



Armstrong Elementary School

Respect Self, Others, Property and Learning

October 1, 2025

Principal's Message

It's hard to believe that September is already over and a new month begins. A huge shout out to the PAC for organizing the Welcome Back BBQ on September 16th and to staff for opening up their classrooms to students and families. There was a buzz of excitement as students showed their families around their learning spaces. It was a great community event with 390 hotdogs served and lots of potluck items brought in to share. Thank you for making this event a great one!

Learning is in full swing as classes have established routines and expectations. This year, we are focusing on literacy and math as foundational skills. In support of these academic goals, we are also wanting students to feel connected to two or more adults in the building and will also be looking at student resilience (both academically with a growth mindset, and also the ability to handle disappointment when obstacles are encountered or things don't go the way they would have hoped). Each month, we will update you in the newsletter about what we are working on and how you can support this at home with your child. We hope that these ideas are stress-free and easy to do and will support your child's learning.

Sincerely,

Megan Weir

Principal

School goals:

Writing: This year, we continue to focus on developing student's writing abilities. There are many things that you can do at home to help your child develop their writing skills. There are many ways of supporting writing skills that don't involve actually writing things on paper. A strategy often used in classrooms to get started with writing is to talk about an idea (whether it's what happened on the weekend or earlier in the day or what a person ate for breakfast). Writing often flows from an ability to talk about something (given that writing is the next step of putting our thoughts on paper). To support this, having regular conversations with your child is invaluable. Back-and-forth verbal exchanges between child and adult are powerful for strengthening children's language skills. As you have that back-and-forth conversation with your child, ask lots of questions (Who? What? When? Where? Why?) so that they can tell about it as much as they can. This will grow their ideas of things to talk (and write) about and their stamina to tell more.

Numeracy: Our continued focus this year for developing math skills for all students is on understanding grade-level appropriate critical concepts and the application through problem solving. One of the biggest influences in how successful you are with math is attitude. Believing that we can persevere and work through hard things is so important. As part of our schoolwide

focus on math we are continuing a problem-solving challenge that will begin this month. Each month, we will have 3-4 problems for students to solve. Some will solve these in class, and others will be brought home to solve together with family. It is important to note that these problems are designed to make students really think and not rely on generating an equation right away to solve the problem. Most will involve needing to draw a picture or a diagram to support their strategy for figuring out the answer. This is an excellent way to solve problems! Please encourage your child to try these problems, and to draw pictures to help them. This will be an important strategy all the way through the grades. Our challenge this month is to have 100 students solve the problem of the month for October. Please watch for the problems coming home and make a family activity out of solving them!

What did teachers do for the Pro D day?

On September 29th, we focused on Social Emotional Learning (SEL) with time spent considering some of the information in the book The Behavior Code by Jessica Minihan and Nancy Rappaport. We also spent time in the garden with gardening expert Ken Salvail so that we could continue our understanding of how to use the garden as a learning space. There were different workshops throughout the district offered in the afternoon, but some continued the SEL learning from the morning, reviewing articles on co-regulating and Universal Design for Learning. It was a great day of learning!

School Photos:

Our school photo day is Tuesday Oct 14, 2025. Watch for more information coming soon! If you miss photo day, or require re-takes, our retake day is Wednesday November 5, 2025.

Fire Prevention Week:

Fire Prevention Week is coming up from October 5-11. The theme this year is “Charge Into Fire Safety: Lithium-Ion Batteries In Your Home”. This theme aims to educate people about safely using lithium-ion batteries, and emphasizes the importance of buying, charging, and recycling these batteries safely. Please check out the Fire Prevention resources that can be found [here](#). We will also be having a few classes visit the fire station. Be safe!

Parent, Teacher, Student Conferences

Monday, October 20 is the official conference day in School District 83. Students do not attend school that day. Instead, teachers will be having conferences with families and students. These conferences are scheduled to be 15 minutes long for each student. Although Monday October 20 is the official conference day, some teachers will be opening up conference times on other days during the week to accommodate families the best they can. Conferences will be in person here at AES but sign up will be done online. We are really excited about these conferences as we see the huge benefits for learning that come when school and homework together to support students.

A link to book your child's conference will be coming home early next week.

Criminal Record Checks

If you would like to volunteer in any capacity in the school, you will need to complete a criminal record check online. This is a free process as costs are covered by the school district. Completed criminal record checks are good for five years.

Process:

- 1) Go to <https://justice.gov.bc.ca/criminalrecordcheck>

- 2) Enter the code **6TQTFUJGQP**
- 3) Follow the instructions for completing the online Criminal Record Check.

Further instructions, showing step by step instructions can be found at https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/crime-prevention/criminal-record-check/ecrc_online_service_-_user_guide_2021.pdf

Halloween

Students are welcome to come to school in costume on October 31, but we just wanted to give an early reminder about costumes. For school, please remember that costumes need to be appropriate for our wide variety of students. This includes being culturally sensitive, no weapons (real or fake), and tasteful so that they do not scare or alarm our students. On another note, Halloween can be really scary for those who have food allergies. **Please ensure that any treats that are sent to school, or make their way into lunches, do not contain peanuts or nuts.** We want all students and staff to be safe!

School fees

A reminder to families that school fees are due as soon as possible. We are able to provide a great deal to families with our school doing the bulk purchase, and then we need to collect from families the \$35 fee. There is also a cultural performance fee of \$10 per student which helps to pay for the special performances that happen throughout the year. Our first performing arts performance for this year is coming up on October 30th. There is also a \$10 fee for the agenda/planner. Agendas are great communication books between home and school, and also help students learn to become organized. Thank you for paying your fees promptly, and please remember that students do not go without at our school. If your family is not in a position to afford school fees, please contact Megan Weir (principal).

Parent Advisory Council (PAC) News



Our PAC is currently running an annual Davidson Orchards Apple Fundraiser. **Orders are due by midnight on October 1, 2025.** As always, all orders must be placed through our munchalunch website. No late orders will be accepted. If you have any questions, please feel free to email us as fundraising.aes@gmail.com. Delivery date will be towards the end of October around the 28th and an email or text message will be sent out once we have confirmed the pickup date.

Please remember that all orders must be picked up on the delivery date as these are perishable products. If you can not pick up on the delivery date, please arrange for someone else to pick up your order on your behalf.

The next PAC meeting is October 28 at 5:30pm.

Hot lunch

Our weekly hot lunch program has started. Every Tuesday (and some Fridays) there is the option for hot lunches at AES. All orders must be done online through Munchalunch.com. What an opportunity! Mondays with free soup and Tuesdays with the chance to order lunch!

Soup Days!

Amazing news! Our PAC has teamed up with Shuswap Food Action Souper Meal program to offer free soup to students every Monday starting on October 6. This is an amazing opportunity

for students to enjoy a hot meal at school. Please help us reduce waste and costs of disposable dishes by sending a spoon and a mug or bowl to school for soup days. A HUGE thank you to Shuswap Food Action Society for their sponsorship of this program, and also to our PAC parent volunteers for giving up their time every Monday to serve soup to our students.

Breakfast program

Thanks to our wonderful parent volunteers, our daily breakfast program has started. We are so appreciative of the time and energy that our parent volunteers dedicate to putting together trays of food for each class every morning. Learning happens best on a full stomach and we are so thankful that our students have the opportunity to grab a quick snack or two in the morning.



Important Dates:

- Oct. 6 “Soup”: Mac & cheese
Literacy Alliance of Shuswap Society (LASS) Volunteers begin the One-to-One reading program
- Oct. 7 Munchalunch pizza day
- Oct. 13 Thanksgiving day: No school
- Oct. 14 Photo day
Munchalunch Askews day
- Oct. 20 Student/Parent/Teacher conference. No school other than your interview time
- Oct. 21 Munchalunch sushi
- Oct. 24 Pro D day: No school for students.
- Oct. 27 Soup: Taco soup
- Oct. 28 Munchalunch Opa
PAC meeting 5:30pm (AES library)
- Oct. 30 Cultural performance: KBam! 10:30am
- Oct. 31 Halloween

AES the School Where Everyone Belongs