

Will your child be absent from school, arriving late OR leaving early?

PLEASE BE SURE TO LET THE SCHOOL OFFICE KNOW!
You can report this via:
~ the Parent Portal
~email to
hh_reception@sd42.ca
~by calling 604-463-0866
and leaving a message.

All of these options are available 24hrs/day!
Thank you!

Don't forget! Login to the parent portal and complete the consent forms asap!



"WEEK AT A GLANCE" Sept. 28-Oct.2

Monday, September 28

- Gr. 7 girls volleyball practice at lunch

Tuesday, September 29

- Assembly 9:00am **Orange Shirt Day, wear your orange shirts!**
- Gr. 7 girls volleyball practice at lunch

Wednesday, September 30

- **National Day of Truth and Reconciliation: no school**

Thursday, October 1

- Gr. 7 girls volleyball game away @Fairview 3pm

Friday, October 2

- Individual Photo Day!!!!
- Universal Hot Lunch for those who ordered

National Day for Truth and Reconciliation

Each year, September 30 marks the National Day for Truth and Reconciliation.

The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

This federal statutory holiday was created through [legislative amendments](#) made by Parliament.

Wear orange



Both the National Day for Truth and Reconciliation and [Orange Shirt Day](#) take place on September 30.

Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of "Every Child Matters". The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

On September 30, we encourage all Canadians to wear orange to honour the thousands of Survivors of residential schools.

We invite everyone to wear orange on Tuesday September 29th

October Calendar of Events!

Oct. 2: Individual Photo Day

Oct. 5: World Teachers' Day
PAC meeting 6:30pm

Oct. 6: Gr. 7 girls volleyball practice at lunch

Oct. 7: Gr. 7 girls volleyball practice at lunch

Oct. 12: Thanksgiving, no school

Oct. 13: Fire Drill 1:45pm

Oct. 14: Div. 21, 22, 23
Meadows Family Farm 9-11

Oct. 15: Great Canadian Shakeout Earthquake Drill

Oct. 21: Munch a Lunch
Little Caesars

Oct. 23: Non Instructional Day: no school for students

Oct. 26: Children of the Streets presentation for intermediate students

Oct. 27: Photo Retake day

Children of the Streets presentation for intermediate students

Oct. 28: Smith/Kidd/Vella
Meadows Family Farm

Children of the Streets presentation for intermediate students

Oct. 30: Halloween Parade
9am

Munch a Lunch Bubble Tea

HHE Clubs!

8:00-8:25:Breakfast daily
Gym, Haven and Library every morning except Tuesdays

2:30-2:55 Running Club on back field Mondays and Fridays with Ms. Long

Supporting Our Kids as They Transition Back to School

As we make this this transition back to school we can certainly expect to see some upset, worries and anxiety from our kids. It's sometimes a lot of change for them to navigate.

Here are a few ways we can help to support our kids and students.

- 1) Remember that we as the adults are the anchors in our kids' lives. In times where they are unsure, they look to us for guidance. If we as the adult/ or parent behave in ways that are panicked and we seem at a loss for how to care for them, this will not help to calm or ground them. BUT if instead we take the lead and offer reassurance, and examples and strategies of how we can make it through change and transition, then they too can follow our lead.
- 2) If your child is struggling to leave you in the morning, place the focus on when you will be back together, create a routine around being back together, something that they can look forward to, be it a snack together, cuddling watching a show together, picking up at school and walking home together. What you do is not as important as being together and providing this time to reconnect. Another strategy to help is to put a funny, cute, or loving note in your child's lunch ... something they can see and know that you are thinking of them even while apart... it can help to bridge what can feel like a long day to some kids.
- 3) Routines help to keep kids feeling safe and knowing what comes next. Nothing is too surprising, and they generally know how to conduct themselves accordingly once relationship and routine are established. We are busy here at school (and in our homes) as you are in your homes creating these new routines and expectations. It takes time, patience, compassion and practice to get these routines set up, and hopefully as routines become more established worries and anxieties start to decrease.

Please reach out to us if your child is finding it extra challenging. We do have our wonderful counsellor, Ms. Nina De Lucca Monday, Tuesday, Thursday and Friday. She can be reached via email at nina_delucca@sd42.ca