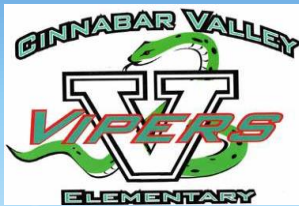


N O V E M B E R

# Cinnabar School News

100 Ohio Way  
Nanaimo, BC V9X 1C8  
Website: <http://cb.schoolsweb.sd68.bc.ca>



## Principal's Message

Dear Parents/Guardians,

We extend our heartfelt gratitude to all who participated in the Parent-Teacher Conferences. Collaborating closely with you is essential in ensuring your child/children receive the tailored support and education they need to thrive. Your invaluable contributions make it all possible.

A special thank you goes out to the families who joined us this week for IEP meetings. Your ongoing engagement and communication with the school are deeply valued.

We invite you to join us for the Winter Concert, "Voices of Nature," on November 30 at the Port Theatre. This event offers an integrated, cross-curricular, project-based approach to ecological learning through music. Holly Arntzen and Kevin Wright will be conducting a 3-day Artist in Residency at Cinnabar to rehearse with our students. The culmination will be a professional concert, providing every child with a leadership role to champion the cause of nature. We eagerly anticipate your presence.

Additionally, we're excited to announce our annual pumpkin carving contest on October 31 at 8:15am. We can't wait to witness your creative masterpieces this year. Kindly bring your carved pumpkins to the front of the school. Our team will be there at 8:15am to register your entry and ensure it's placed in the designated areas.

Weather permitting, we invite you to join us for our Halloween parade starting at 9:15am on the blacktop. Parents and families, please gather in the playground area to allow our classes to assemble on the blacktop. We're eagerly anticipating the sight of all the incredible costumes.

A friendly reminder: while it might be tempting to bring Halloween candy to school, please be mindful that we adhere to Healthy School guidelines. Kindly enjoy those treats at home. Thank you and have a spooktacular Halloween!

## Save the Date!

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

Nov. 1	PJ Day
Nov. 3	Professional Development Day- No School
Nov. 5	Time change
Nov. 10	Remembrance Day Assembly
Nov. 13	Remembrance Day (observed) – No School
Nov. 15	Virtual PAC Meeting
Nov. 20-24	Online Book Fair
Nov. 24	Plaid Day
Nov. 30	Voices of Nature Performance (Port Theatre)

**Raffle Tickets are still available. Last day to purchase is on Nov.30. Please support our Cinnabar PAC. \$5 per ticket to win a grand prize of \$1500, 2<sup>nd</sup> Prize \$400, and 3<sup>rd</sup> Prize is 100.**

**Halloween Safety Tips from Nanaimo RCMP** (see attached)

Halloween will soon be upon us. With that, the Nanaimo RCMP wishes to provide some basic safety tips to keep it a fun filled accident-free evening.

**Assessment and Reporting** (see attached)

FAQs: Please see the attachment with October's FAQs for Elementary Reporting as there have been a few changes made this year.

**PAC**

A big 'Thank You' to those parents/grandparents and guardians who have joined the PAC! We appreciate your time and input. Please note that all caregivers of students are members of the PAC whether you attend meetings or not and your input into PAC decisions is extremely valuable to us. Please join us for our next PAC Virtual Meeting which is scheduled for November 15 at 6:00pm. See the PAC Facebook page for the meeting link.

**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.

**Earthquake Drill**

On October 19th, we participated along with the rest of Canada in the Great Canadian Shake Down. I'm pleased to report that our students exhibited excellent behaviour and efficiently evacuated the school premises in a record-breaking time. I encourage you to carefully look over the details provided in the October newsletter and work on formulating your earthquake preparedness plans with your family.

**Cross Country**

Thank you again to Mr. O'Hara, Mr. Klan and Ms. Stannard for coaching the Cross-Country team. Our students were impressive in running and they demonstrated excellent attitudes and behaviour. Congratulations to all the students and to those who will be moving on to the district meet.

**Book Fair**

Our in-school bookfair is scheduled for November 20-24. Mark your calendars! Happy reading! Mrs. Stone and the Library Crew.

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**Great Pumpkin Toss** is on Nov. 4 from 11am -3pm East wellington (see attached).

**Rainbows**

Rainbows is a peer support initiative designed for children experiencing significant changes within their families. These changes may encompass situations such as divorce, loss, foster care, or other similar circumstances.

The aim of the Rainbows group is to ease the emotional pain associated with grief and foster emotional recovery by creating a secure space for the open expression and release of feelings. If you believe your child could benefit from this program, please reach out to us at the school. With enough interest, we may be able to arrange a session in the upcoming year.

## CINNABAR NEWS

### Great Nanaimo Toy Drive

If you have no other means of providing toys for your children, The Great Nanaimo Toy Drive wants to help. Please check out [www.thegreatnanaimotoydrive.ca](http://www.thegreatnanaimotoydrive.ca) to see how/where/when to register.

Once again, The Great Nanaimo Toy Drive will be providing toys/gifts for children 0-16 years old in Nanaimo and area, this holiday season. If you would like to donate, please check out the drop off locations which are listed on the website.

### Social Emotional Learning and our value for this month: **Respect**

The golden rule for respect is to treat other people the way you would like to be treated. The golden rule suggests that if you would like people to treat you with respect, then you should make sure to treat them with respect too. What does treating someone with respect mean? Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them. Respect in your relationships builds feelings of trust, safety, and wellbeing. Respect doesn't have to come naturally – it is something that you may have to learn.

What are some ways to show respect?

Listen to others, affirm people's opinions, empathize with different perspectives, apologize when you're in the wrong, call out disrespectful behaviour, show gratitude and compliment the achievements of others.

Please check out our new Choir song for November and December.

Happy Vs Respect

<https://www.youtube.com/watch?v=DyS7JAeWQFk>

### Erase Bullying

**Every child deserves an education free from discrimination, bullying, harassment, intimidation and violence.** The ERASE (Expect Respect and A Safe Education) Bullying Strategy is part of the Province of British Columbia's efforts to personalize learning and supports for all students. Please visit the ERASE Bullying website or click on the logo on our school website. If your child is being bullied, please let the teacher or the principal know. We can't help if we aren't aware.

### QuitNow

QuitNow has launched a brand-new mini site made for youth who vape and are interested in quitting or reducing. Informed by QuitNow's engagement work with young people across BC, and feedback provided by the Youth Advisory Council at McCreary Centre Society, the mini site provides information and interactive activities on the health risks of vaping, the benefits of quitting vaping, and coping with addiction and mental health. We've also developed a step-by-step guide youth can use to quit or reduce vaping. The mini site can be accessed here: <https://quitnow.ca/vape-free-quitting>. Any questions or comments about the site can be directed to Lauren De Souza, Knowledge and Content Lead at the BC Lung Foundation at: [desouza@bclung.ca](mailto:desouza@bclung.ca).

### School Closures

If schools are closed due to snow, or any other weather-related problems, announcements will be made on local radio stations (WOLF 106.9 FM, WAVE 102.3 FM, and 91.7 COAST FM) by 7 a.m. on the day of the closure. Please do not call the radio station – tune in and listen for the announcements, which will be made on a regular basis. In addition, the district will post the information on the district's website, Twitter, Facebook, and mobile app. Please keep in mind, however, that there may be situations where this is not always possible, for example, power outages or technical problems. The most reliable method is to listen to the local radio stations.

*Have a wonderful November!  
From all Cinnabar staff*