

The Apex News

Your Digital Newsletter



Important Upcoming Events

Terry Fox Run – Wednesday, Sept.27

----- JEREMY BAERG

All Apex students and their families are invited to participate in our annual Terry Fox Run. The event will start at 11:30am and will “run” until we are all tired out!

Please join us in celebrating Terry’s legacy and feel free to bring a donation that the Terry Fox Foundation puts towards cancer research.

The running/walking route this year will explore our entire campus and there will be opportunities for breaks and there might even be prizes!!

We will be joined by Encompass 10-12 as well, so are hoping for some good weather and lots of you joining us. The event will go rain or shine.

Toonies for Terry!



Breaking news

School Start Up is On!

----- LISA DUBÉ

Welcome to all of our returning and new Apex families. We have already been hard at work preparing and setting up meetings, Student Learning Plans, Bi-weekly plans, MS Teams, and more in preparation for this school year and are excited to have you with us this year.

If you haven’t already, please visit the [Parent Portal](#) to review your contact information. If anything has changed, please let the Apex office staff know.

Speaking of office staff, we are bidding goodbye to the amazing Bonny Gibson as she is retiring at the end of this month. She will be dearly missed but we wish her well as she moves into the next stage of her journey.

We warmly welcome Emmie Varley who will begin on Sept 28.



Office contact info:

Lisa Dubé – Principal
lidube@sd43.bc.ca

Office Secretary –
ApexHeadSecretary@sd43.bc.ca
604-945-7311

[Apex website](#)

Apex Clubs Starting Oct.4

Stitch Club will run on each day there are Wednesday classes, beginning on October 4th, 11:50 am – 12:25 pm, between the morning and afternoon classes. Any age is a great time to get started with fibre arts! Parents are encouraged to join their younger students initially while we get started.

Students are always encouraged to bring in any current textile or fibre art project that they are currently working on. We can also get them started learning the basics for a knitting or crochet project if they are interested in learning.

Kilometre Club will run on each day there are Wednesday classes as well, from 9:10-9:25am. The goal of this is to encourage students to get active, set goals and socially exercise with other students. Parents and students are welcome to participate. We strongly believe that fresh air and exercise first thing in the morning is a great way to start your day and get your brain ready to be engage in learning.

Both clubs are optional and all are invited to participate.

Foundational Skills Assessment

Gr.4/7 Parents, please make note

----- JEREMY BAERG

The [Foundational Skills Assessment](#) (FSA) is an annual province-wide assessment of all B.C. students' academic skills in grades 4 and 7, and provides parents, teachers, schools, school districts and the ministry with important information on how well students are progressing in the foundation skills of Literacy and Numeracy. For families with children in Gr.4/7, please watch your inbox for important information.



TO LEARN MORE VISIT:
www.gov.bc.ca/foundation-skills-assessment

CHECK OUT PROVINCIAL ASSESSMENT RESULTS:
<https://studentsuccess.gov.bc.ca/provincial-results>



More events

School Photo Day – Thursday, Sept.28

----- JEREMY BAERG

School photos will be taken on Thursday, Sept.28. If you are interested in having your child's photo taken (can be useful for student ID), please follow the following schedule based on your child's last name:

10am-11:30am – Last name starting with **A-I**, please come to the Vanier gym during this time.

12:30-2pm – Last name starting with **J-Z**, please come to the Vanier gym during this time.

Retakes are currently scheduled for Wednesday, November 15.



Wednesday Classes for Term 1

Please let your teacher know if you are planning to participate



----- JEREMY BAERG

We are looking forward to having our students back on campus again beginning **Wednesday, October 4 and ending on November 22**. This term, we are planning to have the K-5 students attending in the morning and the 6-9 students attending in the afternoon.

This term, K-5 students will be invited to start the morning with Kilometre Club (optional) on the back soccer field. One of our Apex teachers will be ready to meet students at 9:10am on the field and will encourage movement and participation until 9:25am.

The morning schedule will be as follows for our K-5's.

- 9:10-9:25am – KM Club (optional)
- 9:30-10:30am – SEL or PHE
- 10:30-10:50am – Recess break
- 10:50-11:50am – SEL or PHE
- 11:50-12:25pm – Stitch Club (optional)

The afternoon schedule will be as follows for our 6-9's.

- 11:50-12:25 – Stitch Club (optional)
- 12:30-1:15pm – SEL or ADST
- 1:15-2:00pm – SEL or ADST
- 2:00-2:20 – Recess break
- 2:20-3:00 – PHE for all

Based on enrollment today, students will be in the following groups (subject to change):

- Birch – K-2 students
- Maple – Gr.3-5 students
- Pine – Gr.6-7 students
- Cedar – Gr.8-9 students

Wednesday, September 20, 2023

Welcome to our new Apex Counselor

My name is Melissa Silver, and I am the new counsellor and student services teacher here at Apex. I am available to students and families on Wednesdays and Thursdays and excited to meet everyone next month!

Two things to try:

"The 7/11 Breath" Inhale for 7 secs, exhale for 11 secs.

Instead of a 10 min warning, try "Tell me your 10-minute plan!"

Workshops:

There are a couple of workshops in the community.

DEEPENING OUR UNDERSTANDING AND SUPPORT FOR THOSE WITH DISORDERED ANXIETY

DATE: Thursday, October 5th
 TIME: 6:30pm - 8:30pm
 LOCATION: Surrey City Hall
 COST: Free
 REGISTER AT: [Familysmart.ca/Events](https://familysmart.ca/Events) [Familysmart.ca](https://familysmart.ca)



Supporting Your Family After a Mental Health Crisis

TOPICS INCLUDE:

- How to support a safety plan at home
- How to take care of yourself and family after a crisis
- How to find the resources you need

THE WORKSHOP IS OFFERED THREE TIMES EACH MONTH FOR B.C. FAMILIES:

- Wednesdays: 9:30am - 11am (2 weeks)
- Tuesdays and Wednesdays: 12pm - 1pm (2 weeks)
- Thursdays 6pm - 8pm (2 weeks)

The workshop is free and offered online. Registration required.



PAC Corner

We need your help!



----- LISA DUBÉ

As the new year begins, we find ourselves without PAC personnel to support our students with the initiatives and opportunities that the Gaming Grant and fundraising has provided in the past. Although a PAC is not required in schools, I would like to share some information for your consideration.

We are 'untraditional' in our PAC expectations with typically 3 or 4 meetings occurring annually and then monthly or bimonthly communication via email or drop ins.

If we have willing community parent support, we sometimes seek help at school wide events, field trips or end of year activities. The PAC may also choose to consult other parents and decide on fundraisers. The PAC personnel apply for an annual Gaming Grant and then manage the financial responsibilities of funds distribution in consultation with me and with a wish list from the teachers. Access to the gaming grant is dependent on the existence of a PAC.

If any of this is of interest to you, please send me an email (lidube@sd43.bc.ca) or call me here at the school (604-945-7311) by October 15. Thank you.

BC Demographics Survey

Anti-Racism Initiative

----- LISA DUBE

We all deserve to live in a province where we have equitable opportunities to thrive. But many of the systems and structures our society is built on turn a blind eye to the unique needs of Indigenous Peoples and racialized people. That's why the B.C. government is running two important initiatives.



They're asking everyone in B.C. to fill out the BC Demographic Survey to help identify and eliminate systemic racism from government programs and services. The survey is available online in 15 languages until Oct. 15 and will take about 15 minutes of your time. It is available at

<https://antiracism.gov.bc.ca/bc-demographicsurvey>

The B.C. government is also asking for public input in developing anti-racism legislation that will hold government accountable for addressing systemic racism within its programs and services, and to provide supports to those who have been negatively impacted. No matter what your experiences or background is – your input matters!

The public questionnaire is available until Oct. 15 in 15 languages and takes about 10 minutes to complete. It is available at:

<https://engage.gov.bc.ca/antiracism>

So, don't wait! Your feedback is anonymous and will help us make our province work better for everyone. Every person's perspective counts.