



Willoughby Elementary School

Newsletter #3 September 19, 2023

20766 – 80th Avenue

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<https://willoughby.sd35.bc.ca>

Principal: Mrs. Karin Muuren

Vice Principal: Mr. Joel Olson

Administrative Assistant: Mrs. Mya Bainbridge



Upcoming Events



| | |
|---------------|--|
| September 21: | International Day of Peace |
| September 21: | Meet the Teacher Evening 6 PM – 7 PM |
| September 22: | Terry Fox Run 1:45 PM |
| September 22: | Freezie Day – After school @ the back of the school \$2 |
| September 28: | Individual Photos |
| September 29: | Orange Shirt Day at school |
| September 29: | Hot Lunch – Subway & TCBY |
| October 2: | National Day for Truth and Reconciliation – No students in session |
| October 6: | School Improvement Day – No students in session |
| October 13: | Hot Dog Day and Happycakes Cupcakes |
| October 9: | Thanksgiving Day – School not in session |
| October 19: | Great Shake out and Evacuation Drill for one class TBD |

Reminders

- **Our Meet the Teacher Evening for Gr. 1 – Gr 5 is Thursday evening from 6-7 PM.**
Please come to our gym, where you will be introduced to our teachers. You will then have the opportunity to visit the classes with your children and meet the teacher.
- **Friday, September 22 - Terry Fox Run – Please donate \$2 cash or online**
- **All school fees for all grades have been posted on Schoolcash online.**



On Thursday evening from 6 – 7 PM is our annual Meet the Teacher evening. We will begin the evening in the gym.

After we introduce our staff you will be invited to visit your children's classrooms to meet their teacher(s). A bell will ring when it is time to change to your other child's class.

Please note: Teachers will discuss individual students at November's parent/teacher conferences.

Terry Fox Run



This week, our students are learning about Terry Fox and why he is a hero to us all. It is so important to us to make the students aware of our "why" and why we take part in certain activities at school. The students learned that Terry ran his Marathon of Hope and was determined to make everyone aware of cancer research while he faced his own battle with cancer.

Students discussed their own reasons for running and some even dedicated their running effort to someone they know who is a survivor or dealing with cancer.

On Friday our students will take part in their own Terry Fox run. Parents are welcome to join us outside on the field at 1:45 PM.

We will reveal the final amount raised for the Cancer Foundation in next week's newsletter. Thank you very much to all parents who are donating to this worthy cause. Please send your child with a Toonie to contribute to the Terry Fox Foundation. Online donations are open until Friday, September 29 on school cash online. All monies raised will be forwarded to the Terry Fox Foundation to further the cause of cancer research. Let's keep Terry's dream alive to find a cure for cancer!

Every Child Matters: National Truth and Reconciliation Day/Orange Shirt Day on Thursday, September 29

National Truth and Reconciliation Day/Orange Shirt Day is a National Event to honour the Survivors of Residential Schools. To honour survivors of residential schools, staff will be wearing orange shirts to support this important day. We encourage our students to also wear orange on Friday, September 29. If you'd like to learn more about Phyllis Webstad's story (the person who inspired Orange Shirt Day), visit <http://www.orangeshirtday.org>. We hope that you will discuss Residential Schools with your own children in an age-appropriate way. The legacy of the Residential Schools is real and overwhelming. We hope you and your children participate with the staff at Willoughby Elementary by wearing an orange shirt on Friday!



Controlled Release Drill or Reunification Drill

During the Great Shakeout in October, we will be conducting a controlled release drill to practice our preparedness for significant emergencies where we might have to release students one at a time directly to their guardians or other emergency contacts. **ONE** class in the whole school will be participating in the fully controlled release drill. To do this, we need to know who a safe, nearby pickup contact for each child in the school is. If you did not fill in the Emergency Release Form sent out early in the year, please do so. Remember that these are the contacts who can pick up your children in the event of a major emergency that might prevent you from getting home (of course, we hope this doesn't happen in any of our lifetimes). Specific detailed information will be communicated with the class involved shortly.



SCHOOL DRIVE-THROUGH AND PARKING

We ask that you be patient when dropping your children off and picking them up at school. Remember to be an example for your children. They look and learn from us. We have a very busy parking lot. Please **DO NOT** park in the drop-off or pickup lane. Please use the church parking lot across the street and walk your child over. Please **DO NOT** park on 80th Avenue in the drive lane. Please use assigned crosswalks and do not cut through the parking lot.

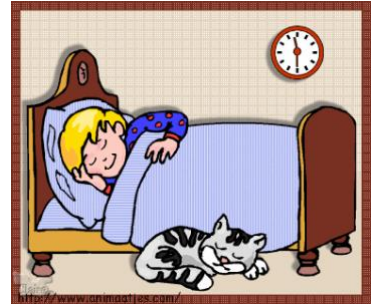
WHY A GOOD NIGHT'S SLEEP IS SO IMPORTANT!

Did you know research shows that today's children get on average an hour less sleep each night than they did 30 years ago? Because children's brains are a work in progress until the age of 21, and much of that work is done while asleep, this lost hour appears to have an impact on children it simply doesn't have on adults. It has been proven that fatigue can lead to poor school performance and negative behaviour, not to mention morning (and even all-day) grumpiness.

Sleep is so important for good health and to keep children feeling their best. Lack of sleep affects children's learning and how they get along with others. Children need about 9-10 hours of sleep a night. If this is a concern or, if you have a hard time waking your children in the morning, try moving bedtime a half hour earlier until you find a time that leads to their ability to wake independently or, at least without a fight. Have your child go to bed at this same time every night and rise at the same time every morning, even on the weekends to help them stick to a routine.

How do I help my child get enough sleep?

- ◆ Set a regular bedtime routine
- ◆ Have a quiet time 30 minutes before bedtime (read, warm bath)
- ◆ Avoid caffeine soft drinks and chocolate
- ◆ Have a cool, dark, quiet room



What if I have concerns about my child's sleep?

- ◆ Talk to your family doctor
- ◆ Contact your public health nurse at your local health unit
- ◆ Check out the BC Health Guide online www.bchealthguide.org

THANK YOU!



A big thank you to our Wonderful PAC for supplying the school with 100 folding chairs. Thank you for always taking such good care of our growing school community.

COME & LEARN WITH US!



FamilySmart Event for Parents and Caregivers

DATE: Thursday, October 5th

TIME: 6:30pm - 8:30pm

LOCATION: Surrey City Hall

COST: Free

REGISTER AT: [Familysmart.ca/Events](https://familysmart.ca/Events)

With gratitude, FamilySmart would like to acknowledge the generosity of the Ministry for Child & Family Development for sponsoring this event.



FamilySmart
Together-Centred

DEEPENING OUR UNDERSTANDING AND SUPPORT FOR THOSE WITH DISORDERED ANXIETY: When it's Beyond Average and the Basics Don't Cut it

This workshop is designed for parents and caregivers to take our introductory knowledge about disordered anxiety into deeper territory. After a brief overview of how anxiety operates in the body and is expressed by children and youth, we'll explore together what it really means to "manage" anxiety, how caregivers can recognise their child's "go-to" stress response, work with their window of tolerance and built-in super powers, help their kids to move through the stress cycle, and build an advanced tool kit for facing what feels hard. We'll learn through presentation, stories, reflection, and questions, informed by both research and our lived experience.

Speaker: Karen Peters Registered Clinical Counsellor in full time private practice with an amazing team of therapists at ThriveLife Counselling & Wellness. She supports individuals, couples and families in their mental health and relationships through counselling, education, parent coaching and her podcast, "Parenting in the Trenches". Karen has two daughters and has navigated the mental health system both personally as a parent, and professionally.

[Familysmart.ca](https://familysmart.ca)



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www.willoughbypac.ca
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FREEZIE FRIDAY

September 22nd

Enjoy Friday with a treat! Bring a toonie to get your freezie after school!



Location: back of the school

Thank you for supporting Willoughby Elementary PAC!