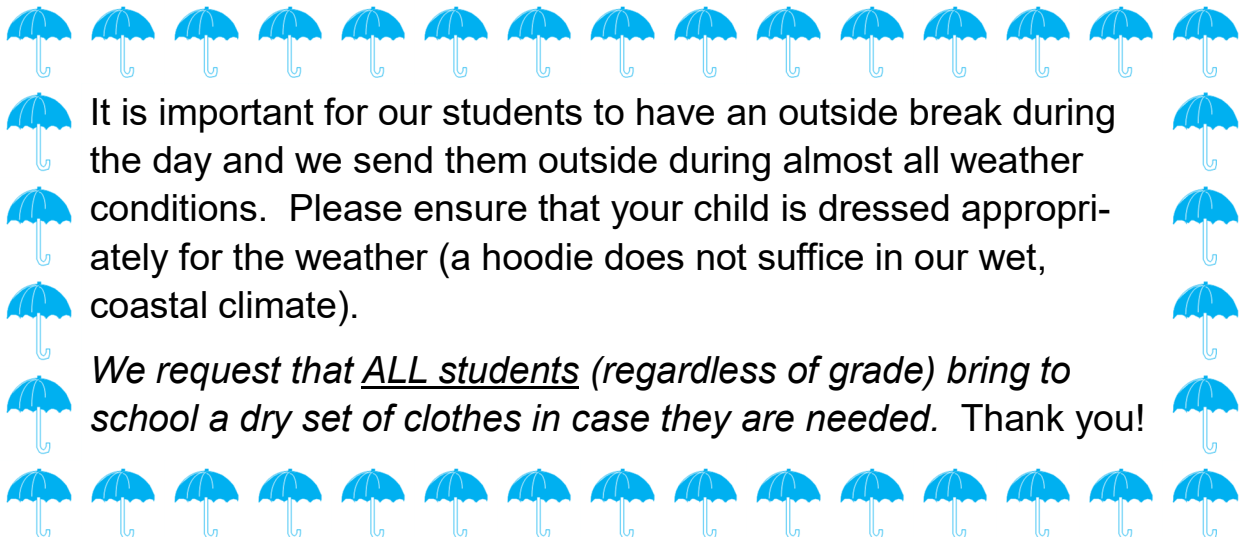
Please do not write on any boxes as any that we do not sell can be returned.

Our PAC is incredibly supportive of our school and relies upon fundraising efforts to provide extras for the students. 100% of the net proceeds from these sweet treats will go directly towards activities, events and extra supplies for your children! Should you have any questions, please contact the PAC via email.

Stay tuned for our next Christmas Wish Book fundraiser with wonderful local businesses, launching in November. Thank you Ocean Grove families for your continued support!

Terry Fox Run

Our school community raised a total of **\$631.55** from the Terry Fox Run.
Way to go Ocean Grove!



It is important for our students to have an outside break during the day and we send them outside during almost all weather conditions. Please ensure that your child is dressed appropriately for the weather (a hoodie does not suffice in our wet, coastal climate).

We request that ALL students (regardless of grade) bring to school a dry set of clothes in case they are needed. Thank you!

LOST AND FOUND

Please take a moment and look at these photos to see if your child's belongings are currently in our Lost & Found (main foyer). Items are found on a daily basis and will need to be bagged when we run out of space, making it harder to see if any items need to be taken home. **Just before**

Christmas, bagged items will be donated to charity.

Reminder: label your child's hoodies and jackets with their name or initials to assist in the return of clothing to students.



This bike has been locked up at our bike rack since summer - if it is yours please claim. If not claimed by month end it will be donated.



Our school will once again participate in the *Great British Columbia ShakeOut* annual, provincewide earthquake drill on October 20th. For more information and resources that your family can use, please see <https://www.shakeoutbc.ca/>

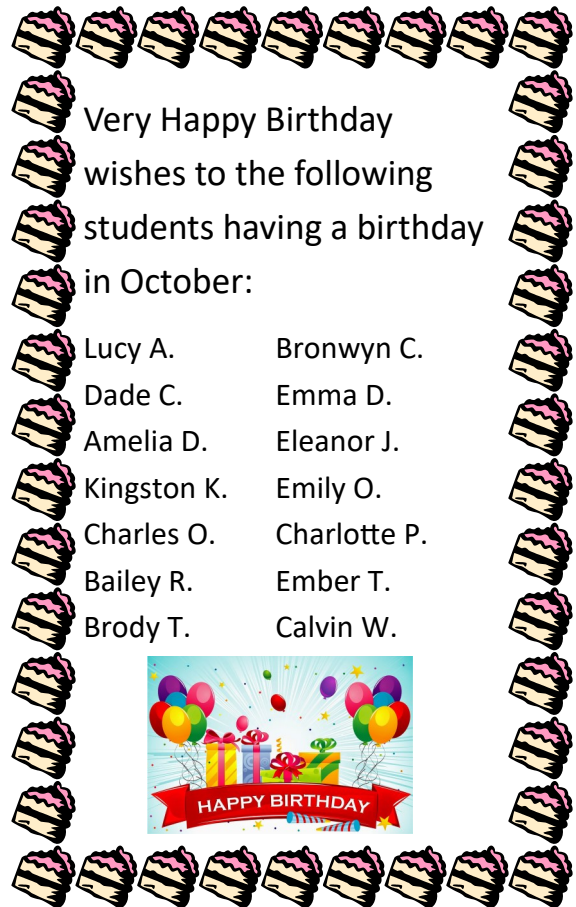
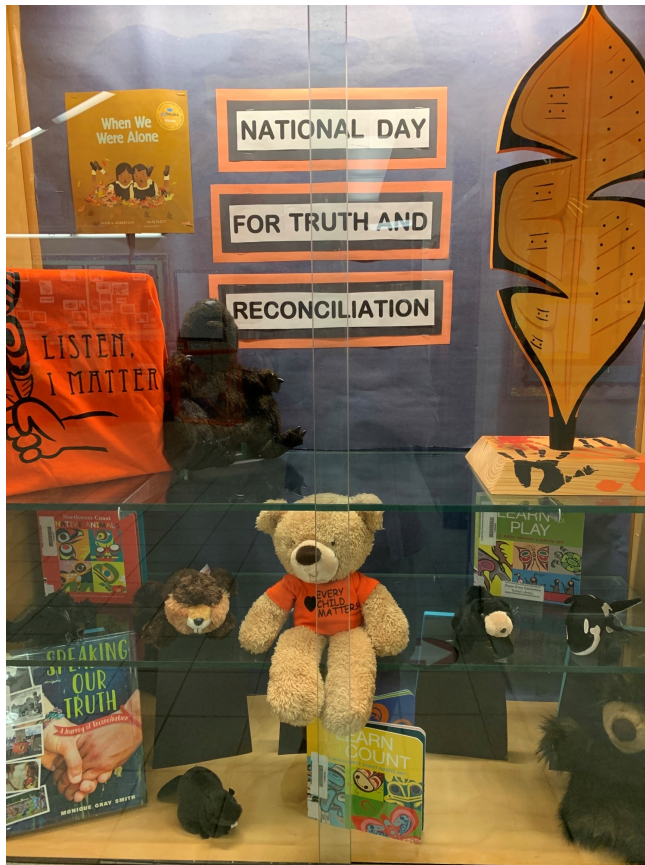


Our school is holding a
THANKSGIVING FOOD DRIVE

the week of October 3rd

and donations of non-perishable food items
 (please check expiry dates)
 will gladly be accepted until 10 am on Fri-
 day, October 7th.

Thanks for your community support!



Very Happy Birthday
 wishes to the following
 students having a birthday
 in October:

Lucy A.	Bronwyn C.
Dade C.	Emma D.
Amelia D.	Eleanor J.
Kingston K.	Emily O.
Charles O.	Charlotte P.
Bailey R.	Ember T.
Brody T.	Calvin W.



Orange Shirt Day has become an opportunity to keep the discussion on all aspects of residential schools happening annually. It is an opportunity for First Nations, local governments, schools, and communities to come together in the spirit of reconciliation and hope for generations of children to come.

At Ocean Grove an assembly was held on Thursday, September 29th in honour of Orange Shirt Day.

‘in**the**know’

Connect and Learn

MONTHLY ONLINE EVENTS FOR PARENTS & CAREGIVERS

Every month, we host events for parents & caregivers who are parenting a child or youth with a mental health and/ or substance use challenge called “in the know.”

SEPTEMBER

Parenting When Anxiety Shows Up As Anger

Speaker: Karen Peters, RCC

OCTOBER

Building Connection With Our Kids When It Feels Impossible

Speakers: Diane Evans & Tammy Music, Parent Peer Support Workers

NOVEMBER

It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion-Focused Family Therapy

Speaker: Dr. Adele Lafrance

DECEMBER

ADHD - The Real Deal

Speaker: Dr. Don Duncan

Join us to watch a video and talk with other families about what helps. Online events are facilitated by FamilySmart Parent Peer Support Workers.

familysmart.ca/events





HANDWASHING FOR HEALTH

Germs spread easily in a classroom. Handwashing is the best way to stop the spread of germs that cause colds, influenza (flu), diarrhea and other sicknesses. It is important that children learn how and when to wash their hands to lower their risk of getting sick.

How to Wash Hands:

- ♦ **Wet** your hands with clean running water (warm or cold) and apply soap
- ♦ **Lather** your hands by rubbing them together with the soap
- ♦ **Scrub** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
- ♦ **Rinse** your hands under clean, running water
- ♦ **Dry** your hands using a clean towel, paper or air dry them
- ♦ **Turn** off taps with a paper towel

When to Wash Hands:

- ♦ Before and after preparing, eating or handling food
- ♦ After using the toilet
- ♦ After coughing, sneezing or blowing your nose
- ♦ After touching an animal, animal food or treats, animal cages, or animal feces (poop)
- ♦ After touching garbage
- ♦ If your hands are visibly dirty or greasy

For more information:

- ♦ Your local [Public Health Unit](#)
- ♦ [HealthLinkBC](#) or dial 8-1-1 (a free call)
- ♦ [Do Bugs Need Drugs?](#)
- ♦ [Handwashing: Clean Hands Save Lives \(CDC\)](#)