

AvaNews

Truth & Reconciliation Day

No School Friday, Sept. 30

Thursday,
Sept. 29,
2022
Issue #4



Today we celebrated Truth & Reconciliation in different ways: students wore orange shirts, studied the importance of keeping their lives in balance through studying the Medicine Wheel and looked at life on the West Coast through the eyes of a young First Nations girl who worked to take care of the land and show respect for her ancestors.



I see that extra orange detail in your hair, Zoe! Nice touch!

October 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
	Sports Club Gr 5-8 3:15-4:00		Hotlunch: Haystacks	Sports Club Gr 2-8 Begins! 1:00-2:00
10 Thanksgiving Day NO SCHOOL	11 Gr K-1 Library Trip Sports Club Gr 5-8	12	13	14 Sports Club Gr 2-8
17	18 Sports Club Gr 5-8	19	20 Hotlunch Parent Teacher Interviews 1 PM Dismissal	21 Sports Club Gr 2-8
24	25 Sports Club Gr 5-8	26	27	28 Sports Club Gr 2-8
31				





PROFESSIONAL DEVELOPMENT DAYS

Staff made the decision in August to place our **Pro D Days this year in the final week of June so that students could start their summer vacation early.** Several neighboring schools got out 1-2 weeks earlier than Avalon last year causing a few challenges for families and transportation. Since we match up our Spring break and Christmas break with the public schools, ending school on June 23rd this year makes sense. We recently discovered that some calendars we printed in July that show incorrect Pro-D Days were handed out and posted on our website and we apologize for any inconvenience; you're welcome to stop in the office any time and get the updated version!

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With such a beautiful September this year (you remember the extra rainy one last year??) students have been involved in lots of outdoor activities!



Our tent shelter has been put to good use whether for cover on drizzly days, shade on the hot days, or for great acoustics when making music!



Hand, Foot & Mouth Virus: Increase in Outbreaks around the Country

Please be aware that Hand-Foot-and-mouth virus is circulating around and be watchful of the symptoms. This disease is a mild, contagious viral infection common in young children. Symptoms include sores in the mouth and a rash on the hands and feet. There's no specific treatment for hand-foot-and-mouth disease. Frequent hand-washing and avoiding close contact with people who have hand-foot-and-mouth disease may help lower your child's risk of infection.

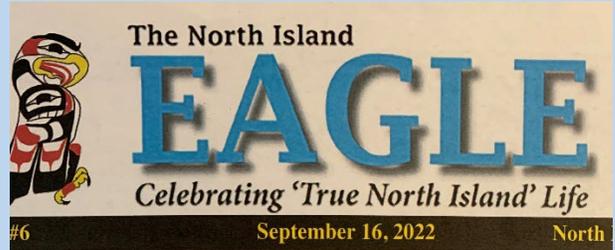
For more information, visit: <https://www.healthlinkbc.ca/healthlinkbc-files/hand-foot-and-mouth-disease>

SHOW & TELL



Meet Ginger, our latest show & tell dog to visit Avalon!

DOG SHOW



Showing His Stuff
Robert Fyles, a teacher at Port Hardy Secondary School, was the judge of the Dog Show held on Sept. 11 as part of the Mount Waddington Regional Fall Fair. Easton and Colton Nastrom presented their pup Chance for judging. Each participant was awarded a prize. For more coverage see Page 8.

Easton and Colton in the local paper recently with their pup, Chance, in the spotlight!

Toothless Grins!



Mailee and Lila show us their new look. Owen lost two teeth in one week!

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You can drop off and pick up your child at the front door of the school each day (If you need more than a minute, please use parking lot)



Grade K-1 Students will be visiting the library every three weeks, starting October 11th

Our next hotlunch on Oct 6 will be:

Haystacks



Juice

Healthy Chocolate Cake (yep.)

Avalon's uniform includes khaki pants (khaki pants are defined as made with a heavier weight cotton fabric.) Leggings are permitted under skirts and dresses.

On casual days, modest leggings are permitted as pants (modesty is defined as appearance intended to avoid impropriety or indecency).

Did you Know?

Avalon's attendance policy is in effect. When students miss school frequently it leaves gaps in their learning and affects everybody.



Please refer to your school handbook for details.

Tuesday Sports Club is open to gr 5-8 from 3:15-4:00 each week and is run by Mr. C.



Friday Sports Club is opening next Friday on October 7 for gr 2-8 from 1:00-2:00. Ms. Brand runs this program weekly.



Parents, we would love to see more of you! If you would like to be involved in school events as chaperones, drivers, hot lunch help, etc... we welcome you! Please let us know so we can get you registered soon.

Parent-Teacher Meetings will be held on Thursday, Oct. 20 and you can call any time after Monday to book an appointment. School is dismissed at 1:00 that day. Meeting times available are: 1:15-3:15 and 6:00-8:00 pm.



