

# The Arbutus Global Week at a Glance...



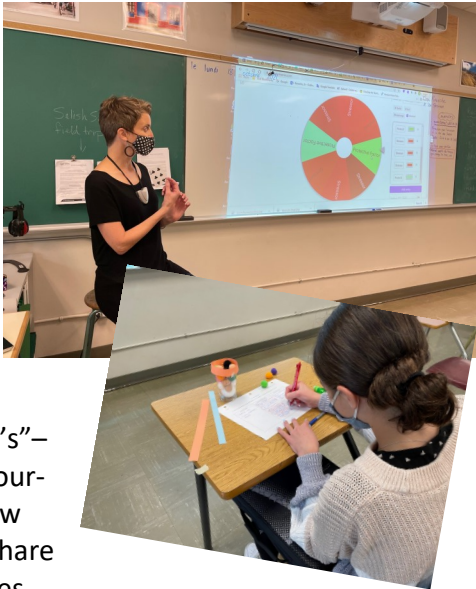
## THIS WEEK’S REFLECTIONS

It’s been a busy week at Arbutus – Parent-Teacher Interviews, immunizations, photo re-takes, and a ProD Day tomorrow. Phew!

We are aware that when things are as busy as they are, and as the days get longer and darker, mental health can be impacted. One of Arbutus Global’s key values is Supports, and we are fortunate to have a lot of people in this school aware of, promoting, and supporting positive mental health for both staff and students.

Take, for example, Jo Roueche, a grade 8 French teacher, who spent countless hours creating her own game based on the Jar Game to help students reflect on and consider the factors that impact mental health. This includes looking at genetic factors, environmental factors, and protective factors. See the photo – if it has a digital spinning wheel and pom-poms, it must be fun – but it also helps students interact with concepts in a way that is engaging, interesting and impactful.

Next, Aliza Ehrkamp, our Late French 6 teacher, took an opportunity in class when she recognized that students were having a hard time with a new concept. She used the “Name it to Change it” strategy with her class.



As you can see, she identified what are known as “Terrible First Times” or “TFT’s” – often the hardest part of our learning journeys – and had students brainstorm how they feel at those times so they could share in understanding that everyone struggles with new things – but they can also persevere.

And these are just this week’s examples that I’m aware of! I feel so fortunate to be working with staff like this who take the time to make mental health transparent so that students can better navigate it for themselves. This principal has sure had her fair share of “TFTs” this year, and I will continue to have them. I’m just glad that our society is more open to talking

about our struggles and developing strategies to manage, and that our students and children are being given tools now that many of us didn’t develop until we were adults.

If you or your family would like more information on mental health resources in our community, please don’t hesitate to reach out. Know that we at Arbutus are looking out for your children every day and are here for them.

Have a great weekend with your families.—*Carrie Schlapper*, Principal

## THIS WEEK’S BASKETBALL SCHEDULE:

	October 25 Monday	October 26 Tuesday	October 27 Wednesday	October 28 Thursday	October 29 Friday
7:30-8:30am	Gr 7 boys comp practice	Gr 7 girls practice	Gr 7 boys comp practice		
12:06-12:36pm	Gr 7 boys practice	Gr 6 boys practice	Gr 7 girls practice	Gr 7 boys practice	Gr 7 boys practice
3:00 - 5:00pm	Gr 8 boys comp Glanford @ Arbutus	Gr 6 girls comp Glanford @ Arbutus	Gr 8 boys comp @ Lansdowne Gr 6 girls practice	Gr 8/7 boys comp @SMUS Gr 6 boys practice	Gr 8 boys comp practice



	YOUR WEEK AT A GLANCE
Monday, Oct. 25	
Tuesday, Oct. 26	Intersex Awareness Day
Wednesday, Oct. 27	School Wide Assembly
Thursday, Oct. 28	
Friday, Oct. 29	Orange and Black Day

Please remember to choose costumes that are respectful of all cultures and genders.

FRIDAY, OCTOBER 22, 2021

TEAM AVALANCHE

## The Arbutus Global Week at a Glance...



### Upcoming Dates to Remember:

Nov 3	Diwali (Festival of Lights)
Nov 5	Lockdown Drill
Nov 10	Remembrance Day Assembly via Zoom at 10:40am
Nov 11	Remembrance Day—School not in Session
Nov 12	ProD Day—School not in Session
Nov 26	CC Day #1—Dismissal at 11:35am



On Friday, Oct. 28<sup>th</sup> we will be hosting a student organized and staff supported **Haunted House**. Students will be invited to go through the haunted house by donation as we look to “scare hunger,” and donate both food and money to The Mustard Seed.

Please send cash donations and/or non-perishable food items to school with your child on Friday, Oct. 28<sup>th</sup>, for admission to the haunted house.

Dear SD61 Parents/Guardians,

We hope you can join us for two special events. (separate registration required for each event—please see attached posters for registration links)

#### 1. Parents As Education & Career Coaches Workshop

This free interactive workshop for parents, facilitated by Ed Planner BC, is designed to support you in guiding your student after high school as well as help you understand the BC post-secondary environment.

Parents are the greatest influence on their child's education and career decision.

#### 2. Careers, Trades, & Transitions Information Evening

We hope you can join us for an information evening hosted by the Pathways and Partnerships team. This information session is open to middle and secondary students and parents.

Various career, trade, dual credit and transition opportunities, combined with stories of current and graduated students will be showcased.



### Remembrance Day Photos

If you have a connection to someone who is or has been in the military, please **share a .jpg picture** of this person with us so we can include the photo in our *Arbutus Global Remembers* slideshow. In addition to the photo(s), it would be helpful if you could identify the person or people in the photograph, and let us know the context and connection to Arbutus. For this, could you **please include**:

1. Your child's first and last name,
2. The first and last names of the person/people in the photo
3. The relationship of person in photo to student at Arbutus
4. Rank and/or titles of the person/people in the photograph
5. Which part of the Armed Forces they served in
6. The wars or conflicts the person/people has/have served in.

Please email the .jpeg (or similar file format) and explanation to Suzanne Weckend at [sweckend@sd61.bc.ca](mailto:sweckend@sd61.bc.ca).

11 NOVEMBER  
REMEMBRANCE DAY

*Lest we forget*



As mentioned before, **ALL STUDENTS must wear a mask at ALL TIMES at school. We have already given out approximately 400 masks.** Your assistance in making sure your children **have at least TWO EXTRA MASKS in their backpacks** at all times would be much appreciated. The trend seems to be that rushing out the door in the morning results in forgotten masks... so we would like to suggest a **check at nighttime before going to bed. Thanks to those parents who have dropped off boxes of masks—we greatly appreciate this!**

**Attendance** - Please remember to inform the **attendance email or phone line** if your child will be late or absent. You can email to [attendance62@sd61.bc.ca](mailto:attendance62@sd61.bc.ca) (please also cc the teacher) or phone and leave a message at **250-360-0725**.

Please do not call the office in the morning for attendance or leave a message there and do not email [arbutus@sd61.bc.ca](mailto:arbutus@sd61.bc.ca) as these may not be monitored in the morning which will result in you getting an absence call out.