



# Penfield Flyer—November 2021

*Penfield Elementary School—Home of the Flyers*



Dear Parents and Guardians,

November is a wonderful time for reflection and remembrance. It is a time that 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.

Halloween Day was a little different at Penfield but still was a lot of fun! We were extremely impressed with the behaviour of our students, which made it an enjoyable day for all.

November 25<sup>th</sup> 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, Penfield 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.

Our annual Remembrance Day Assembly will be held on Wednesday November 10<sup>th</sup>. This year classes will be participating through a virtual assembly (for students only) which is being prepared by our grade 4/5 classes.

Sincerely,

Hendrick Horsthuis and Kelly Gage

# PAC NEWS

Penfield PAC is doing a cookie dough fundraiser. Orders will be due by November 17. Paper copies of the order forms will be coming home in the next week. If you would like to do online orders, see the link below.

[Penfield Raise money for the school](#)

Please make sure in the participant area on the order form you put the student's name so we know who is responsible for taking it home.

Any questions, please contact the PAC directly, via email at [penfieldpac@gmail.com](mailto:penfieldpac@gmail.com)



## PAC MEETING INFO:

The next meeting will be November 23rd at 6:30pm. PAC meetings are still being held via Zoom. [Penfieldpac@gmail.com](mailto:Penfieldpac@gmail.com) is the email address where people can request the link OR there is a Facebook page *Penfield Elementary PAC* where lots of information is posted (including the meeting zoom link).

## ATTENDANCE NOTIFICATIONS

Reminder that all attendance information should be reported to the school. Any unexcused absences will result in a phone call home to check in.

When reporting your children's absence to the school via the attendance line (250-923-4251) or email ([Penfield@sd72.bc.ca](mailto:Penfield@sd72.bc.ca)), please include the **reason for the absence** (ie: illness, vacation, appointment). This is very important as we are required to track the percentage of absence due to illness.



Thank you

# HAPPY BIRTHDAY

To the following Penfield students who have November birthdays

Kaycee H.	Jonathan O.	Weston R.	Kylan A.
Dylan H.	Liam V.	Christopher C.	Maci C.
Cayse G.	Benjamin S.	Melanie TB.	Byron M.
Riley H.	Ryder O.	Heidi S.	Anna U.
Jackson G.	Ali M.	Wyatt G.	Ava J.
Willow B.	Jayden D.		

## **STUDENT-LED CONFERENCES** **NOVEMBER 25TH**

Thursday, November 25th is Student-Led Conference Day. You will be receiving information from your child's teacher, including details of the form of communication that will be used.

If you have any questions, please contact your child's teacher directly.

School will not be in session for students on this day



## MASKS

Please ensure your children come to school with a face mask each day. Also, if you could please put an extra one or two in a Ziploc bag in their backpacks. We sometimes have students coming for multiple masks from the office every day.



## **BOTTLE DRIVE**

Penfield has set up an account at Island Return It so families and friends can donate their bottle refunds. These funds are being raised to assist in building a fence around our school garden. If you have refunds to donate the account is Penfield Garden #379.



# Virtual Book Fairs

## Reminder: Virtual and "In House" Book Fair is Coming!

Dear families,

Don't forget, our school is hosting a **Scholastic Book Fair** from **Monday, November 22 to Friday, November 26**.

The **Virtual Book Fair (for parents & families)** is a fantastic way to continue to give our students access to the books they want to read. We're excited that you will be able to shop together, selecting the books that inspire your readers, from the comfort of home.

Also, there will be an actual **"In House" Book Fair (for students only)** that students will be able to preview, as well as purchase items from, during school hours.

All purchases benefit our school and earn **Rewards** that can be redeemed for books and Education Resources for our school's library.

When it's time to shop, visit our school's **Virtual Book Fair** site using this link:

<https://virtualbookfairs.scholastic.ca/pages/5148770>

Before our Fair begins, click the link to:

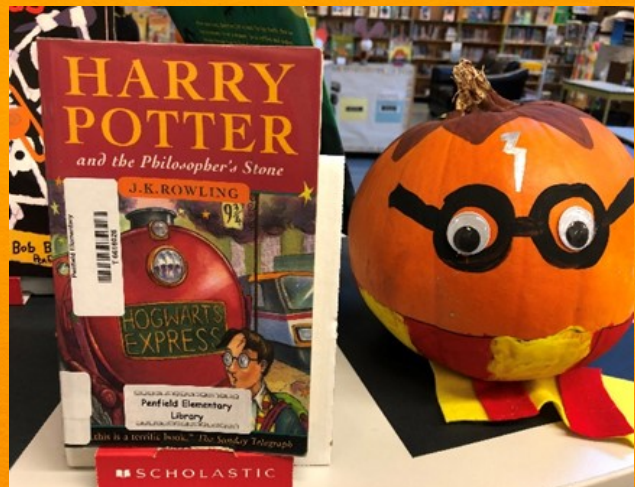
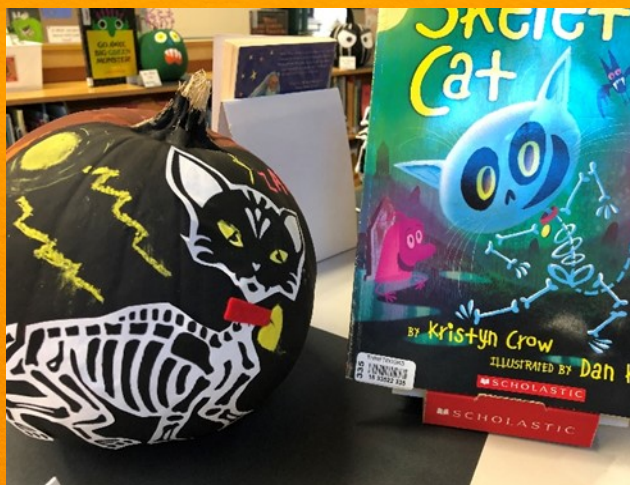
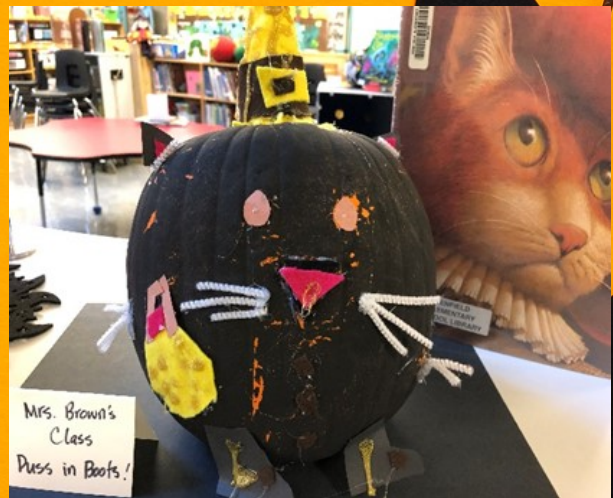
- **SAVE it** to your browser
- **WATCH** videos of popular new titles
- **PREVIEW** our Featured Books

Watch for news leading up to our **Scholastic Virtual Book Fair!**

Happy reading!



# OCTOBER FUN IN THE LIBRARY! BOOK CHARACTER PUMPKINS CREATED BY PENFIELD CLASSES



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# WEATHER CLOSURES OF SCHOOL

The Campbell River School District will try to keep schools open on every regular instructional day. Any decision to close schools is made by the Superintendent in consideration for the safety of our students.

During an emergency, extreme weather, power outage or similar incident, the School District will strive to communicate quickly and effectively with parents, students, staff and the community.

In some cases, we must wait to receive information from official sources, including the RCMP and other authoritative organizations, to ensure that we communicate the most accurate and up-to-date information.

We will communicate status updates based on the confirmed information that we have at the time.

## School Status During Extreme Weather

Decisions about school closures due to extreme weather (significant snowfall or windstorm) will almost always be made by the Superintendent in the early morning. This information will be communicated as soon as possible, generally before 7:00 a.m. Even if schools are open, the Campbell River School District, and our schools, respect and support parents if they feel that it is unsafe to send their child to school or wish to pick-up their child early due to potentially unsafe weather conditions. If you choose to keep your child home, please be sure to report your child's absence through the school's attendance line.

## How to Get Information

In most instances, no announcement will be made that schools are open; only cancellations, closures or delayed school openings will be announced.

Check the SD72 website home page. This is the official primary source of district information. An alert announcing the effected school(s) will display at the top of the district website and school website as soon as information is available. Click the main title of the alert to learn more.

Follow the district's official social media channels. Status updates and information will also be announced on Campbell River School District Facebook page and Twitter.

Listen to the radio or watch the morning news. We will share closure information with 99.7 2Day FM; the Campbell River Mirror, 97.3 the Eagle, 98.9 The Goat, Spirit FM, CBC Radio, CTV Vancouver Island News, Chek TV, Global BC News and the Shaw Cable Community Wheel.

Please note that sometimes these media outlets may be delayed in getting closure information.



DAYLIGHT SAVINGS  
ENDS SUNDAY NOV 7  
Turn back your clock  
on SATURDAY NIGHT

# November


Mon

Tue

Wed

Thurs

Fri

1 <i>Professional Development Day School not in session</i>	2	3	4	5
8	9	10 <i>Virtual Remembrance Day Ceremony</i>	11  <b>Remembrance Day School Closed</b>	12
15	16	17	18	19
22	23	24	25 <i>Student-Led Conferences School not in regular session</i>	26
<i>Virtual Book Fair</i>	→			
29	30			



Dec 2—Filming Winter Concert (Virtual only)

Dec 17—Last Day of School for Winter Break

Jan 4—First Day back after Winter Break

# School District 72 Campbell River

## REVISED 2021/2022 CALENDAR

JULY						
S	M	T	W	T	F	S

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST						
S	M	T	W	T	F	S

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEPTEMBER						
S	M	T	W	T	F	S

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

OCTOBER						
S	M	T	W	T	F	S

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September 1: Pro-d Day  
 September 2: Pro-d Day  
 September 6: Labour Day  
**September 7: School Opens**  
 September 30: Schools Closed - Truth and Reconciliation Day  
 October 11: School Closed - Thanksgiving  
 October 22: Non Instructional - Provincial Pro-d  
 November 1: Non Instructional  
 November 11: Schools Closed-Remembrance Day

NOVEMBER						
S	M	T	W	T	F	S

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28	29	30				

DECEMBER						
S	M	T	W	T	F	S

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26	27	28	29	30	31	

**November 25: Student Led Conference Day**  
**Elementary, Middle and Robron Schools Only are not in Regular session**  
**Carihi and Timberline Schools are in Regular Session**

JANUARY						
S	M	T	W	T	F	S

						1
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY						
S	M	T	W	T	F	S

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20	21	22	23	24	25	26
27	28					

December 20- January 3: Winter Break  
 February 18: Non Instructional  
 February 21: Schools Closed - Family Day

MARCH						
S	M	T	W	T	F	S

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

APRIL						
S	M	T	W	T	F	S

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
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**March 9: Student Led Conference Day**  
**Elementary and Middle Schools Only are not in Regular Session**  
**Robron, Carihi and Timberline Schools are in Regular Session**

MAY						
S	M	T	W	T	F	S

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JUNE						
S	M	T	W	T	F	S

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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

March 14 - March 25 - Spring Break  
 April 15: Good Friday  
 April 18: Easter Monday  
 May 23: Schools Closed - Victoria Day  
 June 30: Schools Closed - Administration Day

■ Instructional   
 ■ Non-Instructional   
 ■ Vacation Period   
 ■ Statutory Holiday



Ministry of Education

REVISED: October 2021

## 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:

- ◆ Your local [Public Health Unit](#) Hearing Clinic

### Hearing Clinics:

Victoria	250-388-2250
West Shore	250-519-3490
Nanaimo	250-755-6269
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 behaviours 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)
- ◆ [Ellyn Satter Institute](#)

## 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:

<b>½ of Your Plate: Vegetables and fruit</b>	<b>¼ of Your Plate: Plant-based or lean animal protein</b>	<b>¼ of Your Plate: Whole grains</b>
<ul style="list-style-type: none"> <li>◆ Celery and carrot sticks or peppers</li> <li>◆ Sliced cucumber</li> <li>◆ Broccoli and cauliflower “trees”</li> <li>◆ Fresh, frozen or canned fruit</li> </ul>	<ul style="list-style-type: none"> <li>◆ Tofu and soy based products</li> <li>◆ Nuts and seeds</li> <li>◆ Bean spreads or dips</li> <li>◆ Lean meat</li> <li>◆ Tuna or salmon</li> <li>◆ Chili</li> <li>◆ Eggs</li> </ul>	<ul style="list-style-type: none"> <li>◆ Milk</li> <li>◆ Chocolate milk</li> <li>◆ Yogurt</li> <li>◆ Cheese</li> <li>◆ Fortified soy beverage</li> <li>◆ Cottage cheese</li> </ul>
		<ul style="list-style-type: none"> <li>◆ Whole grain bread</li> <li>◆ Crackers</li> <li>◆ Mini bagels or buns</li> <li>◆ Tortilla</li> <li>◆ Roti or naan bread</li> <li>◆ Pita bread</li> <li>◆ Small muffins</li> </ul>

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.

Pack a safe lunch

1. Wash your hands well with warm soapy water.
2. Pack your child’s lunch in an insulated lunchbox.
3. Keep hot foods hot in a thermos.
4. Keep cold foods cold with an ice pack.
5. Remind children to wash their hands before eating.
6. 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](#)
- ◆ [Lunches to Go](#) (PDF)