



## WEEKLY MEMO

Monday September 30 – Friday, October 4

<b>Mon, Sept 30</b>	National Day for Truth and Reconciliation – School Closed
<b>Tues, Oct 1</b>	Cross Country practice at Big Recess Football practice after school
<b>Wed, Oct 2</b>	Football – Home Game against Cilaire Elementary
<b>Thurs, Oct 3</b>	Cross Country practice at Big Recess
<b>Fri, Oct 4</b>	Hot Lunch - Subway

### Important Upcoming Dates – Please mark your calendars

<b>Oct 14</b>	School Closed – Thanksgiving
<b>Oct 18</b>	Hot Lunch – Mambo’s Pizza
<b>Oct 21 – 24</b>	Early Dismissal at 1:18pm (Formative Assessment Conferences – District-wide)
<b>Oct 25</b>	School Closed – Pro-D Day – All B.C. School Districts

## **Terry Fox Run**

On Friday, September 20<sup>th</sup> students and staff participated in our annual Terry Fox Run. Our new total for donations is \$1,026.95! Thank you to the families who donated to this important cause.

## **Parent Corner**

- Space is still available in the Rainbows program. Contact Eden Wood, Program Director, for more information ([rainbowsnanaimo@gmail.com](mailto:rainbowsnanaimo@gmail.com)) – see attachment

## **PAC Corner**

Munchalunch is now open!

- This is the system we use for our hot lunches and many of our fundraisers.
- Please update your child's classroom for this year at <https://munchalunch.com/schools/HammondBay>
  - Use an email address you check regularly as we sometimes need to reach out to you to clarify orders
  - First hot lunch is Friday October 4<sup>th</sup>
  - First popcorn day will be Monday October 28<sup>th</sup>

Any questions or concerns please contact: [ecolehammondbaypac@gmail.com](mailto:ecolehammondbaypac@gmail.com)

Thank you to all of the parent volunteers! Together you make a difference in our school.

# NANAIMO ELEMENTARY TEACHERS' PHYSICAL EDUCATION ASSOCIATION (NETPEA)

## PHILOSOPHY AND GUIDELINES FOR PARENTS

### **PHILOSOPHY:**

The aim of NETPEA is to provide opportunities for elementary-aged students to participate in quality extra-curricular sports programs throughout Nanaimo Ladysmith Public Schools. The Association supports any organized sports programs that emphasize the development of healthy attitudes in a positive, enjoyable environment.

It is the responsibility of the coaches and sponsors to provide adequate supervision during all practices and games and to model appropriate attitudes and behaviours. Each coach should teach skills in a positive, supportive manner and be generous with praise and encouragement. The students should be taught respect for each other, the referees, and the coaches. An emphasis should be placed on cooperation, fair play, sportsmanship, safety, and general enjoyment of sports. A strong sense of team spirit, of representing one's school with honor, and of pride in one's contribution to any team sport should be paramount.

Finally, whether it be in the regular season or in the play-offs, participation, sportsmanship, and fair play should not be overlooked in the pursuit of success.

As a parent, you play a vital role in helping NETPEA achieve these goals.

### **Please note:**

Sports teams through NETPEA are offered to grade 7 students as they prepare to move on to high school to ensure that they have a chance to try each sport before they decide if they want to try out for a team at a later age. Teams are dependent on volunteer staff and parents. The ability to run a team depends on if we have enough volunteers and enough student interest.

### **Football Team:**

Congratulations to the Ecole Hammond Bay Football team who played well as a team and won their first game of the season against Ecole Quarterway. Your humble, hard-working nature was an asset to your game. The next game is a HOME game on Wed October 2<sup>nd</sup> against Cilaire.

### **Cross-Country Running (Individual sport)**

The cross-country running is open to students in Grades 3 – 7 who are committed to training with the school. Training days are on Tuesdays & Thursday at long recess. Students work to build stamina in preparation for the Zone meet on October 29<sup>th</sup>. A consent form will come home closer to the date for this meet from your classroom teacher.



## A Place For Healing

### About Us

Rainbows provide support to families going through a major loss or change in their family. This program provides much-needed support to children, teens, and their parents as they grieve and deal with changes in their family life.

Trained volunteers and school staff facilitate small groups. They work through 12 topics together and kids learn that they are not alone and are not to blame for their family's change. Kids and parents feel listened to and cared for as they learn about feelings and coping skills.

The kids love the activities, journal games, snacks, and the fact that their community cares!

### Structure of Rainbows Program

Rainbows Curricula consists of 12 to 13 weekly meetings, which are 30 to 60 minutes, adjusted to the age group of the participants.

The small groups consist of 5 participants, in the same age group, and the facilitators are loving listeners who guide the discussion and activities.

### Our Programs



**Sunbeams**  
(Ages 3-5)



**Rainbows**  
(Kindergarten – Gr. 8)



**Spectrum**  
(Grade 9-12)



**Kaleidoscope**  
(College – Adults)



**Prism**  
(Single & Step parents)



**Silver Linings**  
(Community Crisis Response)

### Get in touch

2221 Bowen Rd, Nanaimo,  
BC V9S 5J3, Canada

250.802.3716

rainbowsnanaimo@gmail.com

www.rainbowsnanaimo.ca



# What is happening at Ecole Hammond Bay



