



## Penfield October, 2023

Dear Penfield Families,

Welcome October! What a beautiful start to our year and our students are settling in very well to their new classes and new routines.

Our staff and students came together for school-wide cooperative games day, our first school assembly, the Terry Fox Run to honour friends and family members that have struggled with cancer, and our school gathering with Qwaya who led our Walk for Truth and Reconciliation and our school community reflected on the struggles of our Indigenous community throughout history. Thank you for the respectful manner in which everyone engaged in all the activities!

All members of our community work hard to ensure that all students and staff feel safe and respected. We spent a lot of time working with all our students in September to remind students to keep their hands to themselves, to be respectful to each other and all adults and to solve problems peacefully by using our words and asking for help when needed. These messages were clearly communicated at our first assembly. Please talk with your children and remind them that when problems or disagreements arise on the playground where there is hands on behaviour, they need to find the nearest adult for help in solving the problem. The adults are there to help!

It has been a pleasure to meet some of you and we look forward to meeting more of you throughout the year.

Take good care and be safe,

Jolene Krell and Orycia Richer

### Student Absence Reporting

Thank you to everyone for reporting student attendance information. Please continue to keep the school informed if your child will be late or absent. You can call the attendance line

250-923-4251 or email [penfield@sd72.bc.ca](mailto:penfield@sd72.bc.ca) to report absences. Please be sure to include the reason for the absence (ex: ill, appointment, vacation). You need to advise the school each day the student will be absent, unless you have pre-notified of a block of absences.

## NEXT PAC MEETING

October PAC meeting will be held on October 17th at 5:30pm in the multi purpose



## PAC NEWS

### BOTTLE DRIVE

PAC will be holding a bottle drive on October 10th and 11th, before and after school in the parking lot. All proceeds will be used for school improvements and student education.

### PAC OPT OUT FORMS

The PAC “Opt Out” forms went home last week. If you are returning a form with funds, please hand it in to your child’s teacher.

### SMITH & LEE FUNDRAISER

Watch for information on this fundraiser coming home later in October.



## October Library News

**Monday, October 23** is **DEAR Day** (“Drop Everything and Read”) in celebration of BC School Libraries. There will be more details to follow soon!

The **Scholastic Book Fair** is coming to Penfield on **Oct 30<sup>th</sup> to Nov 3<sup>rd</sup>**! The proceeds of our first book fair will go towards classroom teachers.

**Library Themes October:** Fall seeds, cones, and nuts inquiry, Day of the Dead, Women’s History, Halloween.



## **October 19th - Great ShakeOut**

Our school will once again participate in the Great British Columbia ShakeOut. The annual, province wide earthquake drill will be on Thursday, October 19th.

For more information and resources that your family can use, please visit <https://www.shakeoutbc.ca/>

### **Weather Preparedness**

Please ensure that students are dressed appropriately for the fall weather with proper jackets and footwear. We send students outside in all weather conditions, as it is important for students to have that outside break time.



### **Student Verification Forms, FIPPA Consent, Emergency Release & Acceptable Use**

The above forms were sent home by teachers. If you have not already done so, please return the completed, signed forms to your child's teacher as soon as possible. It is very important that we have current and accurate information on file, especially in the case of an emergency. Please ensure all forms are signed where indicated



*Fall is proof that change is beautiful.*

## GREAT JOB PENFIELD

We raised \$428.00  
for the Terry Fox  
Foundation



## PHOTO RETAKE DAY

Island Life Photographics will be back at Penfield on October 19th for Photo Retakes. If you missed the first day, or would like retakes, this is your opportunity.



## HALLOWEEN AT PENFIELD

Hallowe'en is quickly approaching and we are excited to invite you to our costume parade on Tuesday, October 31 at 9:15 a.m. Parents can gather in the gym and our parade will make its way through the gym so you will get to see all the amazing costumes. Please send your children to school in their costumes. A friendly reminder that at school we ask that no face paint, masks or accessories come with the costumes. Please send a change of clothes with your child as they will change back into their regular clothes for the remainder of the day immediately after the parade (to save costumes for the evening!).



# October 2023

Mon

Tue

Wed

Thurs

Fri

<p>2</p> <p>National Day for Truth &amp; Reconciliation</p>	<p>3</p>	<p>4</p> <p>Stewart/Allan Holly Hill</p>	<p>5</p> <p>World Teacher Day</p> <p>Jonson/Panziera/Richer Mt. Washington</p>	<p>6 <b>Hot Lunch</b></p>
<p>9</p> <p>Thanksgiving Schools Closed</p> 	<p>10</p>	<p>11</p>	<p>12</p>	<p>13 <b>Hot Lunch</b></p> <p>Badger/Sheiles Hatchery</p>
<p>16</p>	<p>17</p>	<p>18</p> <p>Allan/Stewart Hatchery</p>	<p>19 <b>Hot Lunch</b></p> <p>The Great Shake Out</p> <p>Photo Retakes</p>	<p>20</p> <p><u>Provincial Pro D</u></p> <p>Schools not in session</p>
<p>23</p> <p>Farrell/Zumkeller Holly Hill</p> <p>Drop Everything &amp; Read</p>	<p>24</p> <p>Badger/Sheiles Holly Hill</p>	<p>25</p> <p>Fire Drill</p>	<p>26</p>	<p>27 <b>Hot Lunch</b></p> <p>Romagnoli/Farell Wildlife Reserve</p>
<p>30</p> <p>Book Fair</p>	<p>31</p> <p>Halloween </p> <p>Costume Parade</p>			

**Upcoming EVENTS**  
MARK YOUR CALENDAR

Nov 1 - Student Led Conference Day  
Nov 11 - Remembrance Day, Schools Closed

# LEARN TO SKATE FOR ALL ICE SPORTS



WITH THE  
**CAMPBELL**  
*River*  
SKATING CLUB



## Register now for Fall programs!

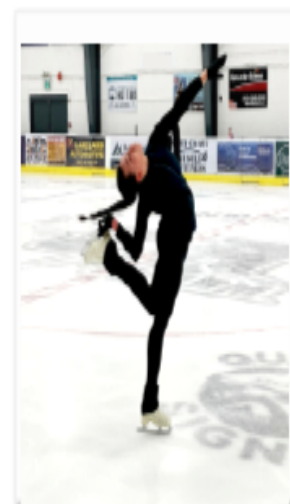
- CanSkate Learn to Skate
- PreCanSkate
- Parent and Tot
- PowerSkate Hockey
- STARSkate Figure Skating (Youth or Adult)

*Sign up online!*

[SkateCampbellRiver.ca](http://SkateCampbellRiver.ca)



SCAN TO  
SIGN UP



**Skate  
Canada**

'intheknow'

# Connect and Learn

For families and caring adults who are parenting a child or youth with mental health and/or substance use challenges.

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

## Working Together: Families and Schools

When our kids struggle with their mental health, challenges can often have a great impact on their school experience. As parents it can be really hard to know where to begin. How do we take the first step and let the school know what is going on for our family? What are the supportive options that are available to my child? We might even worry that we will be judged for the difficulties our child is facing.

Come together with other families to watch this 30 minute video presentation followed by a 45 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.

Cost: Free of Charge

Date(s):

Tuesday, October 3, 2023, 6:30pm (PST)  
Wednesday, October 11, 2023, 6:00pm (PST)  
Thursday, October 12, 2023, 12:00pm (PST)  
Tuesday, October 17, 2023, 6:30pm (PST)  
Thursday, October 26, 2023, 6:00pm (PST)

Registration required:

[www.familysmart.ca/events](http://www.familysmart.ca/events)





## Supporting Families After a Mental Health Crisis

“Hearing from other parents who have navigated these challenges themselves, was a real gift. The information was practical, but it also seemed more believable because it came from experienced parents. I wanted to BELIEVE that things would be OK, and that I will find a way to support my daughter. The workshop gave me this belief.”

### TOPICS INCLUDE:

- How to support a safety plan at home
- How to take care of yourself and family after a crisis
- How to find the resources you need

Offered monthly for B.C. families. Free but registration required.



[familysmart.ca/workshops](https://familysmart.ca/workshops)







## THE GREAT PARENT ESCAPE

WEDNESDAYS 6:30-8:00PM

ROBRON CENTRE 740 ROBRON ROAD, CAMPBELL RIVER

PLEASE TEXT 250-203-6022 OR EMAIL [LOU@PACIFIC-CARE-BC.CA](mailto:LOU@PACIFIC-CARE-BC.CA) TO  
LET US KNOW YOU'RE COMING

We joyfully invite you to join us for an escape where you can meet like-minded parents struggling to find time for themselves and need a break. Find support, encouragement, friendship and more with your hosts Alison and Lou!



**PacificCARE**  
Family Enrichment Society



Ministry of  
Education and  
Child Care

Funding for PacificCARE CCRR is provided by the Province of British Columbia.



## KEEPING YOUR CHILD SAFE ON HALLOWEEN

Trick-or-Treating is an exciting activity for many children. It can also be risky. Up to about 10 years of age, children do not have the skills to be safe in traffic.

Here are some tips to help keep your child safe:

- ♦ Make sure your child has a light and/or reflective clothing
- ♦ Have an adult go with your children, especially if they are under 10 years old
- ♦ If your child is not with an adult, make sure they are in a group of at least 3 people
- ♦ If you are not with your child, make sure you know where he is and who he is with
- ♦ Set a time with your child to be back home
- ♦ Teach your child road safety rules and to look, listen and think about traffic
- ♦ Teach your child about personal safety and to never go with anyone they don't know
- ♦ Teach your child not to eat treats until a parent has checked them
- ♦ Consider alternatives to trick-or-treating, such as a home party, a local community centre or mall

For more information:

- ♦ Your local [Public Health Unit](#)
- ♦ [Halloween Safety](#) (Government of Canada)
- ♦ [Halloween Safety: Tips for Families](#) (Canadian Paediatric Society)



## TRICK OR TEETH!

When it comes to Halloween candy and tooth health, the "all or nothing" approach is best. Giving children their Halloween candy over days or weeks is not the best choice. The risk of tooth decay increases with the amount of sugar and the number of times teeth are exposed to it.

Tooth safe suggestions for enjoying Halloween treats are:

- Serve a healthy dinner (or snack) before trick-or-treating. You will know your child has eaten **something** nutritious on this exciting night.
- Limit the number of times teeth are exposed to sugar by encouraging children to eat treats at one sitting. Offer water and be sure to brush their teeth afterwards.
- Cut down on the number of sugary treats children receive by handing out "tooth-friendly" options like stickers, temporary tattoos, fancy pens and pencils, or toothbrushes!

And of course, remember to floss and brush with fluoride toothpaste before going to bed, or there could be some very scary results!

For more information:

- Island Health, Public Health - Dental:

Saanich Health Unit	250-519-5100
Esquimalt Health Unit	250-519-5311
Peninsula Health Unit	250-544-2400
West Shore Health Unit	250-519-3490
Duncan Health Unit	250-709-3050
Nanaimo Public Health	250-755-3342
Port Alberni Public Health Services	250-731-1315
Comox Valley Health Unit	250-331-8520
Campbell River Health Unit	250-850-2110
Port Hardy Health Unit	250-902-6071