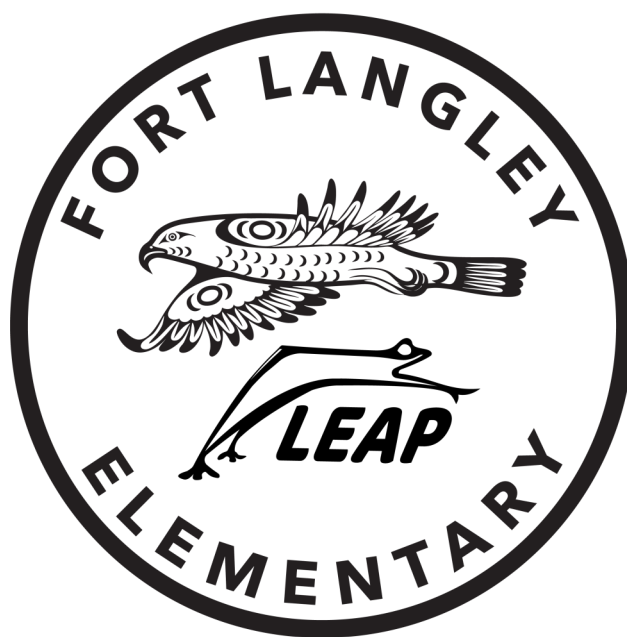




# HAWK NEWS-Fort Langley Elementary October 2024 (Website Version)



*1 - 8877 Bartlett Street Fort Langley,*

*B.C. V1M 2S6, Phone: 604-888-2111*

*Mr. L. Kitteringham, Principal-lkitteringham@sd35.bc.ca*

*Mrs. J. Boivin, Administrative Assistant-jboivin@sd35.bc.ca*

*We are an inclusive and caring community of learners, devoted to the journey of becoming responsible citizens*



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We acknowledge that we reside on the traditional unceded traditional territories of the Katzie, Kwantlen, Semiahmoo and Matsqui First Nations.

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As always, FLE has been a flurry of activity as our students and staff create experiences and learning opportunities in which students can learn, grow and thrive. Today, we had our first volleyball game of the season with our boys squad coming out on top versus Peterson Road. Thank you to parent coach Sabrina Johnston. Thank you to our coaches for all of their investment of time and energy to support our teams and students athletes. In other news, we have begun distribution of our Informal Learning Updates with students this week. Students should bring these paper updates home sometime this week, so please check in with them to review their progress. If you have any questions or concerns regarding the Informal Learning Update, please contact the teacher directly. Additionally, we conducted our first emergency drill of the year in the form of an earthquake drill on Oct.17th. This was part of the Great BC Shakeout which took place at 10:17am across the province. These drills are crucial for ensuring the safety and preparedness of our students and staff. Finally, we are so excited to see the return of lunchtime intramurals for both primary and intermediate students on Tuesdays and Thursdays. As you will see from the photos, we have seen great participation and enthusiasm thus far. BE SURE TO SCROLL ALL THE WAY DOWN TO THE END OF THE NEWSLETTER TO SEE SOME WONDERFUL PHOTOS FROM THE PAST MONTH.

## *On the Horizon*



October 21st-24th- Informal Learning Updates Sent Home- Paper Copies

October 22nd- Grade 5-7 Boys Volleyball Game Versus Peterson Road at FLE- 2:50pm

October 23rd- Grade 5-7 Girls Volleyball Game Versus Peterson Road at FLE- 2:50pm

October 24th- Eagle Acres Pumpkin Patch Field Trip (Div 5, 7, 8, 9, 10)- 12:30- 2pm & Grade 6/7 Rugby Jamboree at D.W. Poppy

**October 25th- Pro-D Day- Students not in attendance**

October 29th- Boys Volleyball Game at Coghlan 2:50pm

October 30th- Girls Volleyball Game at Coghlan 2:50pm

October 31st- Annual Halloween Costume Parade- 8:45am & Mini Haunted House on Stage in Gym (lunch and after school)

November 1st- Grade 6 Immunizations & Birthday Cupcakes (July, August, September, October)- 1:30pm

November 5th- PAC meeting- 7pm

November 7th- Remembrance Day Assembly- 10:30 am

**November 8th- D&A Day- Students not in attendance**

**November 11th- Remembrance Day- school closed**

November 13th- Fire Drill with evacuation- 1:30pm

November 14th- PAC Fun lunch

November 13 & 14-Jess Dance Program (Schoolwide K-7)

November 21st-PAC Treat Day-Popcorn

November 22nd- Hawk Virtues and Award Assembly-10:10am

**November 27th-Student Inclusive Conferences-Students not in regular attendance**

**November 28th-2 hour early dismissal-Student Inclusive Conferences**

December 2nd-6th- Principal's Cup Floor Hockey Tournament (Schoolwide K-7s)

December 5th-PAC Treat Day-Donuts

December 11th-PAC Fun Lunch & Earthquake Drill with evacuation-1:30pm

December 12th-Holiday Concerts (12:30pm and 5:30pm)

December 16th-17th-Annual Holiday Store in Gym

December 18th-PAC Pancake Breakfast

December 20th-Last Day Prior to Winter Break

**School District #35 (Langley)  
2024-2025 School Calendar  
Elementary Schools**

MONTH	DATE	
September	Sep 2 (M)	<b>Labour Day (Schools Closed)</b>
	Sep 3 (T)	Schools Open
	Sep 30 (M)	<b>Truth and Reconciliation Day (Schools Closed)</b>
October	Oct 4 (F)	<b>School Improvement Day (students not in attendance)</b>
	Oct 14 (M)	<b>Thanksgiving (Schools Closed)</b>
	Oct 25 (F)	<b>Professional Development Day (Provincial - students not in attendance)</b>
November	Nov 8 (F)	<b>Learning Update Prep/Design &amp; Assessment Day (students not in attendance)</b>
	Nov 11 (M)	<b>Remembrance Day (Schools Closed)</b>
	Nov 27 (W)	Student Inclusive Conferences
	Nov 28 (Th)	2 Hour Early Dismissal - Student Inclusive Conferences
December	Dec 20 (F)	Last Day Prior to Winter Break
January	Jan 6 (M)	Schools Re-Open After Winter Break
February	Feb 10 (M)	<b>Professional Development Day (District - students not in attendance)</b>
	Feb 17 (M)	<b>Family Day (Schools Closed)</b>
	Feb 24 (M)	<b>Learning Update Prep/Design &amp; Assessment Day (students not in attendance)</b>
March	Mar 5 (W)	2 Hour Early Dismissal - Student Inclusive Conferences
	Mar 6 (Th)	Student Inclusive Conferences
	Mar 14 (F)	Last Day Prior to Spring Break
	Mar 31 (M)	Schools Re-Open After Spring Break
April	Apr 18 (F)	<b>Good Friday (Schools Closed)</b>
	Apr 21 (M)	<b>Easter Monday (Schools Closed)</b>
May	May 16 (F)	<b>Professional Development Day (District - students not in attendance)</b>
	May 19 (M)	<b>Victoria Day (Schools Closed)</b>
June	Jun 26 (Th)	Final Learning Update Issued & Last Day for Students Prior to Summer Vacation
	Jun 27 (F)	<b>Administrative Day (students not in attendance)</b>
July / August		Summer Session

SD35 Board of Education Meeting  
APPROVED: April 23, 2024

## Informal Learning Update

By the end of this week all FLE students should have been provided with a paper copy of their Informal Learning Update. Please note that these are just a snapshot of your child's progress thus far, focusing almost exclusively on work habits, organizational skills, and aspects of their Core Competencies



development. Please ask your student to see the copy of their Informal Learning Update and review their progress to date.



Fort Langley Elementary

## ELEMENTARY LEARNING UPDATE

October 2024



Student:			
Teacher(s):		Grade:	

This is a record of your child's October Learning Update.  
The details of your child's learning have been shared via:  
(teacher will check the one communication method that applies to your child's learning update)

☐ a student portfolio.  
☐ email, parent meeting or phone communication shared on this date:   
☐ the completed report below.

Engagement & Adjustment to Classroom Routines: <small>Teachers assess using the Provincial Proficiency Scale. The following codes represent the various levels of progression within the Proficiency Scale: EMG: Emerging DEV: Developing PRF: Proficient EXT: Extending</small>	TEACHER			
	EMG	DEV	PRF	EXT
	<input checked="" type="checkbox"/>			
	<input checked="" type="checkbox"/>			
	<input checked="" type="checkbox"/>			
	<input checked="" type="checkbox"/>			
	<input checked="" type="checkbox"/>			
	<input checked="" type="checkbox"/>			

**Core Competencies:**  
The focused Core Competencies for the first term are stated below by the teacher(s) but are not intended to be assessed by the teacher. Student self-reflections on the Core Competencies will be referenced in the Term 1 Student Inclusive Conferences.

Teacher Signature(s):

Signature

**Student Inclusive Conferences-Parents/guardians will need to signup in mid November using [schoolappointments.com](https://schoolappointments.com)**



## STUDENT INCLUSIVE CONFERENCES IN LANGLEY SCHOOLS

PARENT-GUARDIAN RESOURCE  
JANUARY 2024

### Why are things Changing?

Our BC Curriculum has been redesigned to reflect how, and what, students should learn in the 21<sup>st</sup> century.

We are designing a way to communicate student learning that is focused on a meaningful, strength-based and student-inclusive process.

We know that student success increases when families have a clear understanding of their child's learning and students are at the centre of the communications process.

We want students to consider their learning and be able to answer:

Where am I now?  
Where am I going?  
How do I get there?

### What is the Family's Role?

You play a key part in your child's learning and your active participation and engagement during the conference is appreciated.

Please sign-up online for a conference timeslot within the 2-3 week window. There will be a variety of conference times available to choose from including: before school, during school, after school, and in the evening.

Take time to consider your thoughts around the Family Reflection Sheet. This will be sent home in the days prior to your conference.

During the conference, you will have the opportunity to listen to your child, ask questions, and collaborate on setting new learning goals.

Thank you for your participation and support.



*Working together to support dialogue  
around a student's learning progress.*

## STUDENT INCLUSIVE CONFERENCES IN LANGLEY SCHOOLS

PARENT-GUARDIAN RESOURCE  
JANUARY 2024

### Student-Inclusive Conference (Student, Family, Teacher)

- ▶ Families will meet with their child and the teacher to discuss student learning.
- ▶ Conferences will vary in style, but all will share key components:
  - Duration of about 15-20 minutes;
  - Students will share Evidence of Learning (items that reflect progress);
  - Families will reflect on the growth they have noticed in their child's learning;
  - Teachers will reflect on the student's strengths and next steps;
  - Collaboratively, everyone will set the student's next learning goals;
  - The learning, growth, strengths and next steps discussed in the conference will lead to the development of the Communicating Student Learning Progress Report.

### Communicating Student Learning (CSL) Progress Report

- ▶ Replaces the former 'report card'.
- ▶ Is a working document completed collaboratively during the conference.
- ▶ The CSL Progress Report may not include every subject area, but all learning will be discussed at the conference.
- ▶ After the conference, the CSL Progress Report will be shared online through the Parent Portal of MyEDBC.
- ▶ The CSL Progress Report uses a Proficiency Scale which replaces traditional letter grades.

*Discussing areas of strength,  
growth and goals...*

Proficiency Scale: Describes student learning based on teacher's professional judgement according to widely held expectations for the grade level and time of year.			
Emerging	Developing	Proficient	Extending
The student demonstrates an <b>initial</b> understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a <b>partial</b> understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a <b>complete</b> understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a <b>sophisticated</b> understanding of the concepts and competencies relevant to the expected learning.
<i>"I don't get it yet, but I am trying."</i>	<i>"I'm starting to get it."</i>	<i>"I get it."</i>	<i>"I really get it and can teach others how to do it."</i>

LANGLEY SCHOOL DISTRICT  
4875 222 STREET  
LANGLEY, BC V3A 3Z7

FOR MORE INFORMATION:  
WWW.SD35.BC.CA  
604-534-7891

Translated versions in about a dozen different languages can be accessed through this link.

### [Student Inclusive Conferences \(Parent Brochures\)](#)

It is important that a parent/guardian attend with their child/ren to review and celebrate their learning for Term 1. We will have a **full day set aside for conferences on November 27th**. We then have a 2 hour early dismissal the following day on November 28 to allow for more SICs.

**November 27th-Student Inclusive Conferences-Students not in regular attendance. Conferences will be held during instructional time, so students do not attend that day except for their own conference timeslot.**



## November 28th-2 hour early dismissal-Student Inclusive Conferences

<https://fortlangley.sd35.bc.ca/news-events/month/>

These conferences and the resulting CSL (Communicating Student Learning) document will be in place of a formal report card. You can see an example directly below. This will be the anchor document used during the student inclusive conferences. During these conferences, both the student and parent attend to meet with the classroom teacher to discuss the student's learning, strengths and next steps, and create the child's next learning goals together. Each Student Inclusive Conference will be 20 minutes in length, and then the teacher will complete the CSL document, to be posted in your family portal on MyEd. We hope that the bulk of these conferences will take place on November 27th/28th , and we will be using School Appointments online to arrange meeting times. Separate instructions and more information related to scheduling your conference will be coming out over the coming weeks. Please note that we will eventually expand the conference window beyond November 27th/28th for those families that need additional options and flexibility. **A family reflection document will be sent home before the conferences (see example below from last year). We plan to send these reflection documents home electronically using Microsoft Forms as opposed to paper copies like last year. Please work with your child to complete this sheet/form prior to attending your conference.**



## Student Inclusive Conference Family Reflection Sheet

Student Name:

Conference Date and Time:

In preparation for a meaningful conference with yourself, your child and your teacher, please take a moment to complete the reflections as it pertains to your child's learning journey. **Please return by February 23.**

What strengths do you see in your child's learning from the past term?

To the best of your knowledge, how would you assess your child's learning in the following areas during the past term (check one box per subject area)?

	Emerging	Developing	Proficient	Extending
Reading				
Writing				
Oral Language				
Numeracy				
Social Responsibility				

What learning goals do you have for your child in the upcoming term?

What else do you want to discuss during your conference regarding your child's learning journey?

### Important Dates:

- Prior to February 26<sup>th</sup>-Sign up for your child's student inclusive conference using school appointments & submit this family reflection sheet
- Monday February 26 – Design and Assessment/Report Card Prep Day-students not in attendance
- Wednesday March 6 – Two-Hour Early Dismissal-students dismissed at 12:08pm
- Thursday March 7 - Student Inclusive Conference Day-regular classes not in session

2 - Family reflection document-sent home and returned to the school before the conferences



<b>Student Name:</b>	Click or tap here to enter text.	<b>Attendance Record</b>	
<b>Grade:</b>	Click or tap here to enter text.	<b>School Year:</b>	Click or tap here to enter text.
<b>Division:</b>	Click or tap here to enter text.	<b>Absent Days</b>	Click or tap here to enter text.
<b>Teacher(s):</b>	Click or tap here to enter text.	<b>Days Late:</b>	Click or tap here to enter text.

This report is a snapshot of the students' progress to date. It communicates demonstrated growth and proficiency levels in Literacy, Numeracy, and additional areas of learning. The conference and the shared evidence of learning also contribute to a comprehensive view of the student's learning journey. Please view the curriculum that BC teachers use to guide the learning activities that occur at school: <https://curriculum.gov.bc.ca/curriculum>

Conference Details			
Date:	11/1/2023	Time:	Click or tap here to enter
Attendees:	Click or tap here to enter text.		
MyEdBC Documents ✓all applicable	<input type="checkbox"/> ELL <input type="checkbox"/> IEP <input type="checkbox"/> SSP <input type="checkbox"/> Progress Report(s) <input type="checkbox"/> Other (specify) Click or tap here to enter text.		
ELL-English Language Learning   IEP-Individual Education Plan   SSP-Student Support Plan			

EVIDENCE OF LEARNING	SOCIAL & EMOTIONAL DEVELOPMENT
<p>Click or tap here to enter text.</p>	<p>Click or tap here to enter text.</p>
FAMILY REFLECTION	COLLABORATIVE GOAL(S)
<p>Click or tap here to enter text.</p>	<p>Click or tap here to enter text.</p>



To access Student Inclusive Conference Anchor Document:

- ⇒ Log in to MyEducationBC
- ⇒ Family Top Tab
- ⇒ Click into student
- ⇒ Documents Side Tab
- ⇒ Click floppy disk icon to download document

4 - A few weeks after the conferences have been completed, parents/guardians can use these instructions to find the final SIC summary and anchor document.

## Ensure Your Child Is Ready for the Wind, Rain, and Snow

We continue to head outside during recess times as much as possible even when it is raining. Over the past few weeks, many students were missing rain jackets and proper footwear, leading to soggy clothes. Please send your child with the appropriate clothing so they can get fresh air but be dressed for the weather. Thank you for your support with this.



## Lost and Found


Our lost and found is once again bursting and bountiful. Please swing by the stage in the gym and grab anything that might belong to your child or family. Thank you Nancy Gleeson for helping to lay everything out on the tables shown in the photographs.



## Open Parachute Introduction-Mental Health Literacy Program Now Available to Our Staff and Students



5 - Introduction for Parents and Caregivers: <https://parachute-media-prod.s3.amazonaws.com/pdf/Open+Parachute+Wellbeing+Resources+for+Caregivers+CA.pdf>




openparachute®

## Support your whole school community

Psychological tools for parents to support their child's well-being at home

**GET ACCESS FOR PARENTS**



### Online training videos

In-depth training made easy for parents

- Parent-centric online lessons
- Can be accessed from anywhere
- Short, engaging videos with relatable student voices




## Lesson Contents

Skills-building for parents in addressing core well-being concerns that get in the way of student engagement and concentration.



Young Learners	The Middle Years	High School
<ul style="list-style-type: none"><li>• Resilience</li><li>• Empathy</li><li>• Social Media</li><li>• Saying No</li></ul>	<ul style="list-style-type: none"><li>• Bullying</li><li>• Trauma</li><li>• Acting Out</li><li>• Self-Esteem</li></ul>	<ul style="list-style-type: none"><li>• Mental Health</li><li>• Addictive Patterns</li><li>• Boundaries &amp; Consent</li><li>• Anxiety &amp; Depression</li></ul>



**Caregiver Resources**

**SHARE**

**TEACHING EMPATHY & ACCOUNTABILITY**

**WHEN YOUR CHILD ACTS OUT**

**SUPPORTING YOUR CHILD THROUGH TRAUMA**

6 - Jump right in with a lesson on empathy and responsibility:  
[https://learn.openparachuteschools.com/parent/login?id=CA\\_4k7G0rQS](https://learn.openparachuteschools.com/parent/login?id=CA_4k7G0rQS)

Jess Dance Program Is Back-November 13th and 14th

**STREET DANCE PROGRAM AT  
FORT LANGLEY ELEMENTARY  
WITH STU OF JESS DANCE**

**November 13-14  
8:20am-2:08pm**



**HIP HOP  
STREET DANCE**



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*Thank you to PAC for their significant financial contribution and making this opportunity happen.*

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A message from Jess Dance....

Classes will begin with a warm-up, dance exercises, games, and choreography.

The instructor [Stu](#) (click to view their bio) will be running the program this year.

We love when teachers participate! Feel free to dance with us and help with group dynamics as you know your students best. Let's work together to create the most positive empowering day for your students!

We focus on ability, not disability! If a student is injured or ill, they will be empowered to participate in the capacity they are able (dancing from a chair for lower body injuries or helping with playing/stopping music are fun ways to connect with the lesson content). If a student has any accessibility needs, or self-identified as disabled, please let us know!

### **Our Values and Mission**

These are some of the values we will mention:

- 1.) Be safe with your body and those around you.
- 2.) Have fun!
- 3.) Listen with your whole body.
- 4.) Try your best (participation is more important than proficiency!)
- 5.) Teach others what you learned! That's how you become a better dancer :)

At Jess Dance, we hope programs are an unforgettable experience that will uplift and inspire your students. Your enthusiasm, participation and support will help set the foundation for great learning!

## **FLE Cross Country**

Our 2024-25 Cross Country season has come to an end. Thank you to Ms. Davidson and Ms. St. Pierre for coaching and providing this opportunity for our FLE student athletes.





## Volleyball Season Is Officially Underway for Grade 5-7s

Both our teams (girls and boys) kick off their seasons this week against Peterson Road hosted at FLE. The boys squad was victorious winning both sets. Thanks to coaches parent and volunteer coaches Sabrina Johnston, Rose Kovacs, Nicole Brideau, and Chris Kaplar. Go Hawks Go!





## Remembrance Day Assembly-FLE Remembers

Our Remembrance Day assembly will be taking place in our gym starting at 10:30am on Nov.7th. Parents are welcome to join us. If you or your child has a military veteran story you want to highlight or share, please reach out to Principal Kitteringham ([lkitteringham@sd35.bc.ca](mailto:lkitteringham@sd35.bc.ca)).



## Grade 6 Immunizations-Langley Public Health (FH)

**Grade 6** immunizations are happening at FLE on **November 1, 2024**.

- No flu or COVID-19 vaccinations will be provided at the school

**Annual Halloween Costume Parade**

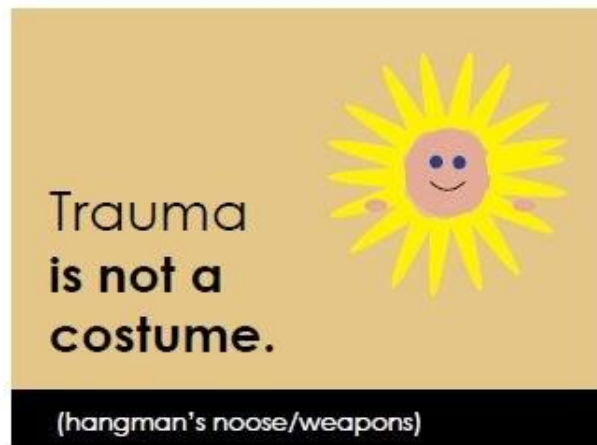
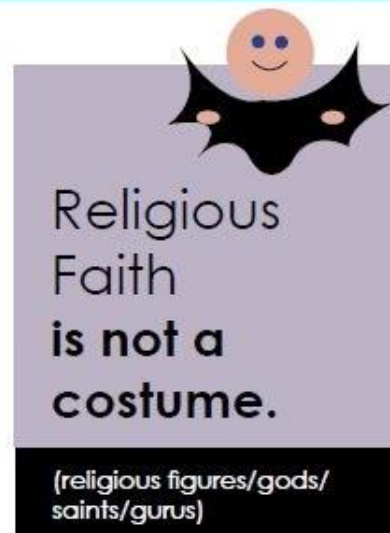






We will be doing our annual Halloween Costume parade on October 31st starting around 8:45am. The parade will finish in the gym around 9:00am and parents/guardians are welcome to hangout in the gym and enjoy the festive fun.

# CULTURE IS NOT A COSTUME



You can be creative  
and have fun  
without causing harm.

*Have a safe Hallowe'en!*

**JUST A FRIENDLY REMINDER THAT STUDENTS ARE NOT ALLOWED TO WEAR MASKS THROUGHOUT THE HALLOWEEN DAY. THEY CAN WEAR THEM DURING THE PARADE AND FOR PHOTOS, BUT AFTER THAT**

**THEY MUST BE REMOVED. COSTUMES SHOULD NOT BE OVERLY GRUESOME OR GORY. THEY SHOULD ALSO NOT BE OVERLY VIOLENT AND SHOULD NOT INCLUDE WEAPONS.**

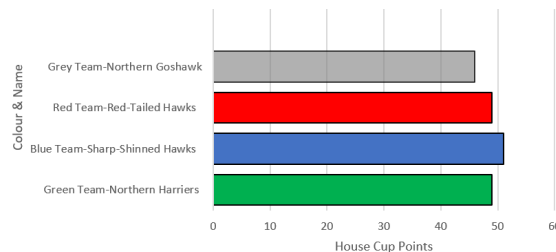
## Mini FLE Haunted House

On Oct.31st we will have a mini haunted house setup on the stage in the gym. Students and parents are welcome to come check it out at lunch and after school.



## House Cup Point Update

Thank you for those families that participated in our first 2024-25 SPIRIT DAY! As you can see, many students earned points for their schoolwide house cup team. The blue team has a slim lead at this point. Our next SPIRIT DAY will be on November 14th-**Twin Day!**



**Fort Langley Elementary-Go Hawks Go!**



## Hot Lunch Pilot and Feeding Futures Updates

Our Feeding Futures team continues to improve our snack and lunch offerings for staff, students, and parents. We will be adding mini display fridges soon and an additional snack cart. We currently have breakfast options available starting at 8am and the cart remains out until 2:15pm. We restock the cart with cold lunch options daily which include healthy wraps and sandwiches. Thank you to SEAs Ms. Anderson and Ms. Bird for the tireless efforts. Ms. Hawley's (Grade 1/2) and Ms. Van K's (Grade 6/7) classes will also soon be piloting a once-a-week hot lunch component which will be rolling out on Mondays in the near future. This is entirely separate and independent of PAC fun lunches.



## **Huge Thank You-World Teachers' Day & Book Fair & a Clean Art Supplies Room!**

Many of our parents have been very busy pampering our staff and finding other meaningful ways to contribute. A special shout out to Christine Devries, Hailey Frank, Jenn Miller and so many others.









7 - Thank you Hailey Frank...the art room has never been cleaner and more organized.

## Fire Drill with Evacuation



**Our first fire drill will be happening on November 13th at 1:30pm . This will be a full scale drill with alarm bells and evacuation.**

*Health and safety are a priority in the Langley School District. Schools follow emergency procedures to ensure students, staff, and any visitors in our schools or sites are safe when unexpected incidents or events happen. At the start of every school year, administrators, teachers, and staff review these emergency procedures. Schools practice a set number of drills annually in preparation for unexpected situations. The District encourages families to become familiar with these staff emergency procedures and the drills that are completed in schools. You can read them in the Staff Emergency Procedures Poster [here](#) or find them posted in areas throughout District buildings. If you have questions or concerns about emergency procedures, please contact your child's teacher or principal.*

## Welcome Youth Care Worker

We want to welcome Courtney Newman as our new Child and Youth Care Worker (CYCW). Courtney is excited to work with our students and support their Social/Emotional Learning.



## An Epic Terry Fox Fundraising Campaign-Thank You!

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*FLE definitely answered the call and kept Terry's Marathon of Hope alive!*

*I could not be more excited and proud to share that we smashed our fundraising target of \$3,200! We ended up raising close to \$6000 and we had a ton of fun doing it. Thank you from the bottom of my heart for your contributions and support. It was truly inspiring to see how much the students bought-in and the lengths they were willing to go to generate fund. We will be proudly raising and installing a permanent celebratory Terry Fox banner in our gym later this year highlighting how much we raised and what events we put on. I huge shoutout to Ms. Miller (LEAP grade 3) class which had the largest individual class total with an astonishing \$1,040 raised! I hope you enjoy the photos from our Terry Fox week which included staff vs student dodgeball, bedazzling the Principal, Kona Shaved Ice, and an epic tricycle race.*

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## Hawk Spirit Wear Available to Students and Families



**Don't delay! Place your order today on School Cash Online. Deadline is Nov. 7th. .**

<https://sd35.schoolcashonline.com/>

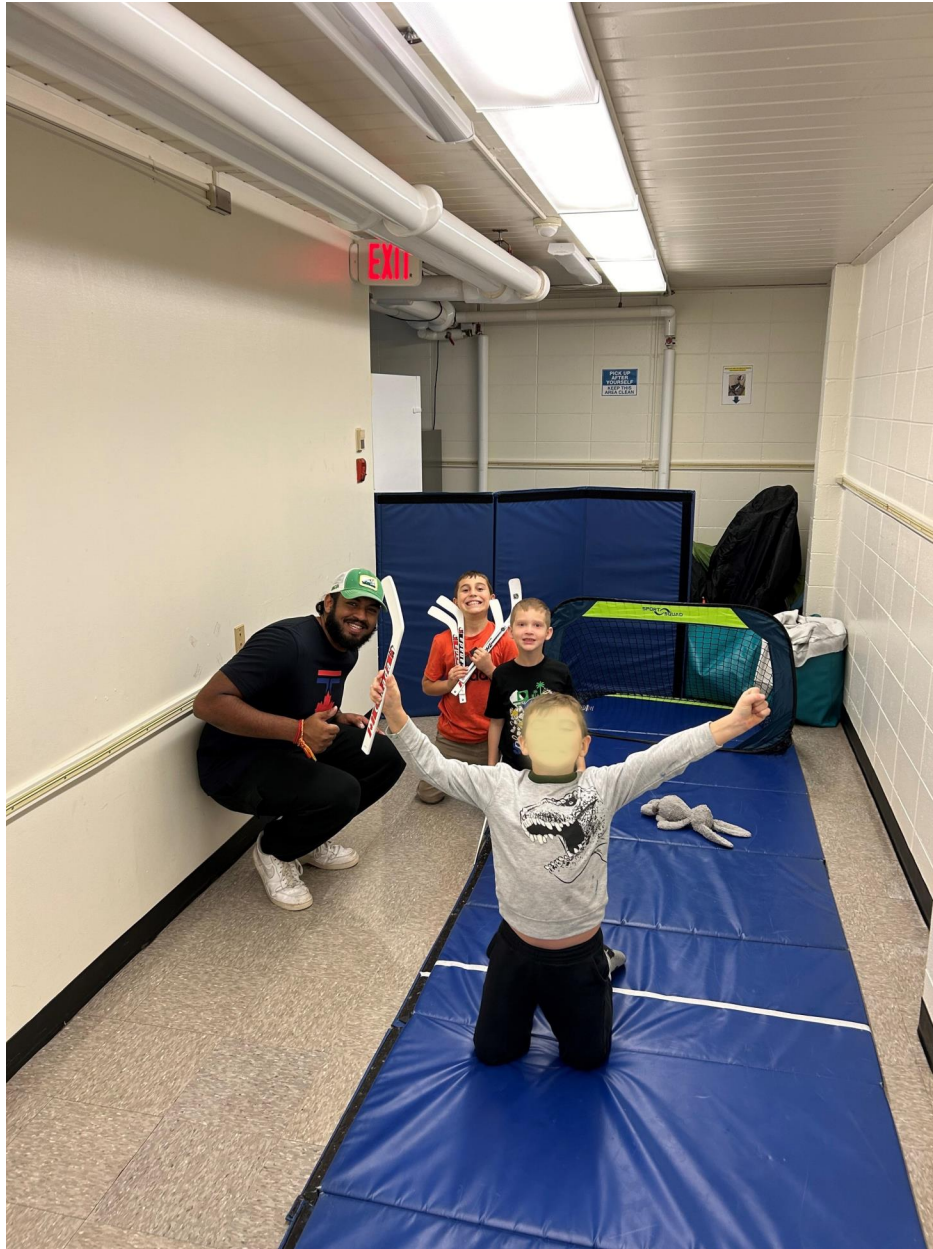
## Game Ready-Providing Additional Athletic and Physical Opportunities for FLE Students

An external fitness coach and youth mentor comes every Tuesday and Thursday afternoon. Please see schedule below. This opportunity is open to grade 1-7 students during lunch and through a staff signup process.



Time	Tuesdays	Thursdays
11:35-12:08 (Lunch)	Intermediate (Grade 4-7s) Intramurals in the Gym Or Intermediate Hockey Under Covered Area	Primary (Grade 1-3s) Intramurals in the Gym Or Primary Activity Under the Covered Area
12:10-1:10pm	Intermediate Activity Out on Sports Field or Under the Covered Areas	Intermediate Activity Out on Sports Field or Under the Covered Areas
	Names of Participating Students	Names of Participating Students
1:20pm-2:05pm	Structured primary activities with grade 6/7 volunteers (outside or under covered areas)	Structured primary activities with grade 6/7 volunteers (outside or under covered areas)
	Names of Grade 6/7 Volunteers	Names of Grade 6/7 Volunteers
	Names of Participating Primary Students	Names of Participating Primary Students -





## Student Council Speeches, Hawk Awards, and Hawk Virtues Assembly

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*So many good things happening at FLE this September and October including a new and fresh approach to student leadership. We have finished student council elections, done our first round of Hawk Award winners, and have run our first Hawk Virtue assembly. The assembly focused on taking "responsibility" and was organized and executed by Divisions 1 and 2.*

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# VIRTUE OF THE MONTH: RESPONSIBILITY

Presented by Divisions 1 and 2









## Winter Concert Date and Times



December 12th-Holiday Concerts (12:30pm and 5:30pm)



## District News, Parent Support, and Community News

### Confident Parents Thriving Kids

ANXIETY PROGRAM



#### Content Summary for Families

Thank you for the time you have invested in the Confident Parents: Thriving Kids – Anxiety Program. We hope that you have gained some new skills to help you and your child manage their anxiety together. As you move forward, you can refer to this sheet when you need a reminder of key skills that you have learned.

#### Module 1: Understanding Anxiety

- Remember that anxiety can be a false alarm—uncomfortable, but not harmful.
- Remind your child that they are not their anxiety.
- Externalize anxiety when talking about it with your child. Choose a name for your child's anxiety.
- The body will calm down on its own if you stay in the situation, but avoidance reinforces anxiety.
- Help your child build their bravery muscles every day—do not provide excessive reassurance or allow them to avoid anxiety-provoking situations.

#### Module 2: Parent Management

- Use strategies for staying calm when your child is anxious. Settle yourself, take a deep breath, focus on small steps, distract and redirect. When you are calm, this signals to your child that there is no danger.
- Find a balance between validation ("This is tough") and encouragement ("You are brave"). It's most effective if you find a common middle ground and you are consistent in how you respond to your child's anxiety.
- Pay attention to bravery. Notice and reinforce brave behaviours with rewards and lots of specific praise. What rewards motivate your child?
- Model bravery and let your child see you face your own fears—make bravery part of your family's lifestyle.
- Remember that anxious behaviours may get worse before they get better.
- Self-care is essential to building a healthy, resilient family. How can you model healthy coping for your child? Make time for yourself every week (even a little bit) to do something that "recharges your battery!"

#### Module 3: Accommodation

- When caregivers intervene to reduce their child's anxiety, it's called accommodation. It's a natural instinct, but it doesn't allow the child to develop coping skills or learn they can tolerate the discomfort of anxiety.
- Types of accommodation can include:
  - Changing family routines
  - Allowing the child to avoid situations
  - Providing excessive reassurance
- Take gradual steps to reduce accommodation. Choose something that you have control over, that you can practice regularly, that you are motivated to change, and that can be broken into smaller steps.
- When reducing accommodations, share the plan with the child, prepare yourself to respond calmly to a negative reaction, be consistent and firm, and reward the behaviours you want to see more of. Take time to celebrate successes as a family.

#### Module 4: Exposure

- Exposure allows your child to face their fears in a gradual and controlled manner. It allows them to learn that anxiety will naturally decrease when they stay in the anxiety-provoking situation.
- Bravery ladders break down facing feared situations into smaller steps. If possible, work with your child to choose the steps. As each step is completed (or heartily attempted) be sure to reward the child. Make the first step one that's guaranteed to be successful. If they are having trouble, choose a smaller, more achievable step.
- Rewards are key. They must be special, clear to the child, provided immediately and must not be taken away as punishment.

Funding for Confident Parents: Thriving Kids is provided by the Province of British Columbia

[www.confidentparentsbc.ca](http://www.confidentparentsbc.ca)

8 - Some FLE parents are highly recommending this anxiety program. Have a look and contact our school counsellor Shellee MacKay if you would be interested in a referral ([smackay@sd35.bc.ca](mailto:smackay@sd35.bc.ca))

**CELLPHONE/PERSONAL DEVICE POLICY** Since we are part way through the semester, we have given students a refresher on the new province-wide policies regarding personal devices. We have noticed so many students making good choices with their devices after this new policy came out, but as the weeks have gone by, we noticed some students are still distracted by their phones and watches. With your support, we want to ensure a healthy learning environment while abiding to the new policies. We have reminded students that this new regulation isn't meant to be a punishment, but by removing the distractions from digital devices, students can focus on their education. Without the distraction of their devices, this leads to better learning outcomes and helps support their mental health and social

connections. Unless otherwise directed by your classroom teacher, personal digital devices have asked to be out of sight. If guardians need to get ahold of their child, please contact the office

### **Student Safety in Schools**

*The Langley School District is committed to a safe and supportive environment for all. Our schools take all threatening comments and behaviours seriously. Our schools follow procedures when responding to threat-making behaviour to help keep students, staff, and the community safe. The following resource [here](#) outlines what information students and families need to know in relation to how the District responds to threat-making behaviour in our schools. Everyone has a role in helping keep our students safe. If you have any questions or concerns, please contact your school administrator.*

*The Langley School District is committed to fostering safe and caring schools that promote mutual respect, cooperation, and social responsibility, and support optimal learning. Trauma Informed Practices and Procedures promote the creation and maintenance of safe, inclusive, equitable, welcoming, and nurturing school environments. The District expects all students to follow the Student Code of Conduct [AP 350](#).*

*The District is sharing a reminder that no one can have “any weapon for any purpose” on school property. This means that weapons are not allowed to be used as part of an educational project, drama production, or themed costume. Examples of weapons include but are not limited to knives, bb guns, and toy guns. Failure to follow these expectations may result in confiscation, intervention, and consequences.*

### **New to District Fall Registration**

*Do you know a family with children in the K-12 school system that is moving to Langley in fall 2024? Please assist the District in sharing this information with any of your friends and family. The District is encouraging families moving to Langley from another jurisdiction to register their child for school as soon as possible. With high enrolment in some schools, the District is working to facilitate student placement for September entry and support a smooth transition for these new families. For more information on the registration process and required documents, visit the webpage [here](#).*

### **Communicating With Your School**

*Schools and families continue to work together to ensure success for students. If you have an issue or concern but don't know who to speak with, the District encourages you to read these helpful Communicating with your School guidelines for parents/guardians found on our District website [here](#). As an additional reference, review this one-page resource [here](#).*

# COMMUNICATING with your school

GUIDELINES FOR REPORTING AN ISSUE OR CONCERN

- 1 Start with the employee whose action has given rise to the issue or concern
- 2 Contact your principal, vice-principal, or counsellor
- 3 Speak with a District Principal or Assistant Superintendent
- 4 When applicable, make an appeal to the Board of Education



## Student Accident Insurance Plan (Voluntary Insurance)

Please note, enrolment in the program can be done online only, through one of the following options:

[Insure My Kids](#)

OR

[Study Insured](#)

Corresponding digital support materials for above service providers can be accessed via following links:

Insure My Kids:

[Insure My Kids - Support Material](#)

Study Insured:

[Study Insured - Support Material](#)

## Online Family Support Sessions on Navigating Digital World – Hosted by Safer Schools Together

*The Ministry of Education has once again contracted Safer Schools Together to offer complimentary Family Sessions, designed to support families and caregivers navigate the digital world. There is one session per month. Families can participate in as many as they wish. Sessions can be found at the link below:*

[erase Registration \(saferschoolstogether.com\)](https://saferschoolstogether.com)



Families will learn:

- Digital media habits, oversharing, and digital addiction
- The permanence of online posts/activity
- The significance of your digital tattoo in how others perceive you (e.g., sports teams, college admissions, and potential employers)
- The importance of caring for peers both online and offline
- Geo-locational settings and the dangers of social media and cell phone misuse
- The social and legal consequences of cyberbullying behaviour as well as possession and distribution of intimate images (sexting and sextortion)
- An anonymous student reporting tool that can help you and your friends stay safe both online and offline

## Fraser Health – Back to School Health

The District's community partner Fraser Health is sharing important information with families regarding Vaccination Status Reporting and Regulation (VSRR). Families are encouraged to review the following newsletter to help keep our community health and safe:

[Keep Immunizations Up to Date - Elementary](#)

For other languages read [here](#).

### Back to School Health Guide – Fraser Health

As summer winds down, it's time to gear up for a healthy back-to-school season. Set the stage for a smooth transition back to school. Here are some practical tips to get you started.

#### Prioritize Sleep

Ensuring your child gets enough sleep is an important part of a healthy back-to-school routine. Quality sleep helps with concentration, mood and overall well-being. Aim for nine to 11 hours of quality sleep per night.

#### Eat Well

Support your child's learning and development with scheduled meals and snacks. Breakfast kick starts their morning, while snacks and lunches nourish them throughout the day. Pack a water bottle to help them stay hydrated.

## Boost Immunity

As with any public environment, school exposes children to various germs. Ensuring they are up-to-date on their vaccinations helps protect them and others. Specific immunizations are recommended for children prior to entering kindergarten as well as in grades six and nine. Help your child avoid the spread of illness by encouraging them to wash their hands regularly, teaching them to cover their coughs and sneezes and keeping them home when sick.

## Keep Active

Adding physical activity to your child's routine sets them up for success. Activities like walking or biking to school, playing sports, dancing, swimming or helping around the house are great ways for your child to stay active. Set limits on screen time and promote outdoor play as much as possible for overall well-being.

## Make Time for Talking and Connection

Going back to school can be a cause of anxiety or stress for children. Make it a point to encourage open communication and support your child to talk about their feelings and help them feel heard and understood. Integrate downtime into their routine where they can relax or focus on a special interest or hobby.

Find more school health tips and resources on Fraser Health's website:

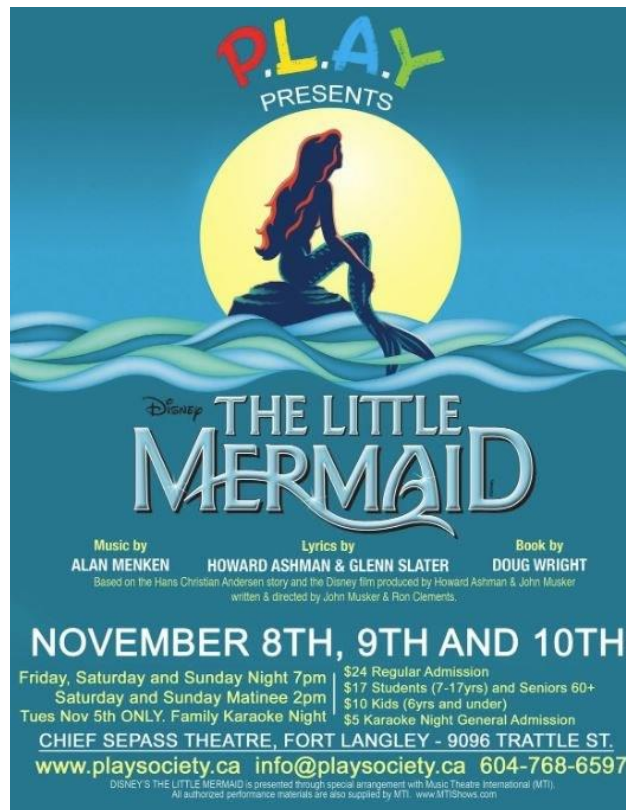
[School Health - Fraser Health Authority](#)

Langley Community Services offers support and assistance to families looking for childcare in Langley. The Childcare Resource & Referral (CCRR) Program offers free consultation, support, assistance with affordable child care benefit applications and referral services to parents seeking child care in Langley. Parents may contact the Langley CCRR office for a list of childcare providers in their neighbourhood or for more information at (604) 533-4425.

### ***U-Connect – Kindergarten to Grade 3 Spaces Available: Elementary***

*Is your child in need of an education program that offers more flexibility and continues to meet their educational needs? U-Connect may be a great fit for your child. The blended learning program has students in class two days a week with an optional third day offered for additional student support and fun community field trips. Students will be at home two to three days per week, which enables them to discover their own extra-curricular passions and allows for caregivers to support students at home in partnership with school. Students will build on their own personal learning style with the support of caring and dedicated teachers. Interested students and their families are encouraged to call the school to get more information or learn more [here](#).*

P.L.A.Y. Society's Youth Performance Program presents **The Little Mermaid** at Chief Sepass Theatre in Fort Langley on November 8th, 9th and 10th. Come enjoy an afternoon or evening of live musical theatre with a show that is fun for all ages. Please see the attached poster for ticket information.



## Important Reminders

- Please remember to follow the signage in our vehicle drop off and drive thru lanes at the front of our school. Vehicles should stop and safely unload in the right lane. Please drive slowly in the left drive-thru lane. Vehicles should not be left unattended in this area at anytime especially during peak times. If you need to park please use the Fort Langley Community Church parking area. Thank you for your cooperation and for keeping everyone safe.
- **Reminder that we are a closed campus during the school day, especially during recess and lunch. Parents and younger siblings should not be loitering or playing on school grounds between 8:40am-1:30pm.**





*9 - PLEASE ENSURE YOU ARE DRIVING SLOWLY AND CAUTIOUSLY AS YOU PICKUP AND DROPOFF YOUR CHILD*



*10 - Please make sure you are following our signage and are not leaving your car unattended.*



*11 - ʔi ʔa t̥a n̥a leləm̥s t̥a χəχim̥s*

*Literal translation: this the exist house the hawk*

*The home of the Hawks*