



Important Dates

- Nov 2: Aboriginal Stone Blessing
- Nov 2: Picture Retakes
- Nov 9: Q1 Ends
- Nov 10: Q2 Starts
- Nov 10: PAC Meeting @ 6:00 pm
- Nov 11: Remembrance Day (No School)
- Nov 18: Report cards
- Nov 23: Parent Teacher Conference
- Nov 24: Parent Teacher Conference
- Nov 25: Newsletter
- Nov 26: No School

## Principal's Message

As a society we have become reliant on our cellphones. They bring the world to our doorsteps. We are always connected and never truly log-off, but is that what we really want, especially when going to bed? Proper sleep is an important part of being ready for school.

According to the Canadian Pediatric Society teens need about 10 hours of sleep per night. Sleep helps the brain grow, exercising and growing the brain is just what we are trying to accomplish at school! Teens who do not have enough sleep are more likely to:

- Struggle in school
- Have trouble with memory, concentration, and motivation
- Be involved in accidents (reduced reaction time)
- Feel depressed

One habit that can harm sleep for teens is screen time before bed. Here are three reasons from the Cleveland Medical Clinic, why looking at a phone/tablet before bed is a bad habit:

1. It keeps your mind psychologically engaged: Cell phones are designed to entertain us and provide information. But when it is time to turn off the lights and go to sleep, the last thing our brains need are more entertainment. Checking out our phones/social media stimulates our brains, so we are active and more awake.
2. Blue light from the screen suppresses melatonin: Research has shown a correlation between suppressed levels of melatonin and exposure to blue light. Blue light is meant to mimic daylight, it makes the body feel more alert, not great when you are trying to go to bed. Exposure to blue light can affect circadian rhythm. This rhythm is in tune to light and dark. It is why people feel more tired at night and energized in the morning.
3. Delay of REM: Scrolling through Facebook, Instagram, Snapchat, etc. before bed can lead to distracting emotions. Good or bad these emotions take you further away from sleep.

A great habit to improve sleep success is make it a habit! Figure out a routine that works for your teen and have it become a habit. Being well rested for school will improve academic and social success in school.



No student should be absent from the school unless the parent has notified the school of this absence. This includes leaving at lunch. If a student is not going to return after lunch, parents should notify the school of this absence.

You can call the school at **250-865-4674**, use the **SchoolMessenger** app, or email the school at [ess.mailing@sd5.bc.ca](mailto:ess.mailing@sd5.bc.ca) to report any absence.

## The Small Things

The bantam girl's volleyball team went on a trip to Jaffray for a league game and the girls noticed that there was a basket of goodies for them to use. There was face wash, hairspray, lotion, hair ties, and more! They were super excited about it and said how cool it was. The team's parent manager- Vanessa Smith- went and filled our girls a basket to put in the girl's bathroom back at ESS. Thanks for all you do, Vanessa! You're awesome.



## Intramurals

School Intramurals will be starting up next week. For the month of November, students will play volleyball during lunch times on Tuesdays and Thursdays. Throughout the year students will play a variety of sports and games for their house teams to collect points, make new friendships, build school spirit, and have fun. The four house teams are Elk, Deer, Moose and Bear.

Elkford Secondary School  
2500 B Balmer Dr.,  
PO Box 910, Elkford, BC V0B 1H0  
Phone: 250-865-4674 Fax: 250-865-2915  
Website: <http://www.sd5.bc.ca/school/ess>  
Michael Kelly, Principal  
Ryan McAllister, Vice Principal



## Great Day for a Ride

Half of Devan Sanford and Graham Preston's PE 7 class got outside for a trail ride in the sun.



## AbEd Corner

**Nasu?kin** (Chief) Joe Pierre Jr. was elected to the position as the Chief for the **?a?am** Community in 2016. Joe Pierre is also one of two Aboriginal Education Coordinators for SD5 along with Faye O'niell. Attached is a YouTube video link of Joe Pierre telling the Ktunaxa Creation Story.

<https://youtu.be/jtttU5PmCds>

A new addition to our newsletter. Each month we will add a few new Ktunaxa words.

## October's Ktunaxa Words:

**?ataqt titnamu**

Family

**ka ma**

Mom

**ka su**

Dad



*We live and learn on the homelands  
of the Ktunaxa Nation.*

**Vaping or Smoking is Prohibited on all school property. If any student requires support with quitting, please see the School Counselor for assistance.**

# Staff Spotlight



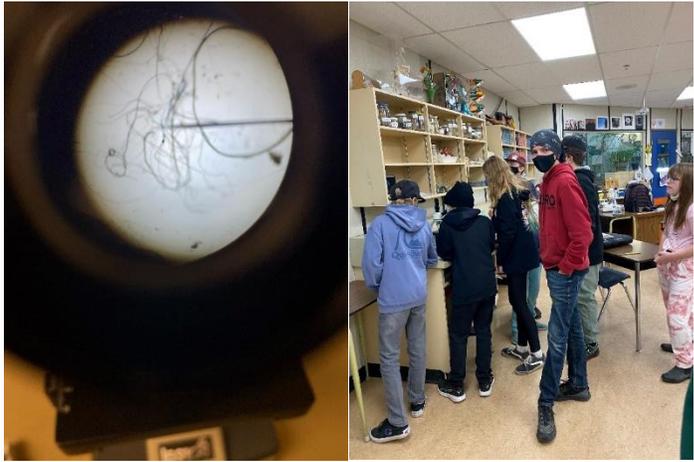
My name is John Ashbridge. I have been a resident of Elkford and a teacher at Elkford Secondary School since September of 1993. I grew up in Port Alberni and got my degrees in Violin Performance and Senior Instrumental Music Instruction at the University of Victoria. I have been fortunate enough to teach many subjects from science, social studies to information technology and of course music from grades 7 to 12. My wife Carol relocated to Elkford from Kamloops in 1998 and my son Connor was born in 2001 and received his school education at both RMES and ESS. I currently live with my Jack Russell Jasper, Mini Dachshund Bella, Leopard Gecko Pebbles and Crested Gecko Atlas.

My name is Jennifer Attorp and I have lived in Elkford for 12 years! I was born in North Vancouver and raised in Grand Forks until I went away to nanny in Australia at the age of 18. I then completed a Bachelor of Arts in Social Studies at Thompson Rivers University and shortly after that, my Bachelor of Education at the University of British Columbia. During high school and college, I was a lifeguard/swim instructor, and I did this for 18 years (in Grand Forks, Trail, Nelson, Christina Lake, and Elkford). I have three kids- Mitchell, Bryar, and Nolan, two dogs- Huck and Astrid, and two cats- Lou and Miller. Over the last three years, I worked hard to complete my post-graduate certificate in Special Education and then my master's from Queen's University. I like to run, swim, cross country ski, downhill ski, and knit!



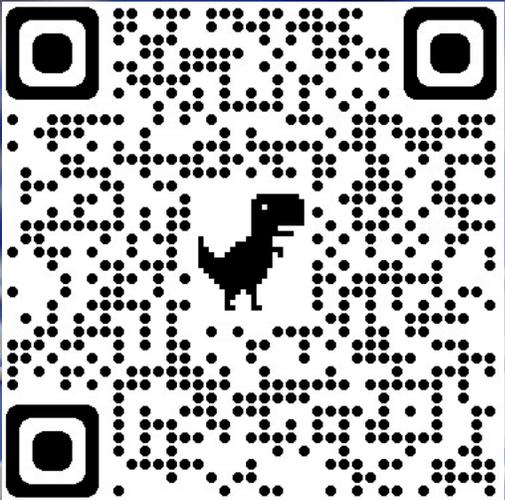
# Staff Spotlight

Hi, my name is Cheri Bernhart. I'm an education assistant at Elkford Secondary School. I am married and have 2 sons, 23 and 13 years old. We are from Lethbridge Alberta and have been living in Elkford for 9 years now. We are loving the mountains and all the people we have met here and plan on staying a long time.



## Science 7

This month in science 7, the students worked hard learning about mixtures and solutions, and exploring how things in the world around us are not always as they seem! We ended off the unit by looking at different things under a microscope to show how we don't always see everything we think we do. Thanks for being awesome, science 7!



Check out our new Facebook page.



## Introducing this year's Senior Student Council

**Top row** – Ms O'Connor, Taylor Smith, Sammi Sutton, Alex Klassen, Angelina Ford, Abigail Talbot, Ms Buchan, Holden Shepard

**Back row** – Ryder Borys, MacKenzie Maya, Chloe Stadnyk

**Sitting** – Zionne Witawit, Brookelynn Rowe.

**Missing from photo** – Colby Holley

Stay tuned for the upcoming photos of their planned events!

## Science 9

Students participated in the 'Know Your Watershed' program, a hands-on approach to help students understand where their water comes from, how it is used and where it goes after. A big thank you to Sarah Jane MacDonald from Wildsight and Jesse Huisman and Aaron Simpkin from District of Elkford.



PIC•COLLAGE



So many new books in the library! These are just a sample of some new arrivals.



Selina Arthur gives 4/5 stars for 'Evil Thing: a tale of that De Vil Woman'. In this book, Cruella tells all...a memoir of a woman doomed. Selina likes how there is always something new happening in the book and would recommend it to her friends.



# Spirit Week at ESS (part 1)



## Mrs. Wenda's Home Ec. 7 class

In the past few weeks students have prepared a variety of dishes and learned about food preservation methods such as dehydration and canning.



## Chess Club

Wednesdays at lunch hour are chess club at Elkford Secondary School. This is conducted 11:40- 12:20 in the ESS woodshop. All are welcome, so bring a lunch and a friend!

The benefits of playing chess can be:  
Bringing people together  
Helps you focus  
Develops creativity  
Builds confidence  
Utilizes problem-solving skills  
Exercising the brain



## Grade 8 & 10 Social Studies

These two classes collaborated to complete Student Vote to provide the students an opportunity to participate in the federal election.



## Grade 10 English

Students have been enjoying some sunny fall days outside, listening to podcasts at our Sitting Stones. Students will soon be recording their own podcasts.



## Mrs. Wenda's Art 8/9

Students working on their sketchbook challenge and personal projects.



## Senior Foods Class

Having fun in kitchen labs





# RISE TO THE SUMMIT

'Celtic Character Award' celebrates the culture of ESS, while supporting students in developing the character it takes to be successful and happy individuals at school and in the world.

RESPECT - ha#i#kaxuma#ti#

INTEGRITY - #makki

STRENGTH - #makqa

EMPATHY - haki#wi#ki#in



To learn more about this program please check out the QR Code below:



Made with PosterMyWall.com

## Payments

Making payments to the school has never been easier with SchoolCashOnline. Of course, you can still pay the old fashion way at the office with Check or Cash. Please see the directions below, to pay any outstanding school fees.

Welcome to  
**SchoolCashOnline**

Fast. Safe. Convenient.



School Cash Online is designed with financial security at its core. Parents can rest assured knowing that their payments are securely processed.

### What is School Cash Online?

School Cash Online allows parents to easily make online payments for the school fees available to their children.

- ✓ Pay all your student's school fees with the click of a button. Wherever. Whenever.
- ✓ Stay connected and informed of all school activities
- ✓ Never miss out on field trips, school events, yearbooks and more
- ✓ Say hello to smart online forms, and goodbye to cumbersome paper based forms for data submissions

### How to Register

Follow these instructions to create your School Cash Online account today.

- 1 Create Your Profile:  
Go to <https://sd5.schoolcashionline.com> and click on "Register".
- 2 Confirm Your Email:  
Check your inbox for the email confirmation and click on the link inside. Sign in with your new login details.
- 3 Add a Student  
Click "Add Student" and fill in the required fields with your child's details.

**Accepted Payment Methods**

VISA   eCheck

## How to Report an Absence

### SchoolMessenger SafeArrival

To report an absence to the school you may choose any of the following methods:

- call 1-833 566-1225
- Access the website  
<https://go.schoolmessenger.ca>
- download App from Apple or Google Play

Please choose the reason for your child's absence from school: sick, appointment, family vacation, etc. **Don't forget to wait for confirmation # to ensure your child's absence has been recorded.**

## How to sign up for SMS

### School Messenger SMS

Our district utilizes the School Messenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.

You can join by sending a text message of "Yes" or "Y" to **978338**.

Please make sure you are utilizing the cellular number that the school has on record. The cellular phone number for SMS must match the contact information on file.

For more information and detailed instructions visit our support page on the School District Website

[http://www.sd5.bc.ca/studentparent/SchoolMessenger/Pages/default.aspx#/="](http://www.sd5.bc.ca/studentparent/SchoolMessenger/Pages/default.aspx#/=)



# MyEd Family Portal

Report cards are coming soon. Now is a good time to familiarize yourself with the MyEd Family Portal. Since last year our school has done report cards electronically. Thus, cutting our paper waste and reducing the number of students that lose them on the way home. If you need any assistance, please feel free to contact us at the office 250-865-4674.

Click here for [Family Portal Information](#). Also check out the quick notes below.

## Initial Log In



We recommend to use a **Laptop** or **Desktop Computer** to initialize your account.

**Pop Ups** should be **enabled** for some features of the site to work properly.

Login to MYEDBC: <https://www.myeducation.gov.bc.ca/aspen/logon.do>

Family Portal Login ID: **sd5-firstinitiallastname** (all lower case)

Welcome to MyEducation BC!

1. Enter your **Login ID**  
2. Enter your **Password** (Case Sensitive)  
3. Click **Log On**

1. **Current Password** – enter the temporary password  
2. **New Password** – enter the new user created password  
3. **Confirm New Password** – enter the new user created password a second time

**Passwords are good for 90 days** to protect your child's data and you will be prompted to change your password.

Passwords must meet the following criteria:

- ✓ Minimum length is **8**
- ✓ At least one **number**
- ✓ At least one **capital letter**
- ✓ At least one **lowercase letter**
- ✓ At least one **symbol** that isn't a letter or number
- ✓ Cannot contain login name, first name, middle name, last name, date of birth, personal id, or only sequential letters or numbers.

**Security Preferences Update**  
To enable self serve password recovery, please provide the following information

1. Enter your **Primary Email address**. This email address will be used to receive a new password if you forget your password.  
2. Choose a **Security Question**  
3. Enter your **Security Answer** then confirm your security answer. (Case Sensitive)  
4. Click **Submit**

This will allow you to use the '**I forgot my password**' function on the logon page, should you need to reset your password.