

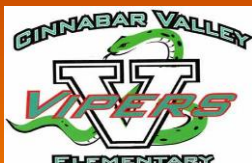
OCTOBER

Cinnabar School News

100 Ohio Way

Nanaimo, BC V9X 1C8

Website: <http://cb.schoolsweb.sd68.bc.ca>



Dear Families,

I would like to send the most gracious "Thank you" to all our students, their family/caregivers and staff for an amazing start to the year. I can't believe that it's October already and just about time for Parent Teacher Conferences. We look forward to meeting all parents/guardians and sharing student learning during the Parent- Teacher Conference Week, albeit, it will look a bit different again this year. We will be sending out information in the upcoming weeks to let you know the dates and times of the virtual/telephone/in-person meeting. If you are unable to attend, remember that you can contact your child's teachers any time during the year if you have questions or information to share regarding your child's progress. We appreciate and thank you for your partnership.

Just a reminder, Public Health urges community members to decrease social contacts and remain vigilant to illness. It is important to get children tested if they are not feeling well, even with mild illness. Children will often have only mild coronavirus illness and symptoms that may be overlooked. Please continue to do the daily health check and if your child/ren has symptoms, please have them tested.

In a further effort to keep our children, families and staff safe, please remember to social distance and remain at least 2 meters apart while dropping off and picking up your children. We also encourage **all adults to wear a mask** whenever you are unable to **maintain proper social distancing and to leave school grounds as soon as possible** after dropping off and/or picking up your child.

Thank you for your understanding and support in keeping our community safe and healthy.

Thank you, Colette Young, Principal

SCHOOL HOURS

Monday - Friday

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|----------------------|-----------------------------|
| 8:42 am | Welcome Bell |
| 8:45 am | Morning Instruction Begins |
| 11:45 am | Long Recess - outside |
| 12:20 pm | Welcome Back Bell |
| 1:20 pm - 1:35pm | Short Recess - outside |
| 2:26 pm | Classes Dismiss for the Day |
| <u>Office Hours:</u> | 8:00 am - 3:00 pm |

Save the Date!

Please check out all of our celebrations and events on our website: <https://cb.schools.sd68.bc.ca/>

October

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|-------|---------------------------------------|
| 5 | Picture Day/ Teacher Appreciation Day |
| 11 | Happy Thanksgiving- No School |
| 12 | Gr. 6 Immunizations 9am/ PAC mtg. |
| 18-21 | Parent Teacher Conferences |
| 21 | Shake Out BC |
| 22/25 | No School- Non-Instructional Days |
| 26 | Picture Retake Day |
| 27 | Cross Country Zone Meet |
| 29 | Halloween |

Social Emotional Learning and our value for this month: Gratitude

October is the month of Thanksgiving. Think about all the people and things that you are grateful for. Take time to stop and thank the people who make a difference in our lives. Focus on the good things in life, because when you're focused on looking for things to be grateful for, more good things tend to jump out at you. This month we are going to share a different gratitude challenge each day. Some examples to share with your children are:

Take time to say thank you to a classmate, parent or teacher

Give away something you no longer use

Say a word of gratitude, specifically listing some small things you are grateful for

Show a random act of kindness

Monthly Hulquminum Word- We acknowledge each day that we live, work, learn and play on the unceded and traditional territories of the Snuneymuw (se-nae-mo) people and for that we are grateful. Each month I'd like to share one **Hulquminum** word as one way to work on our goal of truth and reconciliation. This month's word is **Good Day**. Please click on the icon below to hear the pronunciation.

'Uy' skweyul



Good Day.MP3

Orange Shirt Day

Thank you to all who honoured our residential school survivors on Orange Shirt Day. Orange Shirt Day is a legacy of the St. Joseph Mission (SJM) residential school commemoration event held in Williams Lake, BC, Canada, in the spring of 2013. It grew out of [Phyllis' story](#) of having her shiny new orange shirt taken away on her first day of school at the Mission, and it has become an opportunity to keep the discussion on all aspects of residential schools happening annually. Orange Shirt Day is also an opportunity for First Nations, local governments, schools and communities to come together in the spirit of reconciliation and hope for generations of children to come.

National Day of Truth and Reconciliation

This week is the week of Truth and Reconciliation and September 30th has been marked as a National Holiday. This marks the first National Day for Truth and Reconciliation; a day to honour First Nations, Inuit, and Métis residential school survivors, their families, and communities. This day grew from Phyllis Webstad's story of having her shiny new orange shirt taken away on her first day of school at the Mission residential school.

To recognize this important day, Snuneymuxw (se-nae-mo) First Nation, the City of Nanaimo and Nanaimo Ladysmith Public Schools observed September 30 as a day to remember and honour our children who were lost, those who survived, and the families who have suffered the long-lasting impacts of the residential school system. This day brings us together to work together differently. Committing to truth-telling brings the opportunity to listen and learn with an open mind in order to move forward. The truths are for our children, and we see this day and every day forward as a strong reminder that walking together is going to create a better future for all of us. Let us all reflect on how Residential schools have impacted our families, our country and ourselves. Please learn from past mistakes and help begin the process of a deeper healing and understanding.

Connecting with Families

Open House or Meet the Teacher Night will look different this year. Here are ways your child's teacher may connect with families:

- create a video or take photos and send via email
- Live Microsoft Teams Chat
- Create an Interactive Classroom (Google Slide) send via email or share in google classroom
- Fresh Grade post and share with all families
- Newsletter and send a hard copy home and/or email

October is Fire Safety and Prevention Month.

Please speak about fire/earthquake safety procedures with your children. Discuss what you can do at home to encourage fire/earthquake safety, such as creating evacuation routes and holding practice drills. Cinnabar students and staff will participate, again this year, in the Great British Columbia Shake Out with thousands of Canadians on October 21st at 10:00am. Please see some earthquake safety tips below.

Nut Aware/ Scent Free- Reminder that we are a nut aware and scent free school. Thank you for helping to keep our students and staff safe and healthy.

Smoking- Just a reminder that smoking is not permitted on any School District 68 property. Thank you for considering the health and safety of our children.

Animals in School Settings- Animals, including all pets, should not be kept or brought onto school properties, into schools or district facilities. The presence of animals presents many problems which include safety and liability issues. It is strongly encouraged that any animals found inside a school or district facility or on school grounds be removed immediately. Thank you again for keeping our schools safe.

PAC News- Please join Cinnabar parents at the next PAC meeting which is set for October 12 from 6:30pm until 7:30pm. PAC will provide a Zoom link on their Facebook page.

Terry Fox Run

Our annual Terry Fox Run was a great success. Classes ran as a whole school this year. Thank you to Mrs. Stannard her students and the leadership students for taking the lead but mostly, THANK YOU, Cinnabar students, parents and staff for contributing to Cancer Research.

Photo Day

Individual photos will be taken in a “contactless” manner on Tuesday, October 5th. Please see the attached message from Edge Imaging.



Country Grocer Receipts

Please remember to send in all receipts with your child. For every \$1000 in receipts collected, our PAC receives a \$10 gift card. Last year the money was used to purchase food for celebrations throughout the year.

Paying and Signing Forms Online is Fast and Easy

Paying school fees and signing school forms online is fast and easy and can be done from any computer or smartphone.

1. **Create Your Profile:** Go to <https://nlps.schoolcashionline.com> and click on “Register” and fill in all appropriate fields.
2. **Confirm Your Email:** Check your inbox for the email confirmation and click on the link inside. Sign in with your new login details.
3. **Add a Student:** Click “Add Student” and fill in the required fields with your child’s details.

More information and instructions on how to sign up and use School Cash Online are available here <https://www.sd68.bc.ca/schoolcashionline/>. **If you are unable to log-in, there is a link on the bottom right hand side of the sign-in page that has support for parents and a phone number to call. The number is 1 866 961 1803.**

Earthquake Procedures

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Step 1: Secure your space by identifying hazards and securing moveable items.



Step 2: Plan to be safe by creating a disaster plan and deciding how you will communicate in an emergency.



Step 3: Organize disaster supplies in convenient locations.



Step 4: Minimize financial hardship by organizing important documents, strengthening your property, and considering insurance.

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Step 5: Drop, Cover and Hold On when the earth shakes.



Step 6: Improve safety after earthquakes by evacuating if necessary, helping the injured, and preventing further injuries or damage.

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Step 7: Reconnect and Restore daily life by reconnecting with others, repairing damage, and rebuilding community.

