	<h1>EES Newsletter</h1>	February 2024 Issue #8
<div>Principal's Message</div> <div>—</div> <div>Noticing and Dressing for the Weather</div> <div>—</div> <div>Drop-off and Pick-up</div> <div>—</div> <div>Kindergarten Immunization</div> <div>—</div> <div>EES PAC News</div> <div>—</div> <div>Student Learning Survey</div> <div>—</div> <div>Substance Use Prevention</div> <div>—</div> <div>KSS Gr. 7 Info. Night</div> <div>—</div> <div>EES Library News</div> <div>—</div> <div>Student Report R.J.M (Volleyball Reporting)</div> <div>—</div> <div>OBLT Ready, Set Learn at EES</div> <div>—</div> <div>OBLT WOW Bus</div> <div>—</div> <div>Oceanside FC Spring Registration</div>	<div>Principal's Message</div> <p>The month of February often focuses on the themes of friendship, kindness and belonging. It culminates with our school assembly focusing on recognizing the annual Pink Shirt Anti-Bullying campaign.</p> <p>Friendships often change as children grow and develop. Younger children will often play in a big group, with several peers. As children get older, they start to determine who their solid friends are – those who they feel good spending time with, those who share similar interests, and those who they can trust and count on. The number of friends your child has may decrease as they develop more close friendships.</p> <p>Children can struggle with the notion of sharing friendships and this can lead to social conflict and misunderstandings. We support many students with learning empathy and tolerance as they develop relational skills. Often the ups and downs of friendships can interfere with learning as students worry about things that are going on with friends, but children develop important skills when they learn how to navigate conflicts peacefully and productively.</p> <p>Conflict is a normal part of building social skills. The ideas listed below from Elementary School Parents (March 2022, Vol. 33 No. 7) provides suggestions for ways to boost relationship skill through resolving conflicts productively:</p> <p>Whether it's a fight with a friend, a misunderstanding with a teacher or an argument with a sibling – all kids experience conflict in their everyday lives. To help your child resolve conflicts productively, encourage them to:</p> <p>Avoid name-calling. Teach them to use “I messages” to explain how they feel instead of “you messages” that blame the other person.</p> <p>Hear the other person out and try to understand their point of view.</p> <p>Think before they act. Many times, a situation gets out of hand because people allow their emotions to control their actions.</p> <p>Consider a compromise. Your child is more likely to resolve a conflict successfully if they look for a solution where everyone gives a little and gets a little, too.</p> <p>Ask for help when he needs it. Sometimes it takes a mediator to resolve a conflict. A parent or teacher may be able to help.</p> <p>Stand up for the rights of others who may have been wronged in the conflict.</p> <p>Be willing to apologize when they are at fault.</p>	

Noticing and Dressing for the Weather

We are in the season of tum'xuytl', known as the "cold time", and our seasonal moon is Thulxwumucun, Moon of Shining Ice. Our local Indigenous teachings inspire us to observe and understand the signs of changing weather. We encourage our students to be mindful of their surroundings and appreciate our interconnectedness to the environment.

To adapt to the changing conditions, it's crucial for students to be well-prepared. We recommend suitable clothing and footwear for outdoor activities, along with inside shoes that double as gym shoes. As the temperatures drop, warm coats (with hoods), boots, hats, gloves, and umbrellas become essential components of their daily attire.

Despite the weather, our students continue to explore and play outdoors during recess and lunch breaks. We suggest students keep a spare change of clothing at school for unexpected situations. While we maintain a limited supply of spare clothing, having personal backups ensures that your child remains comfortable and ready for any weather-related surprises.



Artist: Ocean Hyland Qualicum First Nations

Drop-off and Pick-up - Reminder

Please note that school begins at 8:10am. **If you are dropping off your child prior to 8:10am, please use the Lower Parking Lot.** If you are dropping off after 8:10am, you may pull up to the front of the school. Students who arrive after 8:15am must report to the office before going to their classroom. We are noticing a number of cars coming in and out of the top lot, and it is becoming unsafe for pedestrians.

Please make sure your child's teacher is aware of your child's after school schedule. We need to know if your child is getting picked up (and by who) or taking the bus.



Introductory School Newsletter Kindergarten



Kindergarten Immunization Information

In B.C., routine immunizations are recommended for children at kindergarten entry (4-6 years of age). If your child has not received their kindergarten immunizations, please contact Oceanside Public Health Services at (250) 947-8242 to book an appointment at the health unit.

For more information about immunization, please go to <https://immunizebc.ca/> or contact the school nurse at Oceanside Public Health Services.

EES PAC News

Happy 2025! We hope everyone has settled in to the New Year well!

Here are some PAC highlights from the first half of the school year:

PAC supported and funded:

Grade 3 swimming lessons
Over \$500 for Library Resources
Winter Wonderland Skate

PAC Volunteers put on two events for EES students and families:

Family Movie Night
Student Holiday Free Store

We are excited for what 2025 and the remainder of this school year will bring!

Hear about what PAC is up to next and be part of the planning by joining us at our next PAC meeting:

Thursday, February 13th @6:00pm in the school library.

All parents and caregivers welcome!

Student Learning Survey 2024/2025

The Provincial Student Learning Survey is unique in its scope, size and usefulness to schools. It gathers information from parents/guardians/caregivers, teachers, and students on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective.

Throughout February the Student Learning Survey will be administered to students in grades 4 and 7, their parents/guardians/caregivers, and all school staff. We encourage parents/guardians/caregivers to participate in this survey, as the results are important in identifying and celebrating current strengths, as well as determining where the school needs to focus improvement. The surveys contain standard questions for the Province - in addition, questions from the school and/or district that focus on local conditions or issues may be included.

The survey can be completed electronically and can be accessed on the Internet at:

<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/student-learning-survey>.

Any computer or mobile device with an Internet connection can be used, and access to the e-survey is simple and secure. The survey can be accessed through the link and by clicking on Take the Survey. On the login page, click on the Parents icon, and then select the school district and school name where your child attends school. Provincial, District and School Reports for previous years can be viewed at the same site under the *Results* section.

The e-survey site will be open until May 2, 2025.

If you have any questions, please contact the school at 250-248-8446.

SUBSTANCE USE PREVENTION: MENTAL HEALTH & DECISION-MAKING

A **COMPLIMENTARY WEBINAR** FOR PARENTS, GUARDIANS & CAREGIVERS

Join leading **adolescent Clinical Psychologist Dr. Hayley Watson** for an online event that aims to help parents, guardians and caregivers gain a **deeper understanding** of substance use prevention and learn **practical tools** for supporting youth mental health.



Key Takeaways:

- ✓ Learn the factors that contribute to youth mental health/substance use
- 🧠 Understand the skills that youth need to overcome these needs
- 🛠️ Acquire practical tools for empowering your child and youth to make positive choices
- 🤝 Increase your ability to support your own mental health

Time: 6-7:30pm PST

Date: 20th, 25th, 26th Feb 2025

REGISTER NOW

Scan the QR
Code to Register



We acknowledge the financial support of the Province of British Columbia through the
Ministry of Education and Child Care

Participants must register in advance. Session dates are:

- February 20, 6:00-7:30 pm PST
- February 25, 6:00-7:30 pm PST
- February 26, 6:00-7:30 pm PST


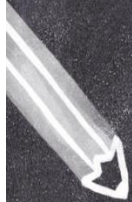


KWALIKUM SECONDARY

GRADE 7 INFO NIGHT

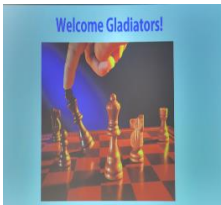
6:30PM-7:30PM
DOORS OPEN AT 6:15PM

FEBRUARY 12TH, 2025
IN THE KSS MULTIPURPOSE ROOM



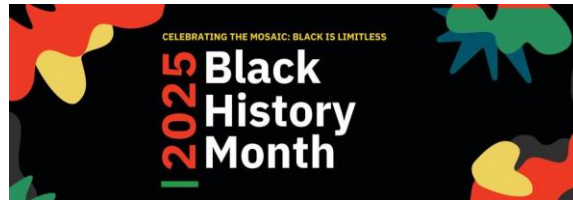
Current grade 7 students and their caregivers are welcome to come and learn about the grade 8 program, tour the school, and ask questions - we will try and answer as many as we can.





EES Library News

Black History Month: February is a time to celebrate the vibrant history of black communities in Canada. We have pulled some biographies and stories about famous Black Canadians.



February Food Drive: Our school will be having a Food Drive to collect food and money for our local food bank. We are welcoming Ihor Reveha from the Salvation Army who will come and speak with us about food insecurity and the importance of food banks in our community. Food and money collected will be given to the Salvation Army Food Bank before spring break.

Gladiators Chess Club: We're up and running every Tuesday in the Library. We are welcoming students from all classes to come out and learn and practice their chess strategies and skills! Our Gladiators Chess Club starts Tuesday Feb 11, good luck players!

Overdue Books: Please bring back your library books as there are students waiting for them. If you have lost your book, you can bring a good quality similar genre book from home to replace it. Come and speak with us about it.

Ms. Richards and Mrs. Cook



Student Reporter - RJ. M

With basketball season over, girls and boy's volleyball is starting up in the school district. The players are getting more excited about the games that have just beginning. More and more girls and boys are joining their school's volleyball teams to get in on the action, and to learn more about the sport. Many of the district teams will be splitting up, and will be getting two teams of equal skill. The girls and boys are getting fired up and ready throughout the entire school district for another exciting season of volleyball.

With volleyball in season, we have some quotes from the Errington Elementary gym teacher and sports coach,

- "I think all the competition has a good chance in the tournament."
- "The girls and boys' teams both have some really good setters, bumpers, and servers."
- "All the teams have great coaches, and great players."
- "I believe the girls will have a harder time overall because of the popularity of the sport with them. Not saying the boys have it easy, but it will definitely be a bit easier for the boys."

As well as some advice from the coach,

- "I recommend getting knee and elbow pads for protection during the games."
- "Don't push yourself before playing, you don't want to hurt yourself before you can even get in there."
- "Make sure you stay energized before the games, playing while exhausted can be hard on your body."

With the first few volleyball games over. We have the wins and losses.

Teams: Errington Boys 1 & Errington Boys 2 VS Springwood Boys 1 & Springwood Boys 2

- Game 1: Errington 1 VS Springwood 1

Winner: Springwood 1

- Game 2: Errington 2 VS Springwood 2

Winner: Springwood 2

- Game 3: Errington 1 VS Springwood 2

Winner: Springwood 2



- Game 4: Errington 2 VS Springwood 1

Winner: Springwood 1

- Game 5: Errington 1 VS Springwood 1

Winner: Springwood 1

- Game 6: Errington 2 VS Springwood 2

Winner: Springwood 2

- Game 7: Errington 1 VS Springwood 2

Winner: Errington 1

- Game 8: Errington 2 VS Springwood 1

Winner: Springwood 1

Overall Wins: Errington Ellementary: 1 Springwood Ellementary: 7

Even with these losses and victory, the Errington Wildcats boys' teams are still playing hard and practicing as much as they can.



Teams: Errington Girls 1 & Errington Girls 2 VS Oceanside Girls 1 & Oceanside Girls 2 & Oceanside Girls 3

- Game 1: Errington 1 VS Oceanside 1

Winner: Errington 1

- Game 2: Errington 2 VS Oceanside 1

Winner: Errington 2

- Game 3: Errington 1 VS Oceanside 2

Winner: Errington 1

- Game 4: Errington 2 VS Oceanside 2

Winner: Errington 2

- Game 5: Errington 1 VS Oceanside 3

Winner: Oceanside 3

- Game 6: Errington 2 VS Oceanside 3

Winner: Errington 2

- Game 7: Errington 1 VS Errington 2

Winner: Errington 2

Congratulations to the girl's teams for their insane wins!

**DID YOU
KNOW?**



Ready, Set, Learn!

Ecole Oceanside Elementary – February 4th & 25th @10:30am – 11:30am

Qualicum Beach Elementary – February 5th & 19th @10am – 11am

Springwood Elementary – February 7th @9:45am – 10:45am

Bowser Elementary – February 10th & 24th @11am – 12pm

Errington Elementary – February 10th & 24th @1pm – 2pm

Arrowview Elementary – February 13th & 27th @1:15pm – 2:15pm

Nanoose Bay Elementary – February 21st @9:45am – 10:45am

Ready, Set, Learn is a free drop-in program for children from birth to kindergarten age and their parents/caregivers with the intent of supporting children's transitions into school.

Check out our website
to book your spot:
www.oblt.ca



Climb Aboard the WOW Bus!

Meadowood Community Park – Feb 6th @10:30am–12pm

Nanoose Place Community Centre – Feb 11th @10am–11:30am

Coombs Fairgrounds – Feb 26th @10am–11:30am

WOW Bus is a free drop-in outreach program for children from birth to kindergarten age and their adult. Families are invited to climb aboard the WOW Bus and join us for healthy snacks, playtime, songs, and stories.

Check out our website for more details about the WOW Bus and other free early years programs: www.oblt.ca





Oceanside FC

Have Fun- Learn Skills - Make Friends

Spring Registration is now OPEN!

Sign up is now open for the Spring soccer season running from April 9th to June 21st (excluding Easter and May Long Weekends).

Active Start (U4-U6)	Junior Pony U6-U7	Senior Pony League (U8-U9)	InterClub U10-U18
U4/U5 April 12th through June 21 on Saturdays.	For those U6 players that are ready for the next challenge you can now join our U7 players.	Practices are on Wednesdays, games on Saturday, starting April 9th through June 21.	Practices are on Wednesdays, games on Saturday, starting April 9th through June 21.
U6 April 12 through June 21 with training on Wednesdays and Saturdays.	Practices are on Wednesdays, games on Saturday, starting April 9th through June 21.	Registration Fee: \$110	This age group may require travel for game day on Saturdays.
Registration Fee: U4/U5 - \$110, U6 - \$110	Final game day will be a tournament style day. The schedule may vary from your regular weekly game schedule. Registration Fee: \$110		Registration Fee: \$110

Register at www.oceansidefc.com

Daily Lunch available @ EES

Our daily lunch program is underway and we are grateful to be able to provide meals at school for students.

Our dedicated PAC continues to offer Hot Lunch on specific Fridays. Ordering for both programs will be done through Munch-a-Lunch, however, it will be through separate accounts.

****Please note that the ability to order lunches is: 8 days prior for PAC lunches and the Wednesday prior to the date of the lunch for the EES Lunch Program.**

EES Lunch Program (daily lunch)	EES PAC Hot Lunches (select Fridays only)
<u>Errington School Meals</u> If you already have a PAC account use: <u>ADD Errington School</u>	<u>PAC Hot Lunches</u>

Community Programs & Events

We get numerous advertisements for community programs and opportunities to include in newsletters. Please click on the link below to view the events/programs offered within the community – access is via the Qualicum School District Community Page:

<https://www.sd69.bc.ca/Community69/Pages/default.aspx#/>

Information for Families:

Family Accident Reimbursement Plan – Voluntary Insurance

<https://specialmarkets.ia.ca/aonbc/home>

Public Meetings of the Board of Education

[https://www.sd69.bc.ca/Board/BoardMeetingAgendasMinutes/Pages/Board-Meetings.aspx#/=](https://www.sd69.bc.ca/Board/BoardMeetingAgendasMinutes/Pages/Board-Meetings.aspx#/)

KEY DATES

February

12 – KSS Grade 7 Info. Night
17 – BC Family Day (no school)
26 – Pink Shirt Day

March

7 – Pro-D Day (no school)

14 – Last day of school before
Spring Break

31 – School Reopens after Spring
Break

April

18 – Good Friday (no school)

21 – Easter Monday (no school)

28 – Pro-D Day (no school)

May

16 – Conferencing Adjustment Day
(no school)

19 – Victoria Day (no school)

June

26 – Last day of school before
Summer Break

27 – Administrative Day (no school)