



# ÉCOLE GLENAYRE ELEMENTARY SCHOOL

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Newsletter # 4

September 18, 2025

## Upcoming Calendar Events

Fri, Sept 19 – Pro D Day

Fri, Sept 26 – Terry Fox Run

Mon, Sept 29 – Orange Shirt Day

Tues, Sept 30 – Truth and Reconciliation Day

Thurs, Oct 2 – Hot Lunch - Dominos

Mon, Oct 6 – Staff Meeting

Mon, Oct 13 – Thanksgiving

Thurs, Oct 16 – Hot Lunch – White Spot

Tues, Oct 21 – PAC Meeting

Thurs, Oct 23 – PAC Halloween Dance  
Will and Seeka Concert

Fri, Oct 24 – Pro D Day

Thurs, Oct 30 – Hot Lunch – Subway  
Early Dismissal 1:40pm

Fri, Oct 31 – Halloween  
Halloween Parade 1:00-2:00pm

## Principally Speaking

Hello Glenayre families,

We are looking forward to seeing students and families at the Open House tonight from 6-7pm. This is a chance to meet your child's teacher and other key members of our staff, and to familiarize yourself with our school if you are new to the community.

If you are looking to have a discussion with a teacher regarding your child's progress, please book a separate meeting on another day.

I am always amazed at the growth and maturity of our students as they show me daily what great kids they are. Yesterday at lunch I watched a group of Grade 4/5 students help some of our youngest students how to navigate some minor problems outside. They did this naturally without being asked. It really speaks to a healthy sense of community when we see people looking out for each other and supporting each other. Keep it up kiddos!

Tomorrow is a Pro D Day. Glenayre staff will be working with District Learning Services Coordinator Carol Todd to be trained in child internet safety as part of our work.

Enjoy the extra long weekend.

Ms. A. Wilcox, Principal



Welcome to Counsellor's Corner- your one stop shop to stay up to date about community events and workshops which support mental health. Every week I will share an emotional regulation tool.

### **Mindful Moment: Teddy Bear Breathing**

Pick out your favourite stuffed animal and lay on your back in a comfortable spot. Place the stuffie on your belly. Breathe in deeply, watching the stuffie go up. Watch it go down on the exhale. Try to keep it balanced on your stomach- don't let it fall off!

### **Events**

*Family Smart Workshops (All Virtual)*

Emotion Regulation: Multiple Dates in September

ADHD: Multiple Dates in October

Obsessive Compulsive Disorder- It's More Than Washing Your Hands-October 15<sup>th</sup> 6:30-8:00pm

Click [Here](#) to Register

My days of work are Monday, Thursday, and Friday.

Please do not hesitate to reach out to me if you have any questions, comments, or concerns.

Natalia Kubiak, M.Ed, RCC

[nkubiak@sd43.bc.ca](mailto:nkubiak@sd43.bc.ca)

**Questions for the PAC? Please contact:**

General Inquiries:  
[glenayrepac@gmail.com](mailto:glenayrepac@gmail.com)

Treasurer Inquiries:  
[glenayrepaceasurer@gmail.com](mailto:glenayrepaceasurer@gmail.com)

Hot Lunch:  
[glenayrepac lunchmail.com](mailto:glenayrepac lunchmail.com)

## ***TODAY:***

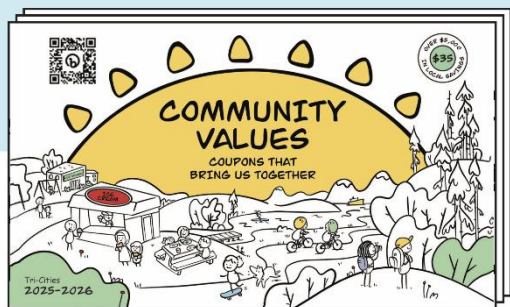
- **FREEZIE Thursday!!!! \$2/Jumbo Freezie, cash or card accepted**
- **Munch-a-lunch is LIVE for ordering!!!**

## **Mark Your Calendar: What's up next?**

- \* Pro D Day Friday September 19th
- \* **Orange Shirt Day ~ Monday September 29th**
- \* Truth and Reconciliation Day ~ Tuesday September 30th  
~ NO SCHOOL ~

**Hot Lunch season is here!** Orders for **OCTOBER through DECEMBER** are now open on Munch-a-lunch. Be sure to get your orders in before the deadlines—the Thursday prior to each hot lunch date—so your kids don't miss out!

### **TRI-CITIES AREA**



## **COMMUNITY VALUES COUPON BOOK**

Get ready for an exciting fundraiser for **Phase 2** of the new Big Kids Playground! The Community Values Coupon Book Fundraiser returns **Thursday, September 24th**. This is a specially curated coupon book unique to the Tri-Cities. The book costs \$35, and orders will be set up through much-a-lunch. A separate email will be sent out to families with all the information you'll need to get started.

Questions can be directed to [glenayreplayground@gmail.com](mailto:glenayreplayground@gmail.com), or please visit [glenayrepac.wordpress.com/playground](http://glenayrepac.wordpress.com/playground) to learn more.

Your support is always greatly appreciated!

New coupons for 2025/2026, including but not limited to:

- Mama Said Pizza • White Spot
- Elmo Baking Co. • Cobbs Bread
- Saint Street Grill

## **PARENT NIGHT' TICKETS NOW ON SALE**

**Tuesday | October 7 | 6-9pm | John B Pub**

Hey Glenayre parents! The PAC is excited to host another fun evening for our school parent community. Food, music, 50/50 and prizes await! 'Parent Night' is a great opportunity for new and returning parents to connect and enjoy an evening out.

**Tickets are \$30 each**, which includes a meal and a drink. Funds raised go to Glenayre Elementary student enrichment activities and initiatives.

Go to <https://bit.ly/46i2bpE> to register!  
Questions? Contact [glenayrepacevents@gmail.com](mailto:glenayrepacevents@gmail.com)



## **STAY UP TO DATE & CONNECT WITH US TODAY!**

Want to stay in the know about everything happening at Glenayre? Follow us on social media for updates on fundraisers, school news, upcoming events, monthly calendars, and more!

\* Facebook: @GlenayrePAC \* Instagram: @GlenayrePAC

### **Fundraisers to Support the PAC all year long!**

For more details, visit <https://glenayrepac.wordpress.com/ongoing-fundraisers/>.

*Please share these great rebate programs with friends and family!*

1. **PORT MOODY LIQUOR STORE:** Mention Glenayre Elementary at checkout and 5% of your purchase goes to the PAC.
2. **MABEL'S LABELS:** Shop online and the PAC earns a rebate.



The Glenayre Community Association is holding a Fall Craft Fair at the Glenayre Community Center:

November 22, 2025 from 10am to 2pm

Cost is \$20 per table

To register or for more information email Nadine at [rowatn@hotmail.com](mailto:rowatn@hotmail.com)

## **Attachments:**

- 4.1 Young Sibling Peer Groups
- 4.2 PAC Meeting Minutes
- 4.3 Treasurer's Report
- 4.4 Pub Night
- 4.5 How to order with Munch a Lunch