



## WEEKLY MEMO

**Monday November 25 – Friday, November 29**

<b>Mon, Nov 25</b>	Popcorn Day Girls Volleyball practice after school
<b>Tues, Nov 26</b>	Boys Volleyball practice at big recess
<b>Wed, Nov 27</b>	Girls Volleyball practice at 7:45am Neck Point Run @ 11:05 am Boys Volleyball practice at big recess Boys Volleyball Away Game at Mt View @ 2:30 First Term Report Cards emailed home PAC meeting @ 6pm
<b>Thurs, Nov 28</b>	Gr 6 Immunizations @ 9am Girls Volleyball Away Game at Pleasant Valley @ 2:30
<b>Fri, Nov 29</b>	Neck Point Run @ 11:05am Hot Lunch – Mambo Pizza

### Important Upcoming Dates – Please mark your calendars

<b>Dec 6</b>	Curriculum Implementation Day – no classes
<b>Dec 13</b>	Hot Lunch – Subway Grade 7 Fun night
<b>Dec 11</b>	PAC meeting @ 6pm
<b>Dec 20</b>	Last day of school prior to Winter Break
<b>Jan 6</b>	First day of school back from Winter Break

## Spirit Wear

### **Hammond Bay Spirit Wear is Back!**

You will receive a separate email with details on the options available and all orders will be done through SchoolCash Online – look for **Spirit Wear** in your items available for purchase. **DEADLINE: NOVEMBER 29<sup>th</sup>**



## Purdy's Fundraiser

Thank you to everyone who ordered Purdy's in support of our Student Council initiatives – we appreciate your support! **Delivery date: Dec 5**

## Parent & Community Corner

### NLPS Community Supports Fair

All families/caregivers are invited to an informal opportunity to learn about some of the Nanaimo area community agencies that support children and youth.

- Tuesday November 26, 2024, 1-4pm - 1111 Dufferin Crescent (in Dufferin School Gym)

### Hatching Resilience (Neufeld Institute Editorial)

<https://neufeldinstitute.org/editorials/hatching-resilience/>

- “Keeping the heart soft enough to feel sadness and loss, such tender emotions, prepares children for the bigger losses they will face in life”.

Kelty Mental Health, online resource center:

- The Voices of Siblings
- Rolling with ADHD for Parents & Caregivers
- ADHD for Parents and Caregivers: Webinar Series
- Navigating Technology Use Across Childhood and Adolescence: Supporting Healthy Development and Well-being
- Obsessive Compulsive Disorder: It's More Than Overwashing Your Hands

[Link to Resources](#)

## Everybody Deserves A Smile – EDAS for short

We are so excited to be taking part in EDAS again this year! EDAS is a homegrown, grassroots, community project that started 20 years ago to bring a smile to the faces of people experiencing homelessness in our community during the winter holidays. Each year we work with students from kindergarten to grade 12 to make homemade, hand painted care packages filled with cards, homemade cookies, toques, mitts, scarves, and toiletries (including toothbrushes and toothpaste) – all donated by our phenomenal community. Our goal this year is to complete and fill 430 packages to be given to those living on the streets of Nanaimo and Parksville.

**\*\*We are accepting new and adult-sized donations starting Wednesday November 27th for scarves, gloves and toques, toothbrushes, and toothpaste**

## PAC Corner

### PLEASE SIGN UP FOR MunchaLunch!!

- <https://munchalunch.com/schools/HammondBay>
  - Use an email address you check regularly as we sometimes need to reach out to you to clarify orders
  - Next hot lunch is Friday Dec 13<sup>th</sup> – Subway
  - Next popcorn day will be Monday Dec 16<sup>th</sup> - order cut off is Sunday at noon.
- The next PAC meeting is on November 27<sup>th</sup> at 6pm in room 1001 and online at the following link:
- <https://teams.live.com/join/93721560185405?p=oAlb3SPFQ6ZKCYlpiF>
- **Please see the agenda for the meeting at:**  
<https://shorturl.at/6ZV11>

### Absences on Hot Lunch Days

With so many children absent throughout the year from illness, we realize that your child may miss Hot Lunch days. The PAC recognizes that this may cause children and parents to be upset because they're missing out on a special lunch that has been paid for. The PAC is happy to try to alleviate this by arranging to have a child's lunch given to a sibling or friend to take home for them. However, this **\*can only be considered if we receive an email before 10:00am on the morning of a hot lunch\***. Please email the Hot Lunch coordinator, Andrea at [andrea.cyr06@gmail.com](mailto:andrea.cyr06@gmail.com) so that she can do her best to try to make arrangements. In your email, please include your child's full name and division AND the full name and division of the student who will be accepting their lunch for them.

**If your child is absent for hot lunch and you do not contact Andrea before 10:00am to make arrangements, your lunch will be donated.**

Please **do not contact the school office** as **they are not involved with the organization of hot lunch** and will not be able to assist you on this matter, nor will they be able to accommodate parents picking up lunches at the office.

**It is important to also remember that \*\*refunds and cancellations are not possible after the 12:00pm deadline on the Wednesday prior\*\*.**

Please see these two links for information from our last PAC Meeting:

- [October 2024 Minutes](#)
- [2024-2025 Approved PAC Budget](#)

If you have any questions or concerns relating to PAC, including fundraisers or hot lunch, please contact:  
[ecolehammondbaypac@gmail.com](mailto:ecolehammondbaypac@gmail.com)

## What's happening at Ecole Hammond Bay:



Congratulations to the girls' volleyball team for winning their first game against Frank Ney.  
Thanks to Frank Ney for hosting our girls!



Les Gnomes de Div 11