



October Newsletter

Month at a Glance

October 8

District Hot Lunch

October 12

Thanksgiving

School Closed

October 13

PAC Hot Lunch

Pizza Hut

October 15

District Hot Lunch

October 21 & 22

Parent Conferences

Early Dismissal at 12:05

October 23

Pro-D Day

School Closed

October 27

PAC Hot Lunch

Hot Dog Day

October 28

Photo Retakes

October 29

PAC Halloween Carnival

October 30

PAC Hot Lunch

Milk & Cookies

October 30

Spirit Day

Black & Orange or

Halloween Costume

Principal's Message

Dear KOES Families,

October is well underway, and our school continues to be filled with exciting learning opportunities, new friendships, and a growing sense of community. It has been wonderful to see students settling into routines and engaging fully in their classroom learning. The beautiful fall weather has also provided excellent opportunities for outdoor learning and play.

School Growth Plan 2026-2027

Our School Growth Plan this year focuses on improving student writing and supporting the development of healthy friendships. Our entire teaching staff is engaged in a year-long professional learning series with reading and writing specialist Adrienne Gear. While writing is a key area of focus, we continue to support students in becoming proficient readers through targeted instruction and by providing access to engaging, high-interest books that foster a love of reading.

We are also continuing to teach social-emotional skills through the Friendology program, with lessons tailored to each grade level. To learn more about the program and the language we use to help students build and maintain healthy friendships, families can access a free eight-part parent learning series through the URSTRONG website: [URSTRONG Parent Resources](#).

District Hot Lunch

This week our school begins our District Hot Lunch program on Thursdays, click [HERE](#) to sign up. This hot lunch will occur every Thursday in addition to PAC's Hot lunch program. The district hot lunch program is "pay what you can". You will see when you sign up for an account that there is an option of paying the full amount to a sliding scale down to 100% discount. The list is generated for the school with privacy and mind, which means that you can choose what you pay for the meal discreetly. The first district hot lunch is this Thursday. We require one volunteer to serve the food, if you would like to help out, please send me an email.



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October

October Newsletter

Principal's Message Continued

PAC Events and Volunteers

Thank you to the many families who joined us for our Open House! Our wonderful grandparent volunteers served 170 hot dogs and 200 hamburgers. We would also like to thank our PAC for organizing Bingo Night. It was wonderful to see so many families and community members come together to enjoy this family-friendly fundraiser. The PAC's next event will be the Halloween Carnival. Please consider reaching out to PAC if you would like to help, and stay tuned for more information.

Grade 6 Athletics Opportunities

Today, our Grade 6 students have the opportunity to participate in Baker's Invitational Cross Country Meet. This is the first time Grade 6 students have been invited to participate in this event, and we wish them the very best of luck. Our Grade 6 basketball season also begins this week. A special thank you to parents Dave Sudsbear and Hope Rist for volunteering their time to coach our teams. Let's go, KO!

Kootenay Orchards Clothing Orders

Our KO clothing store has extended the deadline to October 15th. Once a year, we open an online store for families to order Kootenay Orchards wear. There are t-shirts, sweatshirts, jogging pants, jackets, toques, baseball caps and more!

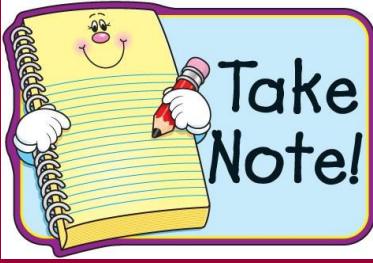


<https://www.sd5.bc.ca/koes/ko-swag-wear-due-october-5-2026>

Thank you, families, for helping make the start of this school year such a success. Parent-teacher conferences will take place on October 21 and 22. As always, if you have any questions or concerns, please do not hesitate to reach out to your child's teacher or to the school. We appreciate all that our families do to help make Kootenay Orchards Elementary such a thriving learning community.

Warm Regards
Carissa Hart
Principal

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October



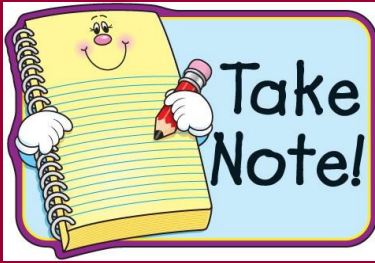
Parent-Teacher Conference

All students will have early dismissal on Wednesday, October 21st & Thursday, October 22nd for Parent-Teacher conferences. **On these days, students will be dismissed at 12:05pm.** Teachers will be sending home more information with students.

For families that have bus students, it is highly encouraged that alternate arrangements are made for both these days.

For families that cannot make alternate arrangements, please kindly contact our office (250) 426-8551.





Basketball

Practices

Girls: Wednesdays right after school, 3:00-4:00 pm.

Boys: Monday & Wednesday mornings, 8:00-8:45 am.

Games

Games will take place Tuesdays after school from October 20th to November 17th.

Tournament

A tournament has been tentatively scheduled for Friday, October 27th at Mount Baker Secondary.

Thank you to Mr. Sudsbear for coaching the boys team & Mrs. Rist for coaching the girls team. We look forward to a fantastic season!!

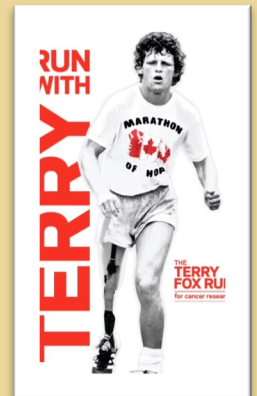
Terry Fox Run

On Friday, September 25th, the whole school participated in the Terry Fox Run.

Thank you to all the KO Families that donated a "Toonie for Terry".

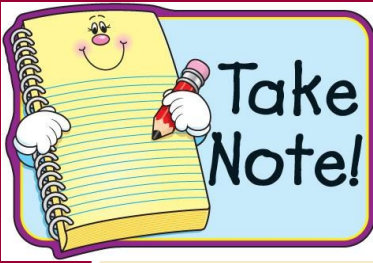
In total, \$475.00 was raised!!

We would also like to thank PAC for providing a popsicle treat for all students and staff after the run.



Fall Sports





FRESH TO YOU FUNDRAISER

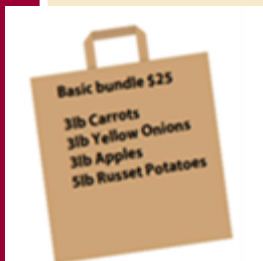


We are excited to have partnered with the **BC Fruit & Veggie Program** to bring the **Fresh To You Fundraiser** to Kootenay Orchards Families. Our students currently access the BC Fruit & Veggie program twice monthly where they receive fresh BC fruits and veggies to try.

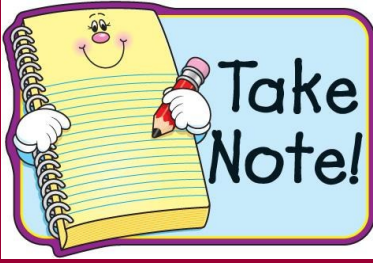
The **Fresh To You Fundraiser** allows families to purchase a bundle of fresh, top quality fruits and veggies. **For each bundle sold, our school will receive 40% profit!!**

All profits raised from this fundraiser will go directly towards our food programs at Kootenay Orchards. This includes but is not limited to our Breakfast Program, the daily lunches that are provided for our students in need, the snacks that students can access if they are feeling extra hungry that day, etc.

- This fundraiser will run from September 29th until October 15th.
- The **Basic Bundle** of fresh food includes 3 lbs Carrots, 3 lbs Onions, 3 lbs Spartan Apples & 5 lbs Russet Potatoes.
- The **Seasonal Bundle** of fresh food includes a 3lbs Fingerling Potatoes, 3 pack of Loveable Little Squash, 3lbs of Carrots, 3lbs Spartan Apples & 283g Pack of Shallots.
- A **Donations Bundle** is available to purchase if you would like to support a Kootenay Orchards' Family.
- The cost per bundle is \$26.50 for the Basic Bundle & \$32.00 for the Seasonal Bundle and can be purchased on [School Cash Online](#).
- The bundles will arrive between November 9-27th. We will notify families once they arrive.



Thank you in advance for your support!!!



Before & After School Student Supervision

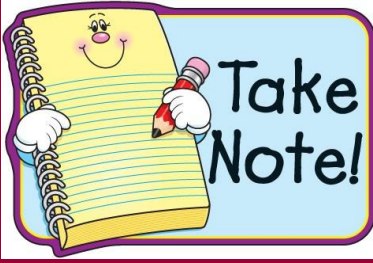
Before School:

- Friendly reminder that student supervision is provided before the start of school starting at 8:20 am. Supervision is not provided before this time.

After School:

- At the end of the school day, supervision is not provided and it is the responsibility of parents/guardians to ensure that their child/ren are being picked up and/or supervised if they are going to be running late.
- Bus Students are monitored by Mrs. Hart.
- If your child/ren is part of an after school program, we ask families to confirm the pick-up time with the program coordinator to ensure they are picked up promptly after the school bell.
- If your child/ren is part of an after school program and is absent from school, we ask families to communicate this to their after school program.
- **Student safety is very important so we ask that students are picked up in a timely manner. If you know that you will be running late, please contact the school office so that they can let the student as well as the teacher know (250) 426-8551.**





Reporting Student Absences

When reporting a student's absence, parents can either contact the school office or log in an absence using the [School Messenger Safe Arrival](#) system.

To register for School Messenger, please refer to the [Safe Arrival FAQ](#). All parents are asked to please report student absences before 8:15 am on the day of the absence (you can also report absences in advance, if they are known).

If you are also informing the classroom teacher of an absence or a tardiness, please include our school office, koes.mailing@sd5.bc.ca or (250) 426-8551.

In the event that your child is late, please have them check in with the school office so that we know they have arrived and can mark them present.

We appreciate your cooperation with this!





Youth Care Worker

Youth Care Worker

Mrs. Holbrook

Hello KO Families!

As the youth care worker at KO my job includes many things. I work with students in class, 1-1 or in small groups. I can support with things such as - but not limited to - friendships and social skills and conflict resolution. I offer a calm corner and a quiet workspace for students who need a break from class. I take care of the school food programs other than the hot lunch programs, including daily food needs for students.

If you'd like more information about the services I offer, please see attached brochure, or feel free to reach out to me (shelsee.holbrook@sd5.bc.ca) or to Mrs. G in the office.

Kootenay Orchards' Food Programs

These programs are free and accessible to everyone. Please reach out to Mrs. Holbrook (shelsee.holbrook@sd5.bc.ca), Ms. Terrace (terrace.leduc@sd5.bc.ca) or your classroom teacher to sign up for lunch.

BREAKFAST

Bowls with easy "grab and go" food are delivered to the classroom each morning. Students **do not** need to sign up for this, they are there for everyone. Busy mornings happen! Cost of food is always on the rise.

We have **0 judgment** when kids come to school needing to access our breakfast program. Please feel free to utilize these bowls as often as you need.

Foods that are commonly in these bowls include
(selection varies daily)
-Fresh fruit and veggies
-Dairy products (cheese & yogurt)
-Dry cereal, granola bars, fruit leather

LUNCH/SNACKS

Hectic morning,? Didn't have much for groceries? That's okay! We can provide lunch anytime you need.

Lunches are delivered to classrooms and discreetly placed in student's backpacks/lunch bags daily. This program is free of charge and can be used continuously or as needed.

Snacks are **always** available to students in the Youth Care space (Mrs. Holbrook) and in our Indigenous Education space (Ms. Terrace).



Youth Care Worker

Food Supports

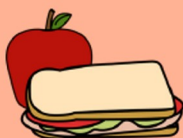
Breakfast Bowls
Available daily in class

Lunch Program
Available daily by request

Weekend Food Program
Available weekly by request

All of these programs are free of cost, and are available to each student and family.

Reach out to me
(shelsee.holbrook@sd5.bc.ca)
or Mrs. G in the office to sign up for the lunch or weekend programs



Let's Chat

Don't hesitate to reach out in regards to your child's needs, with questions regarding services available, or just to meet me!

You can reach me at:
250-426-8551
shelsee.holbrook@sd5.bc.ca
Room to left of school office

"There can be no keener revelation of a society's soul than the way in which it treats its children."
—Nelson Mandela

YOUTH CARE WORKER SUPPORTS

Kootenay Orchards
Elementary
Mrs. Holbrook

1-1 Student Connections

The Youth Care Room has a "calm corner" and is available for students to use for a quiet workspace. It is also a place to take a regulation or connection break from class. Some students' learning is enhanced by unstructured time with an adult and that is offered, and encouraged at Kootenay Orchards.

These regulation and connection breaks can be scheduled or impromptu, depending on student need and classroom activities.

SMALL GROUP WORK

Small groups will run through the year for students. These groups are to foster peer connections and strengthen social or other interpersonal skills. They are an opportunity for fun and growth.

Some groups will target specific student needs such as conflict resolution, self-esteem growth, self-advocacy and leadership.

The youth care room is available on designated days to students at lunch to spend time with friends or for adult connection.

Students are invited to these small groups as an opportunity for growth and connection. Parental permission is required for small group work. These groups are available by teacher or parent request.

In Class Activities

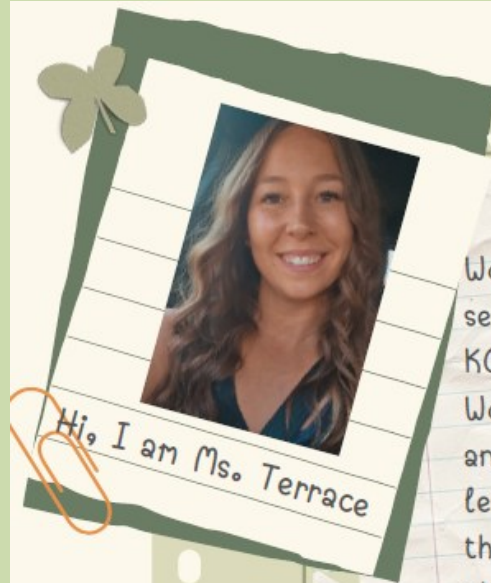
In class activities include but are not limited to story time, academic support, field trip supervision, helping with class projects and arranging outside presentations





INDIGENOUS EDUCATIONS

INDIGENOUS EDUCATION



Hi, I am Ms. Terrace

Wow! October already! September seemed to fly by with excitement! I am KO's Indigenous Education Support Worker, and I am so excited for another year of watching your students learn and grow. I can't wait to cheer them on, support in whatever ways I'm able, and bring cultural events, activities, awareness, and fun to our school!

Additional Supports Available:

- Cultural activities and Elder connections
- Our Gathering Place serves as a safe, fun, and welcoming space for everyone!
- Academic support - Tutoring referrals
- Emotional support and self-regulation
- Food security
- Family support and social skills development
- Referrals to outside agencies and community resources

Please don't hesitate to contact me at terrace.leduc@sd5.bc.ca





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

Tuesday, October 13th: Pizza Hut

Tuesday, October 27th: Hot Dog Day

Friday, October 30th: Milk & Cookies

Tuesday, November 10th: Taco Time

Tuesday, November 24th: Subway

Tuesday, December 8th: Pizza Hut

Friday, December 18th: Milk & Cookies

Tuesday, January 12th: Hot Dog Day

Tuesday, January 26th: Taco Time

Tuesday, February 9th: Subway

Friday, February 19th: Milk & Cookies

Tuesday, February 23rd: Pizza Hut

Tuesday, March 9th: Taco Time

Tuesday, April 6th: Hot Dog Day

Tuesday, April 20th: Subway

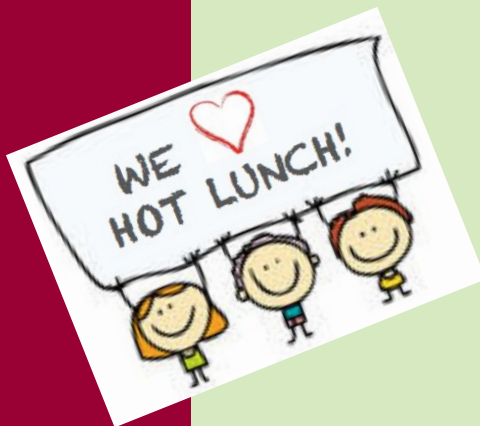
Friday, April 30th: Cookies & Milk

Tuesday, May 4th: Pizza Hut

Tuesday, May 18th: Taco Time

Tuesday, June 1st: Hot Dog Day

Tuesday, June 15th: Subway



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

School District Hot Lunch Program

School District 5 is offering their District Hot Lunch Program to Kootenay Orchards Families Below are the hot lunch dates for October to December.

If you would like to place an order, please visit [SD5-Food For Thought.](#)

October 8th: Roast Chicken, Mashed Potatoes & Mixed Veggies

October 15th: Orzo, Chickpeas & Roasted Pepper Salad

November 4th: Pork Souvlaki with Greek Salad

November 11th: Beef Meatballs, Mashed Potatoes & Gravy

November 18th: Chicken and Corn with Potato Bun

November 25th: Honey Garlic Beef, Vegetables & Rice

December 3rd: Sweet Potato & Spinach Penne Bake with Greek Salad

December 10th: Beef & Bean Chilli with Corn Chips

Celebrate the Ktunaxa Language!!



ʔa·kʔam'nam

Pumpkin



ʔa·kinmiyitis

kusukiʔquknam

Thanksgiving



kaqʔit kquqxi

Candy



ʔa·kʔum'

Bat

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