

IMPORTANT DATES



- Oct 14 **NO SCHOOL**
Thanksgiving
- Oct 15 Picture Orders Due
- Oct 16 Early Dismissal
12:45pm
- Oct 24 Interim Reports
- Oct 25 **NO SCHOOL**
Non-Instructional Day

Newsletter



WE ARE A NUT FREE SCHOOL!

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



WES PAC NEWS:

Next PAC Meeting
Monday, Nov 4th
6:30pm
@ 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" OCTOBER 11, 2024

Dear Windermere Elementary School Families,

Tis the season to be grateful and I know staff and students at Windermere Elementary School are grateful for the upcoming long weekend!

Since the beginning of the school year, I have been grateful and appreciative of the WES community. Our students are hardworking, kind, fun, talented and full of energy and enthusiasm for learning. Our staff are committed, hardworking, caring and also enthusiastic about learning. I would like to say a special shout out to our parent community. Thank you for your support and partnership. Thank you for your part in ensuring your child is prepared and ready to learn each day. Thank you for partnering with your child's teacher to support their learning at school and at home. Mostly, thank you for juggling all that you juggle daily and nightly to help your child be the best they can be, academically, socially, physically and mentally.

Best wishes for a connected, fun long weekend with family and friends!

Sincerely,

Keri Gust
Principal, Windermere Elementary School
SD6



Monday, November 4th, 2024

The grade 2 and 3 classes took their learning outside to explore the local landforms. They hiked the Hoodoos and learned about erosion and how the Hoodoos were formed over time.

Can you spot Ms. Habart and Mrs. Stimming's classes?



Breakfast Program Update

Hello and happy Friday! Our new freezer arrived at the school this week so we celebrated with smoothies!! It makes me smile to see all the smoothie moustaches walking around the school all day!

The next two weeks menu:

Mon Oct 14th - <i>Thanksgiving - no school</i>	Mon Oct 21st - Marvelous Muffin Monday and a fruit
Tues Oct 15 th - Muffins and a fruit	Tues Oct 22nd - Breakfast Wraps and a fruit
Wed Oct 16 th - Yogurt Tarts and a fruit	Wed Oct 23rd -Nut Free Energy Balls and a fruit
Thurs Oct 17 th - Bagels and a fruit	Thurs Oct 24 th - Quiches and a fruit
Fri Oct 18th - Smoothies	Fri Oct 25th - Smoothies

Recipe of the week is:

Nut Free Energy Balls

I have been testing out recipes without nuts and these were a big hit with the students!

2.5 cups of old fashion rolled oats

3 tbsp. flaxseed (ground/meal)

¼ tsp. salt

1 cup sunflower butter

½ cup maple syrup

3 tsp. Vanilla extract

Fun Mixins:

¼ cup mini m&m's or mini chocolate chips

¼ cup sunflower seeds

¼ cup raisins and craisins

¼ cup of coconut

1. In a large bowl add oats, ground flaxseeds, and salt. Mix.
2. Stir in sunflower butter, maple syrup, and vanilla and stir very well into a sticky dough.
3. Fold in mix-ins - dough should be sticky (if not add 1-2 tbsp of water)
4. Refrigerate the batter for 10-15 minutes. (it makes it easier to roll)
5. Slightly oil your hands, scoop out a tbsp of dough and roll into a ball.

Place the oatmeal balls in a parchment lined container and store in the refrigerator until ready to eat. (stores for one week in fridge or one month in freezer)

Enjoy!

Aldene Atkinson

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

October 2024



MENTAL HEALTH

ADHD Education Day (virtual) Hosted By The Provincial ADHD Clinic

Friday, October 18, 2024 – 9:00 am to 3:00 pm
via Zoom Videoconferencing

To attend Virtually, register via Zoom:

https://phsa.zoom.us/webinar/register/WN_TTUM8b_IOPyNwMpjJ42Hq

You must register to attend virtually. Registration is FREE.

Please Contact Joerg Taylor-Philippin at adhdc@cw.bc.ca
or 604-875-2345 (ext. 2081) if you have any questions.

PHYSICAL LITERACY

Learning Resources and Education Opportunities

Land-Based Fitness with Alana Cook (webinar October 22, 2024 at 10am)

Land-based fitness is a blueprint for using Land-based exercise and holistic teachings to connect to traditional activities, improve health, and explore the world around us. This workshop is for everyone who would like to learn more ways to enjoy functional (and fun!) movement. Wear comfortable clothing as we will be moving our bodies with this webinar! Even if you can't attend, register to receive the recording so you can follow along later!



RISE Individual Grant

RISE Grants support ALL Children and Youth in and out of Care (under the age of 27) who wish to participate in a sport, physical activity, recreation, and/or cultural program opportunity. Up to \$1000 per calendar year can be put towards program cost, equipment and travel.
Application Deadline: Ongoing

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 PAC Mtg 6:30pm	8	9	10	11 Newsletter	12
13	14 NO SCHOOL 	15 Picture Orders Due	16 EARLY DISMISSAL 12:45PM	17	18	19
20	21	22	23	24 Interim Reports	25 NO SCHOOL Non-Instructional Day Newsletter	26
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