

Parkcrest Update

October 2021

1. Photo Day: My apologies for sending out the wrong date at the beginning of the year. Photo day is not Oct. 4 but is **Oct. 8**. Retakes are Nov. 10.
2. New Health Check : Attached to this newsletter. Please review this at home, this was updated on Sept. 27. Thank you for your support in keeping your child(ren) home when they aren't feeling well.
3. The cooler weather is here! Please ensure that your child is prepared for rain and colder temperatures as we move into fall.
4. Fruit and Vegetable Program: We have received carrots and milk for all students this month. If you do NOT want your child to participate, please email cgorman@sd73.bc.ca or send in the form that has been/will be sent home for the Fruit and Vegetable program.
5. Safe Arrival Program: We continue to have families calling our school office line to report absences or late arrivals. Please ensure that you register your child on the Safe Arrival SD73 App so you can register absences. More information here: <https://www.sd73.bc.ca/en/community-parents-and-students/attendance-reporting-safe-arrival.aspx>
6. Student Verification forms have been sent home. (Blue sheets) Please return these ASAP and ensure that your email address is correct. As we have shared before, sometimes Hotmail accounts do not receive school emails.
7. Lost and Found!! Already overflowing! Please label all of your child(ren's) items so they can be returned to them or easily found.
8. New staff Members: Welcome to Laura Bittante and Rayel Poore who are joining our CEA (Certified Educational Assistant) crew!
9. KEV Cash Online Payment: Thank you for being patient as this is rolled out in our district. I have received many emails from families who are having some challenges in signing up for this program. The district has a webpage to help with general questions. Please don't hesitate to continue sending me "I need help" emails. I send those off to those who know how to support. Below is the District website related. <https://www.sd73.bc.ca/en/community-parents-and-students/cashless-schools.aspx>
10. FSA (Foundation Skills Assessment) for Grade 4 students. Please see the PDF letter [here](#).



Dates:

- Oct. 1 Wildsafe Ranger Program for some of our classes
- Oct. 1 PAC Hot Lunch Day
- Oct. 4 Wildsafe Ranger Program for some of our classes
- Oct. 5 PAC Meeting 6:15 at the school. Email cgorman@sd73.bc.ca if you need childcare for attending this meeting.
- Oct. 5 Mrs. Huffman's class at McQueen Lake
- Oct. 5 Boys Volleyball Practice (Gr. 5 & 6) 2:45-3:45 PM
- Oct. 7 Girls Volleyball Practice (Gr. 5 & 6) 2:45-3:45 PM
- Oct. 8 PAC Hot Lunch: Safeway
- Oct. 8 Photo Day
- Oct. 11 Thanksgiving
- Oct. 15 PAC Hot Lunch: Senor Froggy's
- Oct. 22 Non Instructional Day
- Oct. 26 Come Read with Me: Grade 1 Parents: Please see previous email from Mrs. Gorman. Sign up required, please send in registration form.
- Oct. 29 Halloween Celebrations at School (costumes are allowed however please ensure the following: no extremely scary costumes, no gore/violent costumes, limit accessories so they don't get lost.
- Oct. 29 PAC Hot Lunch: Chopped Leaf
- Nov. 1 Please ensure your child is bringing little to no candy to school. Large amounts of sugar really affects learning.
- Nov. 4 Early Closure 12:30 for Parent/Teacher Interviews
- Nov. 5 PAC Hot Lunch: Panago
- Nov. 10 Photo Retake Day
- Nov. 10 Remembrance Day Virtual Assembly for students
- Nov. 11 Remembrance Day Holiday
- Nov. 12 PAC Hot Lunch: Opas

Kamloops YMCA Mental Wellness Opportunities

Registrations and referrals can be sent to mentalwellness@kamloopsy.ca or 250-319-6648.

Youth Mindfulness Group - The Youth Mindfulness Group is a free 7-week psychoeducational and support group for young adults ages 18-30 who experience anxiety. Participants learn healthy coping skills, connect with other youth in the community, and get support all in a safe and friendly environment. This group will either be run in-person, online or a hybrid version (online/in-person) depending on participants' preference.

Program Dates: Tuesdays November 2 – December 14 6:00 – 8:30 pm

Info Session 1: October 19 6:00 – 8:30 pm

Info Session 2: October 26 6:00 – 8:30 pm

Teen Mindfulness Group – The Teen Mindfulness Group is a Y Mind program that supports teens **ages 12 to 17** who are experiencing symptoms of anxiety to learn and practice healthy coping strategies to better manage stress and anxiety. Our groups provide an opportunity for teens to learn within a safe, comfortable, and fun environment, surrounded by other teens experiencing similar thoughts and feelings.

Online Program Dates: Tuesdays November 2 – December 14 3:30 – 5:00 pm

Info Session 1: October 19 3:30 – 5:00 pm

Info Session 2: October 26 3:30 – 5:00 pm

In-Person Program Dates: Wednesdays November 3 – December 15 3:30 – 5:00 pm

Info Session 1: October 20 3:30 – 5:00 pm

Info Session 2: October 27 3:30 – 5:00 pm

Adult Mindfulness Group – Adult Mindfulness is a 7-week program for adults **31+** who are experiencing stress and mild to moderate anxiety. Participants will learn evidence-based strategies to increase coping. This group is led by trained mental health professionals and gives adults the chance to connect with others who are experiencing similar thoughts and feelings. This group will either be run in-person, online, or a hybrid version (online/in-person) depending on participants' preference.

Program Dates: Wednesdays November 3 – December 15 6:00 – 8:30 pm

Info Session 1: October 20 6:00 – 8:30 pm

Info Session 2: October 27 6:00 – 8:30 pm

In-Person Program Dates: Thursdays October 21 – December 16 3:30 – 5:30 pm

GLOW – Our GLOW (Girls' Life of Wellness) group helps support young women and non-binary youth **ages 8 – 11** in all five dimensions of wellness: physical, emotional, social, spiritual and environmental. During the program, participants meet in groups to have healthy skill-building discussions (eg. body image, healthy relationships, setting boundaries, puberty, morals/values, etc) and participate in wellness activities.

In-Person Program Dates: Thursdays October 21 – December 16 6:00 – 8:00 pm

Mindful Self Compassion Group – this is an 8-week training online for ages **18+**. In this program we will help you get past insecurity, develop more compassion and loving-kindness towards yourself, and increase your overall peace and joy.

This program, designed by Drs. Kristin Neff and Chris Germer, is based on extensive psychological research and is being taught all around the world to help people overcome perfectionism, reduce anxiety and depression, and improve relationships.

Online Program Dates: Tuesdays September 28 - November 16 6:30 - 8:30 pm