



École Harwood Elementary School

Phone: 250-542-5385

Principal: Rana Grace Vice-Principal: Ken Wandeler



Our mission: To provide a caring and supportive environment for students to develop a lifelong love of learning and to prepare them to become responsible citizens in a changing world.



way' k'u limt p cyſap (Pronounced: wai kwoo lim pee chee yup; and means “Welcome Back” in Okanagan/Sylx).
Bienvenue!

What a great start to the year! It was lovely to see all the eager, excited and smiling faces coming back to school. Thank you to staff and parents – your support and patience during start-up has helped make our start smooth and has allowed students to settle into their classes and start learning.

Anxiety Canada - Worries are normal and expected in children and teens returning to school, changing schools, or for first timers. This transition can be stressful. Although it is normal for your child to have worries, it is crucial to have your child attend school. Missing school will only increase your child's fears because they never get a chance to find out if their worries are valid. Furthermore, when children and teens stay home because of anxiety, they miss: valuable opportunities to develop and practice social skills; chances for success and mastery; being acknowledged and praised for talents; developing close friendships with classmates; and learning basic skills like reading, writing, and math. They suggest developing routines and provide 5 steps to help:

1. Take care of the basics – sleep (10 hours), eat regular meals and healthy snacks and daily exercise. When your child's mind and body are nourished, tackling school worries is easier.
2. Provide empathy – listen to their concerns.
3. Problem solve – develop an action plan that addresses their fear head on. Develop concrete solutions which will significantly reduce the worry.
4. Focus on the positive aspects - encourage your child to re-direct attention away from the worries towards the positives (i.e. 3 things you are excited about)
5. Pay attention to your own behaviour – school can be anxiety-provoking for parents as well. Children take cues from their parents, so the more confidence and calm you can model, the more your child will believe that they can handle this new hurdle. Be supportive yet firm. When saying goodbye in the morning, say it cheerfully – once! Ensure you don't reward your child's protests, crying, or tantrums by allowing him/her to stay home.

(www.anxietycanada.com)

As always, we encourage you to stay connected! Inform your child's teacher, myself or Mr. Wandeler when there are struggles. Let us know how things are going – the education journey is a partnership, so communication is key!

We have a lot happening at Harwood this year so please encourage your child to get involved in school activities – embrace the opportunities!

Student and Parent Code of Conduct

On a business note, we ask that you review the student and parent handbook at the front of the student agenda. It is always helpful when we are all using consistent language when we are

talking to our children. The handbook will provide a lot of information about the workings of our school, safety procedures and expectations of our students in order to promote a safe, caring and orderly school. Please sign the agenda in the appropriate space at the end of the pages to indicate that you have reviewed it.

School Supplies/Fees

If your child is using our bulk supply order for school supplies the fees are as follows:

Grade K-3: School supplies \$50; Cultural Activity \$5... Total \$55

Grade 4-7: School supplies \$55; Cultural Activity \$5... Total \$60

Fees can be paid online (or by cash/cheque to your child's teacher if needed).

Welcome Back Barbecue - The Rotary Club are generously hosting a welcome back to Harwood barbecue on September 18, 2024. We encourage you to bring blankets or lawn chairs to spread out and have a lovely picnic. More information to follow.



Allergy Alert!

We do have students that have severe allergies to nuts. If your child is in a class with a classmate that has an allergy, please respect the fact that these are life threatening allergies and refrain from packing lunches that include nuts. We also ask that children not share lunches to ensure the safety of these students.

Terry Fox – Toonies for Terry

We will be running the Terry Fox run on Thursday September 19th, 2024. Terry Fox hoped to raise one dollar from every Canadian on his cross Canada journey, and while he was unable to complete his journey, he did far exceed his goal. We at Harwood would like to honour his heroism through the national running event and by raising funds. Bring a loonie or toonie to support cancer research through the Terry Fox Foundation.

Volunteers

We cherish our volunteers. If you are planning on helping out at Harwood with our students, SD 22 requires a criminal record check. See Mrs. Doucette in the office for information on the online registration.

way' to all of Harwood's Indigenous Families

In the coming days, you will be receiving a letter from the Indigenous Education Department by the mail. Please take the time to read the information provided, find the Consent Form and sign it (if you agree to services of course!) to be returned to the school. Please encourage your children to come and say hello in our new Welcome room, we have a great space this year and many fun activities on the way! ~ **from Kathleen Huggan ISW (for Pauline Jackson)**

CALLING ALL PARENTS (and bring your kids) – come and meet your HARWOOD PAC

The first PAC meeting is on **Monday Sept.9th** at 6:30pm in the library. We are looking for volunteers to help out. There will also be free child minding (the kids can play in the gym while we have our meeting). Come and make Harwood the best place possible for our students. Any questions or comments email the PAC at harwoodpac@gmail.com. If you happen to arrive late for the meeting, please knock at the upstairs library door that backs onto the basketball court.

Kindergartens

Our Kindergarten children have been eagerly learning the ins and outs of school. They are making friends, learning routines and structures and leaving school with lots of smiles. Thank you for your help in making the start of their schooling so positive.

Other items to note:

- Please ensure your child has indoor shoes.
- To ensure we have up-to-date information, please call or email the school.
- We will continue to lock our field gates after the bell in the mornings.

Division 1 is selling ice cream bars at lunch for a toonie on Friday September 13, 20, and 27. Thank you for supporting our fundraiser!

Literacy Society of the North Okanagan

Will be offering the Reading Together Program again at Harwood. They are looking for volunteers (see attached information). If interested, please call 250-275-3117.

Transportation

The transportation department is launching Traversa My Ride K-12 Busing App and Website to provide families more information. The busing app and website provide families with a real time display of their child's bus as it travels through the route so that families can see whether their bus is running late or right on time. Additionally, these features also include notification for when your child scans on and off the bus, providing an added layer of security and reassurance for the families. The Transportation Department is also able to communicate to families through the app letting families know if their child's bus has last minute changes, delays, or cancellations. To sign up for the App and/or the Website, please click on the following links for the app and instructions:

[My Ride K-12 – Apple App Store \(iOS\)](#)

[My Ride K-12 – Google Play Store \(Android\)](#)

Web version: myridek12.tylerapp.com

[My Ride K-12 Parent User Guide](#)

Upcoming Events:

Sept 9 PAC Meeting @ 6:30 pm
Sept 13 Ice Cream Bars 2\$
Sept 18 Rotary Welcome Back barbecue
Sept 19 Terry Fox Run
Sept 20 Ice Cream Bars 2\$
Sept 23 ProD – no school
Sept 25 District Cross Country Run #1
Sept 26 Pizza Day
Sept 27 Orange Shirt Day recognized in the school.
Sept 27 Ice Cream Bars 2\$
Sept 30 Truth & Reconciliation Day – no school
Oct 2 District Cross Country Run #2
Oct. 4 October Newsletter
Oct 15 *Picture Day*