

Alex Aitken News

Phone: 250-748-8724

Principal – Mike Martin

Principal's Message

Welcome to October!

September was a busy month as students transitioned back to school and settled into their new classes.

We are wanting to ensure that all families are aware of monthly events. Therefore, it is very important that we have accurate emails and phone numbers. Please ensure that you notify the school of any changes to your contact information. I also strongly recommend that you utilize our newsletter as the main source for monthly events. Recording our monthly events into your busy calendars will hopefully help avoid those last-minute surprises.

We are looking forward to a fantastic October filled with Fall activities and exciting events. Girls field hockey, boys soccer, cross country and Hot Lunch will all be starting up. As usual we will end the month with a few fun Halloween events. On behalf of our entire staff I would like to wish you all a happy Thanksgiving.

Mr. M.

Mark Your Calendar

| | |
|--------------|--|
| Wed. Oct 4 | Photo Day |
| Thurs. Oct 5 | 1 Hour Early Dismissal at 1:18 pm |
| Mon. Oct 9 | Thanksgiving-School not in Session |
| Fri. Oct 20 | NID Day-School Not in Session |
| Tues. Oct 24 | Pumpkin Carving |
| Wed. Oct 25 | 2 Hour Early Dismissal at 12:18 pm |
| Thur. Oct 26 | District X-Country |
| Fri. Oct. 27 | Bottle Drive, Hot Lunch, School Dance 6:00-8:00 p.m. |
| Mon. Oct 31 | Halloween Parade 12:30 pm |

Student Photos

The annual student photos will be taken on Wednesday, October 4th. We will be sending home student photo proof sheets once Edge Imaging has processed all the photos. Online ordering information will be included with your child's proof sheet. All families will receive a proof sheet for each child. If your child is away on picture day or a retake is desired, retakes will be on November 8th.

Student Demographics

It is important that we always have up-to-date information for addresses, medical/legal alerts, contact phone numbers, email addresses, etc. Please call or email Heather at the office to update your child(ren)'s information.
alexaitkenheadsecretary@sd79.bc.ca

Late Arrivals and Early Departures

If your child arrives at the school any time after the 8:30 am bell, please have him/her check in at the front office. Students that are withdrawn during the day must be signed out. If the student returns, a return time must be entered on the sign out sheet as well.



Bottle Drives will once again occur each month-this year they will be on the last Friday of the month. All you must do is drop your bag off in the designated spot by the front fence of the school the morning of. Below is the years schedule, but we will remind you every month! 😊

- Friday, September 29th
- Friday, October 27th
- Thursday, November 30th
- Friday, December 22nd
- Friday, January 26th
- Friday, February 23rd
- Friday, April 5th
- Friday, April 26th
- Friday, June 7th

Please do not include non-refundable containers such as milk cartons.

PAC News

Halloween Dance:

The PAC is excited to announce there will be a HALLOWEEN DANCE on October 27th from 6-8pm.

Entry is by donation and there will be prizes for the best costumes!

Stay tuned for more information on this spooky event coming soon...

PAC Bottle Drives:

The PAC will be running a bottle drive on the LAST FRIDAY of every month.

This is a great fundraiser to support our school! Please drop your empties to the school by 1pm at the latest.

Hot Lunch:

Hot lunch is coming soon! Our first hot lunch will be White Spot on October 27th.

If you haven't already received an email about ordering, one should be hitting your inbox any day!

PAC Meetings:

Our next PAC meeting is October 11 @ 6:15pm
PAC Meetings are a great way to learn about what is happening at Alex Aitken.

Pending we have enough supervisors - the gym will be open for kids to play during the meeting!

Alex Aitken School Spirit Wear

School Spirit Clothing is once again being offered for sale. There are t-shirts, hoodies, full-zip hoodies, sweat pants and long sleeve shirts. Please see the attached order form for details on colours and prices. You can make payment by two ways: e-transfer to julie@bestcoastbranding.ca OR by sending in a cheque with the order form (payable to Julie Grimsson). The deadline for orders is Monday, October 30, 2023.



This province-wide program provides locally grown fruits and vegetables twice a month.

Halloween Activities



Students will be carving pumpkins on **Tuesday, October 24th**. You may want to be thinking about getting your pumpkin. More info coming later in the month.

The Alex Aitken Halloween Parade will **Tuesday, October 31st at 12:30pm**



Bus Evacuation Drills



The Transportation Department will be holding Bus Evacuation Drills on afternoon bus runs on **Wednesday, October 18th**. These drills will be performed at the

school where the bus departs fully loaded. These drills are important to better prepare our students and staff in the event of an emergency. The driver will instruct the students on how to unload and move to a designated safe spot as a group in a safe and orderly fashion. These drills may delay afternoon drop-off times by approximately 15 minutes. The Transportation Manager can answer all questions by email at transportationmanager@sd79.bc.ca or by phone at 250-748-0321 ext 275

Terry Fox Run



On September 15th, we held our annual Terry Fox Run. We received **\$337.40** in donations. **Thank you!**

Immunizations

Students in grade 6 will be offered immunizations in school-based clinics with the consent of a parent/guardian/representative. Immunization consent packages for grade 6 students will be sent home shortly. Follow the instructions inside the consent package and return the signed consent form to the school. Please contact the Margaret Moss Health Unit, 250-709-3050 ext. 45521, if you have any questions.

BC Shake Out Day



On Thursday, October 19th, we will be participating in the *BC Shake Out* event by practicing an earthquake drill. Practicing emergency drills allows the children to be well prepared in case of a real emergency.



Homestays Needed

The Cowichan Valley School District is seeking families to host international students from around the world for three-month, five-month and full school year programs.

Why host?

- o Create lifelong relationships for yourself and your children
- o Experience another culture
- o Receive a monthly honorarium

What do we ask you to provide?

- o Be willing to provide emotional and academic support
- o Be open to new cultural experiences and willing to share your own
- o Include your student into your family life and share activities together
- o Have transportation and the ability to pick up/drop off students at sports practices/games, extra-curricular activities, and school-organized field trips.
- o Have the ability to pick up and drop off your student at the airport at the time of arrival/departure.
- o A private bedroom with a desk, dresser, closet, and window.
- o Healthy meals and snacks

If you would like to join our program, please contact Brenda Langlois, Homestay Manager, at blanglois@sd79.bc.ca

From Island Health

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 servings of grains, vegetables and fruit and milk so 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 food from at least 3 of the 4 Food Groups in [Canada's Food Guide](#).



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October 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|---|----------|
| Fire Safety Month  | |  |  | |  | |
| 1 | 2 Statutory Holiday-No School | 3 | 4 Picture Day  Click! | 5 1 Hour Early Dismissal at 1:18 pm | 6 | 7 |
| 8 HAPPY  THANKSGIVING | 9 Thanksgiving Day No School | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 Bus Evacuation Drills (after school) | 19 Grade 5-7 Boys Soccer Tournament 11:30- 1:30 pm | 20 NID-No School | 21 |
| 22 / | 23 / | 24 Pumpkin Carving  | 25 2 Hour Early Dismissal at 12:18 p.m. | 26 District X- Country | 27 Bottle Drive 8:00-1:00 pm Hot Lunch School Dance | 28 |
| 29 | 30 | 31 Costume Parade | | | | |