

M.V. BEATTIE BULLETIN

"Learn to be thankful for what you have, while you pursue what you want."

Upcoming Events

Nov. 5 - Intermediate
Classes visit Legion/
Cenotaph

PAC Meeting @ 2:15pm

Nov. 6 - Buster The Bus
presentation (Ks and 4s)

Nov. 8 - Remembrance
Day Assembly

Nov. 11 - Remembrance
Day

Nov. 12 Ministry Pro-D

Nov. 14 - Intermediate
Recognition Assembly

Nov. 18 - Subway Lunch

Nov. 20/21 - Goal
Setting Meetings

Nov. 21 - Student
Early dismissal
@11:20am

Nov. 22 - Science World
Presentation

Nov. 29 - Theme Day
(TBA)

Getting Closer...



The loss of our gym for a few months has me questioning what else I/We take for granted in our workplaces and homes every day. I recognize that the loss of our gym for a few months can be easily characterized as a "first world problem," yet it is amazing how many things have had to be altered as a result. Here are a few things I feel grateful for:

1. We have a beautiful school filled with wonderful, resilient people!
2. Our community (and the surrounding communities) have been incredibly supportive in providing low cost options for PE.

"Healthy Bites"

by Serena Caner (dietician)

Dinnertime Blues

Feeding children can be a demoralizing experience, especially with young children. But there is light at the end of the tunnel — with years of practice, children do learn to eat a variety of foods and mealtimes do get easier. Here are some strategies for survival:

- **Be Prepared:** Creating a weekly meal plan is a great strategy to reduce mealtime stress. It allows you to have ingredients on-hand, meat defrosted and left-overs on days that you know will be busy. Meal plans can also save you money.
- **Come to the table hungry (but not hangry):** Hungry kids are always better eaters. Sometimes poor behaviour at supper results from too much snacking after school.
- **Overtired children:** School can be an overwhelming experience, especially for young children. Add day care or after school activities, and it can be a recipe for disaster. Children eat better when they are relaxed and rested. Consider earlier meal times or reducing scheduled activities.
- **Check-in with yourself:** Stressed parents usually result in stressed children. If patience is gone by dinner time, find a strategy for self-regulation. This could mean enjoying a glass of wine, allowing yourself some space from your children while you cook dinner, or, worst-case scenario, locking yourself in the bathroom for five minutes of meditation!
- **Try stick to a routine:** Routine and consistency around mealtimes is another great strategy. When children know what to expect, and how they are expected to behave, it helps reinforce positive mealtime behaviours.

3. Our students and staff will always look for the bright side of things during challenging circumstances.

4. The School District's Insurance provider has enabled our kids the opportunity to continue to pursue physical activity: below are photos of our kids playing on the Beach Volleyball courts that the Insurance company paid



for; Insurance will also be paying for our transportation to and from Salmon Arm to visit the Indoor Soccer field, SASCU gym and School of Rock (climbing centre).

5. Sheryl Hay and our community's Recreation Dept. continue to offer their help to keep our kids active.

6. Sunny Days!!!



Student Assessment



During the week of Oct. 21-25, parents/guardians should have received communication from our classroom teachers as an informal "interim report." Our intermediate divisions met with parents - and in many cases the youngsters put their parents to work on math problems and other learning activities to demonstrate some of what they learn each day. If you missed out on receiving feedback, please don't hesitate to call your child's teacher.

Goal Setting Meetings

On November 20th/21st we will once again host Parent-Teacher Goal Setting conferences in lieu of a formal report card. We hope that this will create great conversations around learning strengths and challenges...and most importantly provide us with a shared understanding of how to work together to achieve the learning goals in the future.

To help facilitate the many meetings, Nov. 21st is an Early Dismissal Day (11:20am).

D.rop E.verything A.nd R.ead

We took part in an annual province wide initiative (DEAR) to help remind everyone that reading can be a fantastic source of entertainment. Students and staff alike were given 20 minutes to silently read - a good fit book, chapter book, graphic novel or magazine. It doesn't matter which option you choose, as long as we can encourage our students to love reading.



Community Spotlight



Sutherlands Bakery has been a huge supporter of M.V. Beattie for many years. From their weekly donation of bread for our breakfast/lunch programs to their support of our Ice Cream Social - and many other donations - our students have benefitted from their help. On behalf of our students, staff and community, I wanted to share our gratitude for all that you do for our school! Thank you to

Greg McCune and the whole staff at Sutherlands!

Wonderful Wildcats

This month, I would like to shine a light on a young lady whose selflessness deserves to be recognized publicly.

Peyton Golz, one of our gr. 5 students, used her very own renewable resource (her hair) as a way to raise money for a fantastic charity: Children's



Hospital. Peyton was able to raise more than \$1400 dollars by cutting her golden locks. In a world that constantly describes children as being "egocentric" and "self-absorbed" Peyton's



actions show a kindness that should inspire the rest of us to make our own contributions to improve the lives of others.

We are proud of you, Peyton!

CATS R.O.A.R.

Intermediate Winter Rec.

If your son or daughter is in grade 4-6, you will soon receive an information package describing the dates, times and options for our SilverStar trips, and a follow up email that explains the online registration process.

The dates of our trips to SilverStar are as follows:

Feb. 14 - 8:15 departure/ 3:15 return (for everyone)

***Feb. 28 - 8:15 departure/ 3:15 return (for skiers/snowboarders)**

***Feb 28 - 8:15 departure to Larch Hills/ 2:00 return (for the Skaters/Tubers) \$5 paid to MVB for lunch.**

Mar. 6 - 8:15 departure/ 3:15 return (for everyone)



Primary Winter Rec.

While our intermediate classes head up to SilverStar, our primary classes will be going skating at the Enderby Arena. While this has often been a January/February event, due to our lack of gym space, we will begin this program in November. Permission slips will be coming home next week.



HALLOWEEN FUN

