



Upcoming Events:

❖ Next PAC meeting: AGM October 19th 4:30. Fauquier Hall

❖ BES Assembly: October 22, 1:30

❖ EES Assembly: October 26, 2:15

❖ BES Photo Days: October 21, Retakes November 18

❖ EES Photo Days: October 20, Retakes November 18

❖ Parent-Teacher Interviews October 20 and 21

❖ BES Remembrance Day Assembly Nov 9, 11:00

❖ EES Remembrance Day Assembly Nov 10, 11:00

Southern Zone News

School District 10, Arrow Lakes “Global Learning in a Rural Setting”

Message from the Vice-Principal

Here are a few reminders of things families can do to help their children succeed at school:

- Establish a regular homework routine,
- Make sure that breakfast is nutritious and filling,
- Make sure they are getting 8 or 9 hours of sleep a night (or more),
- Help them organize their backpacks every couple days,
- Make sure they pack a nutritious lunch,
- Give them opportunities to use their learning at home – books to read and games to play – that are different from homework or school work,
- Keep asking them about how their day was, even if they usually don't tell you very much!
- Help them make friends through play dates or community activities,
- Get involved by volunteering or attending the PAC.

(Adapted from Health Matters Newsletter, Interior Health, BC)

SCHOOL NEWS

Gardening at Edgewood: We need volunteers on Thursday, October 22 starting at 10:15 to help with planting a magnolia tree and more perennials in the front gardens and mulching the beds.

PAC NEWS

Next meeting, the AGM, is October 19th.

All parents are welcome! Why not consider filling one of the positions? All positions are open and need to be filled for the PAC to run smoothly. If you would like to run or to nominate someone, call Karlene Harper at 250-269-7298.

Coming up in the Southern Zone

October

<p>19 EES Kindergarten Dental Screening 1:15</p> <p>PAC Meeting Fauquier Hall 4:30 PM</p>	<p>20 EES Photos 1:00 PM</p> <p>Parent-Teacher Interviews 1 hour early dismissal</p> <p>Teen Volleyball at EES 6:30-8:00</p>	<p>21 BES Photos 1:00 PM</p> <p>Parent-Teacher Interviews 1 hour early dis- missal</p> <p>BES Library Day</p>	<p>22 BES Assembly 1:30 PM</p>
<p>26 EES Assembly 2:15 PM</p>	<p>27</p> <p>Teen Volleyball at EES 6:30-8:00</p>	<p>28 EES Library Day</p>	<p>29</p>

November

<p>2</p>	<p>3</p> <p>Teen Volleyball at EES 6:30-8:00</p>	<p>4 EES Library Day</p>	<p>5</p>
<p>9 BES Remem- brance Day Assembly 11:00</p>	<p>10 EES Remem- brance Day Assembly 11:00</p> <p>Teen Volleyball at EES 6:30-8:00</p>	<p>11 No School Remembrance Day</p>	<p>12</p>
<p>16 Performance at NES 11:00</p>	<p>17</p> <p>Teen Volleyball at EES 6:30-8:00</p>	<p>18 Photo Retakes BES 11:30 PM EES 1:30 PM</p> <p>EES and BES Library Days</p>	<p>19</p>