

Sept 2025

Apex Fall Newsletter

Terry Fox Run and Orange Shirt Day

Monday, September 29th will be both our Terry Fox Run and Orange Shirt Day at Apex. Students will be participating in activities during their regular Monday Classes. While we feel each of these events deserve their own day, it was important to us to have as many students as possible experiencing them together. Please remember to wear your orange shirts and if you can, bring a TOONIE for TERRY! If you wish to fundraise further, this is our school fundraising link: <https://schools.terryfox.ca/99177>.

Important Dates

- Sept 29th: Term 1 Monday classes begin. - *Terry Fox Run and Orange Shirt Day*
- Sept 30th: School closed for Truth and Reconciliation Day
- Oct 13th: Schools closed for Thanksgiving. No Monday Classes.
- Oct 24th: Provincial Pro-D Day
- Oct 27th: Individual and Class Photo Day
- Nov 11th: Remembrance Day
- Nov 17th: Last Monday class of term 1.
- Nov 24th: School Field Trip - *TBA*
- Dec 15th: Pro-D Day for Teachers
- Dec 16th: Report Cards to Parents

PAC Corner

The Monday treat cart is coming back this year! It will return on October 6th, so bring your change! :)



Clubs will start October 6th!

Apex teachers will be running clubs again on Mondays this year from 11:55-12:25pm. Instead of just dropping in, we would like students to sign-up ahead of time so that we can keep track of who should be where. All clubs will meet in the library at 11:55 and then go to their designated spaces with the supervising teacher.

Clubs on offer this term:

- Garden Club
- Games Club
- Kilometre (KM) Club

Follow the link to sign up or find a sign-up sheet on our Apex Community Board in the hallway.

[Clubs Sign up!](#)

Garden Club

Spend some time with us in the Millside Garden where we will learn, prepare, plant, nurture, forage, gather, and grow.



Games Club

Bring your favourite board and card games to share with others in this club.

The focus is on fun and to make this an enjoyable experience for all participants.



Kilometre (KM) Club will start on Oct.6 and run from 9:05-9:25am. prior to morning classes.



Counsellor's Corner

Happy September, everyone! My name is Melissa Silver, and I serve as both the Counsellor and a Learning Services Teachers at Apex. I am available to support families in person, by phone, or via email on Mondays, Wednesdays, and Thursdays. You can reach me at:

- Email: msilver@sd43.bc.ca
- Phone: 604-937-8190 (Skype) or 604-936-4285 (Millside)

Below is a link to an insightful episode from the Screenagers podcast titled "How to Fight Back Against the Youth Sleep Crisis." I hope you enjoy it!

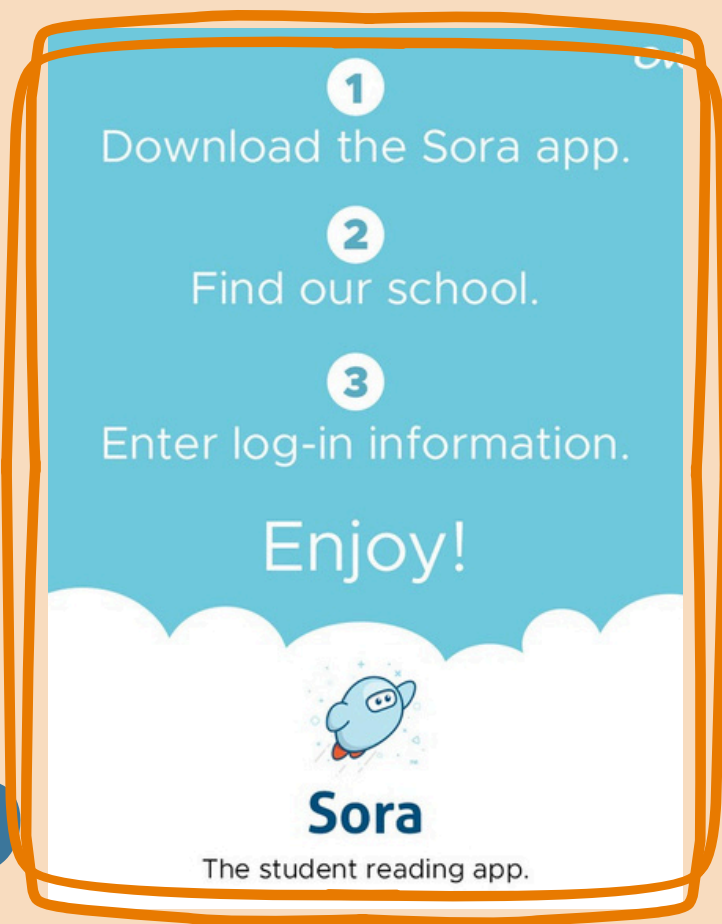
[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=JLhwWjaNXuM&list=PLTHbZVxuF1sLhF8QZ68FG0_fvDB_dZZrG)

[v=JLhwWjaNXuM&list=PLTHbZVxuF1sLhF8QZ68FG0_fvDB_dZZrG](https://www.youtube.com/watch?v=JLhwWjaNXuM&list=PLTHbZVxuF1sLhF8QZ68FG0_fvDB_dZZrG)

Additionally, here is a helpful list of community supports available to families in SD43:

[Mental Health & Well-Being - School District No. 43 \(Coquitlam\)](#)

I'll be sending out a more comprehensive list of in-person services, helplines, and websites/apps via email soon. If you have any questions, please don't hesitate to reach out.



Apex Library

The library is up and running! Come see us on Mondays between 11:55-12:25 or in your tutorials!

School Goals!

Curious what our teachers are working towards this year? Find our school goals here:

[Apex APL](#)



Scholastic Alert!

Check out those Scholastic flyers lounging in our school entrance! Each time you snag a book for your home through Scholastic, we score credits for our school library's book stash. We adore reading, you adore reading, it's a reading love fest for everyone! Our class code is:

RC373732

[Order Books Here](#)



Did you know?

Our school district has a variety of online database subscriptions for students to access as needed, that support both student learning and the curriculum.

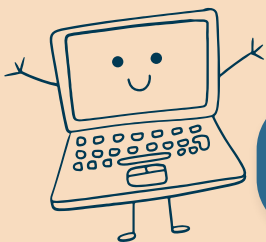
Fun Fact!

You can also access our school library database from home!

Go to the student resources link in the orange box, click on library catalogue, click the image, click on Apex, and now you can search our collection. Let us know if you want us to put a book aside for you! Email apurcell@sd43.bc.ca and we will do our best to have it ready on a Monday or for your next meeting.

This is how you access them!

- 1) Go to this link:
[SD43 Student Resources](#)
- 2) Choose the resource you want to experience (ex. World Book Kids or Curio.ca)
- 3) Log in!
 - most of these websites use the same single sign on.
Username: sd43u
Password: sd43u
 - some websites may use your school district login.
Username: 211-student@sd43.bc.ca
Password: login
- 4) Get learning! :)



ONLINE RESOURCES

Seeds That Speak

Apex School Wide Project



Dear Apex Families,

This year, your child is stepping into a new kind of learning—one that moves slowly, gently, and with deep purpose. It's called: *Seeds That Speak*. Instead of covering lots of content quickly, your child will return again and again to a few key stories, outdoor noticing, and personal reflections—letting their learning grow like a seed.

❖ **What Will My Child Be Doing?** There's no quiz or final product, just a spiral of care and attention.

Each week, your child will engage in the practice of a Returning Ritual, which may include:

- Listening to the same story more than once
- Noticing what's changing in the land or season
- Adding something to a story bundle (a drawing, word, rock, question, etc.)
- Reflecting with curiosity: "What am I carrying from this story today?"

❖ **Why Are We Repeating the Same Story?**

In many Indigenous traditions, stories are alive—they teach us differently each time we return. This teaches your child to:

- Slow down and notice subtle changes
- Stay with questions that don't have easy answers
- Grow imagination, listening, and emotional depth

❖ **What If My Child Seems Disinterested?**

That's okay. Seeds grow underground for a long time before they sprout. We don't need children to "get it" right away. We simply hold space, return, and trust. Some weeks might feel quiet. Others will surprise you. Both are welcome.

❖ **What Can I Do at Home?** You don't need to teach. You just need to be present.

Each week, you'll get a short note with:

- A story or reflection to return to
- A noticing prompt
- A gentle suggestion for the bundle

❖ **Why This Now?**

Because our world moves fast—and your child needs to know that learning can also happen in silence, wonder, and slowness.

"The seeds are already inside them. We're just making room for them to speak."

Thank you for walking this spiral with us.

With warmth,

Your Apex Team