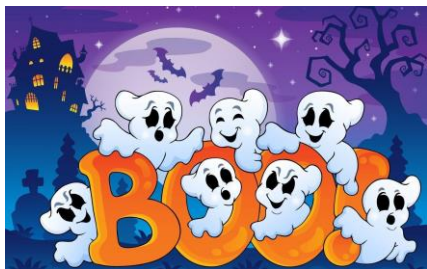


CATALINE ELEMENTARY

OCTOBER NEWSLETTER

Principal: Dwayne Benvin
Vice Principal: Tess Riley
(250) 392-7154



Attendance

School attendance is crucial in a child's development. Students who have the best chance to succeed in school are generally those who attend school on a consistent basis. Regular school attendance is an essential part of the learning process and crucial to graduating from school with a strong foundation for further studies and a successful career.

We will do an attendance prize draw every week recognizing students who are attendance **HEROS**.

Encourage your child to be a Cataline attendance HERO – Here at school, Everyday, Ready to learn, On-time.

School Fees

Just a friendly reminder, if you have not paid your child's school fees please do so as soon as possible. If you need financial assistance with school fees, please contact the office.

Payment can be dropped off at the office anytime or e-transfer cat.finance@sd27.bc.ca. If you choose to e-transfer, please make sure you include your child's name.

Picture Day

Individual student photos will be taken by Right Photography on October 2nd with retakes scheduled for October 29th.

Grade 6 News

Grade 6's are off to Gavin Lake Oct 16-18. Thank you to parent and staff volunteers.

Order forms for Grade 6 hoodies will go home shortly after the Gavin Lake trip.

Volunteering

If you are interested in volunteering with field trips or working with children without direct vision of a teacher, it is school board policy that you have a criminal record check done. Criminal record checks are good for 5 years and are FREE of charge.

Here is the online link: <https://justice.gov.bc.ca/eCRC/>

Access code: **JUV5QFPLWC**

Only use the "Internet Explorer" browser. If you are having difficulties with the system, please call 1-855-587-0185 and choose option 2

PAC News

The next PAC meeting will be Monday Oct 7 at 5:30 in the library, all parents/guardians welcome.

Dielman's (DFS) has been sent home with your child. The link for orders is www.shopdfscanada.com please use code 6883 for your orders.

All orders must be in by **Oct 21**. If paying by cheque, please make cheques payable to **Cataline PAC** or e-transfer to catalinepac@gmail.com please include your child's name in the notes.

Munch a Lunch

All orders are to be completed no later than Thursday Oct 24th at 2:55 pm.

Paper order forms will be available in the office.

Returning parents please use the link: <https://munchalunch.com/login>

New parents please use this link to register: <https://munchalunch.com/school/cataline>

Please follow us on Facebook:
Cataline Elementary School P. A.C.

Safe Arrival Program

Please use the SafeArrival program to report your child's absence. There are 3 convenient methods:

1. SchoolMessenger app from Apple App or Google play stores:
<https://go.schoolmessenger.com>
2. Safe Arrival website:
<https://go.schoolmessenger.com>
3. Toll free number: 1-833-582-6894

If you are picking up your child early from school – please **DO NOT report this on the app. Please send a message to your child's teacher via their agenda.

Just a friendly reminder that all Visitors/Parents must check in at the office for student safety.

Newsletters

In addition to communication from your child's teacher, a monthly school newsletter and calendar will be emailed to you on the first day of every month. The newsletter will also be posted on our school's district website: **Cataline Elementary (sd27.bc.ca)** and on our school's Facebook page. Please mark it on your calendar to check the newsletter monthly for important information.

Family Handbook & Code of Conduct

Please check our school website under "About Us" to locate and save this important information. **Paper copies are also available at the school office.**

Consent Forms/Student Verification Forms

Just a friendly reminder to return your child's Media Consent, Computer Privacy and Verification forms, and Indigenous support forms **as soon as possible** so we can update your child's information.

Please remember to update the school on any information changes throughout the school year.

Preparedness

Please ensure your child comes with a good healthy lunch to school. If students are not finished eating in the 15-minute eating block, they are welcome to take their unwrapped food outside to finish.

Please make sure your child is dressed appropriately for the weather, as they will be outside in all weather conditions during learning time and during break time.

All Students need a spare change of clothing at school in case of inclement weather.

Interschool Sports

Cross country training is well under way with runners competing at the annual district cross-country run-on **Friday, October 11th at Boitanio Park.**

If your child received a permission form for this event, please return as soon as possible.

Volleyball will begin in October for Grade 5/6 students.

Strong Start

Parents interested in attending Strong Start are invited to register at the office (please bring your child's birth certificate and care card). We offer Strong Start 5 days a week from 9:00 am – noon. Strong Start programs provide a rich learning environment designed for early learning development-language, physical, cognitive, social and emotional. Mrs. Schindle leads learning activities where children find opportunities to make friends and interact with others of similar ages.

Participate with your young child (aged birth to five) in play-based learning activities – including stories, music and art. At no cost to families, this early learning drop-in program helps prepare children for success in kindergarten.

Noon Hour Supervisors

We are currently looking for another noon hour supervisor who can work Tuesday's and also be on call. Hours for this position is from 12:05 pm-1:05 pm. Please email tess.riley@sd27.bc.ca or call the office and ask for Ms. Riley if you are interested.

Drop off and pick up

A reminder that all vehicles in the pick-up loop must have engines turned off when picking up or dropping off your children. This is an idle-free zone.

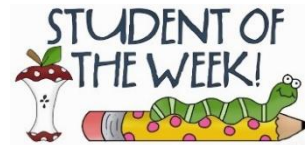
Please move forward as space opens to keep congestion to a minimum. The left lane in the loop is to be left open so you can pull out once your child is safely in the car. If you need to get out of your vehicle, please park in the parking lot adjacent to the bus loop.

Please avoid blocking the intersection of Blair St and 11th Ave during afternoon pick up. We need to respect our neighbors and make room for the school buses to pass. Waiting until after 3 pm to pick up your child is a viable option as this lessens congestion and most often, the parking lot is free and clear.

Student of the week

Ms. Riley nominated Austin Scott on September 18th.

Ms. Jamie nominated Alani O'Connor on September 24th.



Starfish Backpack program

Starfish backpack program is sponsored by the Daybreak Rotary Club of Williams Lake with the support of many community donors and volunteers. This program provides support to families in need with food over the weekend. Each student is provided with a backpack with sufficient food for the weekend. If you or anyone you know could benefit from this program, please contact the office. A huge thank you to the Williams Lake Rotary Club for this support.

Communication Protocol

Communication between home and school is vital to your child's/children education. Teachers communicate about classroom learning and events through letters home, newsletter, emails, phone calls and your child's agenda.

Informal conferences to discuss student progress are held between November 13 & 14. More information about these conferences will come home at a later date.

To make arrangements for a meeting with a teacher, please contact the teacher. If you have concerns about anything having to do with your child's experience at school:

First: contact your child's teacher to share information, review the problem and discuss a resolution

Second: if, after meeting with the teacher, the problem is unresolved or you are dissatisfied with the resolution, contact the principal or vice-principal.

We will work with you and the teacher to resolve the problem or refer you to someone who can be of greater assistance. Please feel free to call the school and make an appointment to address any concerns at all.

Transportation & Busing: Stopfinder – Attached is the information for “Stopfinder” – the all-in one, easy to use app for viewing and sharing your child's transportation schedule. If you need to update your email to use the app, please call the school at (250) 392-7154.

Please find attached:

Tips for Getting to School Regularly & on Time – published by fnesc & FNSA

Upcoming Field Trips

October 2	Mr. Wilson – Kaufman Farm	9:15 – 2:00
October 10	Mrs. Bamsey – Fire Hall	9:00 – 10:30
October 10	Mrs. Hopkins/Mrs. Tomlinson – Fire Hall and United Concrete	10:30 - 2:00
October 11	Mrs. Howell – Fire Hall	12:40 – 2:00
October 11	District Cross Country	10:00 – 1:30
October 16-18	Grade 6 Gavin Lake overnight	
October 24	Mrs. Howell – Station House Gallery	11:00 – 2:30



CATALINE ELEMENTARY has a Facebook page: Cataline Elementary School
or check the website <https://www.sd27.bc.ca/CATALINE>

The logo for 'stopfinder' features the word 'stopfinder' in a lowercase, sans-serif font. The letter 'o' is replaced by a red octagonal stop sign with a white smiley face in the center. The background of the entire flyer is light blue with stylized white clouds and a large yellow sun in the top right corner.

stopfinder

The all-in-one, easy to use app for viewing & sharing your student's transportation schedule.

View your student's trips and stops.
Securely share your student's schedule with caregivers.
Receive bus notifications and updates.

An invitation to activate your Stopfinder account will be sent to the primary email address on file with the district between October 15th and November 15th.

If you need to update your email address on file, please phone your student's school before October 19th.

If you haven't received an email invitation to register by November 15th, email sd27maintenance@sd27.bc.ca.

DOWNLOAD STOPFINDER VIA THE APP STORE OR GOOGLE PLAY



TIPS FOR GETTING TO SCHOOL REGULARLY AND ON TIME



The Importance of a Good Night's Sleep

Almost all families can relate to the challenge of getting everyone out of bed and ready to get out the door on time every day.

How can we help our kids get up ready for the important learning that lies ahead?

Making sure everyone is well rested is a great start.

In fact, sleep is vital whether you are 8 days or 80 years old, and children especially need enough.

Remember: Children who get enough sleep have a healthier immune system, and often have better school performance, behaviour, memory, and mental health.

Children learn new skills at an enormous rate, and our kids' growing brains really need adequate sleep to keep up, behave well, and focus in school.

And enough sleep usually makes people less cranky – which is a benefit we can all enjoy.

What is recommended? In general, about ...

1-3 Years Old	12 - 14 hours per day
3-6 Years Old	10 - 12 hours per day
7-12 Years Old	10 - 11 hours per day
12-18 Years Old	8 - 9 hours per day

How we can help make that happen? Setting good sleep habits isn't simple, but with time the following tips may help.

- ▶ Teach your kids the importance of sleep and make it a priority for your family. Given everything else we have to do, sometimes it is easy to forget about the importance of sleep. Schedule time for it – just like everything else.
- ▶ Set a regular bedtime, considering your kids' ages when making decisions.
- ▶ Start your bedtime routine early enough. If bedtime is 9:00 pm, you might have your children start getting ready for bed at 8:00 or 8:30, so they are ready to actually fall asleep at 9:00.
- ▶ Keep screens out of the bedroom.
 - Incoming messages and calls interfere with sleep; both audio and vibrating alerts can wake up children and teens.
 - It is good to help children avoid the temptation to use or check devices when they should be sleeping – during the night or too early in the morning
 - Emitted light from TVs or mobile screens can affect the quality of sleep. Our brains naturally produce hormones that help us sleep. The glow from our electronic devices confuses our brains and stops those normal processes.

If your children say they need the phone to wake them up, is it possible to buy an alarm clock, instead?

- ▶ When using screens in the evening:
 - Turn the brightness on the screen down
 - Don't play or watch media that are intense or scary

Or help your child relax before bedtime with a story, instead of the stimulation of television.

- ▶ This can be hard sometimes, but try to keep the same sleep routines on weekends and vacations. You can be a little bit flexible at times, but it is easier to keep regular sleep habits when we don't make big changes too often.
- ▶ Get enough exercise during the day! Being active helps everyone sleep better at night.
- ▶ Have your kids avoid caffeine. Soda, energy drinks, and coffee (even decaf) can ruin a good night's sleep. And avoid chocolate in the evening ... it also has caffeine.
- ▶ Consider that most people sleep well in a cool, dark, quiet space.
- ▶ Watch for signs of sleepiness in your children. Do they wake up easily in the morning? Are they energetic all day long? If tiredness is a problem, can you add a few more hours of sleep to the schedule?

And get proper rest and go to bed early yourself. Your kids may pay more attention to what you do than what you say. You can be a sleep role model – and feel better, too.
