

THIS WEEK AT

October 21, 2021

IMPORTANT DATES ON OUR CALENDAR	
Thursday, October 21st	Interim Report Cards go home
Friday, October 22nd	District Pro-D Day- no school
Tuesday, October 26th	KPAC Fresh to You Fundraiser Due
Friday, October 29th	-Halloween Celebration -KPAC Neufeld Fundraiser Due
Monday, November 1st	-KPAC Meeting <small>(online)</small>
Tuesday, November 9th	-Student Portrait RETAKES <small>9am-12pm</small>
Wednesday, November 10th	KPAC Neufeld Fundraiser Pickup <small>2:30pm</small>
Thursday, November 11th	Remembrance Day- School closed
Tuesday, December 7th	Early Dismissal- 1:40pm
Friday, December 10th	Report Cards go home
Friday, December 17	Last Day of Classes before Winter Break

2021-2022 Bell Schedule	
8:45 Start Time	
8:45-10:35	Instructional Time
10:35-10:50	Recess
10:50-12:00	Instructional Time
12:00-12:15	Eating Time
12:15-12:44	Lunch Break
12:47-2:40	Instructional Time
2:40 Dismissal	

QUICK LINKS

- [Kilmer Website](#)
- [Online Absence Report](#)
- [School Cash Online/KEV](#)
- [munchAlunch](#)
- [Parent EForms](#)
- [Kilmer's Terry Fox Run Donations](#)
- [Daily Health Check](#)



PRINCIPAL'S MESSAGE

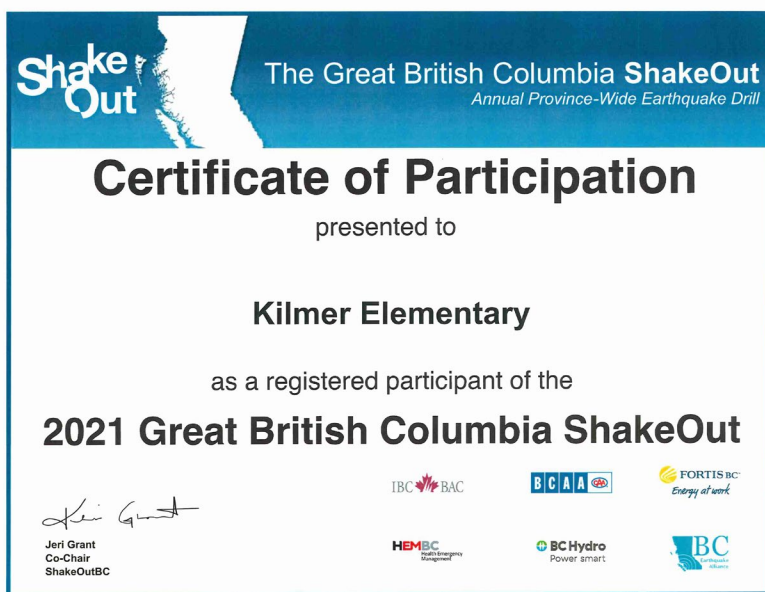
Tomorrow is a professional development day and school will be closed. with a long weekend ahead, it is a perfect time to look at strategies to ... [Recharge Our Batteries](#)
Here are some quick tips to help you reduce your stress and nurture your wellbeing.

- **Make physical activity a priority** – It's a proven stress reducer. Go for a walk, run, dance, ski or whatever else you like to do.
- **Be grateful** – Research has shown that gratitude helps your brain produce chemicals that can lower your stress levels. Stop for a moment each day and think of three positive things you're thankful for. They don't have to be major events, just moments when you felt content.
- **Laugh** – Laughing increases blood flow by more than 20%, about the same amount as aerobic activity. This lowers the effects of stress and raises levels of endorphins, which have pain-relieving properties.
- **Express yourself** – Keep a journal or write poems, stories or songs. Expressing yourself can help you organize your thoughts and feelings, gain perspective and release tension.
- **Take a break** – Use quiet time to slow down your body and mind. Try things like mindful breathing, visualization exercises, going for a walk, taking a bath or listening to calm music.

Have a fabulous weekend and we will see you next week!
Laurie

THE GREAT BRITISH COLUMBIA SHAKEOUT

International Shakeout Day is always the third Thursday of October and Kilmer students and staff participated today! For more information you can visit <https://www.shakeoutbc.ca/>



INTERIM REPORTS

Interim Reports were sent home with your student on Thursday, October 21. Once you have reviewed your child's interim report, please complete the Microsoft Form to confirm receipt.

BEHAVIOUR MATRIX

Now that the routines have been set inside and outside of the building, we will be focusing on the behaviour expectations in the coming days. You can review the [Behaviour Matrix](#) at home.

SCENT AWARE

Did you know that all School District 43 sites are SCENT AWARE? All staff, students and visitors are strongly encouraged to avoid or reduce the use of fragranced products, and to replace them with unscented alternatives. Although the mechanisms by which fragrance chemicals act to produce symptoms are not yet understood, the impact on all those affected can be quite severe, resulting in great difficulty in work and study activities. Please avoid sending your children to school with heavily scented items, *including hand sanitizer*.

The district has supplied our school with ample amounts of sanitizer that are both scent aware and safe for the fight against Covid-19.

Symptoms including:

- Headache
- Sore throat
- Runny nose
- Sinus congestion
- Wheezing
- Shortness of breath
- Dizziness
- Anxiety
- Anger
- Nausea
- Fatigue
- Mental confusion
- Inability to concentrate

KILMER GRAD WEAR (grade 5) –extended to NOVEMBER 1!

KPAC has organized the sale of Grade 5 Hoodies, available to purchase through [School Cash Online/KEV](#). Due to COVID-19, we will not have size samples available at the school but you can view the [sizing information](#) online.



THIS WEEK AT

HALLOWEEN CELEBRATION- Friday, October 29

Kilmer staff and students will be celebrating Halloween in the afternoon of Friday, October 29th. Students will take part in a virtual costume parade presented to the other classes, and teachers will take photos of the children with photo permission to be shared with the Yearbook Committee.

We ask that students do not come to school in costume, but go home at lunch to get changed, or bring an easy costume that they can pull over their clothes or change into right after lunch- full changes in the washroom will not be permitted.

Parents that are taking their students home to change should pick their students up at 11:45 am from their classroom door and return them to their lineup for 12:45pm. **KPAC will be providing Kilmer Students with a special treat on this day.**



DAILY HEALTH CHECK

Please ensure you perform a [Daily Health Check](#) on your student before they arrive at school.

As the cases in our community rise, it is important that we all follow the directions from Public Health.

-The CDC has produced a document to help if you or your student have been a [close contact](#) of a person with Covid-19.

-All parents are encouraged to review the [BC Ministry of Education's COVID-19 safe schools](#) plan.

VANDAL WATCH- HELP REDUCE VANDALISM ON SCHOOL PROPERTY

Our school is being regularly hit by graffiti. If you see vandalism or other suspicious activity, call the tip line below. When you provide a tip, security personnel will be dispatched to investigate and if necessary, involve the police. Please call as soon as you suspect there might be a problem. Do not get in a confrontation yourself.

Tip Line: 604-927-7600 The Tip Line is available 24 hours a day.

All Vandal Watch tips are anonymous and confidential. When you provide a tip, no one will ask you for your name or phone number.

KPAC IS FUNDRAISING! 031-pac@sd43.bc.ca



Grade 5 Fundraiser! We are proud to bring you a **Fruits and Veggies Fresh to You Produce Bundles fundraiser** to help support the Grade 5 leaving celebrations. Order through [Munchalunch](#) by Oct 26.

KPAC Fundraiser! We are excited to bring you a **Neufeld Farms fundraiser** to help support KPAC initiatives. Order through [Munchalunch](#) by October 29. The orders will be ready for pick up at the school on November 10 at 2:30pm.

Support the Grade 5s!

FRESH TO YOU FUNDRAISER



Orders Due: **Wednesday, Oct 26**

Delivery: **Nov 15-26** *to be confirmed

order online through muchAlunch- <https://munchalunch.com/schools/kilmer/>

Questions? email Dipti Panchal dipti_panchal@hotmail.com

Orders Due: **October 29th**

Delivery: **November 10 @ 2:30pm**

order online through muchAlunch- <https://munchalunch.com/schools/kilmer/>



Consider purchasing Mabel's Labels to help identify your child's belongings.

Visit https://mabelslabels.ca/en_CA/fundraising/support/ and search for "Kilmer Elementary" to support our school.



Return It Express Fundraiser!

École Kilmer Elementary School is registered with Return It Express Recycling in BC. Our return it code is: **604-941-3401**

STUDENT ABSENCES

If your child is going to be away, you're running late or they require an early dismissal please submit a Daily Absence Report Online, before 8am. [Report your Student's Absence Online](#)

Kilmer Elementary

1575 Knappen St
Port Coquitlam, BC V3C 2P8

604-941-3401
kilmer@sd43.bc.ca

www.sd43.bc.ca/school/kilmer

OFFICE HOURS

*The doors to the school remain locked, please call the office at **604-941-3401** between **8:15-3:15** if you require assistance or email the.school@kilmer@sd43.bc.ca*

