



News from the Nest



Friday, November 12th, 2021

Weyt-kp parents, guardians, and caregivers,

The clocks have been turned back, and it seems like it is dark all of the time now, and it really will not get any lighter for a while yet. The lack of sunlight, as a result of waking up in the dark and going home in the dark, definitely has an impact on me during the winter months, so I can assume it has a similar on you and your child/ren. Add to that, the impact of COVID restrictions on our mental well-being, and we have the perfect recipe for some dysregulated unhappy students and staff.

Some simple things you can do to help counteract the “winter blues” are:

1. **Exercise.** As much as cuddling up with some warm, cozy blankets and hot chocolate and watching Netflix can be very comforting and absolutely the right choice sometimes, moving your body does a world of good to promote endorphins, those feel-good hormones.
2. **Go outside.** Even as the temperature continues to drop, exercising outside is a great way to get some exercise, take in some daylight, and breathe some fresh air, so bundle up and go for a walk.
3. **Eat a healthy diet.** Complex carbohydrates such as whole grains can boost your energy and are vital year-round. Fruits and veggies of deep green or orange, like broccoli, kale, and carrots have nutrients that promote better mood and total health.
4. **Keep to a regular sleep schedule.** Children do best with 9-12 hours of sleep each night, and adults should try for at least 8 hours.
5. **Spend some time with loved ones.** In-person visits with loved ones, are preferable, but not always possible. It’s been almost 2 years since I have been able to travel to Seattle to spend time with my sister and her family, so I have had to rely on my FaceTime visits with her and my niece and nephews to stay connected. Each visit, sure does help to bring a smile to my face.

School Clothing

School clothing is now available for ordering on-line through Hansport. The deadline for orders is **Monday November 15th**. Items can be ordered for Christmas gifts if you wish; all you have to do is indicate so on the order form. These items will arrive at school and we will call you to come and pick them up.
<https://essschoolstore.itemorder.com/shop/sale/>



Closing of the Gate on Whiteshield Crescent

With the promise of snow in the coming weeks and months, this is a reminder that upon the first snowfall, the gate at the top of the stairs at the Whiteshield Crescent entrance closes for the winter season. You need to plan to drop off your children at a different location, such as the bus stop/lower parking lot. This also means that there will be an increase in the volume of cars using this area to drop off or pick up their children, so I ask that you be patient with each other as we all want your child/ren to arrive and depart school safely. This increase in traffic in the drop-off and pick-up lanes also means that you will need to be efficient in the drop-off/pick-up lane. Make your end-of-day



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plans and give hugs and kisses prior to getting into the car in the morning, so that you can take the time that you need to do so meaningfully, without holding up traffic behind you.

Parking Lot and Drop Off

I have noticed that many parents are driving over the curb in the drop-off lane when picking up and dropping off their child/ren in the morning and after school. While I appreciate you trying to get as far to the right to let traffic pass, it has created quite a divot in the earth between the curb and the hill. This is not usually a problem during the fall and spring months, but it does create some issues once the snow starts to fall and the water starts to freeze, as students cannot climb the slippery hill, frequently sliding into this high-traffic area. We want to have a nice flat space for children to get out onto, so they can walk safely to the path, instead of them trying to climb the icy/slippery hill directly adjacent to this lane. This divot has recently been filled with gravel, and now I am asking you to please stay off of it with your vehicle. I thank you in advance for your attention to this matter.



Another thing you can do to help with the flow of traffic as it increases during the winter months, is to pull up as far as possible in this drop-off lane. You are more than welcome to stop on the east side of the crosswalk to let your child/ren out. When one car stops early on in the lane, it backs up traffic.

Dressing for the Weather

As the air temperature drops and the amount of precipitation increases, it becomes increasingly more important for your child/ren to come to school dressed for whatever Mother Nature decides to throw at us for recess and lunch hour. **We will be sending students outside in inclement weather, so it is crucial that they are prepared with outside shoes/boots, a jacket, and soon enough mitts and a tuque.** We will soon be putting mats in the hallways for everyone's boots, and we ask everyone, staff and students, to take their boots off at the door. It just takes one pair of wet and snowy boots to make the hallways slippery and dangerous. Also, no one likes to step in wet snow in sock feet on their way to putting on his/her/their indoor shoes. Please make sure to send a pair of indoor shoes to school with your child, if you haven't already done so.



Interim Reports

Because we have to limit the access to our school due to public health guidelines, our role-out of the new way of reporting student progress has not been what we had hoped or imagined. We would have preferred to have had a presentation of learning sometime this month at which your child/ren would have had the opportunity to invite you into his/her/their classroom to share with you what they have been learning. Instead, classroom teachers will be sending home interim reports this month (November) to inform you about your child/ren's progress to date this year. These reports will look different from grade to grade and from one classroom to the next. A formal report card will be coming home at the beginning of February. If you have any questions or



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concerns about your child/ren's learning, please make sure to connect with his/her/their teacher to discuss them.

New staff member

I would like to take this opportunity to inform you all that we have a couple of new staff members joining our team at École Élémentaire South Sa-Hali. As some of you might know, Mme Melissa has moved to Ottawa with her family. Replacing her is Mme Brittany Bauhuis, aka. Mme B. Mme Bauhuis was with us in Mme Muraca's class last year for her practicum, and she was in Mme Moffat's class for the last few months of the school year. Mme Viaud is off on a medical leave for the next few months, and Mme Dana Gould has stepped into that class. Welcome to the "Nest" ladies.

Wacky Hair Day

Friday, November 26th, we will be having our second annual Wacky Hair Day. There were some beauty hairstyles last year, and I can't wait to see what you all come up with this year. Parents, you are more than welcome to show off your styled coifs in the parking lot/drop-off lane if you wish. I would love to hear the conversations at your places of work when you try to explain why you have a blue spiky hair, all of a sudden!

PAC Fundraising

There are a number of PAC fundraising events taking place:

1. Purdy's Chocolates – **Deadline is November 16th**
 - a. <https://fundraising.purdys.com/join.aspx/1370534-86880>
2. Cookie Dough Fundraiser – **Deadline is November 19th**
 - a. Go to <https://futurefundraising.com/>
 - b. Click Seller Login
 - c. Click Register
 - d. Online Organization is SSES1221
 - e. Once registered, you can send your link to family and friends to collect orders online. These orders must be paid by either e-transfer or credit card.
 - i. E-transfers need to go to sses_hotlunch@hotmail.com with the MEMO the cookie seller's name
 - ii. There is a 4.5% processing fee for credit card orders
3. Mabel's Labels (ongoing)
 - a. mabelslabels.ca
 - b. Click support a fundraiser
 - c. search for South Sahali. Select our school
 - d. shop as normal! 20% of your purchase comes back to the PAC.

PAC Meeting and PAC FB page

Our next PAC meeting will take place **Thursday November 18th at 6:30pm**. This meeting will be a hybrid in that we will hold the meeting in person at the school and broadcast it via Zoom. Everyone



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is welcome to attend. If you are planning to attend at the school, you will be required to watch [this health and Safety Orientation](#) prior to coming in, perform a health check, sign in and wash/disinfect your hands upon arrival, and wear a mask while indoors.

Our PAC also has a [Facebook page](#) (South Sa-Hali Elementary PAC-Ecole South Sa-Hali PAC) that you might want to consider joining. In order to be granted access, you will need to answer the questions posted.

Important Upcoming Dates

If you subscribe to the calendar on our [school website](#), updates to the calendar will be sent directly to your phone. You may also opt for a weekly e-mail as to the week's upcoming events.

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| Monday, Nov. 15 th | BC Fruit and Veggie Program Delivery |
| Nov. 15 th - -19 th | School-Wide Financial Literacy Assessment |
| Tuesday, Nov. 16 th | Tier 1 Boys Volleyball: Team 1 vs. Parkcrest @ home
Team 2 vs. Pac Way @ Pac Way |
| Thursday, Nov. 18 th | Tier 1 Girls Volleyball: Blue Team vs Parkcrest @ Parkcrest
Yellow Team has a bye |
| Thursday, Nov. 18 th | PAC Meeting @ 6:30pm |
| Nov. 22 nd – 26 th | School-Wide Write |
| Tuesday, Nov. 23 rd | Tier 1 Boys Volleyball: Team 1 vs. Dallas @ Dallas
Team 2 vs Brock @ home |
| Thursday, Nov. 25 th | Tier 1 Girls Volleyball: Blue Team has a bye
Yellow team vs. Dallas @ home |
| Thursday Nov. 25 th | City of Kamloops Presentation – Mme Graf |
| Friday, Nov. 26 th | Wacky Hair Day |
| Monday, Nov. 29 th | BC Fruit and Veggie Program Delivery |
| Tuesday, Nov. 30 th | Tier 1 Boys Volleyball: Team 1 vs Brock
Team 2 vs. Juniper @ Juniper |
| Nov. 30 th (at the very latest) | Interim Reports go home |
| Thursday, Dec. 2 nd | Tier 1 Girls Volleyball: Blue Team vs Dallas @ home
Yellow Team vs. Pac Way @ Pac Way |
| Monday, Dec. 6 th | Professional Development Day (no school for students) |



As always, if you have any questions or have any concerns that you would like to discuss, please don't hesitate to call the office.

Sincerely,

Susie Mabee
Principal