



# The Cyclone

Quilchena School News

Oct. 17, 2017 Vol. 5

*Learning, Caring, and  
Growing together*

Sherry Elwood - Superintendent  
Lynn Archer - Area Superintendent  
Kirsten Wallace - Principal  
Carly Spence - Admin. Assistant

## Important Dates

October 17 - FSA Administration begins  
October 18 - Cross Country Run - change of location - Garry Point  
October 18 - Family Photo Night  
October 19 - Shake Out - Earthquake drill #1  
October 20 - Pro-D - No school  
October 26 - PAC meeting - Open Gym and K babysitting  
October 27 - Sharing Assembly  
October 27 - Hot Food Day  
October 31 - Costume Parade  
October 31 - Pumpkin Carving  
November 6 - Code Red Drill  
November 9 - Peace Assembly 1 pm  
November 13 - Remembrance Day Holiday

## Autumn Weather...

Dear Parents,

The weather has been spectacular with the exception of a few rainy days. Fresh air is so important for our students, therefore, unless it is pouring with rain, students will most likely head outside everyday at recess and lunch. Please ensure your child comes to school with weather appropriate clothing. We recommend keeping a pair of indoor shoes at school or in your child's backpack.

Mrs. Wallace

## Open Gym on PAC Nights

Open gym nights have returned. Thanks to West Richmond Community center for providing a play leader to lead games for students in grade 1 - 7 whose parents are attending the PAC meeting. Our next PAC meeting is Thursday, October 26th, in room 4. We hope to see you there.

## Pumpkin Carving

On Tuesday, October 31st, students are welcome to wear costumes to school. We will have a costume parade in the afternoon, just before our pumpkin carving. A reminder that costumes accessories that include weapons are not to be at school. Please leave guns, knives, swords, light sabres at home, thank you.

## No School Mark Your Calendars

October 20 Pro-D

November 13 Remembrance  
Day

November 24

Curriculum Implementation  
Day

We ask all students to bring a pumpkin to carve. Please cut off the top or bottom and scrape out the guts. When you cut out the bottom you can easily add a candle or light underneath. Please have your child bring the pumpkin to school on October 31st.

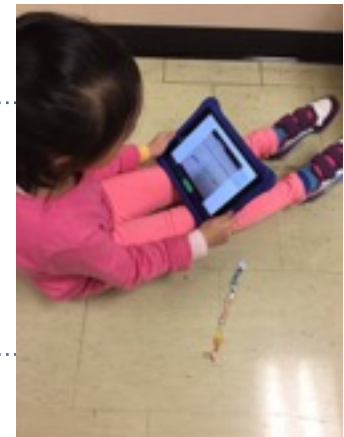


## **Halloween Safety**

Halloween is a fun night with family and community. However, it is important that we remind our children about safety on Halloween. It gets dark very early so please ensure that your children wear reflective costumes or are wearing lights. Glow in the dark bracelets and necklaces can be incorporated into costumes or reflective tape can add a different dimension to costumes. Consider trick or treating with a group of friends or attending one of many community events.

## **Sharing Assembly Friday, October 27, 9 am**

Please join us as students share their amazing learning. We will also have special guests from our Richmond Sockeyes Junior B hockey team joining our assembly. All parents are welcome to join our assembly.



## **Skating**

Thanks to our industrious PAC for supporting two school wide skating trips on Nov. 15, from 9 - 12 and on December 1, from 9 - 12. Stay tuned for more information.



## **PAC Meeting - Thursday, October 27th**

All parents at Quilchena are part of our PAC. Please come out and see how you can support our school this Thursday, October 27th, 6:30pm in room 4. Babysitting is available.



Here is one look at our inquiry into stories - by Division 4.

We are working with the understanding that *"Indigenous knowledge is passed down from generations through oral history, traditions and collective memory"*.

Traditionally, Indigenous practice is to create a 'Beaded Timeline' of personal stories and significant life events. Each bead represents an important moment, experience, memory or growth along someone's life journey. The purpose of these beaded timeline stories is for them to be added to and shared orally for many generations.

Here are ours. Our beginnings.

FIRST PEOPLES PRINCIPLES  
OF LEARNING  
**B E A D E D**  
**T I M E L I N E S S**  
SHARING OUR STORIES



## First Peoples Principles of Learning

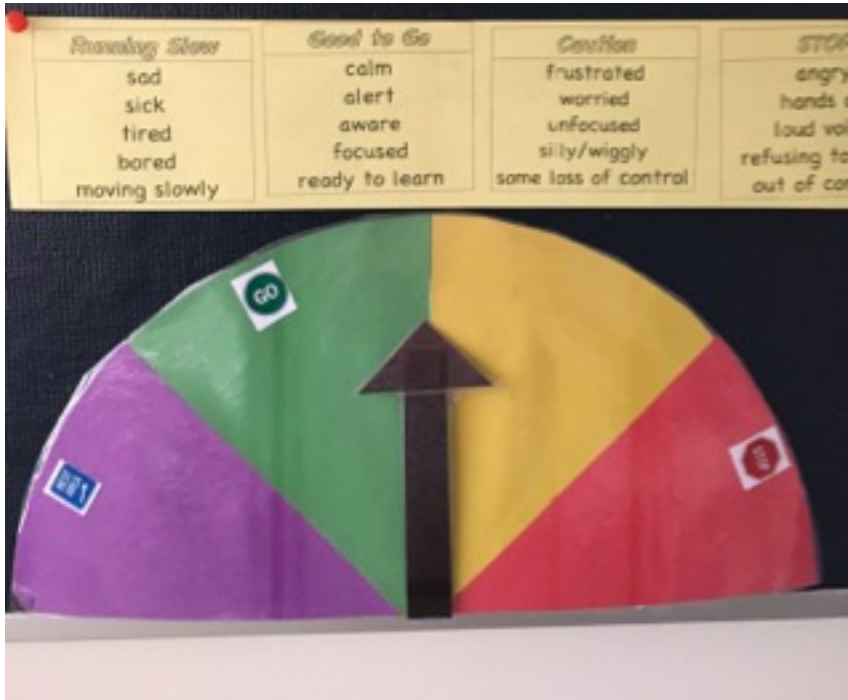
Ms. Cramer, Mrs. Simpson and Ms. Davis have been collaborating together and teaching our students about Beaded Timelines. Together, the students are learning that knowledge is passed down from generations through oral history, traditions and collective memory. Check out the displays in the hallway outside the gym.

## Zones of Regulation

Our staff collaborate and work together as learners. Currently, our staff is curious about self regulation or the ability to regulate one's body so it is ready for learning. Students are learning about Zones of Regulation. Students look at the chart and then self assess where



they are on the chart and then choose a strategy or tool to help them either up regulate or down regulate. Dr. Stuart Shankar has written many books and articles on the topic of self regulation and learning. Two books our team recommends to parents are Calm, Alert and Learning and Self Reg How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life, both books can be found at Indigo [indigochapters.com](http://indigochapters.com) or [amazon.ca](http://amazon.ca)



The Zones of Regulation visual is displayed in most classrooms. Students are learning to see the zones and to articulate where they are and what strategies they might need to do to be ready for learning.

### **Peace Assembly Nov. 9th 1 pm**

Ms. Ho and Ms. Khoo are busy preparing our students for our Remembrance Day Assembly on Thursday, Nov. 9th at 1 pm. Parents and Guardians and extended family are welcome to join our assembly as we remember those who have fallen and think about peace in today's world.

