

OCTOBER

Cinnabar School News

100 Ohio Way

Nanaimo, BC V9X 1C8

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



Dear Parents and Guardians,

I want to extend my heartfelt gratitude to all our students, their families, caregivers, and our dedicated staff for an outstanding start to the year. It's hard to believe that October is already upon us, and Parent-Teacher Conferences are just around the corner.

We are eagerly anticipating the opportunity to meet with all parents and guardians to discuss your child's progress during the upcoming Formative Assessment Conference Week. In the coming weeks, we will be providing you with details regarding the dates and times for either virtual or in-person meetings. During these days, the school will remain open until 4 pm, offering an "Open House" experience for families to check out the PAC news & information table and to explore the school facilities including the library and gym while meeting our Educational Assistants (1:25pm-2:25pm), Library Commons Teacher, and IST. This can be done either before or after scheduled conference. Additionally, on Thursday at 2:30 pm, the choir will be giving a special short performance for parents, serving as a fitting conclusion to the Formative Assessment Conferences. The location is yet to be determined.

If you find that you are unable to attend, please remember that you can reach out to your child's teachers at any point during the year if you have questions or information to share about your child's development. Your partnership is greatly valued and appreciated.

Once again, thank you and may you have a joyful Thanksgiving.
Warm regards, Colette Young Principal

SCHOOL HOURS

Monday - Friday:

8:42 am	Welcome Bell
8:45 am	Morning Instruction Begins
11:45 am	Long Recess – outside
12:20 pm	Welcome Back Bell
1:20-1:35pm	Short Recess
2:25 pm	Classes Dismiss for the Day

Office Hours: 8:00 am – 3:00 pm

Save the Date!

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

October

2	Truth and Reconciliation Day - No School
3-6	Thanksgiving Challenge- Bring in non-perishable food items to be given to those in need
3	Grade 4/7 FSAs (Oct 3- Nov 10)
3	Gratitude Assembly
5	Teacher & EA Appreciation Day
9	Happy Thanksgiving - No School
11	PAC mtg. 6:00pm
16-19	Formative Assessment Conferences Early Dismissal 1:25pm/ Open House
19	Choir short performance 2:30pm
20	Non-Instructional Days - No School
26	Picture Retakes
31	Halloween parade/ pumpkin carving contest

Social Emotional Learning and our virtue for this month: Gratitude

"Gratitude is when you appreciate the little things. Even if it's just a smile or a kind word, showing gratitude is a great way to show that you care."

This quote emphasizes the concept of gratitude, which is the act of recognizing and valuing the small, often overlooked, positive aspects of life. It suggests that genuine appreciation can be found in simple gestures like a smile or a kind word. By expressing gratitude, you are demonstrating that you genuinely care about someone or something. In essence, it's a reminder that even the smallest acts of kindness and positivity can have a meaningful impact on others and should not be taken for granted.

Thanksgiving Challenge

In the spirit of Thanksgiving, we are encouraging our students, who are able, to bring in any non-perishable food items to give to those in need for the Thanksgiving weekend.

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 29 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

Thank you to those parents and guardians who joined us for coffee, snacks and a song from our choir on September 15. It was so nice to meet you. Please know that you are welcome to stop by and introduce yourself or chat any time.

Grade 7 Grad Hoodie and T-Shirt can now be ordered on the School Cash Online.

Munch-a-lunch

Oct. 6- Edo, Oct. 13- Cobbs, Oct. 20- Local Pizza <https://munchalunch.com/schools/CinnabarValley>



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 19^h at 10:19 am. Please see some earthquake safety tips below.



Nut Aware We deeply value the dedication of Cinnabar families in maintaining a safe food environment for all our students. Although we operate as a nut-aware school and cannot entirely eliminate the presence of nuts (eg. visitors in the building), we kindly request that parents/guardians refrain from sending snacks or foods containing nuts to school. This precaution is crucial, as we have several students and staff members with severe, life-threatening nut allergies. Your attentiveness and cooperation in this matter are greatly appreciated, as they contribute to the safety and well-being of our community. Thank you for your continued support in keeping our school a healthy and secure place for all.

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 us for an in-person or virtual PAC meeting on the **Second Wednesday** of every month. **Wednesday, October 11** from 6:00pm – 7:00pm is the next in-person meeting. We welcome all parents. Child minding is provided. Please see the Cinnabar PAC page for updates throughout the year. ☺

Terry Fox Run

The Terry Fox Run, a yearly event, achieved remarkable success. This year, the entire school participated together in the run. A special appreciation goes out to Mrs. Stannard, her students, and the leadership students for their active involvement. Above all, a BIG THANK YOU to Cinnabar students, parents, and staff for their generous contributions towards Cancer Research.

Photo Day

Individual photos retakes will be on Thursday, October 26th.



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.**

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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.