



October 2024

Jason Kemp, Principal | Chris Falk, Vice Principal | Andrea Spedding, Vice Principal | <https://stitos.sd33.bc.ca>

Message from the Admin Team...

As we welcome October, we are grateful to have completed a successful September. This past month was filled with exciting transitions as we integrated a larger-than-usual number of new students and staff. Our W.A.V.E. team stepped up to warmly welcome our Grade 6 students, and their continued support has been invaluable in helping them settle in.

Over the past month, our school community has come together in many meaningful ways to reflect on Canadian Truth and Reconciliation Day. We've honoured the experiences of Indigenous peoples, thought about our shared history, and committed ourselves to learning more and taking actions that support ongoing reconciliation.

In September, we accomplished a great deal, from holding behaviour matrix assemblies, moving classrooms, hosting our annual Meet the Teacher night, starting outdoor learning, to embarking on several field trips that allowed our students to explore the beauty of fall.

As we look ahead to Thanksgiving, it's easy to reflect on the many things we are thankful for this year: our dedicated staff, students who show up every day ready to learn, supportive families who partner with us in this important work, and a community that wholeheartedly believes in our school's mission.

We invite you to continue staying involved by connecting with your student's teacher, participating in our school community, and staying informed through the Stitó:s PAC and our school website.

Wishing you all a wonderful long weekend full of gratitude and celebration!

Happy Thanksgiving!

Stitó:s Admin Team



Instructional Time with Students

During class time we make it a priority to minimize classroom disruptions to teachers and students. Learning time is important. If you have a message or something to drop off for your child during instructional time, please leave it with Mrs. Mercer at the office. If you are dropping off a lunch for your child, please ensure their first & last name is on it.

Picture Retakes – October 24th

Get ready to smile! Student individual retake photos will be taken on Thursday, October 24th.

Athletics Calendar

Looking to see when the next practice or game is??? Check out the school Athletics Calendar on the school website under the Athletics top tab or by clicking the following link...

<https://stitos.sd33.bc.ca/athletics-calendar>

Important Dates to Remember...

| | |
|---------------------------|--|
| October 4 th | Terry Fox Run |
| October 10 th | World Mental Health Day |
| October 14 th | Thanksgiving (Stat Holiday – No School) |
| October 15 th | PAC Meeting @ 7 pm |
| October 17 th | Parent / Teacher Conferences |
| October 18 th | Early Dismissal @ 11:31 am |
| October 23 rd | Take Me Outside Day |
| October 24 th | Picture Retakes |
| October 25 th | Non-Instructional Day (No School for Students) |
| October 28 th | Drop Everything and Read |
| October 31 st | Halloween Activity Afternoon |
| November 1 st | Assessment & Evaluation (No School for Students) |
| November 8 th | Non-Instructional Day (No School for Students) |
| November 11 th | Remembrance Day (Stat Holiday – No School) |
| November 15 th | Rock Your Mocks Day |
| December 4 th | Term 2 Begins |
| December 11 th | Winter Band Concert |
| December 16 th | Grade 6 Immunizations |
| December 18 th | Learning Update #1 Goes Home Today |
| December 20 th | Last Day of Classes before Christmas Break |

Athletic Fees

Extra-curricular athletics are a responsibility of schools. Athletic fees go towards paying for referees and officials, bussing (where applicable), taxis (where applicable), BC School Sports fees, Fraser Valley East fees, uniforms, and equipment. The extra curricular athletic program is intended to be cost neutral and we try to charge the minimum amount to offer the sport. If a team is participating in tournaments there may be additional fees to cover the tournament fee.

In / Out Days

October brings cooler shorter days. We have a number of classes going to community gardens, corn mazes and involved in outdoor learning. We will go outside most days! With the fall weather on its way, we can expect more frequent wet, windy weather. Even on days with drizzle or light rain, children will be sent outside to get fresh air. Please encourage your children to make responsible choices and ensure they are dressed properly for the weather.

Thank You!

A very special thank you to the family of Sharon Mayo who passed away in the summer of 2024 and donated her carving materials to Stitó:s Lá:lém Totí:lt. Sharon was given the gift of being an amazing carver and brought joy to others with her work.

2024-2025 Bell Schedule

| Elementary | | Middle | |
|----------------------|-----------------------------|---------------------|-----------------------|
| Time | Period | Time | Period |
| 8:26 am Warming Bell | | | |
| 8:31 am - 11:31 am | Instructional (180 Minutes) | 8:31 am - 9:45 am | Period 1 (74 Minutes) |
| 11:31 am - 11:46 am | Eat (15 Minutes) | 9:45 am - 10:00 am | Break (15 Minutes) |
| 11:46 am - 12:11 pm | Outside (25 Minutes) | 10:00 am - 11:15 am | Period 2 (75 Minutes) |
| 12:11 pm - 1:11 pm | Instructional (60 Minutes) | 11:15 am - 11:40 am | Outside (25 Minutes) |
| 1:11 pm - 1:26 pm | Recess (15 Minutes) | 11:40 am - 11:55 am | Eat (15 Minutes) |
| 1:26 pm - 2:24 pm | Instructional (58 Minutes) | 11:55 am - 1:10 pm | Period 3 (75 Minutes) |
| | | 1:10 pm - 2:24 pm | Period 4 (74 Minutes) |

Reporting a Student Absence

To report your child absent we have a District Safe Arrival program. These options are available 24 hours/day, 7 days a week. Future absences can be reported at any time. You can use one of the following options to report your child's absent:

Option 1: Download and install the SchoolMessenger app from the Apple App Store or the Google Play Store. The first time you use the app, select Sign Up to create your account. Select Attendance then Report an Absence.

Option 2: Use the SafeArrival website at <https://www.sd33.bc.ca/safe-arrival>. The first time you use the website, select Sign Up to create your account. Select Attendance then Report an Absence.

Option 3: Call the toll-free number 1-833-698-6567 to report an absence using the automated phone system.

Halloween Activities

We will have classroom and school-based activities taking place for Halloween. Please ensure that costumes are school appropriate and do not include blood, gore, weapons, or anything that would be against our school code of conduct.

Did You Know You Can Access...

School Information

Looking to see what is on the school calendar, what the bell schedule is for your child, or view the newsletter online??? Check out the School Information section on the school website.

Athletics Calendar

Looking to see when the next practice or game is??? Check out the school Athletics Calendar on the school website.

Counsellor Corner

Looking for loads of resources for families??? Check out the school Counsellor Corner section on the school website.

Learning Commons

Looking to see what activities and events are taking place in the Learning Commons??? Check out the Learning Commons section on the school website.

PAC Information

Looking to see who is your 2024/2025 PAC Executive or when the next PAC meeting is??? Check out the Parent Information section on the school website.

<https://stitos.sd33.bc.ca/>

12 Self-Regulation Strategies for Young Children

After the hustle and bustle of back to school season it can be nice to take some time to connect with our kiddos and regulate together! See below for some quick and easy suggestions.

12 SELF-REGULATION STRATEGIES FOR YOUNG CHILDREN



Alert and Engaged



heartmindonline.org



Secure and Calm

1. Take a Time-In

Spend 5 minutes in a calm, quiet space with the child. Connection is a key component of self-regulation.

2. Listening Break

Auditory stimulation such as a meditation, soothing music, or an audio book can help re-focus children's attention.

3. Rainbow Breath

Inhale and raise your arms above your head, painting a rainbow with your fingers! Exhale and return arms to your sides. Deep breathing regulates the vagus nerve.

4. Sing Vowel Sounds

Singing long, open vowel sounds such as "ahh" and "ohh" can balance sympathetic and parasympathetic nervous systems.

5. Face Painting

Pretend to "paint" the child's face in imaginary hues with the tip of your finger to provide sensory input.

6. Cool Down

Offer the child a cool glass of water or a popsicle, or run their wrists under cold water to help their nervous system reset.

7. Smell the Flowers

The scent of lavender can reduce anxiety. Mindfully smell fresh or dried lavender flowers with the child, focusing on how the smell makes them feel.

8. Move Like Animals

Invite the child to move like an animal that they would like to feel like, such as a carefree bird or proud lion. Somatically, this can help them shift their state.

9. Smiling Contest

See how long you can smile for together! Turning a frown upside down can really make you feel happier!

10. Tense and Release

Invite the child to clench their fists as tight as they can, then exhale to release. Repeat with various body parts to lower cortisol levels and heart rate.

11. Freeze Dance

Play upbeat music and instruct the child to freeze every time the music stops. Linking movement to their senses helps children regulate their bodies and minds.

12. Reflect Together

Fostering a self-reflective environment can help children learn to make better self-regulation choices in the future.