



SVE's Week at a Glance

WEEK OF: Sept. 16 - Sept. 20



Monday 16	<ul style="list-style-type: none"> - 2:00 pm- Terry Fox Run (all families welcome, meet on the field) - Brown Bag Lunch delivery starts today - 2:30 pm- Food Hampers available for pick up from outside of Gathering Room (at front of school)
Tuesday 17	- 7:00 pm- PAC Meeting- everyone is welcome, in the Library
Wednesday 18	- 9:00 am- Cross Walk Leader Training
Thursday 19	
Friday 20	

Additional Information

- October 1- PAC Hot Lunch Starts- see details below

The Following Week ...



What is a Skyhawk?

We are kind.
We are learners.
We are leaders.
We are readers.
And **together** we are better!

Monday 23	Individual Student Photo Day- Bring Your Smiles
Tuesday 24	
Wednesday 25	Flair Your Feathers- Wear your School Spirit Clothes or Colours
Thursday 26	
Friday 27	National Truth & Reconciliation Day- Wear Orange



Dear SVE Families,

We have had another great week at school, our leadership students came together to learn about the various jobs around our school. Some of these jobs include: Cross Guards, Spirit Squad, Recycle Warriors, Indigenous Leaders, and Lunch Monitors. Most of these students will be starting next week.

Thank you for stopping by for the 'Meet and Treat' on Wednesday, it is always such a pleasure to have families come together in community. Our next school wide event is the Terry Fox Run on September 16 at 2:00 pm. All families are welcome to participate in the run.

There are a number of pages that follow this message that you may be interested in. PAC has opened up their Hot Lunch Program, all orders and payments go directly through this [link](#). See advertisement for additional details.

In addition, Family Smart is running several excellent sessions for families. Some of the topics being presented include:

- Beyond Behaviours: When Is It More? What It Looks Like Ages 4-8 (September)
- Connecting With Our Kids When Anxiety Leads to Social Isolation (September)
- Emotion Regulation (October)
- OCD: It Is Not Just About Washing Your Hands (November)
- Now What? A beginning conversation to support families when moving from reaching to responding when our kids begin experimenting with substances. (December)

See advertisements below for additional details or reach out to Sheila Dyer. She is our community family peer support worker and can be reached at (250 872 2414).

Finally, if you love kids as much as we do and are interested in working with us as a an On Call Noon Hour Supervisor, please contact [Ms. Cicchelli](#) for details.

Have a great weekend!

Sincerely,

Ms. Cicchelli
Vice Principal

HOT LUNCH IS OPEN



Every year we are required to do an annual system reset. You will be required to register at the start of each year. Please register with the same email address and phone number used the past year. Use your students Teacher Name. If teacher not known please use "unknown" for now and update when known.

Apologies if you already registered for the current 2024/25 school year. We are behind doing our reset so you will have to re register after this email.



SVE.HOTLUNCHES.NET

ACCESS CODE:

SVEHL



FIRST HOT LUNCH

OCTOBER 1ST!

'intheknow'

Connect and Learn

MONTHLY ONLINE EVENTS FOR PARENTS & CAREGIVERS FALL 2024

Every month, we host events for parents & caregivers who are parenting a child or youth with a mental health and/or substance use challenge called "in the know."

SEPTEMBER

Beyond Behaviours: When Is It More?
What It Looks Like at ages 4-8

Connecting With Our Kids When Anxiety
Leads to Social Isolation

OCTOBER

Emotion Regulation: Helping Our Kids
Cope With Their Big Emotions

NOVEMBER

OCD: It's More Than Overwashing Your
Hands

Supporting Safety at Home When Your Child
Has a Mental Health Crisis

DECEMBER

Now What? A beginning conversation to
support families moving from reacting
to responding when our kids begin
experimenting with substances.

Join us to watch a video and talk with other
families about what helps. Online events are
facilitated by Family Peer Support Workers.

familysmart.ca/events



'intheknow'

Connect and Learn

For families and caring adults who
are parenting a child or youth with
mental health and/or substance
use challenges.

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'.
WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT
HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR
UNDERSTANDING AND CONNECTION WITH OUR KIDS.

Beyond Behaviours: When Is It More? What It Looks Like at Ages 4 - 8

Why can it feel so tricky to tell if our kids are on track, going through a phase, as opposed to struggling with something more, or beyond behaviours? Listen to a parent and counsellor talk about the developmental stages of 4 to 8 year old children.

Come together with other families to watch this video presentation followed by a facilitated discussion by a FamilySmart Family Peer Support Worker.

Cost: Free of Charge

Date:



Wednesday, September 18th, 12:00pm-1:30pm (PDT)

Tuesday, September 24th, 6:30pm-8:00pm (PDT)

Registration required:

www.familysmart.ca/events

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Connecting with Our Kids When Anxiety Leads to Social Isolation

When kids spend a lot of time alone because of their anxiety, it can be frustrating and challenging for parents. In this video, a parent and counsellor talk about the hard stuff and some strategies that can help us connect with our kids when they are socially isolated.

Come together with other families to watch this video presentation followed by a facilitated discussion by a FamilySmart Family Peer Support Worker.

Cost: Free of Charge

Date:

Thursday, September 19th, 6:30pm-8:00pm (PDT)

Wednesday, September 25th, 6:30pm-8:00pm (PDT)

Registration required:

www.familysmart.ca/events

