

SEPTEMBER

"Every Student...A Success!"

3551 Crestview Avenue, Abbotsford, BC, V2T6T5

- 604.856.7342 - davekandal.abbyschools.ca -

Principal: Mr. Baljit Sekhon ■ Administrative Assistant: Mrs. Tamara Penner

KANDAL'S NEWSLETTER FOR OCTOBER 2023

KANDAL'S PARENT ADVISORY EXECUTIVE for 2023-2024

President: TBD

Secretary-Treasurer: Mrs. Ramandeep Sidhu

School Closures: School District: Abbotsford School District OR 604-859-4891 OR www.abbynews.com

STUDENT FOOD ALLERGIES

Please note that Dave Kandal is a "Peanut Aware School". However, Division 4 (Mrs. Birak) & Division 6 (Mr. Poirier) are **NUT FREE ZONES**. Students in these classes should not be bringing food items containing nuts to school.

We ask you to enjoy your nut products at home to avoid complications for students with nut allergies.

KANDAL'S SCHOOL CALENDAR for OCTOBER

Please check school website for any last-minute changes.

Thank you to our October groundskeepers in Division 1.

- Oct 2 - Truth and Reconciliation Day - no school
- Oct. 3 - School Picture Day
- Oct. 4 - Div. 8 Parents as Partners
- Oct. 4 - Cross country race at Clearbrook park
- Oct. 5 - Cross country practice at school until 3:10
- Oct. 5 - World Teacher Day
- Oct. 6 - 8:30am PAC meeting to elect a PAC president
- Oct. 9-15 - Fire Prevention Week
- Oct. 9 - Thanksgiving - no school
- Oct. 11 - Div. 9 Parents as Partners
- Oct. 11 - Cross country race at Clearbrook park
- Oct. 18 - Early Dismissal 11:50am- Parent teacher conferences
- Oct. 19 - Early Dismissal 11:50am - Parent teacher conferences
- Oct. 19 - Shake Out BC - Earthquake Drill 10:00am
- Oct. 20 - Non-Instructional Day - no school for students
- Oct. 23-26 - Rollerblading in the gym
- Oct. 31 - Student Recognition Assembly
- Oct. 31 - Dress up for school spirit day
- Oct. 31 - Halloween





PHOTO DAY

Our school photo day is fast approaching! Please remember to mark Tuesday, October 3rd, on your calendar, as Edge Imaging will be in the school that day capturing everyone's smiles. Edge Imaging provides a variety of photo options to capture your child's true personality, preserving all their school day memories. For

more information on photo day, please visit www.edgeimaging.ca for answers to frequently asked questions.

Be sure to bring your smiles and remember to dress in our school uniform!



PARENT ADVISORY COUNCIL (PAC) NEWS

Our first PAC meeting was on September 26th at 8:30 am. We need your help to have a strong successful PAC! Being involved can be fun and rewarding.

There will be a very important PAC meeting on Friday, October 6th at 8:30 am. Your PAC needs a president to be elected. Having a PAC encourages parent involvement in the school and supports school programs.

Benefits of being involved with PAC:

- You will be aware of things happening in the school and be able to voice your opinion.
- You feel more connected to the school.
- Being a role model for your children by contributing to our school community.
- Staying connected to your child(ren) by being involved in their school.
- Your contribution makes a difference.
- Support those who support your children.

Having a strong PAC enables us to access services and funding from the school district and the provincial government as well as providing a vibrant school environment for our students!

PARENT/TEACHER CONFERENCES

We will be dismissing at 11:50am on October 18 and 19. Teachers will be providing available times and, if necessary, may be available until 7pm on October 19. Appointments must be made with your child's teacher. More information will be coming from the classroom teachers.

ROLLERBLADING

We have rollerblading booked for October 23 to October 26. We will need help from the PAC to keep costs low for our students. Rollerblades are provided, if you have a helmet, please bring it.



CROSS-COUNTRY RUNNING CLUB

Ms. Thiessen has invited all Grade 4 and 5 students to join the cross-country running club. The students will be testing their endurance at practice sessions at Dave Kandal as well as running meets at Clearbrook Park on September 27th, October 4th and 11th.

Reminders for the students participating:

- make sure you know when and where to arrive for the meets (Ms. Thiessen will give you this information). Please arrive on time.
- you must have your own ride to and from Clearbrook Park.
- bring a water bottle.

Run Hard and Have Fun!

CHARACTER VALUES

We discuss important character values at Dave Kandal. Every month we will focus on a different character value that coincides with our student planner. In October we will be discussing Compassion. Take a moment to look at your child's planner for examples of "Character in Action".



TERRY FOX RUN

Thank you for your support of our **Terry Fox School Run on September 15**. Our students ran several laps around our school grounds. It was difficult but our students kept going, just like Terry! Staff and students raised \$189.75 to send to the Terry Fox Cancer Research Foundation.

HEALTH ASSESSMENT

A reminder that the health check needs to be done daily, **after** your child wakes up in the morning, before coming to school. To keep everyone healthy, if your child is not feeling well, please keep them at home.

NATIONAL TRUTH AND RECONCILIATION

We wore Orange on September 28th as a symbol of hope, reconciliation, and a commitment to a better future where *EVERY CHILD MATTERS*.



HEALTHY EATING

As a parent, one of the most important things you do is to help your children learn healthy eating habits. Children need a balanced diet with food from all 3 food groups—vegetables and fruit, whole grain products, and protein foods. Children need 3 meals a day and 1 to 3 snacks (morning, afternoon and possibly before bed). Healthy snacks are just as important as the food you serve at meals.

The best foods are whole, fresh, and unprocessed—fresh fruits and vegetables, whole grains, dairy, and meats; and home-cooked meals. Limit highly processed foods.



Benefits of involving kids in planning and preparing meals

You can teach your kids important food skills to set them up for a lifetime of healthy eating.

By involving kids in planning and preparing meals, you can:

- nurture healthy eating habits.
- increase their self-confidence.
- share culture and family traditions.
- give them hands-on learning experiences.
- stay connected and spend quality time together.
- encourage picky eaters to try foods they helped prepare.
- set the foundation for children to learn and improve food skills.

Please see the [Canada Food Guide](#) for more information. An email copy has been sent to all families along with the October newsletter.

OUTSIDE PLAYTIME

Our students will be going outside regularly. In these unusual times, we are required to have different groups of students in different outside play areas. That means the fields will be used at recess and lunch regardless of weather. Students will need to have proper raingear including rain jackets and rain boots. A change of clothes should also be kept at school, for all students, in case of slips and falls in wet weather.



FIRE PREVENTION WEEK - October 8-14

Fire Prevention Week™ is October 8 to 14, 2023. This year's Fire Prevention Week™ (FPW™) campaign, "Cooking safety starts with YOU. Pay attention to fire prevention™," works to educate everyone about simple but important actions they can take to keep themselves and those around them safe when cooking.

Check out the [Cooking Safety Tip Sheet](#) to get you started!

Visit the [National Fire Protection Association's \(NFPA\) official Fire Prevention Week website](#) for tons of great information, activities, ideas, resources and more!

Use this fire safety information to support your emergency planning at home!

SCHOOL LUNCHES

Students stop for their lunch break at 11:57am and enjoy some time with their classmates over lunch. **Please be sure to send your child's lunch with him or her when they leave for school in the morning. Lunches are not to be delivered to the school.**

DAILY ATTENDANCE

If your child is going to be away from school, please report your child's absence by doing **one** of the following:

1. Call 1-844-487-3701.
2. Go online to "go.schoolmessenger.com".
3. Download the SchoolMessenger app from the App store (Iphone) or Google Play (android phone).



IN THE SCHOOL

Please call the school at 604-856-7342 or send an email to davekandal@abbyschools.ca to make an appointment.



SCHOOL PARKING LOT

We appreciate your assistance in ensuring our students arrive and depart from school safely. Parents needing to stop and come to the school are asked to park in the school parking lot or on Crestview Avenue and walk with their children down the sidewalk to the school. Please note the following details about traffic:

- **Drop-Off/Pick-Up Lane:**
- There is no parking in this lane immediately beside the school sidewalk. Students are either readily dropped off or picked up here. The driver must be in the car at all times when cars are in this lane.
- **Drive-Through Lane:**
- No parking is allowed in this lane.

PARENTS AS LITERACY PARTNERS: "Together, we make literacy happen!"

Parent support with **Home Reading Programs** is invaluable in building students' reading skills. Primary students should read or be read to for 10-15 minutes a night. Intermediates should spend 20-30 minutes a night reading and then sharing what they read with parents when finished.



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KANDAL'S STUDENT CODE OF CONDUCT

Throughout the first few weeks of school classes will review our expectations for safe and friendly student behavior. Students will have a copy of our "Student Code of Conduct either as an insert in their Planners or as an individual printed copy to take home. This contains the **rules of safe and successful behavior** in and around the school along with redirection possibilities for misbehavior if needed.

We summarize our intentions for correct behavior in the "Sonics Code of Success":

S: SUCCESS	"We strive for Success"
O: ORGANIZED	"We are Organized"
N: NICE	"We are Nice"
I: INTEGRITY	"We have Integrity"
C: CREATIVE	"We are Creative"
S: SERVICE	"We provide Service"

SCHOOL MISSION STATEMENT

The staff at Dave Kandal Elementary is committed to providing the highest standards of instruction and to promoting student achievement in a safe and cooperative atmosphere. We believe that students are to feel safe, secure, and welcomed in an educational environment that stresses:

Courtesy, Acceptance, Responsibility and Respect.

