

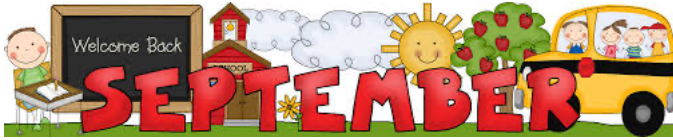
ALEX AITKEN



# Alex Aitken News

Phone: 250-748-8724

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.

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. C. Nowicki who will be teaching kindergarten along with Ms. Reimer and Ms. R. Dahle who will be teaching kindergarten/grade 1 with Mrs. Horsfall. You will also see a new face behind our front desk..... a big welcome to Heather Moore 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
2:18 pm	Dismissal

*Supervision ends at 2:35 pm*



## Dates to Remember

- Wed. Sept 13<sup>th</sup> PAC Meeting at 6:15 p.m.
- Fri. Sept 15<sup>th</sup> Terry Fox Run @ 1:30 pm
- Mon. Sept 25<sup>th</sup> District Implementation Day - no classes
- Fri. Sept 29<sup>th</sup> Orange Shirt Day at Alex Aitken
- Mon. Oct 2<sup>nd</sup> National Day for Truth and Reconciliation - no classes
- Wed. Oct 4<sup>th</sup> Picture Day
- Thur. Oct 5<sup>th</sup> 1 Hour early dismissal

## Welcome Back Parents!

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. We look forward to working together in support of our students.

## New Classes/Class Placement

Students have returned to last year's class to engage in a variety of meaningful learning opportunities aligned with the K-7 curriculum. This temporary arrangement will allow us to carefully consider and plan for permanent school placements. It is important that all students attend as staffing decisions are finalized based on student enrollment. Permanent placements may take a while as the district determines staffing levels and as we consider the support that each student will require to thrive in their new educational setting. Please be assured that this delay is for the benefit of all students and is aimed at creating an optimal school environment. We appreciate your understanding and patience during this time.

## School Supplies



Families are asked to purchase their own supplies for the school year. **Teachers will be sending home a supplies list once students are placed in new classes.** Student Agendas are delayed and will arrive later in September. A big thanks to our great PAC who has generously covered the cost of an agenda for each student.



## 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 with "no parking" signage.
- 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.
- Please slow down and look out for students crossing the road.

## School Bus Information

The transportation department is currently processing registrations submitted prior to September. Students who were registered prior to September should receive a bus pass at the end of next week.

## Information From PAC

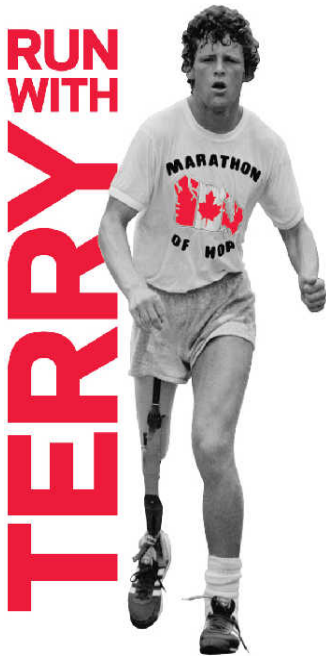
Welcome to the 2023-2024 school year from the Alex Aitken PAC!

We will be having our first PAC meeting on **September 13 @ 6:15pm** in the Alex Aitken Library. The agenda can be viewed on the Alex Aitken Elementary PAC Facebook page and on the school PAC board inside the school.

Kids are WELCOME and we are working on having child care. If we can find enough older kids to help supervise, we will open the gym for the kids to play in.

We welcome and encourage all parents to attend the meetings. Absolutely NO pressure to participate or volunteer for anything! This is just a way to meet other parents and hear more about what is happening around the school and in the school district.

We look forward to seeing you there!  
AA PAC



### 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. 15<sup>th</sup> 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.

### A Parent's Guide to Raising Digitally Responsible Youth

This resource was designed to help introduce parents and caregivers to leading social media platforms, video games, and relevant trends that are either being used already or have the potential to be used by their children. The guide will equip you with the knowledge you need

to better understand your child's internet usage and the digital world they live in.

<https://resources.saferschoolstogether.com/link/352883/>

### Indigenous Ancestry & Support

'Uy'skweyull! 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](mailto: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->

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



#### **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 mealtimes.

#### **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: **Hourly wage \$25.50**

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

If interested, please email your resume to: Jen Christenson, Staffing Officer and Systems Analyst, [jchristenson@sd79.bc.ca](mailto: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](http://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**

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

Qualifications:

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

**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](mailto: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 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Labour Day	5 First Day of Classes ½ Day! Whole school assembly	6	7	8
11	12	13 K's Full Day  PAC Meeting 6:15 p.m.	14	15 Terry Fox Run 1:30 p.m.
18	19	20	21	22
25 District Implementation Day – no classes	26	27	28	29 Orange Shirt Day at Alex Aitken

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