🍂🍁 M.V. Beattie Elementary School November Newsletter 🍁🍂

🌅 A Message from the Principal

As November settles in, we're noticing darker mornings, cooler temperatures, and a few more layers appearing at school!

With the change in season comes an important reminder about **student safety**. Many children are walking to school or playing outside before the bell in low-light conditions. Please talk with your child about being extra careful around roads and parking lots.

✨ Safety Tips for November

- Wear bright, reflective, or high-visibility clothing whenever possible.
- Make eye contact with drivers before crossing streets.
- Always use crosswalks.
- Remember: **Don't assume a driver can see you**, even if you can see them!

🥶 As temperatures continue to drop, please ensure students are dressed for the weather. Warm jackets, hats, gloves, and appropriate footwear help keep everyone comfortable and ready for outdoor learning and play.

Thank you for helping keep our students safe, warm, and ready to learn each day!

Mrs. Laura Tomlinson

📚 PAC Corner

A huge **THANK YOU** to our wonderful PAC volunteers! 💙

Through their fundraising efforts, PAC helps provide incredible opportunities and resources for our students, including:

🚌 Transportation for **SilverStar ski trips**
🥷 **Willing2Ninja Camp** experiences
📖 Classroom books and literacy resources
🔢 Hands-on learning manipulatives
🧠 Self-regulation tools and supports for students

Your support truly makes a difference!

📖 Scholastic Book Fair - Next Week!

Get ready to discover some amazing new books!

📚 Open Before and After School

Every purchase helps support literacy initiatives in our school while getting great books into students' hands.

Nov. 19: 1:30 PM – 8:00 PM

Nov. 20, 23, 24, 25, 26: 7:30 AM – 9:00 AM **and** 1:30 PM – 3:30 PM

🎨 MVB Craft Fair

🗓️ **November 19**
⏰ **4:00 PM - 8:00 PM**

Come shop, support local vendors, and enjoy a fantastic community event!

🌸 Growing Smiles Fundraiser

🌱 Orders Due: **November 25** Pick Up: **December 10**

Thank you for helping PAC continue to support enriching experiences for our students.

🙋 Volunteers Needed!

Have a little time to give?

PAC is always looking for helping hands. Whether you can volunteer occasionally or regularly, your involvement helps strengthen our school community.

📱 Check out the **MVB PAC Facebook Page** for volunteer opportunities.

Next PAC Meeting

🗓️ **December 1**
⏰ **2:30 PM**

Everyone is welcome and babysitting is provided!

🎶 **Winter Concert** 🎶

Please save the date for our annual Winter Concert!

❄️ **December 9**
🕛 **12:00 PM**
📍 **Splatsin Centre**
🚪 Doors Open at **11:45 AM**

We can't wait to celebrate the season with our students, families, and community. More details will be coming soon!

Interior Health Parent News

COMMUNICABLE DISEASE

Influenza, commonly known as the flu, is an infection of the respiratory system caused by the influenza A and B viruses. Every year, influenza spreads in our communities, generally in the late fall and winter months.

Registration with the Get Vaccinated system ensures timely notifications for influenza immunizations. If you have already registered, you will be notified when you are eligible to book your next influenza appointment. If not, you can register yourself or a family member (such as a parent, grandparent or child) using your Personal Health Number. Please note registration is only required once. Learn more about fall immunizations from the Government of British Columbia.

DENTAL

Protecting our Mouths during Physical Activity

Parents play an important role in injury prevention by encouraging use of mouthguards during sports and physical activities. A properly fitted mouthguard can help protect the teeth, lips, cheeks and tongue.

Mouthguards should be worn for any sport that has head-to-head contact or risk of falling. The Canadian Dental Association recommends a custom fit mouthguard be fabricated by a dental professional as it has the best fit. Specialized mouthguards can also be made to fit over braces.

There are other types of mouthguards that can be bought at the store such as stock and boil-and-bite. Refer to the Canadian Dental Hygienists Association Sports Mouthguards Q&A for guidance about mouthguard fit and use.

Supportive Resources and Videos · Sports Mouthguards · Promoting Health of Children & Youth in School | Interior Health · Dental Emergencies

For more information, contact the Interior Health Allied Health Early Childhood Development Dental Program.

INJURY PREVENTION

Do you know how to recognize a concussion?

Concussions can happen to anyone, anywhere, anytime. From sports and playground falls to everyday activities, anyone can be injured and symptoms are not always obvious. In fact, only 11% of surveyed British Columbians felt very confident that they could recognize a concussion.

The Concussion Awareness Training Tool (https://cattonline.com; CATT) is a free, evidence-based, up-to-date online resource offering concussion education materials tailored for parents/caregivers, and youth. https://cattonline.com/course/concussion-awareness-training-tool-for-parents-and-caregivers

FOOD LITERACY

As a parent or caregiver, you play an important role in shaping your children's eating habits. Check out this article on Parents' Influence on Children's Eating Habits (UnlockFood.ca) to learn how to positively influence your children's eating habits by creating a positive eating environment and being a good role model.

MENTAL HEALTH

Emotion Regulation online discussion for parents
https://keltymentalhealth.ca/event/2026/11/emotion-regulation

When kids frequently have big emotions, parenting can be overwhelming and tiring. Discover some strategies and skills that can make it easier for your kids and you, and the critical role that parents and caregivers play to create positive change for young people. Learn about emotion regulation and dysregulation from Nicole Allen, Registered Clinical Counsellor. Kelty Mental Health invites families to a supportive space to watch a video and share strategies to help navigate those hard moments, and focus on strengthening our understanding and connection with our kids. This inclusive, supported discussion is gently

facilitated by a FamilySmart Family Peer Support Worker who understands the challenges we face as parents.

Sessions available:

November 17, 2026 | 6:30 pm - 8:00 pm PST

🗓️ Important Dates at a Glance

November

- 18th Willing2Ninja for Div. 6 - 12
- 18th Curling – Div. 1, 2
- 18th Girls Volleyball @ MVB
- 18th – 25th Scholastic Bookfair
- 19th PAC Craft Fair
- 25th Curling – Div. 1, 2
- 25th Boys Volleyball @ MVB
- 25th Girls Volleyball @ NSH
- 26th Staff vs Student Volleyball @ lunch
- 30th Entrepreneur Fair in Gym 8 - 12

December

- 1st Hot Chocolate with Santa 10:00 – 11:30
- 2nd Curling – Div. 1, 2
- 9th Winter Concert
- 15th Willing2Ninja for Div. 6-12
- 15th Silverstar
- 15th Learning Updates go home
- 18th Winter Break Begins

🍂 **Thank you for being part of our MVB community. Together we're making this a wonderful season of learning, growth, and connection!** 🍂