



ÉCOLE PAULINE HAARER

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MESSAGE DE LA DIRECTRICE

We have had a fast start-up with thanks to everyone for your energetic contributions!

- Our kindergarten students are enjoying the kinder park (thanks to Mike's creative log work) and feeling confident on the playground with a little help from our amazing grade 6 volunteers and our grade 7 playground helpers and Michelle.
- Our students, staff and volunteers had an opportunity to test their grit for the second year in our rainy Terry Fox Walk. Thanks to Constable Misty (our school liaison officer) for organizing behind the scenes and to the Constables for stopping traffic.
- Brent and Joris have started up the coding and robotics club after school Mondays.
- Our dedicated team of parents and over 70 runners are preparing to run at the upcoming zone and district meets; we are hosting the small schools zone meet.
- The boys and girls football teams are benefiting from trio coaching by Brian, Brent and Jim (with help from Rhett).
- Our garden is still looking a bit sad. It needs the boardwalk replaced or removed and the gazebo needs a new plan. Ideas and helpers are welcome – we are just waiting for some feedback from the district first! Thanks to Amber, Catherine, and Fortis we have a water container and extra supplies for our emergency kiosk.
- Grade 4-7 students have been busy helping with many of our start up routines and our student council is bringing student voice to the activities in our school.

Thank you all for such a great beginning to our collaborative learning adventures!

Karina Younk, Principal

PARENT-TEACHER INTERVIEWS

We will dismiss students early **Monday through Thursday at 1:32 pm, Oct. 16-19** for parent-teacher interviews. Beginning Tuesday, October 10th, teachers will have sign-up sheets outside their classrooms. Please choose an appointment that works best for you and your family. If you cannot find a time that suits your needs, please contact the teacher directly to arrange an alternate time.

150^e ANNIVERSAIRE ET PARTICIPATION

The ParticipACTION 150 Play List is inviting the community of Nanaimo to get outside and get active with us at Maffeo Sutton Park, October 5th. The [150 Play List](#) is the ultimate list of all the physical activities that make us Canadian; it was created by a country-wide voting and submission process. The physical activities include things like hula hoop, stick pull and badminton – we can't wait to see how many we can do!

Thursday, October 5 from 11am – 5pm, the ParticipACTION 150 Play List team will be at Maffeo Sutton, challenging students and families to get active by trying out a selection of activities from the 150 Play List. The activities at the park include:

- Kayaking (simulator)
- Hockey (target net)
- Surfing (balancing board)
- Stick Pull

The event is free for all ages to participate. We're excited to celebrate Canada's 150th birthday by getting families moving more.

PAC NEWS - NOUVELLES DU PAC

The next meeting for the Parent Advisory Committee is **Thursday, October 12 at 6:30 pm** in the library. We invite all parents to join us and to contribute your thoughts.

JARDINIERS! GARDENERS!

Our gardens are looking for a few adults to help students put the gardens to bed for the winter, to cover the beds with leaves, and to plan our garden changes. Parents and students are welcome to offer ideas and time. Contact: ephgarden@hotmail.com. Merci, Helen!

HEALTHY SNACKS – COLLATIONS SAINES

Snacks are part of healthy eating for children. Offer 2-3 healthy snacks a day as well as 3 meals spaced through the day to provide the nutrients and energy children need to learn and grow. Allowing a child to snack all day long increases the risk for tooth decay and children may not be hungry at meal times.

Tips for healthy snacking:

- ◆ Healthy snacks include foods from at least 2 of the 4 food groups from [Canada's Food Guide](#).
- ◆ Check food labels before you buy packaged snack foods. Look for snack foods that are low in sugar and high in nutrients such as fibre and calcium.
- ◆ Sticky foods like crackers, raisins and granola bars cling to the teeth and increase the risk of tooth decay. Encourage children to rinse well with water after these snacks.

Keep these easy, healthy snacks on hand:

- ◆ Cut-up vegetables or fruit with salad dressing or yogurt dip
- ◆ Crackers and cheese
- ◆ Hummus and pita
- ◆ Yogurt and whole grain bread sticks
- ◆ Small muffin and fruit
- ◆ Whole grain cereal and milk
- ◆ Half a sandwich

Need other healthy snack ideas? Check out



island health
3342

Snack Attack! / Breakfast the Right Way to Start Your Day,
[Public Health Unit](#) 250-755-

- ◆ [HealthLinkBC and Dietitian Services](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- ◆ [Dietitians of Canada](#)
- ◆ [Healthy Families BC](#)

KUDOS-MERCI!

Un petit de la maternelle a dit à une fille en 7e que ce n'était pas bien qu'elle devait sacrifier sa grande récréation pour les surveiller. La fille en 7e a répondu que passer la récréation avec la classe de maternelle était une récréation qu'elle avait bien aimée et que tous les enfants étaient merveilleux. Merci les 7^e! Stories like these warm our hearts!

RAINBOWS GROUPS - APPUI

Rainbows is a peer support group program for children who have had significant changes happen in their family. Those changes could include divorce, death, foster care or any other loss. The purpose of the Rainbows group is to alleviate the pain that accompanies grief, loss and change. This peer support group focuses on 12 different topic areas helping children to share feelings and learn coping strategies. The groups are small and delivered for different age groups. I am a trained Rainbows facilitator and I lead the groups. The group will meet during school hours (for about 30-60 minutes) and will last for 12 weeks. If you have questions about the groups or would like your child to participate, please contact me at 250-668 8493.

Sandy Posnikoff

Child and Youth Family Support Worker

SHAKE-OUT BC EARTHQUAKE DRILL

Thursday, October 19, along with the rest of the province, we will be having an earthquake drill. However, **our drill will be at 1:15 pm** to release students to parents and caregivers from the hockey court. We view this as an important part of our drill to help students and parents understand the process used to ensure parents sign out their children **before** leaving the assembly area. If you had not already sent in your child's emergency comfort kit, we can add it to the kiosk at this time.

BIENVENUE AUX VISITEURS ET BÉNÉVOLES!

We appreciate everyone's efforts to volunteer at school. For new volunteers, please complete the on-line CRC (Criminal Record Check). Access information is available in the office.

ABORIGINAL UNDERSTANDINGS

Deb Logan is our Aboriginal Education Resource person at École Pauline Haarer. Her primary focus in class is to support all teachers and students with expanding our school's aboriginal understandings and cultural and societal achievements. Understanding different worldviews is a focus of our curriculum from K to 12 across Canada. Section 35 of the Canadian Constitution of 1981 recognizes Aboriginal people of Canada to be First Nations, Inuit, and Metis. In our district, it is great to see more and more children showing pride in their Aboriginal ancestry. Please do not hesitate to contact Deb if you have any questions about the work she is doing in our school to:

- Plan and organize cultural and social events, field trips and other activities throughout the year.
- Provide space and time for crafts, interactions and inquiry projects.

TRAFFIC SAFETY AND COURTESY



Thank you to pedestrians for using paths and sidewalks. Staff appreciate that 'Staff Only' parking stalls are respected. Our neighbours appreciate that we leave the entrances to their driveways clear and that we come to a

complete stop before entering Selby St.

NOUVELLES DE LA BIBLIOTHÈQUE

We hope to have a replacement for Mme Nicole soon. M. Fawdry has been doing an incredible job of ensuring books in our library are circulating. Thanks to Elena Knappett, our library clerk and to our student and parent volunteer helpers, the books that come off the shelves each week are magically finding their way back to the shelves so others can borrow them the next week. Our library is used on Tuesdays for Student Council and Thursday for *les jeux de jeudi*.

HALLOWEEN ET COSTUMES

Our Halloween costume parade will be from 10:50 – 11:20 Tuesday, October 31. Parents are welcome to watch from the gym. Halloween is a fun time for students to dress up and to take on other personas. Please note that fake weapons and scary costumes can be disturbing to some children. Therefore, we ask that costumes be without weapons or mutilations. We look forward to seeing students' creative ideas.

NOTRE CALENDRIER

Our online calendar: www.paulinehaarer.ca has information regarding special days and events. We also send out a weekly memo every Friday so you can plan for the next week. Here is our best attempt to give you at least some of the dates for October and November.

octobre

- 2, 16, 23, 30 Robotics and Coding Club
- 3 Nanaimo Clippers Game with Gr. 5-6-7
- 4 Photo Retakes, 8:45-10:00 (gym)
Vancouver Island Crisis Society, Gr. 5-6
Bantam Football Game at Bayview
- 5 Football Practice, 7:45
Grade 7s to Tim Hortons
- 6 Professional Development Day
- 9 Thanksgiving Day
- 10 Parent-Teacher Meetings Sign-Up
- 11 Cross-Country Practice
- 12 Grade 3 Fire Safety House Visit, 9:30
Grade 6s to Tim Hortons
PAC Meeting, 18:30-20:00
- 13 Popcorn Day
- 16-19 Parent-Teacher Meetings
Dismissal at 1:32 Monday – Thursday
- 20 Professional Development Day
- 23-27 Regular schedule
- 27 PAC Lunch
- 31 Halloween Parade, 10:50-11:20

novembre

- 3 Métis Dance Workshop – V'ni Dansi
- 9 PAC Meeting, 18:30-20:00
- 10 Remembrance Day Assembly (pm)
- 13 Statutory Holiday: Remembrance Day
- 17 Canadiana Musical Theatre –
The Birth of the CPR, 10:35-11:30