



Highlands Elementary

October - 'kupaquᑦaqpiᑦk

## Upcoming Events

## Oct. 31 - Halloween Dress-up

**\*\*\*\*\* Letters will be sent home regarding the SEL night and Parent Teacher Interviews.\*\*\*\*\***



Terry Fox Run- Please make sure students have proper footwear on October 4. Students are welcome to bring a \$2 donation for Toonies for Terry cancer research.

## 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's teacher's name. If your child is late please get them to check into the office before heading to class.**



# Messages From Staff

# WELCOME

## Welcome to the 2024/2025 School Year

A warm welcome to all our families! We are now in our fourth week of school, and both students and staff are settling nicely into our new normal. Our building currently accommodates 255 students across 14 classrooms and has a staff of 41, along with an after-school program, making Highlands an energetic, busy, and exciting place to be—just as a school should be! I look forward to meeting everyone in the coming weeks. Parents may have also noticed changes in our parking lot and an increased traffic load before and after school. With a growth of over 100 students from spring projections to today, we have had to adjust a few procedures and protocols:

### Busing:

We have three buses that drop off and pick up students. All students riding the buses should have Highlands bus tags that are color-coded to their bus and indicate where they will meet the bus at the end of each day. If there are any concerns or issues with morning pickup locations, please contact Eric Reid at [Eric.Reid@sd5.bc.ca](mailto:Eric.Reid@sd5.bc.ca).

### Parking and Traffic:

Due to limited space and safety concerns, we ask that parents avoid entering the parking lot. Our priority is to keep everyone safe!

### Access to the School:

We kindly request that parents check in at the office upon entering the building.

### Communication:

We will be sending out updates for parents regarding upcoming events and notices via School Messenger twice a month. Please ensure that your email address on file is up to date.

Scott Holt  
Highlands Elementary School Principal

# Messages From Staff

Happy October everyone! I am the Youth Care Worker at Highlands and I wanted to let you know what my role is! My role includes behavioral, emotional, physical and social support to our families. Since kids probably don't understand what that means or what I do, I tell them that I am the "SCHOOL MOM" and I can help with whatever they need while at school. I specifically support kids by:

- Teaching life and social skills through small groups or in class
- Providing access to basic need items (clothing, hygiene supplies, school supplies etc.)
- Facilitating our Breakfast Club and Lunch programs
- Support with academics and organization skills
  - Being a safe person they can talk to or "hang out with"

I am also here to partner with and support you as a family! I can help with:

- Referrals to community supports and services
- Communication between parents and the school
- Emergency Food Hampers or meals
- Parenting support and information

## BREAKFAST CLUB

We offer breakfast every day from 8:20 to 8:40 am. Students are welcome to drop into the Breakfast / Youth Care Room and start their day off with a healthy breakfast which is critical to a successful day.

## LUNCH SUPPORT

Once again the Salvation Army will be helping us provide a nutritional lunch to children in order to help support families. If you would like help providing a daily lunch for your child(ren) please let me know!

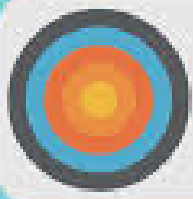
## SCHOOL SUPPLIES

McWhirter Office Solutions has generously donated school supplies to our school. If your child is in need of any supplies please let me know.

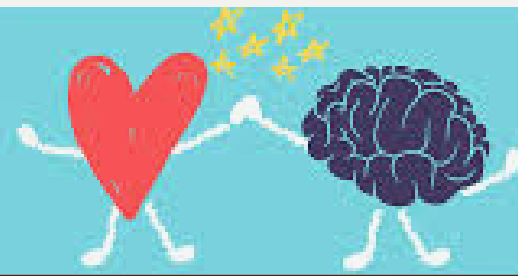
Again, I am here to support our families so please don't hesitate to contact me anytime by phoning the school or by email: [natasha.ewaskow@sd5.bc.ca](mailto:natasha.ewaskow@sd5.bc.ca).

Natasha Ewaskow  
Youth Care Worker  
Highlands Elementary School

# Messages From Staff



**SOCIAL  
EMOTIONAL  
LEARNING**



## **SEL Family Learning Night- Social Emotional Learning October 17 6:30-8:00 in the Gym**

**Topics include:**

**Self-Awareness**

**Self-Management**

**Relationship skills**

**Social Awareness**

**Responsible Decision Making**

**SEL Overview**

**There will be a sundae bar for treats!**

**There will be a form sent home to confirm numbers in order to have the correct amount of supplies for the family learning night.**

**Hope to see you there!**

**Regards,**

**Kathleen Boyle (She/Her)**

**B.ED, MACP, PgCERT Special Ed**

**Mon, Tue, Thurs, Fri -Highlands (250) 489-4931**

**Elementary School Counsellor**

**School District 5**

**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.**



**Contact us**

**Highlands Elementary School**

**3300 7th St S**

**(250) 489-4391**

**Email: [hes.mailing@sd5.bc.ca](mailto:hes.mailing@sd5.bc.ca)**

## PAC News

# FAMILY FUN ★ NIGHT ★

Please join us this Thursday for our PAC Community Fun Night.

This Thursday September 26, PAC will be hosting a family community fun night at the school. The school doors will open at 5:00 for families to explore the school. Pizza and games will start at 5:30, ice cream will be served starting at 6:00. PAC has generously provided all food for this fun event and will be accepting donations to put towards future events. We look forward to seeing everyone there.

## Hot Lunch Dates

Oct. 3 - Boston Pizza

Oct. 10 - Taco Time

Oct. 17- Dominos

Oct. 24 - McDonalds

Oct. 31 - Subway

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](http://highlands.hotlunches.net)  
Our school code is "HIGH"





# Upcoming Events in the Community



**?AQ'AM** PRESENTS

**PACIFICSPORT**  
COLUMBIA BASIN

## ICE HOCKEY SKILLS PROGRAM

EVERY FRIDAY/ OCT 18 - NOV 22

TIME: 3:15 TO 4:30 PM

VENUE: WESTERN FINANCIAL PLACE



REGISTER  
NOW!



## HEALING THROUGH MUSIC GRIEF & LOSS WORKSHOP

### About Our Workshop

Our Grief & Loss workshop will enable people to develop a clear understanding of the GRIEVING process and the strategies necessary to **START** the **HEALING PROCESS**.



**OCTOBER**  
15 & 16, 2024

**OCTOBER**  
17 & 18, 2024

**9:00 A.M. - 4:00 P.M.**  
1 HOUR LUNCH BREAK

### LOCATION :

**7468 MISSION ROAD**  
**?AQ'AM COMMUNITY HEALTH AND**  
**WELLNESS CENTER**



FACILITATOR

Andrew Bear is a Métis from the Batoche and St. Louis communities. He acquired a Bachelor of Indian Social Work degree from the First Nations University of Canada and is a licensed Minister. Andrew specializes in Residential School issues and has been delivering GRIEF & LOSS WORKSHOPS for over 20 years to First Nations communities ALL OVER CANADA.



TO REGISTER,  
PLEASE CALL:

**Monica Lloyd:**  
778-761-0920

**Jessica Cashen:**  
778-761-0917

**WE ENCOURAGE EVERYONE TO JOIN THIS HEALING JOURNEY.**  
**PLEASE CALL TO REGISTER**

# OPEN STUDIO ART SESSIONS

At Foundry East Kootenay  
3:30 PM - 5:30 PM | Thursdays



**FREE**  
For youth  
12-24

Art enhances  
creative ability  
& encourages  
imagination  
among all.

Art improves  
problem  
solving &  
communication.

Art makes you  
feel good - it  
boosts your  
self-esteem!

Art builds  
connections  
with others and  
community.



Download the app



In a browser



Drop-in. Download and register on the Foundry APP and  
book in on your own, or call the centre at 778-517-8685.

**FOR ALL THINGS TO BE CONNECTED**

## Single Moms Mental Health SUPPORT GROUP



*FREE 4-Week Peer Support Group*

*Join us on Tuesdays starting September 17th, from 1:30pm-  
2:30pm at the Women's Resource Centre to connect with  
other single moms and share stories, strengths, and  
struggles.*

*\*Pre-Registration is Required\**

*To register, please email: [cbkwrc@ccssebc.com](mailto:cbkwrc@ccssebc.com)  
or call 250-426-2912*



**Cranbrook Women's  
Resource Centre**  
a Community Connections program

