



# Sandowne Newsletter

## October 2025

**Dear Sandowne Families,**

Autumn is upon us, and we have settled beautifully into our classroom communities and routines. There is a wonderful buzz of learning and joy at Sandowne, and it has been a great start to the school year.

On September 18, we were pleased to welcome families to our annual Open House. It was wonderful to meet so many of you and to see students proudly introducing their teachers, sharing their classrooms, and showing their work. Thank you for joining us and helping to make the evening a success.

The sun shone brightly on September 19 for our annual Terry Fox event. Our school community raised hundreds of dollars (final total to come) in memory of Terry Fox and in support of his important legacy. We are proud of our students' efforts and the spirit they showed during this meaningful event.

Over the past few weeks, staff have been working to assess students in order to plan instruction that best meets the needs of all learners. We continue to be inspired by the way our team collaborates to create a learning environment that supports the unique strengths and needs of each student.

In recognition of the National Day for Truth and Reconciliation, students and staff wore orange, carried class-created banners, and walked to Robron Centre to join our neighbour school for their gathering. We received a warm welcome and message of hope from Greg Henderson, observed a powerful student art installation, and experienced a moving drumming and singing performance by Robron students. We acknowledge the significance of this day, and the important role education plays in the process of truth and reconciliation.

On Monday, October 6, we will celebrate World Teachers' Day. We extend our sincere thanks to our teachers and all staff members who work so hard to support students each and every day. Their teamwork and dedication are truly remarkable, and we are grateful to be part of such a caring and committed community.

As we head into Thanksgiving, we reflect on the many things we are thankful for—our students, families, and the incredible staff who make Sandowne such a special place to learn and grow.

Wishing you all a restful and happy Thanksgiving.

Sincerely,

Kelly Gage and Georgina Knox

**October 2nd**

Hot Lunch Order  
Deadline

**October 7th**

Picture Day

**October 13th**

Thanksgiving-  
School Closed

**October 24th**

Pro-D Day-School  
Closed

**October 28th**

Photo Retake Day

**October 30th**

Student-led  
Conferences-class  
not in session

**October 31st**

Halloween

**November 11th**

Remembrance  
Day-School  
Closed

# Absences

We appreciate all the parents who are reporting absences in the morning. Thank you!  
There are two ways to report an absence:

- 1) Phone **250-923-4248**
- 2) E-mail-**Sandowne@sd72.bc.ca**



It is important to give the following information:

Students Name  
Date of Absence  
Reason for Absence



## School Telephones

Our office phone is not to be used during or after school to make play arrangements. Please ensure your child is certain about after-school arrangements before leaving each day so that needless, worrisome situations do not arise. Thank you.

## **Supervision Before and After School**

For safety reasons, it is important to not have students dropped off before our supervision times.

**Before School—8:10 until first bell**

**After School—2:15 until 2:30**

## Parking Reminder

**A reminder to not block residential driveways during drop-off or pickup.  
Thank you for your cooperation!**

## District Cell-Phone Use Policy

Cell phones and other personal digital devices are not allowed at school. If brought to school, they must be kept in the students' bag and can only be used with permission from the teacher or principal.

## Adult Volunteers at Sandowne

We appreciate the time and commitment of adult volunteers at our school. If you would like to be an adult volunteer at Sandowne, please contact the office for a copy of the volunteer application form to get the process started. These application forms must be completed each school year in order to volunteer.

# Sandowne Corkboard

## Upper Parking Lot

Please do not use the upper parking lot during school hours. This is staff parking only. Thank you for your co-operation.

## Don't forget...

- ♦ Dress for the weather
- ♦ Send your child with a water bottle to keep hydrated.
- ♦ Have an extra change of clothes and pairs of socks in backpacks.

## Cross Country Run Club-Grades 3-5

We are excited to announce that Sandowne's Cross Country Run Club will be starting up on Thursday, October 2nd. All interested students in grades 3-5 are invited and encouraged to participate.

Run club will practice Thursday's after school from 2:15-3pm with Mr. Larmour until the end of October. Students are to meet at the garden once dismissed from class. All running will be done on the Sandowne school property.

**Sandowne has been invited to attend two District Cross Country Run Events.**

**October 7th-Southgate Middle School-** This event begins at 3:15pm and if parents would like to bring their athlete to this event, please let their teacher know. More information will be sent to interested families.

**October 28th-Sportsplex Event-** This event will be supported by Mr. Larmour and students will run in the morning returning to school before lunch. The students run a 2km loop around the Sportsplex area. Students must attend afternoon run club if they would like to participate at this event.

Please reach out to Brent Larmour or Georgina Knox if you have any questions.

# School Supplies

School supply payments are now due. If you have not yet done so, please send \$45 per student to [sandowne@sd72.bc.ca](mailto:sandowne@sd72.bc.ca). Or send exact cash to the office.

This covers all supplies for the entire year.

\*\*\*Make sure to include student name with payment\*\*\*



# Bell Schedule

8:25 Welcome Bell

8:30 Classes Begin

10:15—10:30 Recess

12:00—12:45 Lunch

2:15 Dismissal



# Medication

If your child has any medical concerns, or is on daily medication, please ensure that all information is up to date.

If you wish to keep medication at the school for your child, a "Request for Administration of Medication" form must be completed and updated on a yearly basis.

# Anaphalaxis

We have students in the building who are severely allergic to nuts.

Please check with your child's teacher to find out if their classroom is nut-free.

Our school in general is nut aware.

Thank you for your help to keep our community safe.



# October 2025

Sun

Mon

Tue

Wed

Thu







Fri

Sat

			1	2 Hot Lunch Ordering Deadline	3	4
5	6	7 Picture Day	8	9	10 Hot Lunch- Little Caesars	11
12	13 Thanksgiving- School Closed	14	15 Hot Lunch – Katie’s Rice Box	16	17 Hot Lunch- Little Caesars	18
19	20	21	22 Hot Lunch- Boston Pizza	23	24 Pro-D Day- No School For Students	25
26	27	28 Photo Retake Day	29 Hot Lunch- Dairy Queen	30 Student-led Conferences- Class Not In Session	31 Halloween Hot Lunch- Little Caesars	

## Sandowne's Illness Reference Guide

### I need to stay home if...

I have a fever	I am vomiting	I have diarrhea	I have a rash	I have an eye infection	I have been in the hospital
					
Temperature of 100°F or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Redness, itching and/or 'crusty' drainage from eye	Hospital stay, and/or ER visit



### I am ready to come back to school when I am.....

Fever free for 24 hours without the use of fever reducing medication. ie. Tylenol, Motrin	Free from vomiting for at least 48 hours	Free from diarrhea for at least 48 hours	Free from rash, itching, or fever. I have been evaluated by my doctor if needed.	Evaluated by my doctor.	Released by my medical provider to return to school.
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NEED SOME  
EXTRA CLOTHING  
FOR YOUR CHILD?

# MINI FREESTORE

FREE GENTLY USED CLOTHING  
ROBRON CENTER

Shopping day  
Friday, Oct. 10, 2025  
11:00-3:00  
Room A101

Contact your child's school or Erin at  
[erin.stephens@sd72.bc.ca](mailto:erin.stephens@sd72.bc.ca)



# Kids Call – MB3 Training

November 17 and 18, 2025

3:15 to 4:30 p.m.

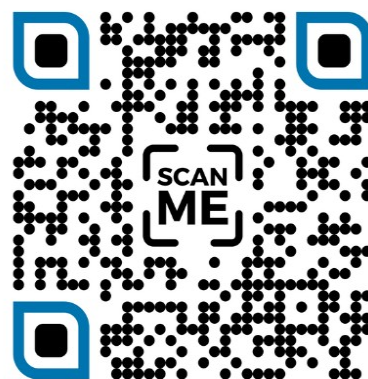


Community Centre

401 11 Ave

Ages 4 to 9

\$40



For more information, visit  
[campbellriver.ca/ events](https://campbellriver.ca/events) or (250) 923-7911.





*Special Olympics BC's Active Start program fills a void in our son's life. He loves playing with the equipment and it's gratifying to see the confidence he is gaining both physically and mentally as he achieves goals and does things he couldn't do before. We look forward to sharing future accomplishments thanks to Active Start.*

**James Sutherland,**  
*Oliver's father*

Special Olympics BC is dedicated to providing individuals with intellectual disabilities opportunities to enrich their lives and celebrate personal achievement through positive sport experiences.



## Contact us

**Amy Gibb**

Special Olympics BC,  
Community Development Coordinator

Region 6

250-252-0515

Toll free: 1.888.854.2276

agibb@specialolympics.bc.ca

[www.specialolympics.bc.ca](http://www.specialolympics.bc.ca)

Facebook specialolympicsbc

Twitter @sobcsociety

SOBC youth programs generously supported by:



# Changing young lives through sport

SOBC Youth Programs

**Special Olympics**  
British Columbia



## What are Special Olympics BC's Youth Programs?

Special Olympics BC offers three programs designed to help children with intellectual disabilities to develop basic motor and sport skills through fun and positive movement experiences.



### Active Start

**Active Start** is a family-centred activity program targeting children with intellectual disabilities ages 2 to 6. Through the program, children learn basic motor skills such as walking, running, jumping, and throwing in a fun and safe environment.

The SOBC – Victoria Active Start program is a partnership with the University of Victoria and takes place at UVic.

**Registration contact:**

**Tel:** 250-252-0515

**E-mail:** agibb@specialolympics.bc.ca



### FUNDamentals

**FUNDamentals** is a continuation of the Active Start program for young athletes with intellectual disabilities ages 7 to 11. The skills transition from basic movement skills to basic sport skills, providing participants with a more in-depth introduction to sport-related motor skills along with training and competition, while maintaining an atmosphere of fun and meaningful interaction.



### Sport Start

Aimed at youth ages 12 to 18 with intellectual disabilities, **Sport Start** promotes specific sport education, proper nutrition, and social inclusion through participation in positive sport experiences. The program also builds on the athletes' existing motor skills, helping to translate those abilities into sport-specific skill development and game play.

#### What are the benefits for participants?

- + Substantial and improved development of physical, cognitive, and social abilities.
- + Introduction of positive social experiences through fun play activities alongside peers.
- + Development of self-esteem and a sense of belonging.
- + Opportunities to transition into other year-round SOBC sport programs offered in 57 communities around the province, and to continue a lifelong love of sport.

#### What are the benefits for parents & caregivers?

- + Education for parents/caregivers about the value of sport in the lives of their children.
- + Education in nutrition, basic motor skills, and the Special Olympics organization.
- + Opportunities for parents/caregivers to expand their networks and support systems.

**Special Olympics**  
British Columbia





## Special Olympics Campbell River: Fall Sports Schedule 2025-2026

On-line Portal Registration is now open or, come to the  
In-Person Registration on **Sunday Sept. 14<sup>th</sup> 9:30am-11:30am**  
Campbell River Community Centre Upstairs Lounge  
\$15.00 Annual Registration Fee

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<u><b>5 Pin Bowling</b></u> 4pm-5:30pm  Campbell River Bowling Centre Start Date: Oct. 20 <sup>th</sup>  <u><b>Fundamentals 6-11yr olds</b></u> Pinecrest School Gym Nov. 3rd 4-5pm	<u><b>10 Pin Bowling</b></u> 3:30-5pm  Campbell River Bowling Centre Start Date: Oct. 7th  <u><b>Swimming</b></u> 7-8pm Start Date: Oct. 7th		<u><b>Curling</b></u>  3:15-4:30pm  C.R. Curling Club  Start Date: Oct. 9th  <u><b>Swimming</b></u> 7-8pm Start Date: Oct. 9th			<u><b>Snowshoeing</b></u>  Dryland training Phoenix Middle School track  Mount Washington when snow is available  Start Date: TBD
<u><b>Rhythmic Gymnastics</b></u>  4:30-6pm Penfield School Gym Start Date: Oct.20th	<u><b>Floor Ball</b></u>  6-7:30pm Robron Middle School Start Date: Oct. 7th	<u><b>Basketball</b></u>  6-7:30pm  Phoenix Middle School Start Date: Oct.8th	<u><b>Club Fit</b></u>  5:30-6:30pm  Cedar School  Start Date Oct.9th			

To Self-Register if you have a portal account: <https://portal.specialolympics.ca/login>

Contact Cheryl Clay if you have questions: [campbellriver.registration@specialolympics.bc.ca](mailto:campbellriver.registration@specialolympics.bc.ca)

Online registration for **New Athletes**: <https://portal.specialolympics.ca/registration>

Or, come to our in-person Registration Event on **Sunday September 14<sup>th</sup> (please bring your \$15 to Register)**



## 2024/25 Executive Contact List

**Local Coordinator:** Maureen Hunter, 250-286-6453  
[campbellriver@specialolympics.bc.ca](mailto:campbellriver@specialolympics.bc.ca)

**Public Relations:**  
Lynne Macara, 250-923-6600 [tayara@telus.net](mailto:tayara@telus.net)

**Uniform Coordinators :**  
Terri Cranton, 250-203-3593 [tlcranton@gmail.com](mailto:tlcranton@gmail.com)  
Rosemary Collins, 250-202-8016 [collins.clan@shaw.ca](mailto:collins.clan@shaw.ca)

**Treasurer:** Ann Jorgensen, 250-830-0527  
[campbellriver.treasurer@specialolympics.bc.ca](mailto:campbellriver.treasurer@specialolympics.bc.ca)

**Secretary:**  
Lori Hildebrandt, 250-923-7703 [lohi17@icloud.com](mailto:lohi17@icloud.com)

**Registration:** Cheryl Clay, 250-204-3264  
[campbellriver.registration@specialolympics.bc.ca](mailto:campbellriver.registration@specialolympics.bc.ca)

**Volunteer Coordinator:**  
David Ell, 306-540-5922  
[campbellriver.volunteer@specialolympics.bc.ca](mailto:campbellriver.volunteer@specialolympics.bc.ca)

**Program Coordinator:** VACANT

**Facilities Coordinator:**  
Gwen Donaldson, 250-588-9276 [gwendolyn.don@gmail.com](mailto:gwendolyn.don@gmail.com)

**Athlete Rep.:** Ashley Adie & Bryan Jorgensen

**Events Coordinator:**  
Lisa Wilde, 250-203-4116 [lwilde203@gmail.com](mailto:lwilde203@gmail.com)

**Member at Large:**  
George MacLagan, 250-287-8134 [georgemacLagan@gmail.com](mailto:georgemacLagan@gmail.com)  
Ben Jorgensen, 250-830-0527 [baja27@telus.net](mailto:baja27@telus.net)

## Head Coaches

### Fall/Winter Sports

**Floor Hockey:** Burton Collins, 250-202-7779  
**5 Pin Bowling:** Ann Jorgensen, 250-830-0527  
**10 pin Bowling:** David Ell, 306-540-5922  
**Swimming:** Bill Burton, 250-228-0283  
**Snowshoeing:** Maureen Hunter, 250-286-6453  
**Basketball:** Amelia Woodard, 587-581-8522  
**Fundamentals:** Brandi Stovman, 250-830-4677  
**Power Lifting:** George MacLagan, 250-287-8134  
**Rhythmic Gym:** Kimberley Stevens, 250-923-3448  
**Club Fit:** Elena Sirois, 250-287-6622  
**Curling:** Cheryl Clay, 250-204-3264  
**Carihi Sports Leadership:**

### Spring/Summer Sports

**Track & Field:** Gary Stobart, 250-923-3523  
**Bocce:** Ann Jorgensen, 250-830-0527  
**Softball:** Burton Collins, 250-202-7779  
**Soccer:** Alex Michaels, 250-923-2256  
**Golf:** David Ell, 306-540-5922  
**Club Fit:** Elena Sirois, 250-287-6622

## Proposed Coaches Meeting

Thursday Oct. 2nd 7pm  
1153 Greenwood

## Mark your Calendar

# SANDOWNE ELEMENTARY

# PAC

**Who?**

A Parent Advisory Council (PAC) consists of parents, guardians, and school staff who collaborate to ensure open communication between parents and the school.

**Where?**

Meetings are held in our school library

**What?**

The PAC meets regularly to offer input on issues like curriculum, policies, and school events.

**Why?**

The PAC advises the school principal and staff on parents' feedback, organizes activities and events, promotes parent involvement, and fosters communication between parents and the school. It also advocates for parents and students, and provides financial support for PAC goals.

**When?**

Meetings are once a month, on the second Wednesday evening of the month, with additional planning meetings if necessary.



## Did you know...

Everyone in the family is welcome to join PAC. We have moms, dads, grandparents, aunts, uncles, and older siblings participating.



## Did you know...

The majority of parents engaged in PAC activities work full-time. Our goal is to accommodate everyone's schedules with flexibility.



## Did you know...

Children are welcome at our meetings! If childcare is a concern for you, feel free to bring your kids along!

## Did you know...

You don't need to show up for meetings to be part of PAC! We appreciate any help you can offer, whether it's volunteering at events, gathering donations, delivering hot lunches, or whatever else you can do. Your support makes a difference!



## Contact Information



sandowneparentadvisory  
council@gmail.com



Sandowne PAC

Got questions?  
Please reach out!



Sandowne Elementary

ONGOING

# Bottle Donation

PAC has an account at the Island Return It on 1580 Willow st. If you are bringing bottles in and would like to donate all or part of your money, please let the cashier know prior to the start of your order to put it in the Sandowne school PAC account. They are unable to add it to our account after it gets paid out.





# ONGOING PIZZA FUNDRAISER

Boston Pizza

If you (or anyone you know) go to the  
Campbell River Boston Pizza to eat in or  
take out, write "sandowne" on the back  
of the receipt and leave it with the server.  
Boston Pizza will donate 10% of the food  
total (before tax and tip) back to the  
school!






# SCHOOL DISTRICT 72 CAMPBELL RIVER

## 2025-2026 CALENDAR

JULY						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
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AUGUST						
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24	25	26	27	28	29	30
31						

	Instructional
	Non-Instructional
	Vacation Period
	Statutory Holiday
	National Day for Truth and Reconciliation
	Administrative
	Student led conference

SEPTEMBER						
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OCTOBER						
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NOVEMBER						
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DECEMBER						
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JANUARY						
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FEBRUARY						
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MARCH						
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29	30	31				

APRIL						
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MAY						
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31						

JUNE						
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21	22	23	24	25	26	27
28	29	30				

- Aug. 28 Pro-D Day
- Sept. 1 Labour Day
- Sept. 2 Schools Open
- Sept. 30 Schools Closed - Truth & Reconciliation Day
- Oct. 13 Schools Closed - Thanksgiving
- Oct. 24 Pro-D Day
- Oct. 30 Student-Led Conference Day  
Schools to Provide Details About Student Attendance.
- Nov. 11 Schools Closed - Remembrance Day
- Dec. 22 - Winter Break
- Jan. 2
- Jan. 16 Pro-D Day
- Feb. 16 Schools Closed - Family Day
- Feb. 17 Pro-D Day
- Mar. 23 - Spring Break
- Apr. 2
- Apr. 3 Schools Closed - Good Friday
- Apr. 6 Schools Closed - Easter Monday
- Apr. 7 Pro-D Day
- Apr. 30 Student-Led Conference Day  
Schools to Provide Details About Student Attendance.
- May 18 Schools Closed - Victoria Day
- June 26 Schools Closed - Administration Day

 Instructional  Non-Instructional  Vacation Period  Statutory Holiday



Ministry of  
Education