



Alex Aitken News

Phone: 250-748-8724 Secretary: Angela Peterson

Principal: Mr. Mike Martin



Principal's Message

Welcome back to everyone, and a special welcome to our new families. I hope that everyone has enjoyed their summer and that you were able to spend quality time with family and friends.

At Alex Aitken, we are looking forward to working successfully with all families to create the best possible learning environment for our students. We are anticipating a great year and hope that students will take full advantage of the opportunities that Alex Aitken has to offer them.

If you have any concerns or questions, please contact your child's teacher so that concerns can be addressed and resolved in a timely manner.

I encourage all parents to connect with this year's teacher during the first few weeks of school. Regular contact is one of the best ways of ensuring a successful school year. An active relationship between home and school is one of the best ways of ensuring a positive school experience for everyone. Parents know their children best, and it is often very helpful for teachers to learn about what children have an interest in, or what they like spending their time doing outside of school.

As children say goodbye to the routines of summer break, it is beneficial if they can get back into the swing of school by having a few more fixed routines. A good night's sleep is very important, as is starting the day with good nutrition and punctual school arrival. Reading daily with your child is one of the best ways to spend quality time together while supporting continued literacy development. In this time of high-tech, gaming, and ever-present social media, it is amazing how powerfully engaging books still are for kids.

Once again, on behalf of our entire staff, welcome back and we look forward to working with you this year.

Sincerely,
Mike Martin, Principal

New Staff

A new school year always brings a few new faces to our school team. We would like to extend a warm welcome to Mrs. Smith who will be teaching kindergarten during Ms. Reimer's maternity leave. You will also see a new face behind our front desk..... a big welcome to Angela Peterson who will be our school's secretary.

We are ready to have a great year!



School Schedule

Supervision begins at 8:15 am

8:30 am School begins
11:10 am - 11:25 am Lunch (eating time)
11:25 am - 12:15 outside playtime
2:20 pm Dismissal

Supervision ends at 2:40 pm



Dates to Remember

Fri. Sept 23 Terry Fox Run @ 1:30 pm
Mon. Sept 26 District Implementation Day
- no classes
Fri. Sept 30 National Day for Truth and
Reconciliation - no classes

Health and Safety Information

It is with great optimism that we begin the school year with the same health and safety protocols that were seen in June.

- Students are encouraged to respect personal space
- Mask usage is a personal choice for students, parents and staff
- Teachers will continue to reinforce regular hand washing
- Students and staff should stay home if presenting with signs of illness (not related to pre-existing conditions/allergies)
- Parents, volunteers and guests are welcome in the school and on school grounds while following the expectations that we have for all visitors.

Thank you for your support over the past few years and for your help this year.

Welcome Back Parents!

The front door of Alex Aitken is open. Parents wanting to simply drop-off a lunch or other items, can come directly to the office without an appointment.

Families wanting to meet with teachers or the principal are asked to contact the staff and schedule a meeting time.

School Supplies



Families are asked to purchase their own supplies for the school year. Teachers will be sending home a supplies list. Student Agendas have arrived and our PAC has generously covered the cost for each student. **A big thanks to our great PAC!**



Parking and Bus Zones

Traffic safety in front of our school is a priority and requires the care and cooperation of everyone! We request your help with the following procedures to make the school much safer for the children:

- Please do not drop-off in the bus zone until after the 8:15 bus has departed.
- Please do not park in the areas where cones have been placed.
- If in need of tuning around, please do this at the end of the street. Do not make U-turns in front of the school.
- Please use the area directly in front of the school for drop-off only, not for parking. If you wish to park, do so across the road, or in front of the field.
- Please do not walk across the parking lot. Use the walkways instead.

School Bus Evacuation Drills:

Wednesday, October 19th and Wednesday, March 29th. Drills will occur **AFTER** school. Students can expect a delayed drop-off of 10-15 minutes.



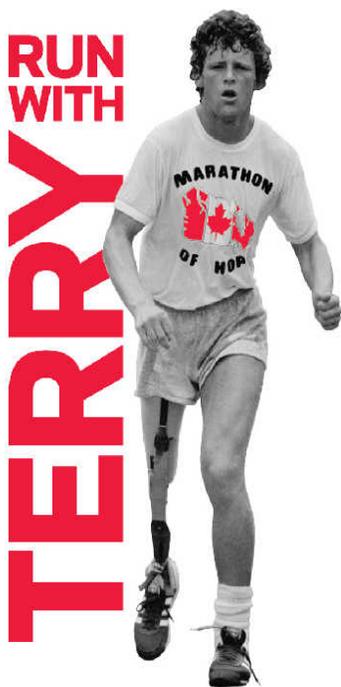
Bottle Drive

Tuesday, September 20th
Please bring all your returnable bottles and cans!

PAC Meeting

Welcome back parents/caregivers to a new year at Alex Aitken. PAC would like to invite all parents to our first meeting of the year, **Thursday, September 15th @ 7:00pm** in the school library. With the challenges of the past couple of years, PAC is committed to having this year be a fresh new start with the opportunity for some added ideas. Please come listen to our ideas/plans and share your own. There is no obligation to be an organizer/director/etc., we just hope that you can join the PAC conversation.

Blaire Craig



Terry Fox Run

More than 400 million dollars has been raised since Terry started his Marathon of Hope in 1980 and this year hundreds of schools across British Columbia will be participating.

On Friday, Sept. 23rd at 1:30 pm we will hold our annual Terry Fox Run on the school field. Parents are invited and are welcome to attend.

Please note that this is a non-competitive event. Students will be asked to bring donations on the day of the run but this is not mandatory. If the weather is bad on Friday this event will be postponed.

Indigenous Ancestry & Support

'Uy'skweyul! Tansi!

Welcome to a fantastic year of growth and learning. Indigenous Education staff work

throughout the district to foster inclusive classrooms where every student feels a sense of belonging and experiences academic success.

If your child has Indigenous ancestry - First Nations, Métis or Inuit, (documentation is NOT required) and you would like to self-identify, please see the school secretary for a self-identification form. Each year your child will be funded for and included in Indigenous Education programs. Almost all programs will be delivered in the regular classroom, to ALL students. You will be asked to give permission for any activities offered outside of the regular class. If you have self-identified with the school in previous years, you do NOT need to do a new form each year.

You can opt out of Indigenous Education services at any time by notifying the Indigenous Education staff in person or in writing either at your school or through the district office 250-748-0321 ext. 235, or email at ined@sd79.bc.ca

As you may know, in 2017, the Federal Government changed from using the term Aboriginal people to using Indigenous Peoples when referring to First Nations, Métis & Inuit peoples. This change acknowledges the rights of Indigenous Peoples as outlined in the UN Declaration of the Rights of Indigenous Peoples.

https://www.un.org/development/desa/indigenouspeoples/wp-content/uploads/sites/19/2018/11/UNDRIP_E_web.pdf

It will take us some time to transition to the new language so you may see the terms Indigenous and Aboriginal both used.

We are looking forward to a positive school year together!

Artist Stuart Pagaduan



EQUITY SCAN SURVEYS

As part of the Ministry of Education and Childcare **Equity In Action** project, our school district will be doing a series of **Equity Scan Surveys** between September 19th and October 19th. Your responses to the surveys will provide insight on how **both** Indigenous and Non-Indigenous students learn about Indigenous history, culture, language and Truth & Reconciliation. Your survey responses will also help the school district to better understand how students and families experience education in our schools and school district. Watch for more details coming soon.

We are looking forward to a positive school year together!

BREAKFAST:

THE MOST IMPORTANT MEAL OF THE DAY!

Breakfast boosts brainpower. Children who eat breakfast eat better and do better on math and reading tests. They eat more vegetables and fruit and they get more of the nutrients they need every day.

The brain uses carbohydrate as its main fuel. The body's carbohydrate stores are low after a

night's sleep. Eating grains, vegetables and fruit at breakfast gives fuel for the brain so a child can do well at school.

A balanced morning meal includes protein, long-lasting, energy-providing carbohydrate and healthy fat.

Examples of healthy breakfasts:

- ◆ Overnight oats (mix $\frac{1}{2}$ cup oats with 1 cup of yogurt or milk and let sit overnight) with slivered almonds or pumpkin seeds and fresh or dried fruit. Try adding a dash of cinnamon or a $\frac{1}{8}$ teaspoon of vanilla.
- ◆ Fruit yogurt smoothie with small homemade muffin or breakfast cookie (make a large batch and freeze)
- ◆ Scrambled eggs, whole grain English muffin and milk or fortified milk alternative
- ◆ Whole grain toast with peanut butter and a banana sliced on top

For more information:

- ◆ Duncan - Margaret Moss Health Centre
250-709-3050, [HealthLinkBC and Dietitian Services](#)

HEALTHY SNACKS

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 protein, long-lasting, energy-providing carbohydrate and healthy fat.
- ◆ 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 homemade muffin or oatmeal cookie and fruit
- ♦ Whole grain cereal and milk
- ♦ Half a tuna sandwich



Changing 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.

COWICHAN VALLEY School District

WE'RE Hiring

Casual, On Call, Noon Hour Supervisors

This position is ideal for anyone who is looking for meaningful work with students. If you, or someone you know, would love to spend an hour a day with students, we would like to hear from you.

Qualifications:

- Grade 12 education
- First Aid / CPR - Occupational First Aid (OFA1)
- Valid Drivers' License

Hourly wage \$25.50

If interested, please email your resume to: Jen Christenson, Staffing Officer and Systems Analyst, Analyst, jchristenson@sd79.bc.ca or drop off at the School Board Office: 2557 Beverly Street, Duncan. Full Job Description #34 available at www.sd79.bc.ca

COWICHAN VALLEY School District

WE'RE Hiring

On-Call School Bus Drivers

We are currently accepting applications for On-Call School Bus Drivers. Our drivers play an integral role in the day of our students. This is a great opportunity to work early mornings and afternoons getting students safely to and from school.

Hourly wage of \$28.35

Qualifications:

- Grade 12 Diploma
- Class 1 or 2 Driver's License with Air Brake endorsement
- Clean Driver's Abstract
- WHMIS training

If interested, please email your resume to: Jen Christenson, Staffing Officer and Systems Analyst, jchristenson@sd79.bc.ca or drop off at the School Board Office: 2557 Beverly Street, Duncan.

BE MY HOME AWAY FROM HOME

HOMESTAYS NEEDED FOR HIGH SCHOOL INTERNATIONAL STUDENTS

If you are an active family interested in hosting an international student from Europe and around the world contact us!
Brenda 250-510-1436 / blanglois@sd79.bc.ca

Transportation/Bus Passes



Thank you for your patience as the transportation department processes online bus pass registrations. We will

distribute passes as soon as they are received at the school. For more information, please use link below.

<https://sd79.bc.ca/services/transportation/>

SEPTEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Labour Day	6 First Day of Classes!	7	8	9	10
11	12	13	14	15 PAC Meeting 7pm Library	16	17
18	19	20 	21	22	23 Terry Fox Run 1:30	24
25	26 District Implementation Day – no classes	27	28	29	30 National Day for Truth and Reconciliation – no classes Orange Shirt Day	

The School District Calendar can be found at <https://sd79.bc.ca/services/administration/calendar/>