

IMPORTANT DATES



- Sep 20 WES Terry Fox Run
- Sep 22 PAC CARNIVAL 11:00-3:00
- Sep 23 NO SCHOOL Non-Instructional Day
- Sep 24 WHOLE SCHOOL FIELD TRIP -Spirit Trail
- Sep 26 School Photos
- Sep 27 ORANGE SHIRT DAY
Newsletter
- Sep 30 NO SCHOOL National Day for Truth and Reconciliation

WE ARE A NUT FREE SCHOOL!

Please do not send any food that may contain tree nuts to school with your child.



NUT FREE

WES PAC NEWS:

Next PAC Meeting
Monday, Oct 7th
7:00pm
@ WES

*All parents welcome and invited to attend!



WES PILLARS

Look after yourself.
Look after each other.
Look after this place.
Be a respectful listener
and a powerful speaker.

WINDERMERE ELEMENTARY SCHOOL, "Where Children Soar" SEPTEMBER 13, 2024

100 ft Inflatable Obstacle Course • Raffle Baskets • Free Lawn Games

CARNIVAL OVER 23 ATTRACTIONS RUN BY THE ROCKIES HOCKEY TEAM

ROCKIES

Ponies FROM STABLESTONE

WINDERMERE COMMUNITY CARNIVAL

Windermere Elementary School is excited to be hosting a fun carnival for all families in the Columbia Valley to enjoy!

Lasertag
BOUNCY HOUSES
Cake Walk
REPTILES
Prizes & Food

\$1 GAME TICKET
Some games may require multiple tickets

ADULT \$5 **CHILD \$3** **FREE 4 & under**

NEW! BIG SPLASH GAME
Soak your friends and family!

AGES 1 TO 13

SUNDAY 22 SEPTEMBER 2024

11 TO 3

LIVE MUSIC



A FUNDRAISER FOR WINDERMERE SCHOOL
ALL PROCEEDS TO WINDERMERE ELEMENTARY SCHOOL PARENT ADVISORY COUNCIL (PAC)

Dear Windermere Elementary School Families,

Welcome to another great year at WES! The past two weeks have been fast and fun as students get settled into new classroom spaces, get to know teacher expectations and adjust to life after summer break. The WES staff is committed to providing and delivering a positive and rewarding elementary school experience. We loved seeing families attend Class Meetings this week, as the relationship between parents and teachers is crucial in a child's life.

A reminder that we offer numerous ways of communicating and connecting with families. You will hear from your child's teacher through email and/or phone calls. Nicole, our wonderful admin assistant, puts out a bimonthly newsletter capturing what has been happening in our school, as well as what is coming up in the next two weeks. Our school and district websites are also available if you are searching for parent information. Parent Council is another way to stay involved in our school community. The meetings take place once a month and we are always happy to welcome new members! If you struggle to find what you are looking for, please reach out so we can help.

I'm looking forward to a great school year! Please email, call, or pop in if you would like any time with me. Feedback from our families is essential to ensuring our kiddos have an awesome year.

Sincerely,

Keri Gust
Principal, Windermere Elementary School
SD6





STUFFIES!!!

Windermere Community Carnival is on the 22nd of September 2024.

We still need more stuffies for our carnival. Please send any extra stuffies to school by Monday so that we can have them all washed and ready to go by next weekend.

Thanks for supporting our school!



SCHOOL PICTURE DAY

Thursday, September
26



We have some adult-sized orange t-shirts with our Custom WES Logo available to purchase for **\$25.00**.

Please contact the office if you are interested.

Volunteering at WES

WES has many opportunities for parents to be volunteers—field trips, hot lunches, in the classroom, etc. There are two necessary requirements that all adults volunteering to be around our students need to complete.

1. Criminal Records Check

—once completed, they are valid with us for five years.

2. Annual Child Abuse Reporting Protocol (CARP)

—this is an annual requirement for ALL staff and volunteers. It is now available to be completed online for your convenience.

Please contact Mrs. Nelson at the office for more information on how to complete these requirements.

(250)342-6640 or nicole.nelson@sd6.bc.ca



**School District
No. 6 Rocky Mountain
2024/2025 School Calendar**

Bell Schedule



September 3
September 23
September 30

October 14
October 25
October 16
November 11
December 16
December 21
January 6
February 17
February 18
March 5
March 10
March 15
March 31
April 18
April 21
April 28
May 19
June 26
June 26
June 27

Schools Open
Non-Instructional Day
National Day for
Truth & Reconciliation
Thanksgiving
Non-Instructional Day
Early Dismissal (12:45)
Remembrance Day
First Formal Report
Christmas Break Starts
School Reopens
Family Day
Non-Instructional Day
Early Dismissal (12:45)
Second Formal Report
Spring Break Starts
School Reopens
Good Friday
Easter Monday
Non-Instructional Day
Victoria Day
Final Report Card
Last Day for Students
Administrative Day
Schools Close

Monday through Thursday:

8:25 Warning Bell
8:28 Classes Begin
10:11 Recess Begins
10:30 Recess Ends
12:00 Lunch Begins
12:20 Lunch Ends (prepare to go out)
12:25 Recess Begins
12:45 Warning Bell (Lunch Ends)
12:49 Classes Begin
2:40 Dismissal

Friday:

8:25 Warning Bell
8:28 Classes Begin
10:35 Recess Begins
10:50 Recess Ends
12:40 Dismissal

Welcome to the clevr login page!

Username
[input field]

Password
[input field]

[Forgot password](#)

Don't have an account in clevr yet?
[Request access here](#)

Have you filled out your Start Up Forms yet?

Visit [clevr™ \(clevrcloud.ca\)](https://clevrcloud.ca) to fill in your forms.

The District has created a [Clevr Guide for Parents/Guardians](#) for your use. If you run into problems, contact your school.

PARKING LOT SAFETY AT WES



Just a friendly reminder that the bus area in front of the school is reserved for **bus drop off and pick up only**.

When dropping off and picking up your child at school, please park on the south side of the fence along the street or pull into the parking lot on the west side of the school.

The driving lane on the east side of the school is reserved for Emergency Vehicles and SD#6 maintenance vehicles **only**.

Please **do not** pull into this lane to pick up or drop off your children as it is also extremely dangerous for our students who use this for a safe walking path as they enter and exit the school grounds.



Thank you

Breakfast Program Update

Welcome back to school and to the WES Breakfast Program! We did a "soft launch" on breakfast program this week and let me tell ya the students found me!! Haha!

It was wonderful to welcome them all back. We are in a new location, at the back of the school by the big swing set. A reminder that everyone is welcome to the Breakfast Program, it runs from 8:15-8:30am Monday through Friday. As always if you have any questions about the breakfast program or need some lunch ideas please reach out to myself.

The next two weeks menu:

Mon Sept 16th- Cheese Buns and a fruit	Mon Sept 23 rd - ProD Day - No school
Tues Sept 17th - Blueberry Pancake Bites and a fruit	Tues Sept 24th - Yogurt Tarts and a fruit
Wed Sept 18th - Breakfast quiches and a fruit	Wed Sept 25th - Breakfast Pizzas and a fruit
Thurs Sept 19th - Bagels and a fruit	Thurs Sept 26th - Croissants and a Fruit
Fri Sept 20th - Muffin and a fruit	Fri Sept 27 th - Muffin and a fruit

Recipe of the week is:

Triple Apple Muffins

Back to School and Apples are the perfect pair! I made these muffins this week and the students seemed to really love them.

Ingredients:

- 1 $\frac{3}{4}$ cup of flour (white, whole wheat or half of each)
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon baking soda
- 1 cup of grated apple (I did unpeeled)
- $\frac{1}{3}$ cup of oil (any mild flavored oil or melted coconut oil)
- 2 eggs, well-beaten
- $\frac{1}{2}$ cup of apple sauce
- 1 $\frac{1}{2}$ teaspoons baking powder
- 1 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 cup of apple chunks ($\frac{1}{4}$ inch in size) (I did unpeeled)
- $\frac{1}{2}$ cup of maple syrup or honey
- $\frac{1}{2}$ cup of plain or vanilla yogurt (full fat if possible)
- 1 teaspoon vanilla

Instructions

1. Preheat the oven to 425F and line 12 muffins cups
2. In a large bowl, mix together the flour, baking powder, baking soda, cinnamon, and salt. Whisk together to combine. Add the grated and cubed apple and mix gently.
3. In a separate medium bowl, combine the oil, maple syrup, yogurt, apple sauce, eggs and vanilla.
4. Stir the wet ingredients into the dry ingredients, folding until incorporated (do not over mix).
5. Scoop into muffin pan.
6. Bake until it is golden brown around the edges and a toothpick inserted in the middle comes out clean, about 20-22 minutes. Place on a cooling rack and store at room temperature in a covered container for up to 5 days or in the freezer for up to 1 month.

Enjoy!

Aldene Atkinson

aldene.atkinson@sd6.bc.ca



Is your child too sick for school?



Deciding when your child is too sick for school is not always an easy decision.

Children should not come to school if they are sick and unable to participate fully in routine activities. If you have questions and concerns about your child's health, talk with a qualified healthcare professional.

Keep children at home if they have:

- a fever, and keep them home for **24** hours after the fever is gone away without the help of medication (see reverse page on how to take a temperature).
- vomiting or diarrhea, and keep them home for **48** hours after the last episode.
- a severe sore throat.
- a rash with no known cause.
- a severe cough especially with other symptoms like a runny nose and headache.
- redness, swelling or discharge of the eyes, ears or skin, unless treated.
- been acting unwell and have little energy to join in school activities.

For questions about your child's health you can:

1. Dial 811 or go to HealthLinkBC.ca to speak with a:

- Registered Nurse 24 hours a day, every day of the year.
- Registered Dietitian every weekday from 9 a.m. to 5 p.m. PST.
- Pharmacist every night from 5 p.m. to 9 a.m. PST every day of the year.

2. Contact an Urgent Care, Walk-in Clinic or Doctor's Office.

- See the reverse page on when to go to the emergency department.



Seasonal Respiratory Illness

In the fall and winter, we can expect to see more respiratory illness. This is an annual occurrence, but there are measures we can all take to prevent illness and manage symptoms while at home. Here is some information that may be helpful: [It's respiratory illness season](#).

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

September 2024

DENTAL HEALTH

Oral Health Tips for the School Year

As the school year begins, it is a great time to encourage students to maintain healthy teeth and gums. Establishing good oral health habits early can benefit them for a lifetime and improve your student's overall health and wellbeing. Below are simple reminders to keep in mind:

- **Encourage Hydration:** Remind students to drink water throughout the day.
- **Limit Snacking:** Advise students to reserve snack for recess and lunch time.
- **Promote Healthy Snack Choices:** Educate students about nutritious snack options.
- **Reinforce Oral Hygiene Habits and Routines:** Emphasize the importance of brushing for 2 minutes, 2 times a day.



IMMUNIZATION

BC Centre for Disease Control CARD System for Vaccination-A Resource for School Immunizations

This year immunizations provided in school will be offered [along side](#) the CARD System. The CARD System, which stands for [comfort](#), [ask](#), [relax](#) and [distract](#), provides strategies students can use before and during the immunization to make the experience more positive. The system includes videos, handouts, and activities students can use to help prepare for immunizations. Information for school staff, parents and students can be found here: [CARD System for Vaccination](#).



LEGAL SUBSTANCES

Seeking new YOUTHWISE members!

The Legal Substances Team is seeking new youth members to join the YOUTHWISE Teen Advisory Council. This group helps to shape and guide youth-focused health and wellbeing services and programs offered in the IH region. The group meets virtually once every 6-8 weeks, and provides a safe space where members are able to share their personal experiences around substance use and other health-related issues. All students aged 13-19 are welcome to join!



Students are paid **\$25/hr** for their participation efforts. Interested teachers, parents, or students can connect with the team at LegalSubstances@interiorhealth.ca for more information.

UBC EPAV Project Opportunity



On Sunday, September 29th from 9:30am-4:30pm, UBC is hosting an in-person workshop in the Kelowna Landmark District for any students in grades 9-12. The purpose of the workshop is to learn about youth experiences around vaping, and will include opportunities to create impactful vaping prevention messaging for social media platforms that could be shared with other students Canada-wide!



Youth who participate will be compensated with a **\$200 gift card**, and will be provided with **lunch, snacks**, along with tons of **prizes** and **swag** on the day. For any questions or to register for the workshop, visit www.epavproject.com, or connect with Dr. Laura Struik (Lead Researcher) at laurastruik@ubc.ca.

SLEEP

Promoting Good Sleep Habits

Summertime provides a wonderful opportunity for families to spend quality time together, taking holidays or enjoying the local parks and community events. It can, however, disrupt sleep routines that can make it difficult when it is time to head back to school. For sleep tips see this [Back to School Sleep Routines](#) resource on the IH Public Website along with other resources under the Sleep section on the website here: [Promoting Health of Children & Youth in School](#).

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 NO SCHOOL	3 First Day of School 8:28-10:45	4	5	6 Pancake Breakfast and Welcome Assembly	7
8	9	10	11 CLASS MEETINGS	12	13 Newsletter	14
15	16	17	18	19	20 WES Terry Fox 12:00	21
22 PAC CARNIVAL 	23 NO SCHOOL Non-Instructional Day	24 SCHOOL WIDE FIELD TRIP -Spirit Trail	25	26 School Photos 	27 Newsletter ORANGE SHIRT DAY	28
29	30 NO SCHOOL National Day for Truth and Reconciliation					