



# Alex Aitken News

Phone: 250-748-8724

Principal: Mr. Mike Martin

## Principal's Message

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Welcome to November! I hope that your entire family is well. October was a busy month at Alex Aitken which included Photo Day, soccer & field hockey tournaments, grade 6 immunizations, pumpkin carving, and a Halloween costume parade. The beginning of November will also be busy as classes participate in Metis workshops, our annual Remembrance Day ceremony, photo retakes and Jersey Day.

As colder temperatures come our way, and roads and sidewalks become more treacherous, we need to all take additional care. Please ensure that you slow-down in our school zone and give yourself an extra few minutes in the morning. The change in temperature also necessitates a change in seasonal wear. If it is a rainy or snowy day, proper clothing will allow children to have an enjoyable day when outside. Winter is an awesome season, but it requires a few daily adjustments. Let's work together to keep everybody safe and comfortable.

Please do not hesitate to contact me at any time by phone or email if I can be of assistance. I hope you all have a wonderful November.

- Mr. M

## Picture Retakes

If you missed picture day in October or do not like your photo, you have another chance on Thursday, November 18<sup>th</sup> when Lifetouch photographers will be here to do retakes. We will be receiving the photo proofs by the end of next week



## Remembrance Day

**Lest We Forget**

"At the going down of the sun and in the morning, We will remember them"

On Wednesday, November 10<sup>th</sup> we will observe and recognize the significance of Remembrance Day and the important contributions of Canadian Veterans to the peace of our country. Our ceremony will once again be done in a different way this year. The Legion Colour Party will be visiting the school but instead of a whole school assembly, half of our classes will watch via zoom. Each class is making a wreath to lay at a special "Remembrance Marker". We will also include a playing of "The Last Post" and a moment of silence in our program.

## Poppy Coin Drive



The Royal Canadian Legion brings us poppies each year and each student will be given one to wear during the Remembrance assembly. (Kindergarten and grade one students will be given poppy stickers instead). If you can send your child with a small contribution on November 10<sup>th</sup>, that would be much appreciated.

## New Playground

We are all excited that the time has finally arrived for the opening of our new playground. We invite all families to come and enjoy all that it has to offer. A big thank you to the school district and our PAC for making the playground possible.



## Weather Related School Closures



In the event of severe weather conditions, information regarding school closures is available on the school district website:

<http://www.sd79.bc.ca> or tune into FM 89.7 Sun FM. School closure

decisions are made by the Superintendent of Schools and the School Board Chairperson. These decisions are always based on ensuring the safety of your children and the staff of School District 79.

If there is a power failure during normal school hours, the schools will NOT close. We ask that you do not phone the school as it ties up our emergency line. Parents/guardians will be contacted if the Superintendent of Schools decides that it is unsafe for students to be in the school.



## Bottle Drive

Thank you to everyone who dropped off items for our bottle drive in October. Our

November bottle drive is on the 19th. The same procedures – bring your empty recyclable bottles and beverage containers and drop them over the fence at the designated area. Thank you!



## Poinsettia Fundraiser

The Alex Aitken PAC is hosting a poinsettia fundraiser this year. There are many colour and size options to choose from! You can order using the order form sent home last week, or online at [alexaitken.hotlunches.net](http://alexaitken.hotlunches.net).

**Orders are due November 4<sup>th</sup>** and the Poinsettias can be picked up at Alex Aitken School on **Saturday November 20<sup>th</sup> from 1:00 – 4:00pm**. Thank you for your support!

## Let's Fill the Train! Food Drive



Beginning December 1st, Alex Aitken School will be collecting non-perishable food items for the Food Bank and

creating a “train” of food in boxes down the hallway. Let's see how long we can make the train! Please help if you can.

## Strathcona Fundraiser

Our grade 7 students will be heading to Strathcona park for a field trip June 13<sup>th</sup> - June 17<sup>th</sup>, 2022. The students will be fundraising to help with the cost of this trip. For the first fundraiser we will be selling gift wrap, greeting cards, gift accessories and more! To view products and place orders please visit <https://dfscanada.com/catalogue-1/> - the Joy Catalogue. Orders are due by November 19<sup>th</sup>. More information will be coming later this week.



## PAC Meeting

The next PAC (Parent Advisory Council) meeting will be held on Wednesday, November 3<sup>rd</sup> at 7:00 pm via ZOOM. ALL parents are invited to attend See the PAC Facebook page for the zoom link.



**There will be NO SCHOOL on Thursday, November 11<sup>th</sup>.**

**November 17<sup>th</sup> is a 2 hour early dismissal day (12:20 p.m.)**

# Don't Forget!



- Please send a full water bottle and all the food your child will need for the day with them in the morning.
- Pick-up and drop-off is a very busy time. Please remember:
  - o To not park in the bus area
  - o To turn off your vehicle when parked
  - o No U-turns
  - o To use sidewalks/paths and avoid walking across the parking lot entry and parking lot.



It's Time to *Dress* for Cold *Weather*! Please make sure your child is appropriately dressed for cold and wet weather. Students are outside for playtime every day, rain or shine. Fields get wet and muddy this time of year, so it is helpful for students to have a change of clothes in his/her backpack.

## Dates to Remember

Thursday, November 3	PAC Meeting via ZOOM (see PAC Facebook page) Division 7 & 8 field trip to Goldstream
Thursday, November 4	Deadline for Poinsettia orders
Monday, November 10	Remembrance Day School Ceremony
Thursday, November 11	NO SCHOOL
Wednesday, November 17	2 Hour Early Dismissal (12:20 p.m.)
Thursday, November 18	Lifetouch Photo Retakes
Friday, November 19	Bottle Drive & Jersey Day
Saturday, November 20	Poinsettia pick up 1:00 – 4:00pm
Thursday, November 25	Hot Lunch
Friday, November 26	Pro D Day – NO SCHOOL



## FEEDING THE LUNCH BUNCH

Lunch is an important time for children at school. The midday meal gives kids energy to concentrate, learn and be active all afternoon.

Choose a food from at least 3 of the 4 food groups to make a balanced lunch.

Make lunch interesting. Mix and match any of these ideas for a tasty, healthy lunch:

<b>½ of Your Plate: Vegetables and fruit</b>	<b>¼ of Your plate: Plant-based or lean animal protein</b>	<b>¼ of Your Plate: Whole Grains</b>
<ul style="list-style-type: none"><li>♦ Celery and carrot sticks or peppers</li><li>♦ Sliced cucumber</li><li>♦ Broccoli and cauliflower “trees”</li><li>♦ Fresh, frozen or canned fruit</li></ul>	<ul style="list-style-type: none"><li>♦ Tofu and soy-based products</li><li>♦ Nuts and seeds</li><li>♦ Bean spreads or dips</li><li>♦ Lean meat</li><li>♦ Tuna or salmon</li><li>♦ Chili</li><li>♦ Eggs</li><li>♦ Milk or Chocolate Milk</li><li>♦ Yogurt</li><li>♦ Cheese</li><li>♦ Fortified soy beverage</li><li>♦ Cottage cheese</li></ul>	<ul style="list-style-type: none"><li>♦ Whole grain bread</li><li>♦ Crackers</li><li>♦ Mini bagels or buns</li><li>♦ Tortilla</li><li>♦ Roti or Naan bread</li><li>♦ Pita bread</li><li>♦ Small muffins</li></ul>

Kids are more likely to eat lunch when they help make it. Involve children in planning and packing lunches. Young children can wash fruits and veggies and can choose from what is offered. Older children can make their lunch with your help.

### Pack a safe lunch

1. Wash your hands well with warm soapy water.
2. Pack your child’s lunch in an insulated lunchbox.
3. Keep hot foods hot in a thermos.
4. Keep cold foods cold with an ice pack.
5. Remind children to wash their hands before eating.
6. After school each day, wipe down your child’s lunchbox with warm soapy water.

For more information and great lunch ideas:

- ♦ Duncan Margaret Moss Health Centre 250-709-3050
- ♦ Lake Cowichan Kaatza Health Centre 250-749-6878
- ♦ [HealthLinkBC and Dietitian Services](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- ♦ [Healthy Families BC](#)
- ♦ [Better Together BC](#)
- ♦ [Lunches to Go](#) (PDF)

# November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Metis Workshop	2 Metis Workshop	3 Div 7/8 Goldstream Field Trip  Metis Workshops  PAC Meeting (Zoom)	4  Poinsettia Orders Due	5	6
7 Daylight Savings Ends 	8	9	10  Remembrance Day Assembly 1:00 pm	11 Remembrance Day No School 	12	13
14	15	16	17  2 Hour early dismissal (12:20 pm)	18  Picture Retakes	19 Bottle Drive  Jersey Day  DFS orders Due	20  Poinsettia pick-up
21	22	23	24	25  	26  Pro-D Day No Classes	27
28	29	30 Div 1 Try-A- Trade	Div 1 Try-A-Trade  Food Bank	Div 2 Try-A-Trade  Food Bank Drive Begins - Help Us Fill the Train! (Donations accepted until December 16 <sup>th</sup> )		

