



Principal's Message

ON THE CALENDAR

November

- Nov. 4 Photo Retake Day
- Nov. 8 Indigenous Veterans' Day
- Nov.10: Remembrance Day Classroom Virtual Assembly
- Nov. 11 Remembrance Day (School closed)
- Nov. 17: Grade 2 Hearing Screening
- Nov. 18: First PAC Hot Lunch Day (see information on p. 6)

Hello, Moody Families! What a beautiful season with all of the colourful leaves falling around us. It is hard to believe we're heading into November already!

Thank you for your cooperation with continuing the daily health checks and sending your children with masks as per the K-12 mask requirements. Our staff is working very hard to ensure your children's safety and the best for both their physical and mental health.

We are trying to bring things back safely. Hot lunch will be starting up this month (p. 6). The Breakfast Club will also be starting up soon (p. 5). Our new youth worker, Ms. Ross, will be preparing food and welcoming students before school.

We all have the need for fun and the Halloween parade today was just that (p. 2)! Ms. Clark is also busy planning for a special virtual Christmas to kick off the holiday season (p. 3).

Also, a sneak peek into the school: see the bulletin boards in our hallways (keep scrolling!).

Moody Spirit Wear (hoodies, pants, masks) can be ordered Nov 1-14 (see last page of newsletter) as a PAC fundraiser.

Thank you for your continued trust and partnership,

Sheila Rawnsley

Remembrance Day: November 11th

Students will be given poppies to wear on Wednesday, November 10th. They are asked to bring donations to support the work of the Royal Canadian Legion. Donations will be collected prior to the Remembrance Day (virtual)Assembly on November 10th.



Let Us Not Forget



What a great morning for our Halloween parade! The weather cooperated and we had so much fun marching, laughing and dancing! Thank you to Mr. Egelstad and Ms. Clark for organizing the event and for providing us with the great music! Have a fun and safe Halloween from all of us here at Moody Elementary!



Christmas Concert News

Due to the ongoing COVID-19 pandemic, we will be changing the format of our Winter/Christmas concert this year. Your child and their class will learn their own Christmas song, which will then be filmed. These songs will later be compiled into a full school Christmas concert.

The filming will take place during regular music class times.

Tuesday, November 30: Classes to be filmed: Egelstad/Elie/White/Jones/Bordignon/Shemah

Thursday, December 2: Classes to be filmed: Bolzan/Duprey/Cooney/Feng/ Pahani/Guest

On that day, we will ask students to wear a specific colour or outfit (for example: wear your winter coat and mittens, or red or green). Please check planners in November for further details.

On **Wednesday, December 15**, we will have a schoolwide pyjama day and the whole school will watch the concert in the afternoon. We will email the recording to our parent community after school on the same day.

We are excited to continue this Moody tradition, although in a different way this year! We also know that there are many ways that families celebrate winter. Please feel free to share your family's traditions and celebrations with us so we can incorporate it into our December learnings. You can do this by having your child share with their teacher or email Ms. Clark or Ms. Rawnsley.

Ms. Clark, Music Teacher

Moody School Goals

Every year the teaching staff determines goal areas based on formal and informal assessments. Given the pandemic and related interruptions to learning, we will continue to work on previous goals focused on self-regulation and reading skills. We know that students need to learn how to regulate their emotions in order to learn. We also know that literacy is the foundation to everything else. The following are our specific goals & some things we are doing to improve in these areas:

To grow students' self-awareness and personal management reinforcing self-regulation skills and ensuring all students thrive at school.

- morning calm (starting the day with school-wide core breathing exercises)
- lessons on identifying emotion words
- learning about calming strategies

To increase the percentage of students who are meeting expectations in reading in order to build student self-confidence and set students up for success.

- a variety of age-appropriate literacy activities/lessons daily
- providing extra supports for our English Language Learners and any students struggling with reading
- see some tips for you to try at home from Ms. Duprey (next page)

Some Tips for Reading at Home

Before your child reads the book:

- Discuss the book cover (including title and picture)
- Ask them to predict what the book might be about
- Go through the book page by page and talk about the pictures

When they have a good idea of what the story might be about then they are ready to read the text.

While they are reading:

- Give your child time to work out unknown words before prompting them.
- Encourage your child to have a go by using the following strategies:
 - ❖ "Look at the picture."
 - ❖ "What do you think the word is? Have a go."
 - ❖ "Read the sentence again and see if you can work it out."
 - ❖ "What does it start with?"
 - ❖ Encourage sounding out words by chunking sounds together or stretching the word out.
- If they are still unsure simply tell them the word.
- **PRAISE THEIR EFFORTS**

At the end of the book:

- **Ask questions:**
 - ❖ Did you enjoy the book? Why?
 - ❖ Who was your favourite character? Can you describe him/her?
 - ❖ Are there any words you did not know the meaning of?
 - ❖ Can you tell me what happened in the story?
 - ❖ What did you think about....?

Adjust to fit your child's reading needs. Try to incorporate reading into your regular schedule. Play board games that require reading. Let your child see you reading for pleasure!

Breakfast Program

We will begin to offer the Breakfast Program on Monday, Wednesday and Friday mornings at 8:15 in the gym. This program is made possible through donations. We will begin with cold foods (cereal, milk, yoghurt) and then add hot foods and hopefully offer it every day. Our first day will be Monday, November 8th.

If you are sending your child to the Breakfast Program:
-please walk them to the outside gym doors at 8:15am
-they will sign in and be offered food; they will be expected to sit calmly and eat.



WINTER WEATHER ALERT

In the event of extreme weather conditions:

Check the district website at www.sd43.bc.ca beginning shortly after 6:00 a.m. or tune in to CKWX 1130 AM, CKNW 980 AM or CBC 690 AM.

Be sure to hit refresh when returning to the district website. The district website posting is official – there is no need to call the school or the Board office after viewing.



Counsellor's Corner:

Parenting, and simply life in general, can be extra hard these days. How can we all make it a bit easier on ourselves and our children? One suggestion seems simple enough but we all need help with it sometimes... It's SLEEP! Please read the following information from Kelty Mental Health.

Why getting a good night's sleep is like a superpower for the whole family.

Getting a good night's sleep may be one of the first things to fall off your radar given the competing demands of a busy family life.

But sleeping well is a game changer for children and youth. It supports their mental and physical health, and allows young minds and bodies to develop and function properly.

Children who get a good night's sleep feel more energized during the day, tend to learn better, concentrate on tasks for longer, and be more creative. A well-rested mind is better able to make positive decisions, problem solve, and manage stress. Not only that, our bodies can get an immune system boost from regular, restful sleep that can ward off illness.

Few families get through childhood without some kind of bedtime or sleep disruptions. Building good family sleep habits early on can significantly reduce bedtime struggles for all.

With a little patience and practice, you can adopt routines and habits that promote sleep, build better sleep schedules, and create soothing sleep environments for your child.

To learn more about healthy sleep hygiene for the whole family, like challenges and tips, please explore the following link: <https://keltymentalhealth.ca/sleeping-well>

Thank you for helping us to support your children, and as always, please contact me if you would like to talk about your child's social-emotional development.

Ms. Armstrong, School Counsellor (marmstrong@sd43.bc.ca)





MOODY ELEMENTARY



HOT LUNCH



New to Munch a Lunch?

HERE'S HOW TO REGISTER:

- 1) Go to: <https://munchalunch.com/schools/MOODY/>
- 2) Click on **Register Here** button and follow the steps.
- 3) After adding your child/ren, click **Order Lunch**
- 4) Ensure you follow through and complete payment for selected food items.

HOT LUNCH DATES 2021/2022

- November 18, 2021
- December 2, 2021
- January 13, 2022
- January 27, 2022
- February 10, 2022
- February 24, 2022
- March 10, 2022
- March 31, 2022
- April 14, 2022
- April 28, 2022
- May 12, 2022
- May 26, 2022
- June 9, 2022

ORDERING DETAILS:

- Orders must be paid at the time of ordering via Munchalunch
- Orders can be placed all at once and encouraged to minimize fees incurred by PAC.

<https://www.facebook.com/moodyelementary>
moodyhotlunch@gmail.com

Take a walk down our hallways...



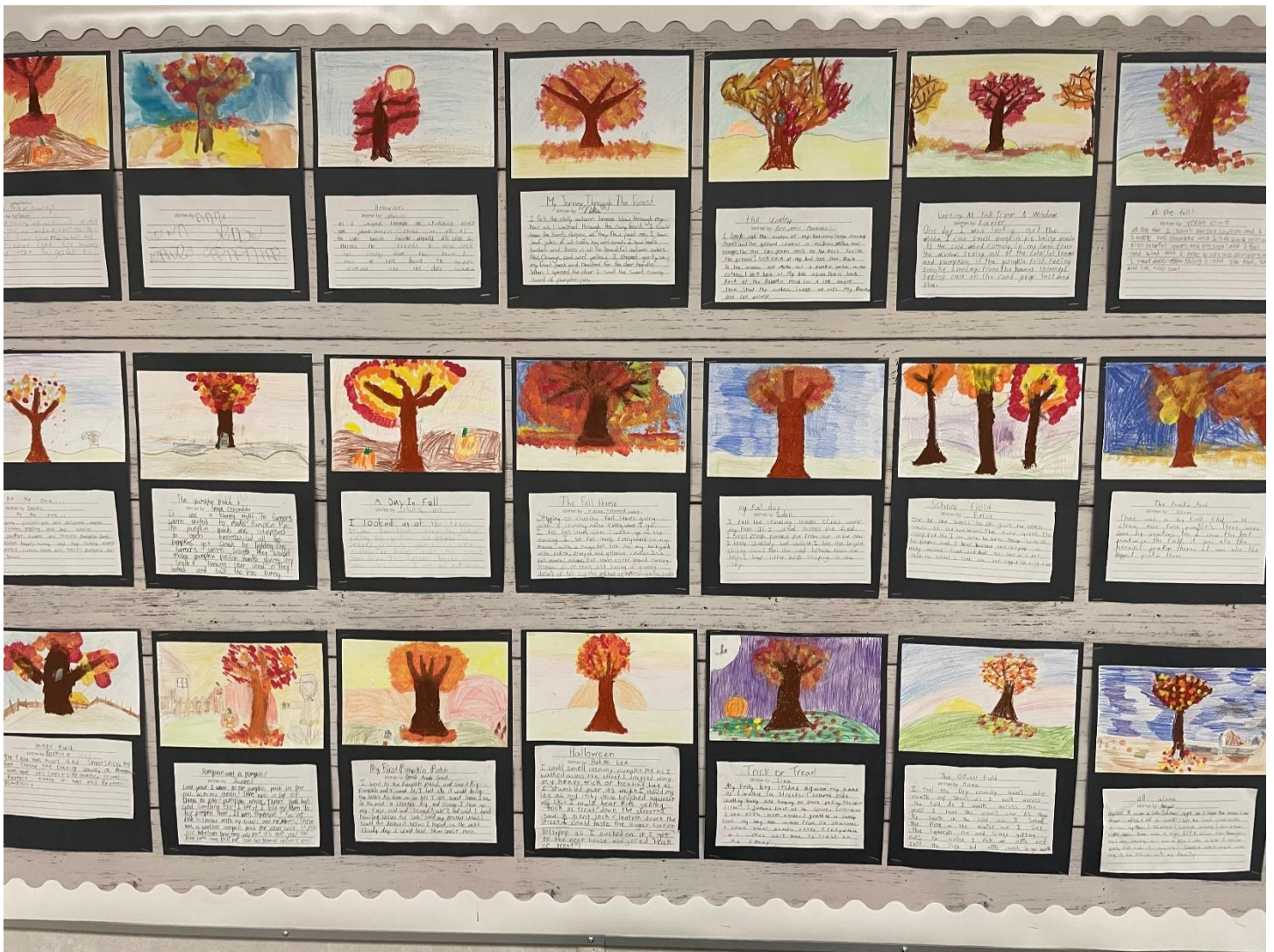
Our front display: All are welcome here at Moody...



This is about understanding and identifying our emotions through a program called "Zones of Regulation". Using feeling words at home helps your children understand that we all feel a variety of emotions at different times. Ask your child to teach you about the zones.



Ms. Duprey's 'A moment in time self-portraits' (Div. 5)



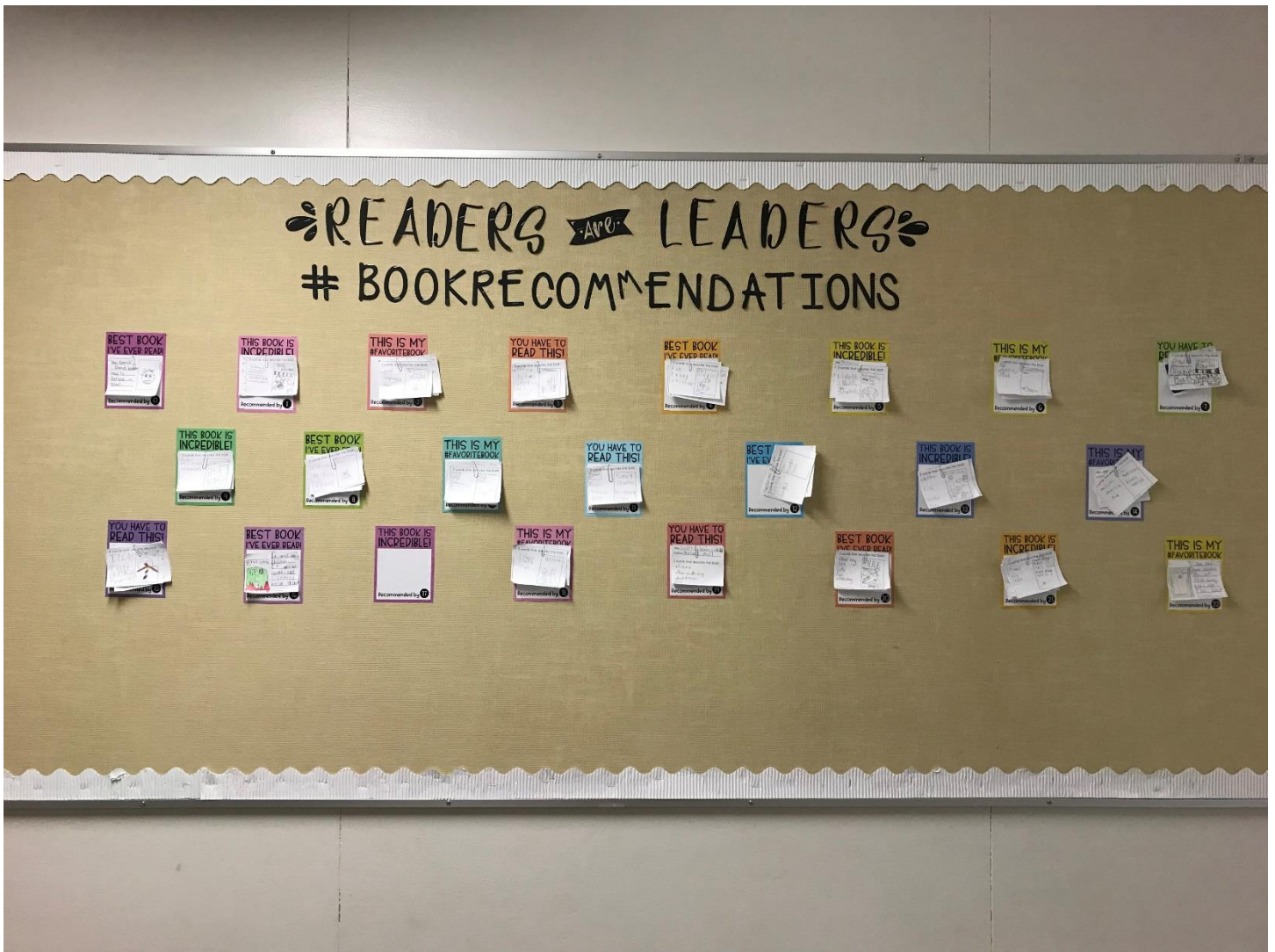
Show don't tell fall writing and art—Div 3 (Ms. Bolzan's class)



We learned about Terry Fox and became inspired by his determination to help find a cure for cancer. We created a beautiful leaf that tells of someone special - we dedicated our Terry Fox Run to them! (Div 1—Mr. Egelstad's class)



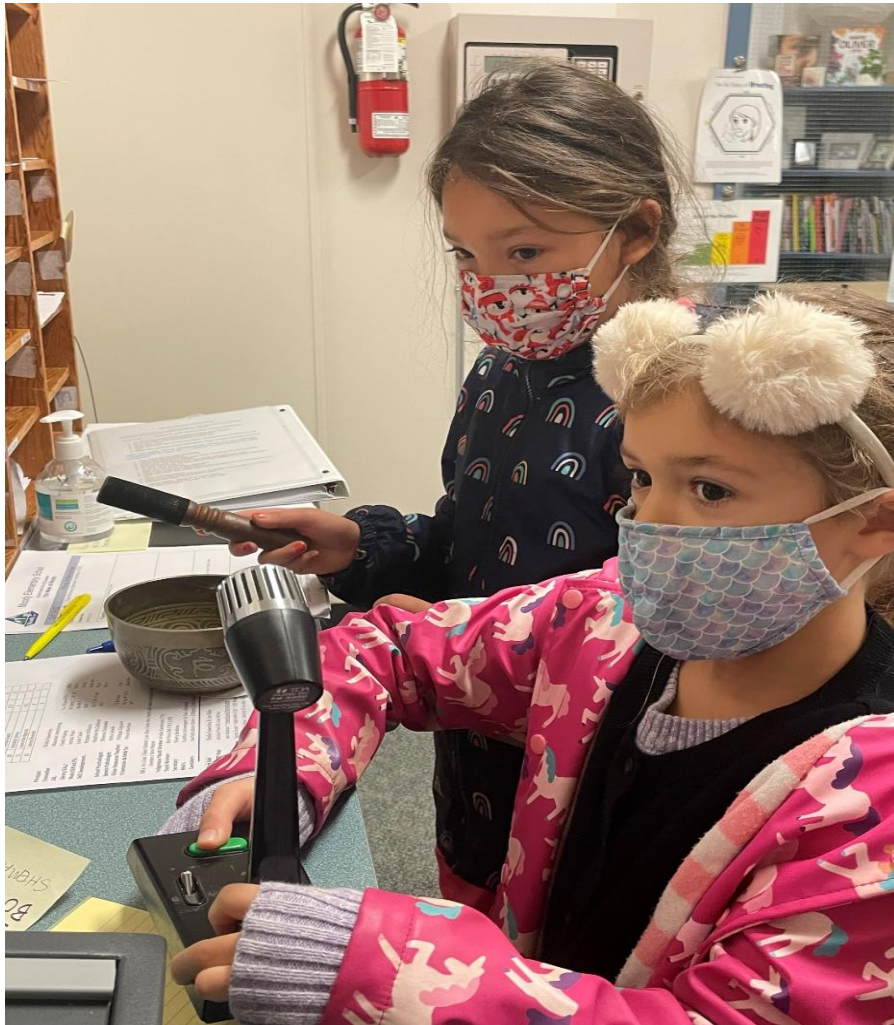
Students learned about why leaves change colour, and why leaves eventually fall down. (Div 7- Ms. Panahi's class)

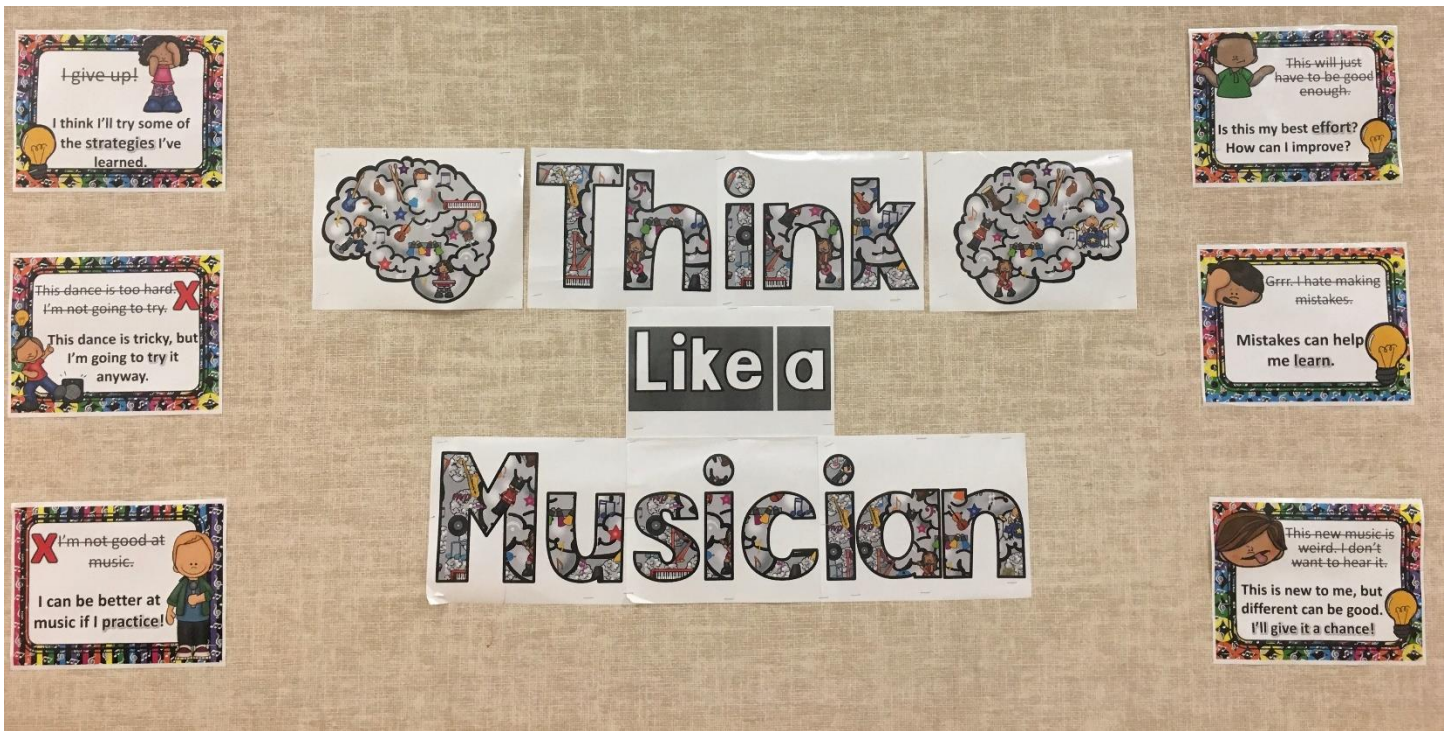


Div 4 (Ms. White's class') interactive book recommendations. Before students book shop on Fridays they write and/or draw about their favourite book from the week. They hang up their recommendation, read the others, and exchange their books if they wish.



This is our heart contractions to the land. We used these to help us write our individual land acknowledgments. The green represents our connection to the land, blue to the water and grey the air. Below: Scarlett & Avery sharing land acknowledgments and the "morning calm" (core breathing exercises) over the PA for morning announcements. Div 4 (Ms. White's class)





"Our bulletin board is to 'think like a musician'. Moody students have a wonderful growth mindset when it comes to learning music. It's helpful for us to review this board for tips if we ever feel stuck and need positive encouragement in our learning." (Ms. Clark, Music teacher)



Division 9 (Ms. Guest's class) created Hundertwasser self portraits

Fall Leaf Art

Students worked both collaboratively and independently to create artistic works. These images were inspired by our investigation of the structure of leaves and the colours they turn in the fall.

Ms. Cooney/Ms. Hook's Div 6 display—see next page!





Mrs. Pauli and the library books were so excited to welcome students back to school so that students could start to enjoy all of the wonderful books in our library once again!



Mrs. Feng's Div 8 Pumpkin Patch!

Moody Elementary Spirit Wear

**Hoodies | Sweatshirts | Gym bags | Baseball tees | Shorts
Masks | Hats | Personalized water bottles | and more!**



**Online store open from
November 1st - 14th**

Sizes for kids and adults!

moodyelementaryspiritwear.itemorder.com/sale

Items will be shipped to the school and distributed before the winter holidays

Profits support the Moody Elementary PAC

Questions? email moodypac@gmail.com