

M.V. Beattie Elementary
September Newsletter

September 14, 2025
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Wildcat Newsletter



A GREAT SCHOOL YEAR AHEAD!

We have had a fantastic start to the school year! It is hard to believe we are already heading into fall! We are fortunate to have a great team who will always go out of their way to create a great learning environment, and we will continue to bring our positive attitude and optimistic outlook. MVB is excited to embark on a new year of learning, growing and laughing. Students are getting ready to in a multitude of great learning experiences such as Gardom Lake, Intermediate Enderby Cliff Hike, and Orange Shirt Day! MVB has been hopping with engaged learning I am pleased to report that Wildcat Pride is alive and well!

Please remember that my door is always open. I look forward to working alongside you in your child's education.

Ms. Mishel Quaal
Principal
mquaal@sd83.bc.ca



Upcoming Events

September

15th First Full day for Kindergarten
15th PAC meeting 2:30 in NOL room
18th Grade 5 & 6 Team Building at Gardom Lake
22nd Individual Student Photo Day
24th Grade One Caregiver's Come Read with Me Workshop
26th Intermediate hike of the Enderby Cliffs
29th No School -Pro-d day
30th No School—National Day for Truth and Reconciliation

October

1st PAC Apple Fundraiser Due
20th No classes -In-person Student/Teacher/Family Conferences
23rd Photo Re-take Day
24th No School -Pro-d day

PAC
Apple
Fundraiser
Wildcats
brought home
a Apple order
form.

Check our
Website!





SD83

FEEDING FUTURES



Feeding Futures funding is provided to all school districts to support students who need it most by delivering school food programs in ways that reduce stigma. Students may experience hunger at school for many reasons, including forgetting to pack their lunch, not having time for breakfast one day, or not having enough food at home. Each school district has the flexibility to develop programs to meet the needs of their local communities. This means that school food programs might look different across schools and districts.

The following are the free programs available at MV Beattie:



Breakfast Club:



Breakfast club runs every day from **7:50 am-8:05 am** from our school kitchen. We serve a variety of foods such as eggs, toast, fruit and smoothies.



Souper Meals:



Souper Meals is a free, hot lunch experience on Mondays and Thursdays where all students are invited to share in a meal made from scratch from locally grown ingredients! Meals are provided by Shuswap Food Action Society and are served with a bun and raw fruit and/or veggies. Vegetarian and gluten-free options available by request.



Lunch top-ups



Youth appetites can be unpredictable! If your child did not bring enough lunch, we have extra food available every day. These are items such as sandwiches, cheese, fruit or granola bars.



****If your child has a serious food allergy, please inform the school.***

Every year, school food programs receive donations of cash, food and time from many parents, businesses and students. We appreciate the important role this plays in making our programs strong and sustainable. If you are able to volunteer your time or wish to make a donation to the program, or if you have questions about our programs, please contact Serena at scaner@sd83.bc.ca

-Nut Aware- Please be nut aware. We have Wildcats that require Wildcat Nation to be Nut Aware! Thank you!

SOUPER MEALS 2025-26

Souper Meals- MV Beattie		Entrees- MV Beattie	
	No Soup	Sep 18, 2025	Greek Chicken Bowl
	No soup	Sep 25, 2025	Chicken Schwarma
Sep 29, 2025	No School	Oct 2, 2025	Pizza & salad
Oct 6, 2025	Mac and Cheese	Oct 9, 2025	Buddha Bowls
Oct 13, 2025	No Soup	Oct 16, 2025	Japanese Curry
Oct 20, 2025	Bacon Corn Chowder	Oct 23, 2025	Lasagna
Oct 27, 2025	Taco Soup	Oct 30, 2025	Shepherd's Pie
Nov 3, 2025	Buffalo and Barley	Nov 6, 2025	Creamy Chicken Pasta
Nov 10, 2025	No School	Nov 13, 2025	Burrito Bowls
Nov 17, 2025	Minestrone	Nov 20, 2025	Chicken Enchilada
Nov 24, 2025	Mac and Cheese	Nov 27, 2025	Buddha Bowls
Dec 1, 2025	Chicken Noodle	Dec 4, 2025	Pizza & salad
Dec 8, 2025	Bacon Corn Chowder	Dec 11, 2025	Lasagna
Dec 15, 2025	Turkey Soup	Dec 18, 2025	Shepherd's Pie
Jan 5, 2026	Baked Potato Soup	Jan 8, 2026	Creamy Chicken Pasta
Jan 12, 2026	Chicken Pesto Pasta	Jan 15, 2026	Sushi Bowls
Jan 19, 2026	Hamburger Soup	Jan 22, 2026	Shepherd's Pie
Jan 26, 2026	Mac and Cheese	Jan 29, 2026	Buddha Bowls
Feb 2, 2026	Chicken Noodle	Mar 5, 2026	Pizza & salad

M.V. Beattie PAC is the Best!

Wildcat Nation is thankful for such a supportive PAC and School Community!

Dear PAC Members,

On behalf of our entire team, we want to extend our deepest gratitude to each of you for going above and beyond in your support, dedication, and tireless efforts. Your commitment has made a lasting impact, and we are truly inspired by the energy and care you bring to everything you do.

Whether it's organizing events, fundraising for amazing learning opportunities, advocating for our community, or simply being a reliable source of encouragement, your contributions have not gone unnoticed.



Thank you for
spending a
weekend day
installing new
rubber matting
in the
Intermediate
Gaga Pit!

You exemplify what it means to lead with heart, and we are so fortunate to have you by our side. Thank you for being such an essential part of our journey. We look forward to continuing this meaningful work together.

Next Pac Meeting Monday, Sept. 15th 2:30

HOW TO PLAY GAGA BALL

START THE GAME:

- Everyone stands inside the Gaga pit.
- One player throws the ball in the center.
- Players yell “Ga-ga-ball!” and the ball must bounce **three times** before play begins.

Hit the Ball:

- Use an **open hand** to hit the ball (no throwing or grabbing).
- You can only hit the ball **once at a time** (no double hits unless it touches a wall or another player first).

Avoid Getting Out:

You're **out** if

- The ball hits you **below the knees** (even if it bounces first).
- You hit the ball **out of the pit**.
- You **fall down** or touch the ground with anything other than your feet.

When You're Out:

- Leave the pit quickly and cheer from the sidelines.
- Some games let you re-enter when the person who got you out is eliminated.

Winning:

- The last player left in the pit wins!

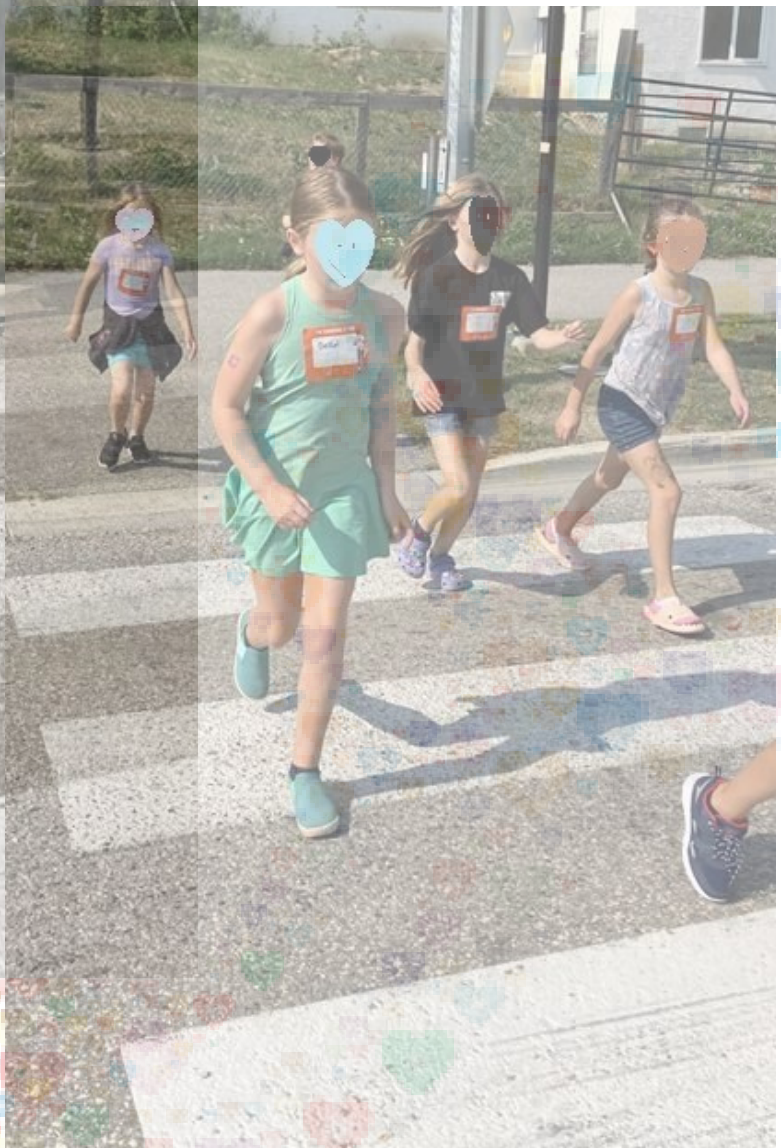


Go Wildcats!



Wildcats Run!

September 5th
was the
MVB Terry Fox



This year is super special—it's the 45th Anniversary of Terry Fox's amazing Marathon of Hope!

In 1980, Terry Fox decided to run across Canada to help raise money for cancer research. He ran a marathon every day with just one leg and a whole lot of heart. Even though he didn't finish the run, he inspired millions of people—including us!

Now it's our turn to keep his dream going by taking part in the Terry Fox School Run this September! So let's get ready and start fundraising now. Just create your online fundraising page under our school link and download the Terry Fox School Run Fundraisers app. It's an app that's made for students to make fundraising easy.

Donations can be made through the following link <https://schools.terryfox.ca/MVBeattieElementary> or through the pledge sheet that came home with your student. Thank you all for your support and for encouraging your child to do their best and try like Terry.



Breakfast and Lunch Programs

We will continue to provide snack and lunches for those in need.

Please reach out to me, it is our goal to ensure M.V.B. students have stigma free access to good food. The Feeding Futures Program is here to help!

Please support our Hot Lunch Feeding Futures Program and consider volunteering! We need community helpers to help this program work.



Family Communication

☀ Distracted Caregiving/Parenting: Small Shifts, Big Impact

Life is busy. Screens, tasks, and notifications pull us in every direction. But even small moments of presence with your child can make a big difference.

👁 What Is Distracted or Technoference?

Being physically present but mentally elsewhere—scrolling, replying, or just overwhelmed.

💖 Why It Matters

Kids feel most secure when we're tuned in. Even short bursts of attention build trust and connection.

✅ Try These Simple Shifts:

- 🚫 Put phones away during meals & bedtime
- ⌚ Give 10 minutes of full attention
- 🗣 Talk about being more present
- 💭 Be kind to yourself—progress, not perfection



You're doing great. Every effort counts. Your presence matters more than perfection.



BELL SCHEDULE

Welcoming Bell	8:07
Morning Class Begins	8:10
Recess Starts	9:40
Recess Ends	9:55
Lunch Begins	11:25
Students Go Outside	11:45
Outside Play Ends	12:10
Dismissal	2:06



What happens when a child becomes ill at school?

We will follow our past practice of moving the child to the “sick room” in the office, and call home to have someone come and pick up the child.

Children who become ill at school will NOT be able to ride the bus home.

Both adults and children should not attend school until they are symptom free. Staff who become ill will immediately need to go home, and will follow the same procedure. *We also know that some students may have different “baselines” – so, if your child has always had a “chronic cough” during the winter months, we wouldn’t expect to treat it as if it were a Cold. We need to trust each other to react appropriately to these signs. The last few years has taught us about the importance of community! The awareness of only attending school when we are healthy protects our community.

Wild Cat Nation is thankful that our families and staff remain consistent staying home when sick.

“KEEPIN’ IT COOL CATS”

Cool Cats is a way to provide students with opportunities to take on responsibilities that are often the purview of adults. Having student playground monitors is not groundbreaking, but the approach was significantly different. Cool Cats has empowered students to become role models and playground coaches, but it also enabled them to grow in their own conflict resolution skills. So, with this model in mind, Mrs. Shinoda and I will continue the Cool Cats project. It will be a commitment (one day per week, all year long) and we would meet as a group once every few weeks to share experiences and build our skills together.



WILDCAT KISS AND GO DROP

Kiss and Go Lane

This annual reminder is really important as it has to do with student safety. When dropping off your child in the Kiss and Go Lane, please only take a minute to say your goodbyes, to help us avoid the congestion during pick up and drop off.

Also, there are typically cones/sign to remind you of where this zone starts. When people park for longer periods, and encroach the crosswalk areas, it creates poor sightlines

which means that drivers may not be able to see some of our little ones crossing.

Each year we have “near misses” - and they are all avoidable...when we follow the rules. Thanks!



Our neighbours also request that parents avoid parking in, or in front of, their driveways.

School Fee Payment

We are ready to receive your School Fee or Field Trip payments.

E-transfer continues to be a great method for payment, but **please remember to put your child’s first and last name in the memo.**

Cheques are payable to M.V. Beattie Elementary School.

<https://mvb.sd83.bc.ca/supply-list/>

A financial hardship policy is in place at M.V. Beattie Elementary School for families unable to afford school fees. If circumstances do not permit payment, please contact

Ms. Quaal

mquaal@sd83.bc.ca

Principal, to make arrangements.



Parent Advisory Council Meetings

At M.V. Beattie, we have been very fortunate to have many parent and community volunteers. Think about joining the P.A.C. and be sure to find them on Facebook. The next P.A.C. meeting is September 15th 2:30 in the N.O.L. room.

VOLUNTEERING

Volunteering @ MVB

Classroom Volunteers

If you wish to spend some time in your child's classroom, please feel free to contact our teachers. Each teacher has their own system for rotating through classroom helpers, but we are keen to welcome our community into MVB.



Criminal Record Checks



Please call the school for your online access code

for online criminal record checks.

Online Link: <https://justice.gov.bc.ca/criminalrecordcheck>

School Volunteers – Criminal Record Checks (CRCs)

Any volunteers in schools (coaches, drivers, etc.) are required to have a Criminal Record Check completed before they are allowed to volunteer with your school.

****As of the 2024-25 school year, Police Information Checks will no longer be accepted****

There is no charge for Volunteer CRCs through the Criminal Records Review Program (CRRP).

Volunteer Drivers

A reminder that both staff and parents are required to follow the new district policy prior to being able to transport our students. The following documents are needed to help out as a volunteer driver: •A copy of a valid Driver's Licence •A copy of your Driver's Abstract •A copy of the Vehicle Registration •A copy of the vehicle's Insurance

Thanks again for taking the time to complete this process!



One to One Reading

We are excited to once again be opening our doors to the

LASS One to One reading program.

If you are interested in helping out, email childprograms@shuswapliteracy.ca

www.shuswapliteracy.ca