



# November Newsletter

## Principal's Message

Dear Kootenay Orchards Families,

**October gave us a lot to be grateful for!** Our Halloween Carnival was another huge success. A big thank-you to all the parent volunteers who transformed our school into a festive Halloween carnival for our school community to enjoy. It was wonderful to see several of our former students return for the evening—even choosing the KO Halloween fun over the Parkland school dance! This event is a huge undertaking, with many moving parts—from decorating and selling passports to organizing volunteers, preparing food, and purchasing prizes. Thank you to everyone who helped make this special event possible for our school community once again!

Our **grade 5/6 students** kicked off their first **sports season** this fall! Over the past 6–8 weeks, our volunteer teacher and parent coaches have been working hard with the students to prepare for weekly games and the upcoming tournament at the COTR. Both our Girls' and Boys' teams have had a fantastic season, celebrating wins and losses alike—always demonstrating outstanding sportsmanship and athleticism.

Many of our classes are now well underway in our **Friendology 101** lessons. These lessons help students recognize their own strengths and learn the "Friendship Facts." We've explored the "Friendometer" and strategies for keeping friendships in the "green zone." Students have learned that "friendship fires"—or conflicts—are a normal part of relationships, and we've been coaching them on how to make the "fire smaller, not bigger" when solving conflict. We've also discussed how to shut down "mean-on-purpose" behavior and how to respond with a "quick comeback" when needed.

Overall, *Friendology 101* helps students build confidence in making and maintaining friendships, resolving conflicts, and developing social skills that will serve them well into adulthood.

For more information and to access free parent tools, you can sign up for a complimentary parent membership. [For Parents | URSTRONG](#)



Kids love to recite the 4 Friendship Facts which are a solid foundation to think about their friendships.



The Friend-o-Meter is a great tool to understand how kids feel about their friendships and what they can do to improve them.



The Friend-o-Cycle helps kids understand how they can put out Friendship Fires and make their friendships stronger.



URSTRONG encourages kids to stand up for themselves with respect for themselves and their friends. Identifying if the conflict is a Friendship Fire vs Mean on Purpose is key!

## Month at a Glance

### November 5

Hot Lunch  
Mr. Mikes

### November 10

Remembrance Day  
Ceremony @ 11:00 am

### November 10

PAC Bingo Night  
6:00 pm

### November 11

Remembrance Day Stat  
School Closed

### November 14

Hot Lunch  
Milk & Cookies

### November 18

PAC Meeting @ 7:00 pm

### November 21

Pro-D Day  
School Not in Session

### November 26

Hot Lunch  
Hot Dog Day

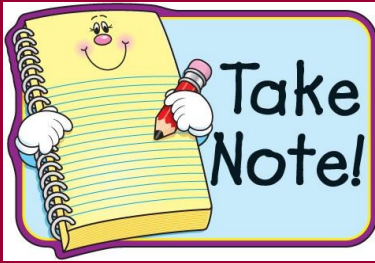
### November 28

School Spirit Day  
Dress like Mr. Flegel



In Kindness & Respect,  
Carissa Hart

kʷatuk ɣupqa  
November



### **Poppy Donations**



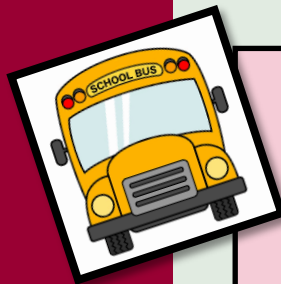
Mrs. Potter's Grade 6 class will be going around to each class starting this week to collect poppy donations. Poppies will be handed out before the Remembrance Day Ceremony on November 10th.



### **Grade 6 Volleyball**

Our volleyball season is coming to a close and teams are headed to a tournament this Friday, November 7th at the College of the Rockies. Best of luck to our teams!!

We would like to extend a huge thank you Mr. Flegel, Mrs. Reinarz & Mrs. Jensen for coaching our teams this year!!



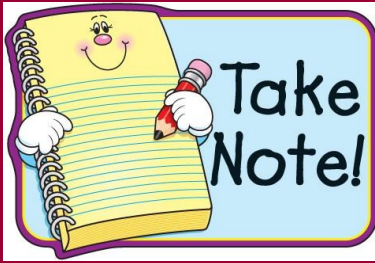
### **Courtesy Bus Riders**

A note to let families know that the bus department does not allow courtesy riders on the bus. Only registered riders are permitted on the bus. Thank you for your understanding.

### **Pets on the School Ground**



We kindly ask that all pets are kept on a leash away from other students and when possible, off the school grounds. While pets are cherished family members for some, others may not be comfortable being in close proximity to them. We would like to ensure the health and safety of all our students and would like to thank you in advance for your understanding.



## FRESH TO YOU FUNDRAISER



We would like to thank all of our KO Families that supported our Fresh To You Fundraiser and purchased bundles. We were able to raise \$346 for our food programs provided at KO. Thank you!!!

Every Tuesday, our school will be receiving a donation of Cobs bread that was baked fresh and frozen the previous day. Our goal is to send something home with each student at least once. Names of students will be drawn at random and evenly from each class. The bread will be handled with food safe measures; however, we cannot guarantee any bread/buns (etc.) are free from food allergens such as nuts.

If you are uninterested in being a part of this program, please kindly contact our Youth Care Worker Mrs. Holbrook to let her know.

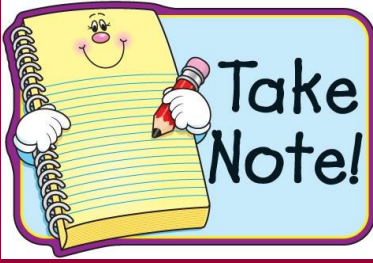
[shelsee.holbrook@sd5.bc.ca](mailto:shelsee.holbrook@sd5.bc.ca)

### Angel Tree Program

The Angel Tree program is sponsored by Sunrise Rotary Club, Tamarack Mall, Cancer Society and the caring people of Cranbrook. Gifts are purchased by families or individuals from the Cranbrook area hoping to assist in make Christmas a joyous occasion for all. The Cancer Society wraps all the gifts and numbers them. The volunteer agencies have no control over the choice or value of the gifts purchased. We can only hope the gift brings joy and happiness to your child at Christmas.

**For any families wishing to access the program, please complete the registration form and submit it to the Tamarack Mall Administration Office by Tuesday, November 25th. Any late forms after this date will not be accepted.**

[Angel Tree Registration Form](#)



## **Back to the Future**

We are excited to announce that this year's Christmas production will be **"Back to the Future"**

The concert is taking place at the Key City Theatre on Thursday, December 18th. Ticket request information will be provided later on in November.

**Below is a list of the costumes that students will need to have:**

### **Cross/Linardic**

**Minions:** Jeans, Yellow Shirt & Suspenders. Minion goggle head piece (handmade or purchased).

### **Malmberg/Adams**

**Little Kids:** Onesies and a stuffed animal. Students in Mrs. Adam's class will also need a soother.

### **Boss/Flegel**

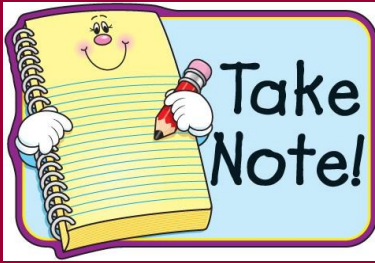
**Rock & Roll Band Attire**

### **Intermediate Students**

**90's Fashion Attire**

### **Grade 6 Students with Specific Character Rolls**

Costumes based on their character in the show.



# Mass Choir



Christmas Bells are Around the Corner,

I am thrilled to announce the Kootenay Orchards Intermediate Choir will begin practices again this November. All intermediate students will practice but only the Grade 5 & 6 students will be featured in the Christmas Choir.

The Christmas Choir is a longstanding tradition and 2025 will mark the 42nd year. Many parents and even some grandparents were once participants!! **The Christmas Choir will take place on Wednesday, December 3rd at 7:00 pm at the Alliance Church.** Admission will be by donation and proceeds will go to the Salvation Army.

More information will be sent home with students about this historic event closer to the date.

Cheers!

Mr. Lutz

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## Canadian Parents for French

Passionate about French language learning? So are we!

Join Canadian Parents for French and become part of a national community that champions bilingualism and supports students learning French— in your community and across the country.

Whether you're a parent, educator, volunteer, or advocate — your voice helps shape a more inclusive, bilingual Canada. Membership is FREE!

More resources. More support. More opportunities for youth to thrive in French.

Join today: [cpf.ca/join-cpf/](https://cpf.ca/join-cpf/)



# School COUNSELOR

Hello KO families!

I am so excited to be working at your school again this year. Elementary school counsellors are here to help students and families navigate many different challenges that may arise both within the school setting or at home; our role is to support emotion education, regulation and coping strategies, changes in family or home environments, self-esteem...basically all things mental health related! I am also available to assist with connecting to outside resources if that would better suit the needs of your family. Additionally, my hope is to get to spend time in all of our classrooms at some point during this school year, teaching our students about mental health, emotion education, personal safety, healthy relationships, and developing tools for resiliency and regulation.

With the first few months of school already come and gone, many students have found their way back to the routine of drop-offs, participating in class, after school activities, and all the busyness that comes with fall. If you are noticing that your child is still struggling with getting back into the swing of things, check out these resources to help with the transition:

<https://keltymentalhealth.ca/podcast/S4E2> (A podcast about getting your child back into the school routine)

<https://keltymentalhealth.ca/blog/back-to-school-with-resilience> (Blog post on how to promote resilience and set your kids up for success)

<https://www.youtube.com/watch?v=b93ayTSy6hM> (A webinar on the above resiliency and routines)

If you are interested in hearing more about the school counselling process, or would like to discuss a referral for your child, please feel free to contact me at [karley.doll@sd5.bc.ca](mailto:karley.doll@sd5.bc.ca) or connect with your child's classroom teacher for more information.

Sincerely,

*Mrs. Doll*





# Youth Care Worker

## Rolling with ADHD

What is ADHD, and how can I support my children who have it? The Province of British Columbia offers this free resource to parents, teachers and teens to help understand what ADHD is and how to support others with it, and for teens to develop strategies for themselves. Below are the summaries of the 4 available resources which can all be found at <https://healthymindslearning.ca/rollingwith-adhd/>

### Rolling with ADHD - Basics

Find out what ADHD is (and isn't) in this short video. Our team of ADHD specialists guide you through the basics and do some myth busting along the way.

For: Parents and Caregivers, Educators and Health Care Professionals

### Rolling with ADHD - For Families

A FREE eight-module series that covers practical tools and strategies for caregivers of children with ADHD and includes what research shows really works for kids and families living with ADHD.

This series is ideal for you if:

- You have a child with ADHD between the ages of 6 and 12
- You want to reduce conflicts about daily routines
- You want to understand how to make your parenting more effective

For: Parents and Caregivers and Family Members

### Rolling With ADHD - For Teens

In this resource, we share some practical information, tips and strategies to help teens with ADHD feel less overwhelmed with school and more empowered and supported.

For: Teens

### Rolling with ADHD - For Teachers

In this unique video resource library, our team of ADHD specialists offer bite-sized insights, ideas and strategies to help teachers roll with ADHD in the classroom.

For: Teachers and Education Support Professionals

## WHAT IS ADHD?

*Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common neurodevelopmental disorders that affects children, teens, and often continues into adulthood.*





# INDIGENOUS EDUCATION



## MÉTIS CHRISTMAS CRAFT SALE

Come and embrace the season's spirit and discover a treasure trove of unique handmade crafts, delightful treats, and festive joy with our first-ever Métis Christmas Craft Sale

*November 29th*

**10:00 AM / 4:00 PM  
FREE ENTRY**

If you are interested in being a vendor, please reach out to the RMMA Navigator at our office as there are, set requirements.

110-108 Van Horne Street South,  
Cranbrook.  
250-489-8960



**ROCKY MOUNTAIN  
MÉTIS ASSOCIATION**

## MÉTIS FAMILY FALL KITCHEN PARTY

**You are invited to come gather  
as a community  
to celebrate Louie Riel week & our culture  
on November 12<sup>th</sup>  
From 5:00 pm to 8:00 pm  
at the Cranbrook Train Museum**

**There will be fun  
activities for the kids.  
Live music by JJ and Gordon.  
A yummy potluck-style dinner, bring your  
favorite meal to share with everyone if you  
can.  
Door prizes, plus a chance to win a  
family turkey dinner.**

**Any questions, please contact us at the RMMA Community space  
110, 108 Van Horne Street South.  
250-489-8960**







**PAC is offering hot lunches again this year!!** Below are the hot lunch dates for November to January. If you would like to place an order, please visit [Muncha Lunch](#).

*Please Note: Lunch orders will need to be placed and paid for by the Wednesday prior to the hot lunch date. Any orders received after this time will not be processed.*

**Friday, November 14th: Cookies & Milk**

**Wednesday, November 26th: Hot Dog Day**

**Friday, December 5th: Boston Pizza**


**Wednesday, December 17th: Subway**

**Wednesday, January 14th: Taco Time**

**Friday, January 23rd: Pizza Hut**

**Wednesday, January 28th: Hot Dog Day**



**Stay up-to-date on all our PAC Fundraisers & Activities  
by joining our Facebook Page** 







# Celebrate the Ktunaxa Language!!

Scan the QR codes below with your phone's camera to hear the word in Ktuanxa.



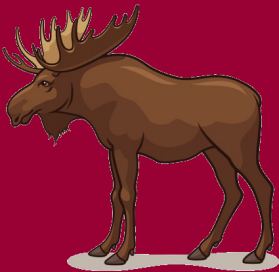
**kəmakqapmuł**

Courage



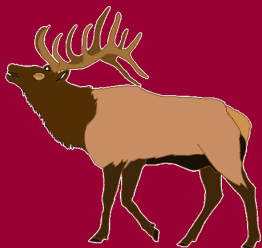
**mał huł ʔakpayata**

Lest we forget



**niłnapku**

Moose



**kiłqatłi**

Elk



We would like to acknowledge that we learn, play and work on the Homelands of the Ktunaxa people.