

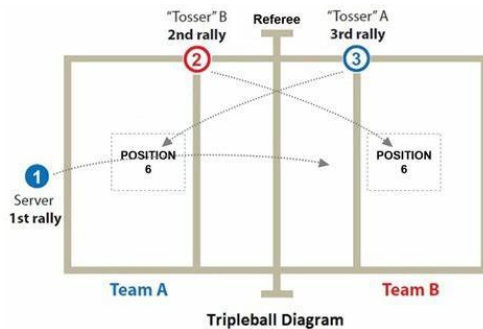


# Gordon Terrace News

October 2025

## Grizzlies Volleyball:

Ms. Molnar and Ms. Rundberg are all excited about this coming volleyball season!!! We have been working on our basic skills of passing, setting, and serving so far.



We are learning the game of "Tripleball" - which is a great beginners game to introduce the game of volleyball to elementary students and to promote more players contacting the ball before sending it over the net. The game consists of a repeating series of one serve and two coaches "free ball" tosses. After each series of 3 balls - the opposing team rotates, and it starts again. Each ball earns a point for one of the teams. The great thing about Tripleball is it ensures that multiple players contact the ball as they rotate around the court and we get more chances for rallies as we all get better.

Our games will be spread over a 5-week season starting on October 7 and running every Tuesday after school until the beginning of November. We will end the season with a one-day tournament on November 7th up at the College of the Rockies. Thank you for supporting your athlete to take part in this school team - **Go GRIZZLIES!!!**

## Scholastic Book Fair:

This year's Book Fair is going to be epic! More Books. More Choices. More Fun!

The GT Scholastic Book Fair is

coming to you over two afternoons this year during early dismissal days! Tuesday, October 7 & Wednesday, October 8th from 12.15-4.15 both days you can find us in the GYM. Before or after your parent teacher interview - come check out our book fair and support your GT library in earning FREE books!

Thank you, GT, for your ongoing support!



## School Fees:

Thank you to all those who have paid this year's fees. If you have not yet done so,

please pay your student's school supply fees as soon as you are able.

School Cash Online

(<https://sd5.schoolcashionline.com/>)



## Growing Smiles Fundraiser:

This year at Gordon Terrace we are excited to announce a Winter Fundraiser! We will be selling a variety of plants which you can view on the website. Fundraising is always a vital part of ensuring

the students have the best year possible. With this fundraiser we are raising money for outdoor equipment.

### Important Notes:

The fundraiser is open now until **November 18<sup>th</sup>**. Pick up for plants will start on December 2<sup>nd</sup> in the afternoon.

You can make cheques payable to: Gordon Terrace Elementary School

Our team website is located at:

<https://gordonterrace.growingsmilesfundraising.com/home>

Please contact: Ms. Gaudon at [gizelle.gaudon@sd5.bc.ca](mailto:gizelle.gaudon@sd5.bc.ca) if you have any questions! Plants are supplied by DeVry Greenhouses.

## Terry Fox Run:

We are thrilled to announce that our recent "Toonies for

Terry" run successfully raised an impressive \$518 for the Terry Fox Foundation. This event brought together our school community in support of cancer research, honoring the legacy of Terry Fox



## Halloween - October 31st.

Plans are in progress for an amazing day of fun! The GTES PAC is generously providing a hot dog lunch for staff and students.

Students are encouraged to wear either orange and black or a school-appropriate costume (no weapons or masks, and please ensure your child can remove the costume without aid). If you send your child in a costume that requires batteries, please send additional batteries with them.

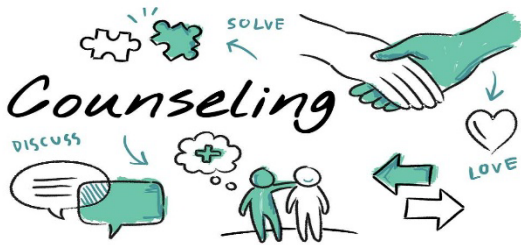
## Backpack Buddies:

Backpack Buddies is a provincial program that provides students with a bag of easy-to-prepare foods and two apples. The bags are put in the student's backpack on the last school day of the week to provide food for the weekend.



If you would like more information or to request a Backpack Buddy each week, please let our Youth Care Worker, Mrs. Reid know at [shari.reid@sd5.bc.ca](mailto:shari.reid@sd5.bc.ca) or call the office at 250-426-8248.

<https://www.backpackbuddies.ca/>



## Counselling at Gordon Terrace:

A message from Mrs. Doll and Mrs. Dueck  
 Welcome back GT families! I am so excited to be working at your school again this year, and thrilled to share that we have an extra day of counselling support with the addition of Sharon Dueck on Monday and Friday mornings. 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! We are also available to assist with connecting to outside resources if that would better suit the needs of your family. Additionally, our hope is to get to spend time in all of our classes 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 September 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)

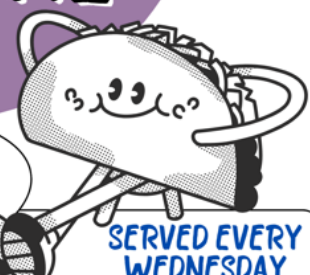
<https://www.youtube.com/watch?v=b93ayTSy6hM> (A webinar on the above resiliency and routines)

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, Karley, at [karley.doll@sd5.bc.ca](mailto:karley.doll@sd5.bc.ca) or Sharon at [sharon.dueck@sd5.bc.ca](mailto:sharon.dueck@sd5.bc.ca). You can also connect with your child's classroom teacher for more information.

# HOT LUNCH IS HERE

**PAY WHAT YOU CAN**


**NEW MENUS MONTHLY**



**OCTOBER 15 – BEEF TACOS**  
**OCTOBER 22 – SUNSHINE SOUP w/HUMMUS and PITA**  
**OCTOBER 29 – PENNE PASTA with BEEF SAUCE**

SCAN HERE TO REGISTER YOUR CHILD, VIEW LUNCH MENU, AND ORDER OR VISIT [SD5.FOOD-FOR-THOUGHT.CA](https://SD5.FOOD-FOR-THOUGHT.CA)

**SERVED EVERY WEDNESDAY**



**QUESTIONS?** [vincent.girimonte@sd5.bc.ca](mailto:vincent.girimonte@sd5.bc.ca) ☎ 250-919-3759



October 2025						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2025						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## Mark Your Calendar!

### October

1	Dilly Bar Day
7-8	<ul style="list-style-type: none"> <li>Parent Teacher conferences. <b>Dismissal at 12:15</b></li> <li>Scholastic Book Fair 12:15-4:30 in the gym!</li> </ul>
10	School Break – <b>No School</b>
13	Thanksgiving - <b>No School</b>
15	District Hot Lunch
16	PAC meeting – 6 pm
22	District Hot Lunch
24	Professional Development Day – <b>No School</b>
29	District Hot Lunch
31	<ul style="list-style-type: none"> <li>Halloween Day activities</li> <li>PAC hotdog lunch</li> </ul>
<b>November</b>	
5	<ul style="list-style-type: none"> <li>Picture retakes (individual)</li> <li>Kindergarten Hearing Screening</li> <li>District Hot Lunch</li> </ul>
10	Remembrance Day Assembly
11	Remembrance Day - <b>No School</b>
12 & 19	District Hot Lunch
21	Professional Development Day – <b>No School</b>
26	District Hot Lunch



## School Apparel:

The last day of the school week is always **School Spirit Day!** We are excited to roll out some new designs for our school apparel – watch for an email with order instructions soon!

# Homestays Needed

## LIMITED OFFER

APPLY BY OCTOBER 31 & COMPLETE ONE MONTH OF HOSTING TO BE ELIGIBLE FOR A

# \$250

SIGN-ON BONUS

Scan to learn more:

**Why host?**

- Global connections
- Cultural enrichment
- Lifelong friendships
- Community support
- Receive \$1050-\$1300/month

**SEE ALL ELIGIBILITY CRITERIA & APPLICATION INSTRUCTIONS ONLINE AT:**  
[rminternational.ca/homestay](http://rminternational.ca/homestay)

**For more information, contact:**  
 Ullii Murtagh, Homestay Manager  
[ullii.murtagh@sd6.bc.ca](mailto:ullii.murtagh@sd6.bc.ca)  
 (250) 432-5904

## MENTAL HEALTH

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### New! Mental health resources for families

New videos and information are available by mental health experts at BC Children's Hospital who share your culture and language.

- Resources are available in many languages to support diverse families, including Arabic, Cantonese, English, Mandarin, Punjabi, Spanish, Tagalog, Tamil, Ukrainian, and for Black communities.
- Topics include anxiety, substance use, family transitions, and more.

When it comes to your child's mental health, you are not alone. Check out these multi-language mental health resources [here](#). New content will roll out until late Fall 2025.

This campaign is a partnership between BC Children's Health Bridge, BC Children's Kelty Mental Health Resource Centre, and Our Kids' Health.



## NEURODIVERSITY

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### Resources

#### For Parents and Caregivers:

[Attention-Deficit / Hyperactivity Disorder \(ADHD\) | Kelty Mental Health](#)

#### For Parents and Caregivers- Webinar (multiple sessions available):

[ADHD – The Real Deal | Kelty Mental Health](#)

October 7: 6:30pm-8:00pm PST

October 21: 12:00-1:00pm PST

October 28: 6:30-8:00pm PST

