

HEFFLEY CREEK ELEMENTARY SCHOOL

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Mike Johnson – Principal

Angela Pinette - Secretary



SCHOOL CALENDAR

Nov 2	Green Thumb Theatre
Nov 9	Remembrance Day Assembly
Nov 12	Remembrance Day Stat – NO SCHOOL
Nov 16	Come Read With Me
Dec 3	Pro D day – NO SCHOOL
Dec 14	Report Cards go Home
Dec 18	Christmas Concert
Dec 21	Last Day of Classes
Dec 24 – Jan 4	Christmas Break
Jan 7	Back to School

evening to read to your children. If you are looking for strategies in how to best support your child with reading, we will be having a “Come Read With Me” session on November 16th. Fiona Claire, Literacy Outreach Coordinator for Literacy in Kamloops, will be coming to present on strategies to support your young reader at home. This is open for all parents, even if you attended last year. I hope that you will be able to attend!



PRINCIPAL’S MESSAGE

It has been a busy month full of learning in October. The students are all working hard and we are seeing some fantastic gains with the students. I want to thank all of the parents who have helped out in various roles throughout the year. A small, community school like ours values all of the support you give us. The students have enjoyed all of the various activities that they have taken part in including the salmon run, pumpkin carving, music Thursdays, and the WITS program to name a few. I have enjoyed going into the classroom and seeing all of the excellent effort the students are putting into their work and how hard they are trying to improve, learn and grow.

One of our main school learning goals this year is literacy. A great way to improve literacy in our children is to read with them and to them every day. We encourage you to spend 15-20 minutes an

Finally, as the weather gets colder out, please ensure students come prepared with a warm jacket, toque and gloves, as well as indoor shoes. We encourage students to be outside in the fresh air during recess and lunch, but it is important they come prepared for it.

REMEMBRANCE DAY

Our assembly will be held on November 9th at 10:40 am. Parents are welcome to come and join us for this important assembly. This is a

somber assembly. We ask that parents and students do not clap after the performances.



LEST WE FORGET

ATTENDANCE

Heffley Creek has a Safe Arrival program. Rather than contacting the teacher to report your child's absence, please use one of three methods provided BEFORE 8:30am. You can report via a free, downloadable app, or through the Web, or by a toll-free phone number. If you need more information, please contact Angela Pinette in the office. It's free and it's easy. PLEASE report to the Safe Arrival Program AND your child's teacher absences that are more than one day. Teachers would like to know if a student will be away for a period of time. Thank you for your cooperation.



COME READ WITH ME

SAVE the DATE: Come Read With Me will be held on Friday, November 16th, from

8:15 am- 10:00 am. This parent/child session is to give parents the opportunity to learn positive reading strategies to help their child at home. A handbook for



parents "Reading Success at Home" is used. Parents practise the strategies with their child in the classroom before leaving.

Students/parents will be given a book at the end of the session. Invitations will be coming home soon. All students and parents are invited to attend this session.

WEATHER CONDITIONS

As the weather continues to get colder, please ensure that your child has appropriate clothing and footwear for outside. Gloves, toques and snow pants become a necessity when the snow starts to fall. We really want to do our

best to keep the classrooms dry, so we ask all students to have a pair of inside shoes which will not go outside.



As well, they are to take all outside gear off before they come into the classroom. This helps us to keep our school cleaner and safer.

SCHOOL FUNDRAISER

We are fundraising with Purdys Chocolatier! This program gives 25% of the sales back to the school. Purdys chocolates are made fresh in Vancouver from 100% sustainable cocoa. They have a great selection of chocolate gifts so you can help us out while you get your Christmas shopping done. Orders are **DUE** back to the teacher by **Monday, November 19th**. Cheques are payable to Heffley Creek Elementary. Orders will be ready for pick up by parents from the school on Wednesday, November 28th.

To order online, visit:

<https://fundraising.purdys.com/813541>

The campaign name is Heffley Creek Elementary School and the campaign number is: 813541.

Thank you for your support!



FROM THE LIBRARY

Mrs. Pitkeathly would like to begin a "Give One – Take One DVD" exchange program. If your child has a DVD that they are tired of watching and the family is willing to donate it for the exchange program, bring in the DVD and your child could exchange it for another. Please be sure the DVD is in reasonable condition. General (G) ratings only please.

CHRISTMAS CONCERT

The Christmas concert will be on Tuesday, December 18th, at 6:00 pm. The students will present a few songs followed by a group sing-along. A few treats and hot chocolate will be served after allowing us the opportunity to visit old friends and make new ones. We look forward to seeing you there!



MRS. PANKEWICH'S CORNER

Thank you to all the family members who came along on the salmon run field trip to the Adam's River. Their support was greatly appreciated and helped us all to have a fantastic visit and learn more about the life cycle of the salmon.



We recently dried a collection of apples to save for a healthy snack on those cold, winter days. Yum yum! The food dehydrator worked so well for this.

Halloween was a full day of fun. The students wore their costumes and participated in activities in the library with Mrs. Pitkeathly. Later in the morning, family members came and helped with carving pumpkins. Each student was able to design and carve their own and then bring it home to share with the family. In the afternoon, Mrs. Harilstad brought in special cookies for the students to decorate with icing and other goodies.

A huge thank you to the PAC for their support of our classroom activities. Because of their fundraising, we have been able to enjoy the bus to the Adam's River, the food dehydrator, and the huge pile of carving pumpkins.

After School PICK UP & BUSSING

Please make notes in your child's agenda about anything that the teacher or school needs to know, or updates that we need to be made aware of.



This is especially important if after school pick up routines have changed. We must be informed.

If you forget, please phone the school to inform Mrs. Pinette. Emails to Mrs. Pankewich might not be read until after it is too late.

It is our duty to ensure your child is being sent home safely and with the correct person. We can only do this if we know who/how they are to be sent home. If your child busses home, please speak with your child if their sibling's plans are different that day. This helps the student to understand how they are getting home and why they are alone on the bus.

Confusion at the end of the day regarding bussing delays the bus driver's departure and affects the schedule of many students and staff at Heffley and Rayleigh. Thank you for your cooperation.

AGENDAS

The teachers spend time each day, as does your child, printing in notes that you **need to read**, about homework and notices that need to be returned.

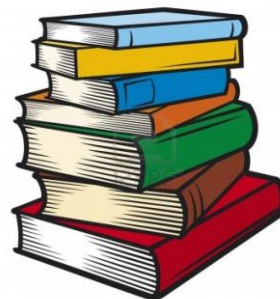
This is a part of our everyday routine, as well as printing practice. By reading this, you are demonstrating to your child that you value this message and his/her printed efforts.

Grade 1-2 parents, please initial that your child has completed the word sort job and home reading **and return both the home-reading and word sort packages** daily.

We use these as a part of our classroom work each day. Without it, your child is missing a large piece of classroom continuity in his/her learning.

BOOKMOBILE

If you haven't checked it out yet, the new bookmobile is up and running and worth taking a visit. What a wonderful opportunity for the students and younger siblings to pick up books. The bookmobile will be at the Heffley Creek Hall every Wednesday from 2:15-3:15 until Dec. 19th. It is also in Rayleigh at Rae-Mor Park on Wednesdays from 1-2:00. On Fridays, Nov. 16th, and Dec. 7th, it will visit Heffley Lake Rd. & Tod Mtn. Rd. from 12-12:30 and Whitecroft Village from 12:45-1:30. Happy reading!





Severe Allergic Reactions to Food Children and Teens

What is a severe allergic reaction to a food?

An allergic reaction occurs when a person's immune system treats a protein (an allergen) in a food as harmful. Some children with food allergy are at risk of having a severe allergic reaction. A severe allergic reaction is very serious. It is also called anaphylaxis (an-nah-fil-axe-is). It often happens quickly and can cause death if not treated.

If you are not sure whether your child is at risk of a severe allergic reaction, ask your child's health care provider. Children and teens at risk of a severe allergic reaction should also see a pediatric allergist. If your child is at risk, ask your child's health care provider to write an *Anaphylaxis Emergency Plan* that explains what to do in case of an allergic reaction. To get a blank copy of an *Anaphylaxis Emergency Plan*, visit Canadian Society of Allergy and Clinical Immunology <http://csaci.ca/patient-school-resources/>.

What are the symptoms of a severe allergic reaction?

Symptoms of a severe allergic reaction can start within minutes of eating or being exposed to a food but usually occur within 2 hours. Do not ignore early symptoms. When a reaction begins, it is important to respond right away.

Symptoms can vary from person to person. The same person may have different symptoms each time and include any of the following:

- **Skin:** hives, swelling (including of the throat, tongue, lips or face), itching, warmth, redness, rash, pale or blue coloured skin
- **Breathing:** coughing, wheezing, shortness of breath, chest pain or tightness, throat tightness, hoarse voice, nasal congestion or hay fever-like symptoms (such as runny, itchy nose, watery eyes and sneezing), trouble swallowing

- **Stomach:** vomiting, nausea, abdominal pain or diarrhea
- **Heart:** weak pulse, feeling faint, dizzy or lightheaded, passing out
- **Other:** anxiety, headache, metallic taste, or uterine cramps in teenage girls

A severe reaction can take place without hives.

Children and teens that have asthma are at increased risk of breathing difficulties during a severe allergic reaction. If your child has asthma, make sure it is well controlled. For more information, visit About Kids Health

www.aboutkidshealth.ca/En/ResourceCentres/Asthma/ControllingYourChildsAsthma/Pages/default.aspx.

How is a severe allergic reaction treated?

When a severe allergic reaction begins, it is important to respond right away. Do not wait. Treat it with the medication called epinephrine (eh-puh- NEH-fren). Epinephrine will not cause harm to your child if it is given unnecessarily.

Epinephrine comes in a pre-loaded syringe called an auto-injector. Epinephrine helps reverse the symptoms of the allergic reaction and can save your child's life.

Steps for treating a severe allergic reaction

1. Use the auto-injector right away. Give the shot of epinephrine into the muscle of the outer-mid thigh, through clothing if necessary.
2. Call **9-1-1** or the local emergency number.
3. Lie your child down with their legs raised slightly. If they are nauseated or vomiting, they should lie on their side. Keep them lying down. Do not make them sit or stand up. If they are having difficulty breathing, let them sit up.

4. Do not leave your child alone.
5. If your child's symptoms do not get better or come back, give a second dose of epinephrine within 5 to 15 minutes after the first injection.
6. Ensure your child gets to a hospital.

The above section has been adapted from: Anaphylaxis in Schools and Other Settings, Copyright 2005-2015 [Canadian Society of Allergy and Clinical Immunology](#).

What can I do to help my child with a severe food allergy stay safe?

Consider having your child wear MedicAlert® identification.

Help your child avoid their food allergens. Eating even a very small amount can trigger a severe allergic reaction.

- Learn how to recognize your child's food allergens on food labels. For information, visit Canadian Food Inspection Agency www.inspection.gc.ca/food/information-for-consumers/fact-sheets-and-infographics/food-allergies/eng/1332442914456/1332442980290
- Encourage everyone to wash their hands before and after eating. Help young children to wash their hands.
- Wash kitchen equipment and surfaces before preparing foods. Use clean dishes and utensils each time you serve a different food and clean all eating surfaces well after meals and snacks.

How can I prepare my child for school or child care?

- Give child care staff a copy of your child's *Anaphylaxis Emergency Plan*.
- Provide written consent for staff to give your child epinephrine when needed. Do not sign anything that releases the facility of responsibility if epinephrine is not given.
- Give staff an epinephrine auto-injector for your child. Ask that it be kept in a secure, unlocked place that is easy to access. Provide a new one before the expiry date.

- Epinephrine auto-injectors are prescribed based on body weight. As your child grows, check with your child's health care provider to ensure you have the correct epinephrine auto-injector for their weight. For more information visit Canadian Paediatric Society www.cps.ca/documents/position/emergency-treatment-anaphylaxis.
- Update staff on your child's *Anaphylaxis Emergency Plan* as food allergies change.

As your child matures, they can learn to take some responsibility for their safety. When your child is ready, teach them:

- To carry their own epinephrine auto-injector. Most can do this by 6 or 7 years of age. It should not be kept in a school locker.
- How to give themselves epinephrine.
- How to avoid their food allergens. When your child is very young you can teach them to talk to you before accepting food from others.
- To avoid sharing eating utensils and napkins.
- To avoid putting objects, such as pencils, in their mouth.
- To tell someone if they think they are having an allergic reaction. To tell their friends about their food allergy and where they keep their epinephrine auto-injector.

For More Information

If you have questions about food allergies, call **8-1-1** to speak with a registered dietitian.

For more information about understanding and managing anaphylaxis, visit:

- Food Allergy Canada <http://foodallergycanada.ca/>
- HealthLinkBC File #100c Allergy Safe Child Care Facilities

For more HealthLinkBC File topics, visit www.HealthLinkBC.ca/healthfiles or your local public health unit. For non-emergency health information and advice in B.C. visit www.HealthLinkBC.ca or call **8-1-1** (toll-free). For deaf and hearing-impaired assistance, call **7-1-1**. Translation services are available in more than 130 languages on request.



October 15, 2018

EDUCATION TOPIC

Best friends **Akira Susanj** (grade 7) and **Alexander Teague** (grade 6) were joined by their Principal, **Krista Halland**, at Savona Elementary to highlight the many programs the school has incorporated to support hands-on learning, including Maker Space, and a Science Technology, Engineering and Math (STEM) program. The boys reported that their school is also into its first year of BOKS Kids, a free before school program aimed to improve students' physical, mental and social health through movement.

REPORTS FROM SUPERINTENDENTS OF SCHOOLS

School Learning Plans

The schools learning plans have been reviewed by senior staff and presented to the Board. The Board was unanimous in approving the plans and commended school principals and teachers for the tremendous amount of thought that went into developing strategies that improve numeracy. They also commented on the plans' comprehensiveness and how clearly aligned the plans were with the strategic priorities.

Enrolment Update

The final enrolment numbers are complete and were reported to the Ministry of Education on September 28, 2018 showing continued growth. There are an additional 208 students in grades 1 to 7, and an extra 77 in secondary for a net increase of 233 students across the District. The vast majority of new students came from families who are moving to Kamloops from other parts of the province.

REPORTS FROM SECRETARY-TREASURER

SD73 Business Company Reserve

Management fees paid to the district from its business company (SD73BC) have generated a reserve fund of \$485,872. Staff will come back to the board with a clear process and guidelines for how Parent Advisory Groups (PACs) may apply for a grant from these funds for recreational projects in support of students. Some of the ideas suggested included supports for new playgrounds and sport uniforms.

TRUSTEE REPORTS

The last few weeks have been busy for all trustees. Events attended included Raise-A-Reader, Orange Shirt Day, and the United Way Campaign kick-off. **Chair Wade** and **Superintendent Sidow** also attended the Premier's Awards for Excellence in Education to recognize **Maymie Tegart** from Blue Rive Elementary as Outstanding New Teacher. **Trustee Kershaw** raised the issue of grade 7s not being able to be part of the grade 8 volleyball and basketball teams in rural communities where schools do not follow the traditional grade configurations. **Assistant Superintendent Hamblett** is working with BC School Sports to determine if a policy change is a possible.



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October 29, 2018

EDUCATION TOPIC

Two staff members, **Sylvain Menard** and **Darren Coates**, from Clearwater Secondary reported on an inquiry project funded by a grant from the Board of Education. The inquiry looked at how a micro-credential system can help students in self-assessment of Core Competencies. The project involved developing language to describe three levels of achievement in each of the Core Competencies that students could use as a yardstick. Students used the website to gather evidence and reflect in preparation for a panel interview with three adults. The school devoted a week to hands on activities to help students engage in experiences that would lead to growth in the Core Competencies. Students worked on one project for the entire week which allowed for projects that would not typically fit in an 80-minute class. Students wrote short stories, produced their own play, installed a disc golf course, and earned certifications allowing them to work during the summer fighting wildfires.

REPORTS FROM SUPERINTENDENTS OF SCHOOLS

CommunityLINK

A CommunityLINK update was provided by Director **Trish Smillie** outlining the allocation of the \$1,582,336 funds designated for vulnerable learners by the Ministry of Education. Programs funded by CommunityLINK include before and after school care, social groups, academic intervention and resource rooms. More than \$1.15M of the budget is allocated for staffing positions that address child and youth mental health supports.

Task Force on School Safety

An advisory committee will undertake the work set out by the Superintendent's Task Force on School Safety. Representatives include a member from each of the stakeholder groups who will provide feedback to the District's response to the seven recommendations and will be complete by end of April 2019. **Michelle Marginet** has been asked to chair the Committee. The Ministry of Education and the Office of the Ombudsperson have reached out to SD73 to learn more about how we are addressing this critical issue.

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District Learning Plan

A draft of the District Learning Plan was presented by Director **Lisa Carson**. The plan draws on the work of School Learning Plans and aligns with the three strategic priorities addressing education. It is designed to extend student thinking through a focus on critical thinking, creativity and the foundational skills of literacy and numeracy. The goals of the Plan are to improve our graduation rate from 85% to 90%; reach parity between Aboriginal and non-Aboriginal graduation rates and have 70% of our students “on track” or “extending” in numeracy for grades 4 and 7.

Westmount Elementary Consultation

Assistant Superintendent **Rob Schoen** recommended the Board move forward with a public consultation regarding the future of Westwold Elementary School. The public meeting will be held Nov.22 at 7 pm at Westwold Elementary. Interested parties are invited to submit comments and petitions regarding the possible closure of the school which currently has no students enrolled.

Enrolment Finalization

As of September 28, 2018, there are 14,405 students enrolled in SD73. This is approximately 171 more students over last year. Enrollment growth has been modest but steady over the last 5 years with an approximate increase of 500 students since 2013.

Grade 7 Students playing on Grade 8 Teams

Concerns raised regarding grade 7 students losing opportunities to play because of the configuration of schools in rural communities (grades 7 – 12) may be addressed at the BC School Sports AGM on April 26 and 27, 2019. An amendment allowing schools with less than 350 students to have some flexibility with regard to the age of players making up a team will be presented.

REPORTS FROM THE CHAIR

Trustees' Goodbye

October 29 marked the last Board of Education meeting for Trustees **Denise Harper**, **Joan Cowden** and **Gerald Watson**. Between them they served the board for 51 years. Joan Cowden became a trustee in 2008, after she had retired from her 35-year teaching career. Gerald Watson was first elected in 2002 and has served as vice-chair for the last two years. Denise Harper was a trustee for more than 25 years and spent 7 years as board chair. Chair **Meghan Wade** thanked each of them for their years of service and wished them all the best in their retirements and future endeavours.