

Rocky Mountain Grizzly News

September 2023

kuʔ#makaku

From the Principal's Desk

PRINCIPAL'S MESSAGE:

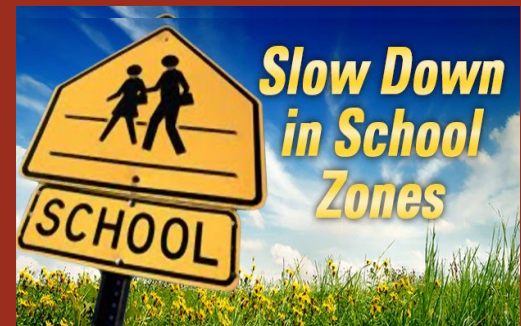
Welcome back everyone! It was so great to see the staff and students again on the first day of school. It was a smooth start, thanks to all of the hard work our staff put into getting prepared for our return to school. We are excited for another year full of great learning, community building and fun!

We feel like communication is key when it comes to building collaborative partnerships between school and home. We will facilitate this in various ways this year through newsletters, emails, School Messenger, our website, and Facebook.

<https://www.facebook.com/RMESGrizzlies>

This newsletter is full of important information, so make sure to read it through. If you have any questions or concerns please do not hesitate to reach out.

Jennifer Adams, jennifer.adams@sd5.bc.ca
Jennifer Attorp, jennifer.attorp@sd5.bc.ca



School Zone Safety

School Zone Safety is always a top priority in any school, we have a few reminders that we put out each year...

- **DO NOT** pick up or drop off students in the school parking lot. The parking lot is a busy place in the mornings and after school. So for everyone's safety, please drop off students above the school on Deerborne Dr. or along the school on Balmer Dr. (during school hours)
- Keep your speed down to 30 km/hr

Staff List

Jennifer Adams	Principal
Jennifer Attorp	Vice-Principal
Gena Scott	Secretary
Grace Tsao	Kindergarten
Miranda Akkerman	Kindergarten/Grade 1
Vanessa Pettifor	Grade 1
Taylor Wurmlinger	Grade 2
Sam Stremecki	Grade 2/3
Katie de Bruycker	Grade 3
Wanita Bowker	Grade 4
Katelon Kennedy	Grade 4/5
Victoria Vander Schee	Grade 5
Maddie Porter	Grade 5/6
Cole Pettifor	Grade 6
Marie Hansen	Library
Haley Pocaluyko	Grade 5/Literacy Support/PE
TBD	Contract TTOC
Kayla Osmachenko	Education Assistant
Petrea Stacey	Education Assistant
Kaitlyn Devolin	Education Assistant
Rosie Palmer	Education Assistant
Shantel Gamache	Education Assistant
Kourtney MacDonald	Education Assistant
Rebecca Bauer	Indigenous Education Support Worker
Katie Keast	Counsellor
TBD	Youth Care Worker
Amy Barbaro	Speech Language Pathologist
Holly Peebles	Speech Language Pathologist Assistant
Ronda Hooper	Library Clerk
Rosalyn Pumphrey	Custodian
Dale Osmachenko	Maintenance/Custodian

School Messenger/Safe Arrival

Please ensure that you have downloaded the School Messenger app and that you have signed up to receive text message notifications from us. In emergency situations we will be sending messages through SMS for quick notifications, and we want to make sure you are all getting the information. Through the app you can also book absences for your children at any time so you don't have to worry about calling the school during office hours. As a parent myself I can tell you that it is extremely handy to have!

SchoolMessenger / SafeArrival

How to Report an Absence

To report an absence to the school you may choose any of the following methods:

- Call 1-833-566-1255
- Access the website <https://go.schoolmessenger.ca>
- Download App from Apple or Google Play

Please choose the reason for your child's absence from school: sick, appointment, family vacation, ect. Don't forget to wait for the conformation # to ensure your child's absence has been recorded.



Running club

Running club has started! Students will be running every Wednesday and Thursday at lunch, starting at 11:30. We are always looking for volunteers to join us on these days to run with the students and help guide them on the route.

Indigenous Education

Bring on the new school year! My name is Rebecca Robinson-Bauer, and I am the Indigenous Education Support Worker here at RMES. The Indigenous program at RMES provides support services to students of Indigenous Ancestry. My role is to provide academic support for students, as well as support their social and emotional well-being. I advocate for students and their families, providing a liaison between home and school, language, and culture. I also work with classroom teachers, facilitating presentations and organizing educational activities/trips.

Please feel free to contact me if you have any question regarding the program or my role as an Indigenous Education Support Worker. I can be reached at 250-865-4625 or by email at rebecca.bauer@sd5.bc.ca



ORANGE SHIRT DAY

September 30th is National Day for Truth and Reconciliation. In order to still honor this day at the school, we will wear our orange shirts to school on Friday, September 29th.



English	Ktunaxa	QR
Every Child Matters	ʔkamnintik q̓api haʔamxuni-qaʔni	



PAC

This group is such an important part of our school. They fundraise money to help us purchase things such as technology, field trips, school presentations, equipment and more. They sponsor and host events throughout the year that bring the school community together and are fun for all. Our school is a better place because of the amazing volunteers who sit on this council and donate their time to the school. Please make sure to join their Facebook page to learn about all of the wonderful things they do and how you can help.

<https://www.facebook.com/profile.php?id=100004247145611>

Soccer

Our girls and boys soccer teams are up and running. Practices are held on Tuesday and Wednesday 3:00 to 4:15. The district tournament will be held at Max Turk fields in Fernie on Friday, October 13th.

Welcome Back BBQ

We are so grateful to our wonderful PAC who is again putting on a back to school BBQ for both the elementary and high schools. It will be a great chance for families and staff to get together to mingle and share some food and laughs. Make sure to mark it in your calendars, Tuesday, September 26th from 4:30-6:30pm. It will be held here at Rocky and our PAC will be reaching out for volunteers to help out with the event.



Fall session of swimming lessons will begin on October 10th and go until the week of December 5th. The next session of lessons will be after Christmas Break.



Fundraiser

On September 29th, a small group of Grade 6 students at Rocky Mountain are hosting a fundraiser for the Orange Shirt Society. The Orange Shirt Society works to raise awareness of intergenerational trauma caused by residential schools and commemorate the experiences of survivors. This fundraiser is also to promote the concept of “Every Child Matters.” These students will be selling “Every Child Matters” stickers. This is by donation; the students have shared that every amount counts. The group will share after this event, how much money will be donated to the Orange Shirt Society and will share this with the school, families, and community.

Emergency Casual List

Do you have some extra time on your hands? Are you interested in coming into the school to help students and teachers as an education assistant? Or perhaps you would love to be at the front of the classroom as a teacher directing students learning for the day? Unfortunately, staff shortages are a common occurrence in Elkford as we don't have a big casual list of substitutes to pull from. We rely heavily on our community members who are willing to step into these roles on an emergency basis and we appreciate the help so much. If you are interested in being on our emergency list at all please bring in a cover letter indicating which positions you are willing to help with, and a resume that includes references. You would then have a quick interview with us and we send the info off to Human Resources to get you added to our list.



Foundation Skills Assessment

Our Grade 4 students will be participating in the Foundation Skills Assessment (FSA) in October. This assessment gives us good information as to where they are at academically and is used for an assessment for learning, so we can plan where their instruction needs to go. Attached is a brochure to give you more information on the assessment.

FSA - Foundation Skills Assessment

CAREGIVER INFORMATION

What is the Foundation Skills Assessment (FSA)?

The FSA is a set of interactive exercises designed by teachers and education experts that reliably indicates how your child is doing in literacy (understanding and communicating with language) and numeracy (understanding and working with numbers).

GRADE 4: Literacy Numeracy
GRADE 7: Literacy Numeracy
GRADE 10: Literacy
GRADE 10: Numeracy
GRADE 12: Literacy

Helping Improve Educational Outcomes

BRITISH COLUMBIA | Ministry of Education and Child Care



How is the FSA conducted in schools?

- All Grade 4 and 7 students in B.C. are required to complete the FSA in their own classrooms, under the supervision of their classroom teacher or school administrator.
- The FSA will take your child about 3.75 hours to complete over a few days during a six week period. The assessment includes online and written questions, a group activity and a reflection exercise.
- Your school principal may excuse your child from writing the FSA if they are not yet proficient in English, if they have an identified cognitive disability, or in the event of extenuating circumstances (e.g. extended illness or family emergency etc.).



What are the results of the FSA used for?

- Results are provided to you, your child, teachers, and the Ministry to ensure B.C. is providing high quality education to all of its students.
- Results ensure that no students are left behind in B.C., regardless of their background.
- The FSA does not contribute to your child's report card and is not used to rank students, teachers, schools or districts.



Why do all students in B.C. write the FSA?

- The FSA is designed to indicate how your child and all students in British Columbia are doing in literacy and numeracy.
- The FSA ensures you, your child and your child's teachers and educators have early information on your child's achievement and can respond appropriately to shape learning over the school year.



What are the benefits of the FSA?

For students, parents and caregivers

- You and your child will have an understanding of how your child is doing and what areas may need support.
- Assessment results help shape the support needed to meet the unique needs of every student.

For teachers

- Your child's teacher will have confirmation of how your child is doing and what supports they may need.

For the Ministry of Education & Child Care

- Your government will have information about how to improve and deliver high quality education for all students in British Columbia.



TO LEARN MORE VISIT:
www.gov.bc.ca/foundation-skills-assessment

CHECK OUT PROVINCIAL ASSESSMENT RESULTS:
<https://studentsuccess.gov.bc.ca/provincial-results>



BRITISH COLUMBIA | Ministry of Education and Child Care

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS NEWSLETTER

September 2023

BACK TO SCHOOL RESOURCES



HealthLinkBC has created a list of resource that may be helpful for families as they transition back to school routines. For more information see: [Back to School \(healthlinkbc.ca\)](https://healthlinkbc.ca)

Back-to-School: How to Promote Resilience and Set Your Kids Up for Success

And just like that, another school year is upon us! To help you start the school year strong, Dr. Angela Low shares practical tips and strategies that help you strengthen your and your child's emotional resilience. To read or hear more connect on the [Kelty Mental Health Resource Centre Website](https://keltymentalhealth.ca).

For more information and resources see the: keltymentalhealth.ca

Sign up [here](https://keltymentalhealth.ca) for the Kelty Mental Health newsletter to get the latest on resources, news and events.



INJURY PREVENTION

BC Concussion Awareness Week is Sept 24 to 30, 2023

School professionals, parents/caregivers, youth, coaches and athletes are encouraged to check their knowledge about how to prevent, recognize, respond to and manage them appropriately.

Concussions are a serious brain injury that require immediate medical attention. They are an "invisible injury" that can happen to anyone, anytime, anywhere. Visit www.cattonline.com for e-learning courses, a Concussion Awareness Week campaign toolkit, and to learn more about BC's concussion education activities. The online education modules are free and specific to a person's role.



In a 2022 survey of British Columbians,

- Only 11% said they felt very confident that they could recognize a concussion when it occurs.
- Almost two-thirds (62%) were not aware that a person with a potential concussion does not need to be woken up every two hours.
- Only three-quarters of respondents (76%) knew that you can get a concussion even without a hit to the head.
- Three-quarters (75%) of respondents did not know that too much rest can delay concussion recovery.

Return to School Strategy resource link: Learn how to recognize a concussion and implement a gradual return to school [Return to School Strategy](#)

- Students suffering from a concussion may find it hard to concentrate in class, get a worse headache, or feel sick.
- It can take up to 7 days for symptoms of a concussion to appear.
- Only 44% and 28% of parents correctly identified agitated behaviours and difficulty sleeping, respectively, as signs or symptoms of a concussion.
- Only 37% of physicians who treated pediatric concussion correctly applied graduated return to play guidelines.

Check out the module for you!

- CATT for School Professionals: <https://cattonline.com/school-professional>
- CATT for Parents and Caregivers: <https://cattonline.com/parent-caregiver>
- CATT for Athletes: <https://cattonline.com/athlete/>
- CATT for Coaches: <https://cattonline.com/coach>
- CATT for Workers and Workplaces: <https://cattonline.com/workers-workplaces>
- CATT for Youth: <https://cattonline.com/youth>

MENTAL HEALTH

NEW Empowered Parenting content on the Kelty Website

As a parent or caregiver, you know your child best and already have what you need to promote their development and well-being. In our new [Empowered Parenting](#) section, you can learn more about what empowered parenting may look like for you, whether you're supporting your child's development, discovering compassion, taking care of yourself, or building community.

The aim of empowered parenting is to help build resilience, strengthen relationships with love and connection, and make space for emotions and communication. These skills start in childhood but can support your child throughout their life.



PHYSICAL ACTIVITY/LITERACY

Community Partnerships

Everyone Rides- Cycling Education for Grade 4-5 students

The Everyone Rides Grade 4-5 program provides British Columbia elementary students with skills, confidence and the opportunity to learn to ride their bikes to and from school. Cycling education for elementary students helps:

- reach goals related to [Vision Zero](#), climate action, active transportation, and healthy communities
- provide a safer way for students to get daily physical exercise and move within their community during the COVID-19 pandemic
- to raise a generation of sustainable transportation users and safe road users



The Everyone Rides Grade 4-5 program is heading into its 4th year with the goal of reaching 60 public schools and over 6,000 grade 4 and 5 students in Metro Vancouver, the Capital Regional District, Kelowna, Nelson, Rossland, Prince George and surrounding areas in Spring 2023.

Interested in the Everyone Rides Grade 4-5 program...? Contact us at everyonerides@bikehub.ca to see what funding and resources are available in your community.

For more information see: [Everyone Rides](#)



UPCOMING EVENTS:

Sept 19th - PAC Meeting, 6:30pm

Sept 22nd - Professional Development Day, No School

Sept 25th - Terry Fox Run, 1:00pm

Sept 26th - School pictures (Individual and Class)

Back to School BBQ, 4:30-6:30pm.

Sept 29th - Orange Shirt Day

Oct 2nd - No school in honor of National Truth and Reconciliation Day

Oct 9th - No School, Thanksgiving Day

Oct 13th - District Soccer Tournament in Fernie

EARLY DISMISSAL DAYS

All students will be dismissed at 2:00 pm from Monday, October 16th to Thursday, October 19th. Bus schedules will be adjusted to accommodate this time change therefore bringing your child home an hour earlier than they would normally arrive. During these four days your teacher will connect with you and set up a time to meet to discuss your child's progress and expectations for the school year. Teachers will be in touch before the dates to give you more information on the conference format.

Late to school in the morning!!

If you arrive late to school in the morning, please stop at the office and check in so that we know you are here.

School District 5

2023-2024 Annual School Calendar

July 2023						
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April 2024						
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May 2024						
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June 2024						
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- School Breaks
- Professional Development Days
- Stat Holidays
- Administrative Day
- Second Semester

School District #5 Calendar for 2022-2023 can be found at:

https://www.sd5.bc.ca/AboutUs/calendar/Documents/2023_2024%20Approved%20Calendar%20May%2025%2c%202023.pdf