Willoughby Elementary School

Newsletter #9 November 3, 2026

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Principal: Mrs. Karin Muuren
Vice Principal: Mrs. Lara Gray
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Upcoming Events

November 6: Hot Lunch – Hot Dog and Booster Juice
November 6: Diwali
November 8: National Aboriginal Veterans Day
November 11: Remembrance Day – No school
November 13: World Kindness Day
November 13: PAC Movie night
November 14: Christmas Market – 10 AM – 3 PM
November 16: PAC Meeting 6:30 PM
November 20: Design and Assessment Day
November 27: Hot Lunch (StrEATs) & Spirit Day
Nov 30 – Dec 4: Student Inclusive Conferences
November 28: Hot Lunch & Spirit Day
December 2: Full Day conferences
December 3: SIC – 2-hour early dismissal
December 4: Pancake Breakfast
December 11: Hot Lunch – Golden Medal Chinese
December 15: Winter Concert 1 PM – K-Gr 2
December 16: Winter Concert 1 PM – K – Gr 2
December 17: Last Day and Movie Day prior to winter break



Important Reminders

- **Hot Lunch Friday**
- **Please note that the Winter Concert Details have changed. The concert will be for the Primary students K- Gr 2. In the spring, Intermediate students will be excited to showcase their developing instrumental music skills and knowledge.**
- **Please visit our Lost and Found if you are missing clothing items.**
- **The Lost and Found can be found right next to our office in the hallway.**





Thank you to our PAC for planning and hosting a fantastic family event on Friday, October 30. We are deeply appreciative of all the volunteers who generously gave their time to make the event so special. Your efforts created joyful memories that will be treasured by families for years to come.

Happy Diwali



On Friday, many members of our school community will celebrate Diwali, the Festival of Lights. We extend our warmest wishes to all families observing this special occasion.

May Diwali bring happiness, peace, and prosperity to your homes. As a school, we are grateful for the diverse cultures, traditions, and experiences that enrich our community. This celebration reminds us of the importance of hope, kindness, and coming together, and we are honoured to learn from and celebrate alongside one another.

Happy Diwali to all who are celebrating!

November Health Messaging – Fraser Health

Healthy Screen Use (from Fraser Health)

Health, safety, and wellness continue to be a priority in our schools. To help support our students and families, we are sharing important information from our community partner Fraser Health about Healthy Screen Use. Please see below for helpful reminders to support your child.

Why Does Screen Time Matter?

Children and families are increasingly spending time on screens such as TVs, computers, tablets, smartphones and gaming devices. Too much screen time can take away from activities that are essential for healthy development, like spending time with family and friends, playing outdoors and getting a good night's sleep.

Choosing Quality Screen Time at Home

Not all screen time is the same. Educational screen time, such as homework, online classes or video calls with family, can be beneficial and support learning and connection. Recreational screen time includes activities like watching videos, gaming or scrolling on devices for entertainment. Too much recreational screen use can have negative impacts on childhood growth and development, such as:

- *Less time for social interaction and family connection.*

- *Less physical activity and outdoor play.*
- *Less opportunity for creativity, reading and other offline interests.*
- *Negative impacts on mental well-being and behaviour.*

How Much Screen Time is Recommended?

According to the Canadian 24-Hour Movement Guidelines:

- ***Under 2 years:** Screen time is not recommended.*
- ***Ages 2–5:** Limit to less than one hour per day.*
- ***Ages 5 and older:** Limit to less than two hours per day.*

Simple ways to encourage healthy screen habits

The Canadian Paediatric Society highlights the "four M's" to help families build healthy routines:

- ***Manage**: Set clear rules and limits, such as creating a family media plan.*
- ***Meaningful use**: Encourage content that supports learning and active engagement.*
- ***Model**: Show healthy screen habits in your own daily routines.*
- ***Monitor**: Watch for signs that screen use is replacing important offline activities.*

Helpful resources

- *Fraser Health Screen Time for Children*
- *Fraser Health Screen Time Brochure for Caregivers - Ages 5-12*

Remembrance Day



It is a long-standing tradition for schools to support our veterans and the efforts of the Royal Canadian Legion. Please note that our school will be receiving a poppy for every student. We will be distributing them to classes in a safe manner. We will continue to collect funds this year in support of the Legion's Poppy Campaign but kindly ask students and their families to donate online via School Cash Online: https://sd35.schoolcashonline.com/

Please do not send any cash or cheques with your child to school. We appreciate your generosity. As always, our school is committed to educating our community about the meaning of poppies and Remembrance Day.

Road and Pedestrian Safety

With less daylight hours and as we enter the season of wind, rain, and ice, we are sharing an important reminder from our community partner ICBC to students, staff, and families to help keep our community safe. Drivers should be alert, focus on the road, watch for pedestrians, especially at intersections and transit stops, and always be ready to stop. Pedestrians and travelers on bikes or scooters should be careful at intersections, always use designated crosswalks, remove headphones and devices, and be aware of your surroundings. For more tips read this resource ***Kids Pedestrian Safety*** *or visit ICBC's webpage* ***here****.*



Weather and Appropriate Clothing: Fall has finally arrived! Please be advised that we send our students outside for fresh air, even during rainy days. They need to be dressed appropriately (e.g., boots and waterproof jackets with hoods on days when it is raining). We ask that ALL students have an extra change of clothes (shirt, pants, and socks) in their backpacks in case they get wet during recess or lunchtime play. We also ask that you **label** your child's jackets/sweaters/coats with his/her first name, so we can return lost items (our Lost & Found is always overflowing). Thanks for your help!

Partnering Together for Student Success

Throughout the year, we are going to share some of the approaches we use at school to help children manage big emotions, work through conflict, solve problems, take responsibility, and build healthy relationships. Many of these ideas are drawn from child-development research and resources such as *The Whole-Brain Child* by Daniel Siegel and Tina Payne Bryson.

We are sharing them for a simple reason: children do best when the important adults in their lives are sending similar messages. When home and school work together with common understandings and approaches, children feel safer, more confident, and better supported.

These newsletter features will sometimes share practical strategies you can use at home. They will also provide insight into how we support students at school and how families can partner with us when challenges arise.

There will be times when children struggle, adults make mistakes, or situations don't unfold exactly as we hoped. That is part of learning and growing. Our focus is not on getting everything right every time, but on working together to help children develop the skills, confidence, and resilience they need to navigate life's challenges.

At school, our staff are committed to supporting students through these challenging moments with care, patience, and professionalism.

Thank you for your partnership and for helping us build a caring school community where every child feels valued and supported.

This week, we're starting with an important idea: when a child tells us what happened, we listen carefully and take their experience seriously, and we also stay curious.

Your Child's Version is One Version
When there is a conflict, we try not to begin with *"Who is at fault?"*

Instead, we gather information, listen to different perspectives, and help children understand what happened.

When your child comes home upset about something that happened at school, listen to them and take their feelings seriously. They need to know that home is a safe place to talk about difficult experiences.

But there is an important distinction between believing your child's feelings and assuming that their version of an event is the whole story.

Children experience situations from their own point of view. They may know exactly what happened to them without knowing what happened five minutes earlier, what another child was thinking, what an adult observed, or how their own actions contributed to the situation. That doesn't mean they are being dishonest. It means they are children learning to understand increasingly complicated social situations.

What We Do at School
When there is a conflict, we try not to begin with *"Who is at fault?"*

Instead, we gather information, listen to different perspectives, and help children understand what happened.

You may hear us ask:
"What happened?"
"What happened before that?"
"What did you do?"
"How do you think the other person felt?"
"What could you do differently next time?"
"How can we make this right?"
These conversations help children develop perspective, responsibility, empathy, and problem-solving skills.

Try This at Home

When your child tells you about a difficult interaction, resist the urge to immediately determine who was right or wrong.

Start with connection:
“That sounds like it was really upsetting.”
Then get curious:
“Tell me what happened.”
“What happened before that?”
"Why do you think that person did that?"
“What did you do next?”
“What do you think the other person might say happened?”
“Is there anything you would do differently?”

Those questions communicate something powerful: I believe you. I care about what happened to you. And I also expect you to think about your own choices.

Our Expectation of the Adults

When you hear about a concerning situation at school, please come to us with curiosity rather than conclusions. We expect adults not to confront another child, approach another family to resolve a student issue or address a conflict while angry. Contact the teacher or school and give us an opportunity to understand what happened.

Our job is not to automatically take one child's side. Our job is to keep children safe, understand the situation, and help everyone involved learn from it. And we ask parents to partner with us in doing the same. Believe the feeling. Get curious about the story. Help your child see their part.



PAC Monthly Newsletter

The latest news and updates for parents of Willoughby Elementary

As we welcome the chill in the air, our PAC would like to thank all of you for your continued support and involvement in our school community. Your time, energy, and ideas help make our school such a wonderful place to learn and grow.

This month, we'll take a moment to honour and remember those who have served Canada as we approach Remembrance Day. It's also an exciting time as we prepare for our annual Christmas Market — a great opportunity to connect, support local makers, and get into the festive spirit. We hope to see many of you there!

With appreciation,
-PAC Executive Team

FundScrip
Until November 23

Perfect for the holidays! Purchase gifts cards through Fundscrip and raise funds for our school. Flyers with ordering details will be sent home with students soon.

Christmas Market

Saturday, November 14 | 10am-3pm

Open to the public; invite your friends and family! Shop for handmade crafts, baked goods, and more - plus there will be a concession.

Friday, December 4- Mark your calendar for our school favourite Pancake Breakfast and Pajama Day!

ANNUAL PANCAKE & PJ Breakfast

The PAC will soon be looking for donations and volunteers to help make the morning extra special. Stay tuned for detail

HALLOWEEN DANCE

A SPOOK-TACULAR time was had by all! Congratulations to the costume prize winners.

A big thank you to the parent and student volunteers, DJ D3XTER, and the organizing team!











Willoughby Elementary PAC

NOVEMBER 2026

PAC MEETINGS

Meetings are a great opportunity to meet other parents get to know more about the fun things our children do at school, and ask questions. You have a voice in advocating for what you want to happen in your child's school and what the PAC does.

Next meeting, in the school's Learning Commons:

- Mon Nov 16 at 6:30pm

UPCOMING DATES

Nov 2 Photo retakes
Nov 6 PAC Hot Dog Day & Booster Juice
Nov 11 Remembrance Day (school closed)
Nov 12-23 PAC Fundraiser: FundScrip Gift Cards
Nov 13 PAC Movie Night (at 6pm)
Nov 14 PAC Christmas Market (10am-3pm)
Nov 16 PAC Meeting (at 6:30pm)
Nov 20 Design and Assessment Day
Nov 27 PAC Hot Lunch StrEATs (order by Nov 17)
Nov 30-Dec 4 Student Inclusive Conferences
Dec 4 PAC Pancake Breakfast and PJ day

VOLUNTEER

Nov 6: Hot Lunch
Nov 13: Movie night
Nov 14: Christmas Market
Nov 27: Hot Lunch

Email the PAC for more information.

HOT LUNCH

Order here:
munchalunch.com/schools/willoughby MunchaLunch