



*Respect Enables
All Learners*

KAY BINGHAM ELEMENTARY SCHOOL

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Dear Parents,

September is behind us after this weekend and it's hard to believe that October is here. It is still amazing to see the sun shining and providing us with beautiful fall days for our students to get outside. Students have been settling nicely into their classrooms and are learning the grade level structures and routines. Parents should have heard from their child(ren)'s teacher in terms of what expectations are in each classroom.

Please continue to complete the **daily health checks** before sending your child to school each day. This list should provide clear direction for everyone to follow. An update health check form is attached with this email. If your child exhibits any of the following symptoms including fever, chills, cough, difficulty breathing, loss of smell or taste, sore throat, loss of appetite, headache, body aches, extreme fatigue or tiredness, nausea, vomiting or diarrhea, please keep them home from school until the symptoms pass. As well, when in doubt, consult with the following link : [Daily Health Check](#)

Ms. Rosie Caputo, Principal

THANK YOU

A huge thank you to everyone who donated for the Terry Fox Run, as well as the loonies for literacy on *Raise a Reader Day*. We have a very generous community and that was shown during these back-to-back events.

NATIONAL DAY FOR TRUTH AND RECONCILIATION

On Thursday, September 29, staff and students took part in the annual Orange Shirt Day, as a way to honour residential school survivors and those children who did not make it home. Our school community took part various cultural and learning activities about Orange Shirt Day story and to honour the National Day for Truth and Reconciliation. It is our hope that students have a little more understanding about this very important day and that they were able to share some of the activities that they took part in with their families.

VOLLEYBALL

This year, our school will be participating in the SD73 Volleyball season if there is enough student interest. Initial meetings have been called and interested students are invited to attend if they are interested.

IN/OUT PROCEDURES DURING THE SCHOOL DAY

When students arrive at school late, the expectation is that they report to the classroom first through the regular/outside classroom door. Once they have checked in with the teacher, they will proceed to check in at the office.

When students are being picked up early for various reasons, parents/guardians are asked to come to the front office, sign them out, and the office will call the classroom and have the student(s) sent down to the front office. It is imperative that we know exactly who is in the school at what time in case of any emergency or other pertinent situations that may arise. We appreciate your help with this.

VERIFICATION FORMS

Thank you to the parents who have already returned the verification forms to the school office. These are very important, so the office has up-to-date contact information for each family. If you have not yet done so, please return your child's verification form to the office or to the classroom teacher by Monday, October 3.

SAFE ARRIVAL

Please do not forget to call in your child's absence and/or late arrival each day that they are absent from school. The absence reporting telephone number is 1-844-350-2647 and if you haven't done so, you may create an account at the following website: go.schoolmessenger.ca. You may also download the app for school messenger. Please accurately indicate what the student absence is for so we can track any illness levels at the school.

FOUNDATION SKILLS ASSESSMENTS

Every year, Grades 4 and 7 students around the province participate in the Ministry of Education Foundation Skills Assessment. This assessment considers the areas of reading, writing, and numeracy and will take place October 3 through to November 10 this year. Parents of children in Grade 4 can expect a letter home as well. If you do not receive one, please contact the school office.

MEALS PROGRAM

Our meals program has begun. If you require a subsidy for the 2022-2023 year due to financial challenges, please contact the school principal.

SCHOOL SUPPLIES

Parents have the option to participate in the SD73 school supply program or purchase their own if they desire. Please note that fees and supplies were due to the school at the end of September.

COMMUNICATING STUDENT LEARNING

By Friday, October 7, your child's teacher will send home an overview of key learning concepts that your child will be engaged in over the upcoming months. In addition to the learning outcomes, teachers will also share information as to how your child will be assessed when they design learning activities.

In addition to academics, we work hard to explicitly teach and practice in key areas regarding Social Emotional Learning (SEL). We believe our school **ROCKS** when we are respectful, organized, cooperative, kind, and safe. We also encourage children to use their **WITS** strategies including walk away, ignore, talk it through and seek help when in conflict with others.

NEIGHBOURLY BEHAVIOUR

Parents are asked to please not park in the Overlander parking lot under any circumstances. We would ask that everyone please utilize our school parking lot or roadway parking lanes

PAC UPDATE

All parents/guardians of children at our school are members of our PAC and are encouraged to become involved in our school PAC. If you have not done so, please join the Facebook page by searching *Kay Bingham PAC*. A huge thanks to the PAC for always supporting our classrooms with various purchases and field trips. Without their generous support and time commitment, students would miss out on key experiences. Please consider giving of your time and talents to ensure our students continue to receive these great opportunities from PAC.

- ❖ The executive for the PAC is looking for a few new members. If you are interested in assisting the PAC and would like to become involved, please contact them through the PAC Facebook page.
 - Chair: Angela Hall
 - Vice Chair: unfilled
 - Secretary: unfilled
 - Treasurer: Irene Dhaliwal
- ❖ All meetings will be held on the second Thursday of the month at 6pm.
- ❖ Next meeting: October 13 @ 6:00pm

SCENT SENSITIVE SCHOOL

KBES is a scent sensitive school. This means we discourage the use of scents and fragrances because many staff and students have allergy related scents. Please try to use neutral hair products, deodorants and other personal hygiene products.

YMCA MENTAL WELLNESS GROUPS

The YMCA - YWCA have finalized our schedule for all of our mental wellness groups for this fall and will be running groups for children, teens, youth and adults.

- **Youth Mindfulness Group** - The Youth Mindfulness Group is a free 7-week psychoeducational and support group for young adults **ages 18-30** who experience anxiety. Participants learn healthy coping skills, connect with other youth in the

community, and get support all in a safe and friendly environment. This is an online group.

Session Dates: Thursday, November 3 – December 15 from 6:30 – 9:00 pm

Info Session 1: October 20 at 6:30 pm

Info session 2: October 27 at 6:30 pm

- **Teen Mindfulness Group** - The Teen Mindfulness Group is a 7-week program that supports teens **ages 13 to 17** who are experiencing symptoms of anxiety to learn and practice healthy coping strategies to better manage stress and anxiety. Our groups provide an opportunity for teens to learn within a safe, comfortable, and fun environment, surrounded by other teens experiencing similar thoughts and feelings. This group is run in person at John Tod Centre.

Session Dates: Thursday, November 3 – December 15 from 4 – 5:30 pm

Info Session 1: October 20 at 4 pm

Info Session 2: October 27 at 4 pm

- **Adult Mindfulness Group** - Adult Mindfulness is a 7-week program for adults **31+** who are experiencing stress and mild to moderate anxiety. Participants will learn evidence-based strategies to increase coping. This group is led by trained mental health professionals and gives adults the chance to connect with others who are experiencing similar thoughts and feelings. This is an online group.

Session Dates: Tuesday, November 1 – December 13 from 6:00 – 8:30 pm

Info Session 1: October 18 at 6 pm

Info Session 2: October 25 at 6 pm

- **Mindful Monkeys** - Mindful Monkeys is a physical and mental wellness program for youth **ages 8-12** that helps support youth to be more active and learn healthy coping strategies. This group consists of a mental wellness component where participants learn tools and strategies to work through difficult emotions and a physical activity component where children learn importance being active in a fun and supportive environment. This group is run in person at John Tod Centre.

Session Dates: Saturday, October 22 – December 10 from 10:00 am – 12:00 pm

- **GLOW** - Our GLOW (Girls' Life of Wellness) group helps support young women and non-binary youth **ages 8 – 12** in all five dimensions of wellness: physical, emotional, social, spiritual, and environmental. During the program, participants meet in groups to have healthy skill-building discussions (eg. body image, healthy relationships, setting boundaries, puberty, morals/values, etc) and participate in wellness activities. This group is run in person at John Tod Centre.

Session Dates: Thursday, October 20 – December 8 from 6:00 – 8:00 pm

If you have any questions at all about any of our groups or would like to register someone, please contact our Program Coordinator Riley at mentalwellness@kamloopsy.ca or at 250-376-4771 ext. 122

WATER BOTTLES

Students are encouraged to bring a water bottle to school each day. They can use the automatic water dispenser to refill their bottles, as our water fountains do not allow students to drink from them at this time.

BEFORE/AFTER SCHOOL SUPERVISION

Please be mindful that we do not provide supervision either before or after school. Our classroom doors open at 8:25am and students are dismissed at 2:41pm each day. Supervision outside of this time is the responsibility of the parent. We appreciate your understanding and help with this.

MyEdBC MESSAGES

One of the platforms that SD73 uses to send out email and other messages to parents is MyEdBC. Unfortunately, it has come to our attention that Hotmail email accounts filter out any MyEdBC messages. We would ask that if you have a Hotmail account that you currently use for school and district messaging, that you provide the school with an alternate email address to not miss out on any important messages. We have been informed that Gmail accounts work fine with this platform.

CALENDAR EVENTS Following on next page.

OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3 Div 7/8 @ Salmon Run	4 K Bus Training	5 Div 9/10 @ Salmon Run	6 Popcorn Day Div 5 @ Museum	7	8
9	10 Thanksgiving Day School Closed	11	12 Spirit Day: Sports/Jersey Day	13	14	15
16	17	18 Orange Shirt Day Come Read with Me 8:30am (K/1)	19	20 Early Closure @ 12:41pm Parent-Teacher Interviews	21 Non- Instructional Day #2	22
23	24	25	26	27	28 Spirit Day: Backwards Day PAC Hot Dog Day	29
30	31 Halloween					

