



EKOlogy **Newsletter** September 10, 2019



Our First Week

We have had a very successful first few days with our students! They are settling in with classroom and outdoor expectations very well. It is clear that they are keen and ready to learn and grow. And we are excited about the possibilities for learning in the year ahead

Important Dates!!!

Thursday September 12th

Family Open House

6:00 – 7:30pm

Monday September 16th

Orange Shirt Orders Due

Tuesday September 17th

Individual Photo Day

Wednesday September 18th

Hot Lunch Orders Due

Thursday September 19th

PAC Meeting 5:30

Friday September 21st

Terry Fox Run

Friday September 27th

Orange Shirt Day

Monday September 30th

Professional Development Day

School is not in session

October

Friday October 11th

Photo Retakes

Turkey Trot

Monday October 14th

Thanksgiving

Schools are closed



Outdoor Clothing

After yesterday's sudden rain, it was clear that most of our students were dressed and ready for the wet and muddy weather. This will be the norm for our outdoor time for many months to come. Please ensure that your children come to school every day with the following:

Rain coats and pants or a "muddy buddy" all in one rain suit

Tall rain boots

Gloves

Hat

Indoor shoes (suitable for gym)

Your child should keep a change of indoor clothing in a small bag at school: pants, socks, shirt, underwear.

Family Open House

Parents and guardians, please bring your children to our open house this **Thursday, September 12** between **6:00-7:30 p.m.** This is an informal get together to meet your child's teacher, see their school and classroom and get an initial sense of what goes on in our day. It is also an opportunity to meet your child's classmates and other parents in the school.

PAC Meeting

On Thursday, **September 19 at 5:30 p.m.** all parents and guardians are welcome to join us for our first PAC meeting of the year. Come and join a wonderful group of parents who work together to be involved in the events at our school. From fundraising to event planning to hearing updates about the school and its programs, the PAC meetings are a great way to feel connected to the school.



1 - Terry Fox Run

Terry Fox Run

On Friday, **September 20** is our annual Terry Fox Run. We will have a warm-up outside at **1:30 p.m.** and then begin our run around the field in tribute to Terry's marathon of hope in support of cancer research. Families are welcome to join us in the run. Pledge forms will be sent home. If you wish to donate, you may send cash or cheques (Made out to The Terry Fox Foundation) in an envelope or submit your donation online.

Orange Shirt Day

On **Friday, September 27**, children are invited to wear an orange shirt in solidarity for all children to learn and for awareness of residential schools. Order forms were sent home last week.



Snacks and Lunches

In our efforts to encourage healthy eating, we ask that parents provide healthy lunches and snacks for their children that fit the new **Canada Food Guide** (<https://food-guide.canada.ca/en/>) with its emphasis on vegetables and fruit making up half our daily intake. Many parents in our school pack lunches in a variety of small, **washable containers** or in containers with compartments for small quantities of food. Parents and their children can work together the night before school to pack healthy foods you know they will eat. Children tend to like things such as carrots, apple slices, cucumbers, broccoli, baby tomatoes, cubes of cheese or meat, pita and hummus, etc. Packing this way reduces plastic waste and makes eating lots of fun. It allows the children to see exactly what is in their lunch so they can make choices about what to eat.

We ask parents to **avoid** packing **sweets and sugary treats**. Instead, aim for homemade or low sugar baked goods. Children learn best with regular, healthy low sugar snacks to regulate their energy and learning potential. Ensure that your child has a clean **refillable water bottle** instead of juice or sweet drinks. They can refill their bottles with our filtered water in the classrooms.



Birthdays

The staff and the PAC ask that parents do not bring cupcakes, donuts, etc. for birthdays. If you feel a need to mark this day, consider other ways to celebrate: packets of birdseed or wildflower seeds, pencils, handmade cards, class tools everyone in the class can enjoy such as magnifying glasses, a special book, a game or puzzle, etc.

If you are planning a birthday party, please consider inviting all students in the class by parent email or send invitations privately so children don't feel left out.



Fraser Health

For more ideas for keeping your family healthy, here is a back to school health guide from Fraser Health that promises: “Everything you need to know to tackle back to school anxiety, lunches, sleep habits, and after-school activities.”

<https://www.fraserhealth.ca/health-topics-a-to-z/school-health/your-healthy-back-to-school-guide#.XXFWHpOpFAY>



Toys

Please **keep toys at home**. We want children to play with each other and in nature. We have had several problems with children getting upset with toy and card trading. If you wish your child to play with toys or cards, consider asking a friend over for a play date.