

# HEFFLEY CREEK ELEMENTARY SCHOOL

7020 Old Hwy 5 Kamloops, BC • Mailing Address: c/o HGEC, 245 Kitchener Cres, Kamloops BC V2B 1B9  
Phone: (250) 578-7227 • Fax: (250) 377-2223

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Dear Parent/Guardians,

Welcome back to another school year. I am excited to be back and am looking forward to a fun, valuable year and hope your children are as well. The following newsletter provides information on the coming year, but if you have any questions, please don't hesitate to call the office at 250-578-7227 or stop by. I will be at Heffley on Tuesday afternoons and Fridays this year.

Sincerely,

Mike Johnson, Principal

## **Staff**

A welcome back to all of our returning staff, as well as Angela Pinette, who will be our secretary this year. Please feel free to drop by and say hello.

Mike Johnson	Principal/Prep
Noreen Pankewich	K- Gr. 1
Kristin Glassel	Gr. 2-3
Angela Pinette	Secretary
Maria Moustos	Custodian
Tammy Pitkeathly	Certified Education Assistant
Boyd Gottfriedson	Aboriginal Education worker

## **School Fees**

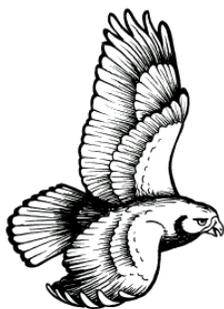
A notice to collect school fees will be sent out later in the week. Please return the forms by September 12<sup>th</sup> and have fees in by September 28<sup>th</sup>. Fees cover the expense of school supplies as well as a concert series for our students.

## **Verification Reports and other Permission Forms**

The school district requires parents to update Student Verification Records on a yearly basis. Along with this document, a *permission for personal information consent*, an *Outside Media in Schools*, and a *Student Use of District Technology resources* form and a permission slip for local activities done throughout the community are attached to this newsletter and need to be signed. **Please return these forms to the school no later than September 12<sup>th</sup>.**

## **Bell Schedule**

Class Starts:	8:30
Start of Recess Break	10:15
End of Recess:	10:30
Start of Lunch	12:00
Warning bell	12:55
End of Lunch	1:00
End of Day	2:30



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## **Parent Involvement and Parent Advisory Council**

There are several ways in which you can be an active parent at Heffley Creek Elementary. Our Parent Advisory Council meets on a regular basis and the meeting dates are published in the school newsletters. We will send out a notice as to when the first meeting will be held. Please feel free to attend.

Many people volunteer in our school. Their involvement is greatly appreciated and allows us to expand our programs and to support children in ways that we otherwise would not be able to do. Whenever parents are in the school, we emphasize the importance of confidentiality. Records and personal information are confidential and we expect our parents to respect that. Regular volunteers are required to sign a volunteer agreement, and all visitors to the school must sign in at the office.

## **Photo Day**

PHOTO DAY – September 25th: Prior to photo day, a brochure will be sent home with students advertising the photo date and other important details. After photo day each student photographed will receive a proof to place their order. No payment is due at the camera.

## **Indoor Shoes**

Students NEED “indoor” shoes at school. This will be particularly important once the weather becomes cooler and wetter and the ground becomes muddy. In addition, athletic shoes with non-marking soles are required for PE during the fall and spring (Please, no flip flop or open toe shoes). We will be regularly walking around the community. It will be very important for the students to have proper attire for these outings.

## **Medical Policy**

Please contact the school if your child has any health issues or potentially life-threatening conditions that we need to be made aware of. No medications (prescription or non-prescription) are to be administered by school district employees without prior written consent of the parent/guardian and doctors must sign a Request for Administration of Medication at School form which includes written medical advice from a physician. This form must be renewed/resigned each school year. For more information, please see District policies 1006.1 and 1006.2 at [www.sd73.bc.ca](http://www.sd73.bc.ca).

## **Student Safe Arrival**

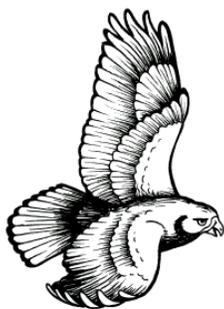
What is SafeArrival?

SafeArrival is an absence management system that improves student safety and makes it easy for you to let the school know about your child’s absence.

You are asked to report your child’s absence in advance whenever possible using one of these convenient methods:

### 1. SchoolMessenger app (free)

- If you haven’t already provided your email address to the school, please do so.
- Get the app from the Apple App Store or the Google Play Store (or from the links at [go.schoolmessenger.ca](http://go.schoolmessenger.ca)).
- Tap “Sign Up” to create your account.
- Select “Attendance” from the menu, and then select “Report an Absence”.



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## 2. Web and Mobile Web: [go.schoolmessenger.ca](http://go.schoolmessenger.ca)

- If you haven't already provided your email address to the school, please do so.
- Go to the website.
- Click "Sign Up" to create your account.
- Select "Attendance" from the menu, then select "Report an Absence".

## 3. Interactive Toll-free Phone ([1-844-350-2647](tel:1-844-350-2647))

- Call the toll-free, interactive telephone system.
- Follow the instructions to report an absence.

Absences can be reported in advance:

- 24 hours/day
- 7 days a week
- For any school day in the school term
- Up to the cut-off time on the day of the absence
- Including multiple day absences

Whenever an absence is reported or updated, you will receive a confirmation notice by email and/or text message (assuming you have provided your contact information to the school).

If you don't report your child's absence in advance, the automated notification system will try to contact you (using the communication preferences if you have set them up in the SchoolMessenger app). This may include push notifications to the app, email, SMS text message, phone calls. You will be asked to provide the reason for your child's absence immediately. You may do so using the phone line, website or mobile app.

*If you try to explain an absence using SafeArrival, but are then told that it is past the cut-off time. Please contact Angela Pinette, the Secretary, directly at 250-578-7227.*

### **Supervision:**

Occasionally we will need coverage for supervision at lunchtime; in the morning for bus supervision or after school. If you are able to help cover, can you please let Angela know at the office.

### **Important dates to note**

September 4: First day of school for students in Gr 1-7

September 21: Pro-D Day; School not in session

September 25: School Photos

September 28: Terry Fox Run/Orange Shirt Day

October 8: Thanksgiving

October 17: Parent/Teacher Interviews

October 19: Pro-D Day; School not in session

November 12: No school in honour of Remembrance day

December 3: Pro-D Day; School not in session

December 14: Report Cards go home

December 21: Last day before Christmas Break



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## Things To Tell the Teacher

What can you tell a teacher that will help him or her do their job better?

Students do best when parents and teachers work together as partners. Not sure where to start?

### Health conditions

If your child is diabetic, uses an inhaler, is allergic to peanuts, or has a serious health condition, her teacher should know. It's also helpful to let the teacher know whether your child has been diagnosed with conditions like ADHD, which may affect behaviour and concentration.

### Family issues

Fill in the teacher if your family is going through a major change that could affect your child, such as a divorce, a death in the family, or a move.

### Personality traits or behavior issues

Maybe your son is painfully shy and is worried about making friends at a new school.

### Strengths and weaknesses

If you tell teachers these things up front, they will have more time to help your children

improve in the areas they need it most.

### Learning style

If your child learns better through hands-on activities than through listening to explanations, mention that to his teacher. Also share any teaching strategies that you've found work well with your child.

### Study habits

Tell teachers about your children's study habits and any issues they face in completing the work. Teachers often can offer suggestions to make homework time go more smoothly.

### Special interests

Let the teacher know that your young son loves a particular comic book superhero and that your middle school daughter is a gifted painter.

Emily Graham is a senior editor for School Family Media.

[http://www.canadianliving.com/health/mind\\_and\\_spirit/8\\_back\\_to\\_s](http://www.canadianliving.com/health/mind_and_spirit/8_back_to_s)



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## Overcoming Anxiety

### Let your children know you care

If your child is anxious about school, send personal notes in the lunch box or book bag.

### Reinforce the ability to cope

Children absorb their parent's anxiety, so model optimism and confidence for your child. Let your child know that it is natural to be a little nervous anytime you start something new but that your child will be just fine once he or she becomes familiar with classmates, the teacher, and school routine.

### Do not overreact

If the first few days are a little rough, try not to overreact. Young children in particular may experience separation anxiety or shyness initially but teachers are trained to help them adjust. If you drop them off, try not to linger. Reassure them that you love them, will think of them during the day, and will be back.

### Remain calm and positive

Acknowledge anxiety over a bad experience the previous year. Children who had a difficult time academically or socially or were teased or bullied may be more fearful or reluctant to return to school. If you

have not yet done so, share your child's concern with the school and confirm that the problem has been addressed.

### Reinforce your child's ability to cope

Give your child a few strategies to manage a difficult situation on his or her own. But encourage your child to tell you or the teacher if the problem persists. Maintain open lines of communication with the school.

### Arrange play dates

Try to arrange get-togethers with some of your child's classmates before school starts and during the first weeks of schools to help your child re-establish positive social relationships with peers.

### Plan to volunteer in the classroom

If possible, plan to volunteer in the classroom at least periodically throughout the year. Doing so helps your child understand that school and family life are linked and that you care about the learning experience.

[http://www.nasponline.org/resources/home\\_school/b2s\\_handout.aspx](http://www.nasponline.org/resources/home_school/b2s_handout.aspx)

### Here are a few final tips for a fantastic school year

- Get enough sleep.
- Eat a healthy breakfast.
- Try your best.
- Use good work habits.
- Take your time with school work.
- Ask the teacher for help.
- Keep a sense of humor.

[www.kidshealth.com](http://www.kidshealth.com)