

Rocky Mountain Grizzly News



October 2023

Kupaqpi?k

From the Principal's Desk

PRINCIPAL'S MESSAGE:

What an amazing Fall season we have had here at Rocky. Students have had plenty of opportunities to be outside and explore and enjoy this beautiful season. We all know what comes next though! As I'm writing this, there is snow in the forecast. For those winter activity families, I'm sure you can't wait for those first flakes to fall. If winter is not your thing, we can't avoid it unfortunately, but we can at least make sure we are prepared. Attached to this newsletter is a great infographic on dressing for the weather. Our teachers explore the great outdoors rain or shine, so as the cold weather hits, please make sure your children are coming to school prepared for the weather so they are comfortable and safe. If you are lacking winter gear and need a bit of help with that, please reach out to myself or Ms. Attorp privately and we can ensure that your children are outfitted properly for the cold weather.

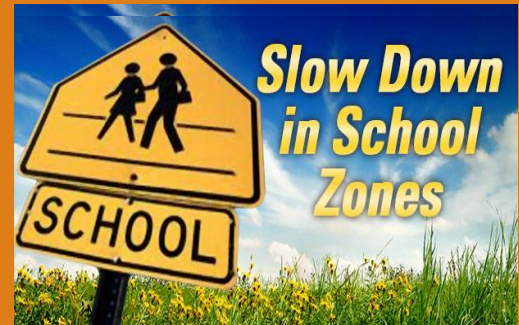
As always, reach out with any questions or concerns you may have.

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

Jennifer Attorp, jennifer.attorp@sd5

"Educating the mind without educating the heart is no education at all."

Aristotle



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

Soccer

Our boys and girls soccer teams played hard and had a great day at the district soccer tournament on October 13th. The girls came in 4th place and the boys tied for 3rd. Thank you to our coaches, Rebecca Bauer, Johanna Joy and Alexis Bingle for all their time spent with the teams.



Teck sponsored a coloring contest for our students and were they ever excited to get their prizes! Tiegen, 1st place. Tobi, 2nd place. Kullen, 3rd place.





PAC MEETING

Our next PAC Meeting will be held on Tuesday, November 21st at 6:30 pm. If you choose to come to the school to attend the meeting, babysitting will be provided. All parents are welcome and encouraged to attend these meetings.

Thank you PAC for putting on the back to school BBQ! There was a great turnout and we are so thankful for all the volunteers that stepped in to make this event such a success. It was lovely to see all of the families that attended to mix and mingle.



Terry Fox Run:

Terry Fox Run – Our Terry Fox run was held on September 25th and was a big success! Thanks to PAC for providing the granola bars for our runners and to the volunteers who helped on the route. As a school we raised over \$600 to be donated to the foundation. Thanks everyone!



SWIMMING

Information about swim lessons and the system to pay on-line have been sent home. Please sign up for the on-line payment option if at all possible. Cheques should be made out to RMES. If you have any questions about either the lessons or on-line payments, please call the office.

Happy
HALLOWEEN



k'upaquᓕaqpi?k

Kupaqpi?k

October – Autumn
Leaves Fade and Fall



HALLOWEEN

Halloween Fun! – On Monday, October 30th from 2:00-3:00 we are going to be carving pumpkins as a whole school in the gym. Parents are more than welcome to come and help out. On the 31st we will be taking our crew over to the high school at 10:20 for a Halloween parade.

#kamnintik q'api hak'amxuni-qa?ni Every Child Matters



We are grateful to share that RMES raised \$396.05 with their Every Child Matters fundraiser. This money was amount donated to the Orange Shirt Society to help raise awareness across Canada about the legacy of Indian Residential Schools and their continuing impacts on individuals, families and communities.

Take me Outside Day



On Wednesday, October 18th our school participated in *Take me Outside Day* a CBEEN initiative to get students to spend time outside exploring in the fresh air. This was definitely not a stretch for us here at Rocky, our teachers spend a lot of time outside learning which is amazing. See the attached infographic on why playing outside is so beneficial.





Why?



Experiencing the environment with all the senses, builds a foundation of nature connection that develops lifelong environmental stewardship.



Exploring the neighbourhood allows children to develop a sense of place and contributes to them feeling part of a safe and welcoming community.

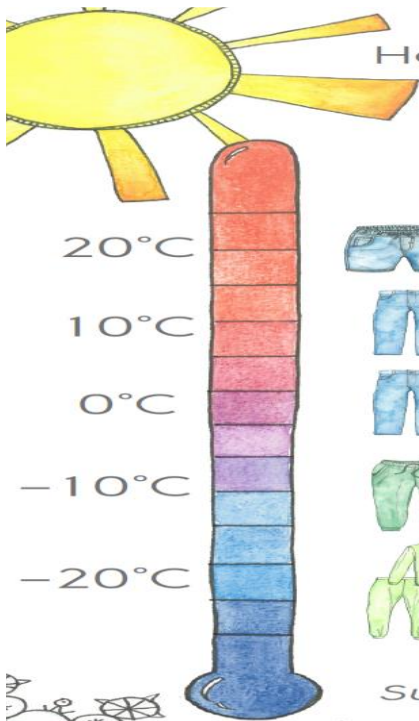


Children's activity levels are higher when allowed to play outdoors. They learn to move in different ways, developing a strong foundation of physical literacy.



Natural curiosity is easily sparked outdoors! Young children need time to explore, wonder, question and experiment. Outdoor is the perfect place for this learning.

getoutsideandplay.ca



How to Dress for the Weather Guide

Outdoor play is a great way to support healthy growth and development. Opening the doors to outdoor play in all kinds of weather provides children and adults with opportunities to spark their curiosity, leading to wonder, exploration and learning. When children have the right clothing for the season it contributes to them having positive, rich outdoor play experiences that just can't happen indoors. Get outside, be curious, let children lead and have fun!



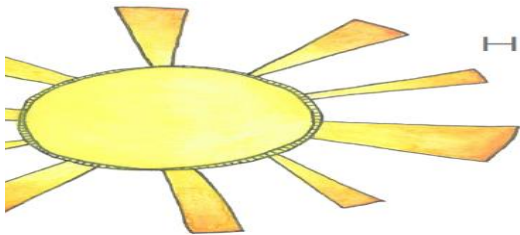
Supporting Outdoor Play Year Round



www.getoutsideandplay.ca



www.befitforlife.ca



How to Dress for the Weather Tips

Tips for Hot

- Use sunscreen before going outside
- Wear a hat and sunglasses
- Bring a water bottle to stay hydrated

Tips for Rain and Wet Conditions

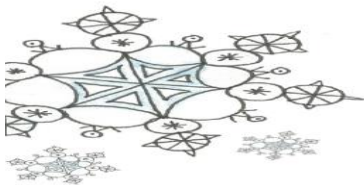
- Cotton absorbs moisture and stays wet and heavy. Avoid cotton clothing and socks on colder days
- Wear rubber boots to keep feet dry
- Elastic cuffs on sleeves of a rain jacket and ankles of splash pants keeps water out
- Pull pant legs OVER rain boots to keep feet dry
- Bring an extra set of clothes including waterproof mittens for cold, wet days



Tips for Cold

Dress in layers:

- **Base layer:** closest to your skin, fits snugly and helps wick moisture away. Look for wool or polyester fabrics.
- **Mid layer:** the insulating layer that keeps you warm. Stick to wool or fleece.
- **Outer layer:** protects you from the elements like wind, rain and snow. This layer should be waterproof with enough room for layers underneath.



www.getoutsideandplay.ca



www.befitforlife.ca





UPCOMING EVENTS

October 30th – Pumpkin carving 2:00pm

October 31st – Halloween parade through the high school

November 2nd – Kindergarten Hearing screening

November 6th – Picture re-take day

November 9th – Remembrance Day Ceremony, 10:00am

November 10th – No school in lieu of Remembrance Day

November 17th – Come Read with Me program, grade 1 parents, 8:30am

November 20th – Kindergarten PALS program for parents, 8:30am

December 1st – District Volleyball tournament at ESS

December 14th – Winter Holiday concert, afternoon and evening show



School District #5 Calendar for 2023-2024 can be found at:

<https://www.sd5.bc.ca/AboutUs/calendar/Documents/2023.2024%20Approved%20Calendar%20May%2025%2c%202023.pdf>

RMES Assembly/School Spirit Days

Date	Assembly? (12:30)	School Spirit
Sept 29 th	No, community walk	Orange Shirt Day
Oct 6 th	No	Camouflage day
Oct 12 th	Soccer Pep Rally 11:00am	Rocky clothing
Oct 31 st	No, but Halloween parade through high school at 10:20	Halloween costumes
Nov 17 th	Yes	Flannel/plaid day
Nov 30 th	Volleyball Pep Rally 11:00am	Rocky clothing
Dec 15 th	Yes	Ugly Xmas sweaters
Dec 22 nd	No	PJ Day
Jan 19 th	Yes	Crazy hair day
Feb 14 th	No	Pink/Red (Valentine's Day)
Feb 22 nd	Yes	Pink Shirt Day (Anti-bullying)
Mar 7 th	Basketball Pep Rally 11:00am	Rocky clothing
April 5 th	Yes	Sport uniforms/jersey day
May 9 th	Yes, including Kikomun Pep Rally 11:00am	Rocky clothing
TBA	Track & Field Pep Rally 11:00	Rocky clothing
June 24 th	Yes	Beach/sun wear

**"THERE IS NO
ONE ALIVE
WHO IS YOUR
THAN YOU."**

Dr. Seuss

Source: <http://heidcohen.com/?p=1727>



School District 5

2023-2024 Annual School Calendar

July 2023						
Su	M	Tu	W	Th	F	S
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23	24	25	26	27	28	29
30	31					

August 2023						
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September 2023						
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October 2023						
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November 2023						
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December 2023						
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31						

January 2024						
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February 2024						
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March 2024						
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31						

April 2024						
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May 2024						
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June 2024						
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23	24	25	26	27	28	29
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School Breaks

Professional Development Days

Stat Holidays

Administrative Day

Second Semester