

# The Arbutus Global Week at a Glance...



## THIS WEEK'S REFLECTIONS

Our first five day week in a while turned out to be a relatively quiet one overall. Basketball practices have started, and it's wonderful to see so many students coming out for teams! Go, Team Avalanche!

The main event this week was that Ms Weckend and I met with all teams of students to have our term "Team Talks".

This year, we have emphasized the importance of being Kind, Respectful and Safe at Arbutus Global. Therefore, we chose to focus on what Kindness looks like at Arbutus with grade 6s and 7s, and shared ideas on how to spread more kindness. We ended our time together with students making a "Kindness Commitment" – concrete things they will do more of. We are always impressed with students' thoughtful discussion and ideas in these Term Talks!

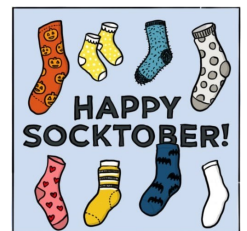
With our grade 8s, we discussed the importance of understanding our emotions and taking personal responsibility for our actions. As the oldest grade in the school, we are hoping to build self-awareness skills as well as help them choose effective strategies to do and be their best now, and into high school (and life!). Many insightful strategies were shared and discussed. One of the main ones was the idea of "self-talk" to help us make positive choices: from sitting apart from friends who could be a distraction to their learning, to taking deep breaths and counting to 10 before acting on impulses; we are hopeful that bringing these ideas to "front of mind" will help all students in their self-regulation and success.

Thank you for your support in reinforcing these ideas with students at home – we really appreciate it!

— Carrie Schlappner - Principal



**It's Socktober**, and our Global Action grade 7s have organized a sock drive to collect socks for the [Kiwanas Emergency Youth Shelter](#). Boxes will be located outside the school office to collect new or slightly used (unstained) socks until Monday Oct. 31. Please help our kids understand the importance of charity and caring for youth in need by purchasing and/or donating socks for the oncoming wet winter. **Our goal is 250 pairs of socks!**



	YOUR WEEK AT A GLANCE
Monday, Oct. 17	
Tuesday, Oct. 18	Parent-Teacher Interviews — Students dismissed at 1:45pm PAC Meeting— <b>postponed</b> to Oct 25 @ 7pm
Wednesday, Oct. 19	Parent-Teacher Interviews — Students dismissed at 1:45pm
Thursday, Oct. 20	
Friday, Oct. 21	Pro-D Students not in session

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## Upcoming Dates to Remember:

Tuesday, Oct 25	Photo Retakes in the morning PAC Meeting @ 7pm
Monday, Oct 31	<b>Hallowe'en</b>
Sunday, Nov 6	Daylight Savings Ends—Clocks "Fall" back an hour
Thursday, Nov 10	Remembrance Day Assembly
Friday, Nov 11	Remembrance Day—School not in session
Monday, Nov 14	Pro-D Day—Students not in session

## ARBUTUS SPORTS

**Swim team signup continues.** First practice is this Thursday October 20th. Registration is available here: <https://pcs.poolq.net/program-info>

Please contact our parent sponsor Teresa Pitt at [Teresa.pitt@gmail.com](mailto:Teresa.pitt@gmail.com) if you have any questions.

**Basketball** is gearing up. By this point all athletes should know their team and practice time. Thank you to parents for their flexibility on practice times. Until a game schedule is set we are trying to get kids in the gym as much as possible. A form for each team will come out next week or the week after, as soon as the game schedule is released. We have 8 teams going this year, all are very full and it will be a great season!

### Music update:

Notices were sent home with music students this week regarding upcoming concerts, uniforms and fundraisers. These notices are attached to the email and can also be found on our school website—Newsletter page. Please note that orders for our Poinsettia fundraiser are due **October 25**.



## Family Remembrance Day Photos, please

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 at our Remembrance Day Assembly on November 10<sup>th</sup>. **WE NEED THE PHOTOS TO MAKE THE SLIDESHOW BY NOVEMBER 4<sup>th</sup>**. 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 Global. 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.

11 NOVEMBER  
REMEMBRANCE DAY

*Lest we forget*



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

*If you have provided us a photo and information in the past two years, please e-mail Ms. Weckend by November 4<sup>th</sup> to remind her of your child's name and the person/people in the photo, so she can re-use them. No need to send again.*

To report your students absence, **call our main phone line (250-477-1878) and select Option 1 for Attendance.**

If you get a call that your student is absent, please call the main phone line and select option 2 to talk to the Office. Please continue to email your attendance to [attendance62@sd61.bc.ca](mailto:attendance62@sd61.bc.ca) and also cc the teacher.

Please **do not** email the general Arbutus email as that is not always monitored in the morning which will result in you getting an absence call-out.

**ATTENDANCE**