



école Nesika Elementary School
School District No. 27 (Cariboo-Chilcotin)

Principal – Mrs. Holly Zurak
Vice-Principal – Mrs. Heather McKinnon

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October Newsletter

A Message from your Principals: 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. Is there something we can do to support you and your family to increase your child’s attendance? Please connect with us, or your indigenous support workers. We’d like to help!

- Mrs. Holly Zurak, Principal

All Good Things Begin with Gratitude:

Thank you to all of our staff and students who recognized Orange Shirt Day and the National Day for Truth and Reconciliation with respect, reverence, and the spirit of reciprocity. We are listening and learning!

Communication & Reminders:

Safe Arrival Program: Nesika will continue to use the student absence reporting system called “SafeArrival”. If you need help with the program, please call our office. If you have a message for your child – please use the child’s agenda to communicate the after school plan to your child and their teacher. This helps us cut down on calls to the office. Thank you!



Code of Conduct: The Nesika Code of Conduct was reviewed at our September Assembly by Mrs. Zurak. Families should review the Code of Conduct and the Family Handbook located on our school website. Both documents have been sent out via email as well. Hard copies are available in the office as needed. Our revised Code of Conduct frames all behaviour as communication, with the Circle of Courage at the center. This is a strength based, resilience-focused approach rooted in the principle that to be emotionally healthy, all youth need a sense of belonging, mastery, independence, and generosity. Please review at home with your whole family. Common language supports our collective good work.

School Food Program: We are pleased to continue to offer a school food program for students who need it. Every classroom receives a “Brain Food Bin” each morning with some grab and go food items. At recess time, a staff member will ask who in each classroom needs a full lunch, or a healthy top-up (additional lunch snack). The staff member then prepares *that many* lunches and top-ups for the day. It is important that students who need this program self-advocate and sign up each day as needed. There is no cost to this program, and no need to contact the school office. If you’re interested in helping with our program or have any questions, please contact Holly in the office.

On Wednesdays our PAC supports our School Food Program with a hot meal that is ordered through Munchalunch. Families are encouraged to pay if they can, but a free option exists as well for families who may need it. Any funds raised go back into our food program.

Munchalunch instructions are attached. Questions? Contact Latisha at nesikapac@hotmail.com

October 9 - Hamburgers	November 6 - Corn Chowder
October 16 - Chilli and Bun	November 13 - Hot Dogs
October 23 - Spaghetti	November 20 - Chicken or Veggie Stir Fry and Rice
October 30 - Pizza	November 27 - Meatballs with Mashed Potatoes

October lunches will close the Saturday before the lunch date and November lunch orders will close October 31. The plan will be to have lunch orders open for the whole month before. So December lunches will be open November 1 -30.

“Learning, Growing, and Belonging Together”

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 check are good for 5 years and are FREE of charge. Here is an online link: <https://justice.gov.bc.ca/eCRC/>

Access Code: **SY3V4XZJG7**

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

Mark your Calendars / Events:

Back to School BBQ – Thursday, October 3 @ 5:00-6:30: Thank you PAC for sponsoring and hosting a Welcome Back BBQ! Come meet staff members and community, enter for door prizes, and enjoy a free hot dog and popcorn while supplies last!

PAC AGM Meeting: The October PAC meeting is this **Wednesday, October 9th from 5:00pm-6:00pm** in the library – all parents welcome! Childcare available. Questions? Contact: nesikapac@hotmail.com

Cross-Country Run: Nesika student athletes in grades 3-6 (who practice with the team) can participate in the annual Cross-Country Run on Friday, October 11th. Students who have been practicing received a permission form today. Please sign the form and return it to the school.

Volleyball: Inter-school sports for our grade 5/6 athletes begins with volleyball! The volleyball season begins the week of October 21st, and practices will begin soon. Thank you to Ms. Therrien, M Routtu, Mr. Wallin and Mme Easthope who will help with practices and coaching!

Pro-D Day (Friday, October 24) – No School for Students.

Photo Retake Day: Individual student photos will be re-taken by Right Photography on October 22nd. A proof will come home of the first photos, and you can decide at that time if you want to purchase photos. Please send a note in the planner so your child's teacher knows you'd like them to sit for re-takes. Students who missed the first photo date will also get their photos taken on this day.

Take Me Outside for Learning Week: October 21-25th: During this week, Nesika will be spending lots of time outside for learning and playing. Please help your child be ready to make the most of this time by dressing for success (weather-wise).

Halloween: Nesika student leadership will host a Halloween dance in the afternoon of **Thursday, October 31st** for primary and intermediate classes, and a parade just before recess time. Please remember students cannot bring replica weapons to school as part of their costume. Please also be mindful of costumes that are overly frightening for our K-6 setting. Thank you for keeping candies at home.

School Clubs: Lunch hour clubs are another way students can connect to our school community and feel a sense of belonging. We are beginning to develop a list and calendar for school clubs. If you or a family member have a passion to contribute, please contact our Vice-Principal, Heather McKinnon at heather.mckinnon@sd27.bc.ca to put your idea and time forward!