



Highlands Elementary

October - kupaqu#aqpi?k

We acknowledge that we all live, study, work and play in the unceded territory of the Ktunaxa People.

Upcoming Events

Oct. 22 - 23 - Parent Teacher Interviews
Grade 1-6 Early Dismissal at 12:00
Oct 22-23 - Scholastics Book Fair in the gym 12:00-4:00
Oct. 25 - No School
Oct. 31 - Halloween Dress-up Day
Nov. 1 - No School
Nov. 7- Photo Retakes
Nov. 8 - Remembrance Day Assembly in gym at 11:00
Nov. 11 - Remembrance Day - No School



Reporting



Absences

If your child is going to be absent from school please use the School Messenger App or phone the school at (250) 489-4391 and leave a message with your child's first name, last name and the classroom teacher's name. If your child is late please get them to check into the office before heading to class.



Messages From Staff

**STAFF
PARKING
ONLY**

**NO
PICK-UPS OR
DROP-OFFS**

With the increase in students and staff this year our parking lot is full. Due to limited space and safety concerns, we ask that parents avoid entering the parking lot for drop offs or pick ups. Our priority is to keep everyone safe!



CHEQ

**CHILDHOOD EXPERIENCES
QUESTIONNAIRE**

Thank you very much to those families who have and will be completing the Childhood Experiences Questionnaire (CHEQ)!

The CHEQ is used to collect information on children's experiences in their early environments. It is completed by parents and caregivers at the start of their child's kindergarten school year. The information in the CHEQ offers our school information about the five domains strongly linked to children's health and well-being, learning and social outcomes: Physical Health & Well-being, Language & Cognition, Social & Emotional Experiences, Early Learning & Care, and Community & Context. CHEQ data provides an overview of children's experiences prior to the start of school and the frequency of those experiences. Information and login information has been sent home to Kindergarten families and caregivers at Highlands. If you have misplaced yours, not a problem! Feel free to reach out to Kristan Thompson at the school or send her an email at: kristan.thompson@sd5.bc.ca if you need your login information or have any questions.

This information is valuable to our Kindergarten teachers and staff to help us best support all learners.

Messages From Staff

Here's Mr. Bartraw's Grade 4's demonstrating their own science experiments on October 3. Students had to perform an experiment exactly 3 times changing one item (this is the 'independent variable').

Also, they formally demonstrated it to their classmates by stating the question, hypothesis, materials, procedure, observations, and their conclusions.

Fantastic preparation and results... demonstrated by our grade 4 class!



In Mrs. Nielsen's Kindergarten class, we were inspired by the beautiful northern lights over Cranbrook. We decided to create our own northern lights art by using paint, pastels, and paper silhouettes. We included the silhouettes of Highlands' Husky and Amy Woodland Eagle to show how beautiful it is when we come together.



Messages From Staff

What are HES House Teams?

For elementary students, being part of a house can help to build a positive connection to our HES school. Having mixed-grade groups allows older students to form leadership skills and gain experience in mentoring.

Younger students benefit from the experience and encouragement of students in higher grades.

House Teams in schools are a fun, positive way to build stronger relationships among students, faculty, and staff. By setting up houses that include students from all grade levels, you enable students and staff to make investments in each other and share powerful moments together.

Tally points... how can students earn points for their HES team?

1. Showing respect / responsibility for self, others, learning, and the environment.
2. Demonstrating character / the virtues (helpfulness, creativity, compassion, reliability, courage, resilience, perseverance, peacefulness, commitment, caring,...)
3. Games! Non-competitive and/or competitive games within their class. (Maybe try word games like boggle, math challenges, PE games, relays,...).
4. School spirit ... Ex. Wearing huskies gear, dressing up,...
5. Be creative! Find new ways to earn points in their class.

Thank you to Cranbrook Firefighters and Cranbrook Buck's for donating four tickets for a student and their family to enjoy a hockey game.



School Supplies

Students Supplies are \$45 per student. Supplies can be checked off on the Highlands Hot Lunch website and then paid via e-transfer, cheque, or cash to Highlands PAC. If you are unsure if this affects you please contact the school office. These fees do not apply to Amy Woodland Students who brought their own supplies.

Milk and Cookies - October 31

This is a long standing event where a platter of cookies is brought to each class with milk from PAC to be shared together as a classroom community. All parents who will be bringing in the cookies have their food safe certification.



Have you joined the Highlands Facebook page yet?? If not please scan the QR code and join the Highlands Elementary PAC Cranbrook BC page to keep updated on all the PAC news.



Hot Lunch Dates

Oct. 24 - McDonalds
Oct. 31 - Subway
Nov. 7 - Hot Dog Day
Nov. 14 - Spaghetti Day
Nov. 21 - Arbys
Nov. 28 - Boston pizza

Deadline to order for hot lunch is midnight on the Sunday night prior to the hot lunch day

All orders can be placed at highlands.hotlunches.net
Our school code is "HIGH"



Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

October 2024

MENTAL HEALTH

ADHD Education Day (virtual) Hosted By The Provincial ADHD Clinic

Friday, October 18, 2024 – 9:00 am to 3:00 pm

via Zoom Videoconferencing

To attend Virtually, register via Zoom:

https://phsa.zoom.us/webinar/register/WN_TTUM8b_IQPyNwMpiJ42Hgg

You must register to attend virtually. Registration is FREE.



Please Contact Joerg Taylor-Philippin at adhdc@cw.bc.ca
or 604-875-2345 (ext. 2081) if you have any questions.

PHYSICAL LITERACY

Learning Resources and Education Opportunities

[Land-Based Fitness with Alana Cook \(webinar\)](#) **October 22, 2024 at 10am**

Land-based fitness is a blueprint for using Land-based exercise and holistic teachings to connect to traditional activities, improve health, and explore the world around us. This workshop is for everyone who would like to learn more ways to enjoy functional (and fun!) movement. Wear comfortable clothing as we will be moving our bodies with this webinar! Even if you can't attend, register to receive the recording so you can follow along later!

[RISE Individual Grants](#)

RISE Grants support ALL Children and Youth in and out of Care (under the age of 27) who wish to participate in a sport, physical activity, recreation, and/or cultural program opportunity. Up to \$1000 per calendar year can be put towards program cost, equipment and travel.

Application Deadline: Ongoing



Upcoming Events in the Community

KTUNAXA LITERACY DAY

30th Anniversary

October 24th

Vision Statement

Kçmakqa ksukłuta·k kukqani ç kitqakił haqa ksiłł çxa ʔa·kłukqaʔis ksukitłukaʔmi·k kiʔin Ktunaxa naʔs ʔamakʔis. Qus pikaksç naʔs çxał yaqanakił haqaʔki. Kitqawiçmu kakiłwiçkił ʔamakʔis kisnikçik kçxał qa kiłkaxuxami·k kitqakił haqa ç kisʔin ʔaknumuçtiłʔis.

[Listen HERE](#)

Strong, healthy citizens and communities, speaking our languages and celebrating who we are and our history in our ancestral homelands, working together, managing our lands and resources, within a self-sufficient, self-governing Nation.

What can you do?

Read a Ktunaxa book, sing a Ktunaxa song, speak Ktunaxa, invite Ktunaxa language speakers, use Ktunaxa apps





Ktunaxa Kinbasket
Child & Family
Service Society

Community DINNER

Come together and enjoy a meal with your neighbors.

Dan Joe Memorial Gym

7500 Mission Road, Aqam

Friday, October 25, 2024

From 5:00 pm until food runs out

Information & Contact

Robin Mann

(250) 489-4563

Share stories, laughter, and make new connections.

Volunteers always appreciated, please contact Robin.



ALL ARE WELCOME



Ktunaxa Kinbasket
Child & Family
Service Society



Indigenous Family Enhancement Program
THRIVING INDIGENOUS CHILDREN AND FAMILIES

INDIGENOUS YOUTH ART FOR WELLNESS GROUP

DREAMCATCHERS

Join Métis Artist Jennifer Moes for
dreamcatcher making and wellness session

Location: CJC Office

1007 Baker Street Cranbrook BC

Monday October 21st 2024

3:30pm to 5:30pm

Information & Contact

Shawnae or Mackenzie

kkcfssprevention@ktunaxa.org

(250) 489-4563

All materials & Pizza dinner provided

Please Register in advance | SPACE IS LIMITED





MOTHERHOOD IS SACRED

FATHERHOOD IS SACRED

AN 8 WEEK PROGRAM THAT OFFERS CULTURALLY RELEVANT RESOURCES TO SUPPORT PARENTS AND CAREGIVERS IN ENGAGING POSITIVELY IN THEIR CHILDREN'S LIVES, EMPHASIZING THE SACRED CONNECTION OF FAMILIES.

CHIEF JOSEPH
CENTRE,
1007 BAKER
STREET,
CRANBROOK,
BC V1C 1A6

~EVERY TUESDAY~
OCT 22,24- DEC 10,24
9:30AM TO 11:30AM

For more information and to register, contact:

Carmen Collings
carmen.collings@ktunaxa.org
(250) 464-9822

Shelby Aquila
saquila@aqam.net
(778) 761-0747



Ktunaxa Kinbasket
Child & Family
Service Society



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