

# Gabriola School

## Update

October 8th, 2020



09 Professional Development Day (no school)  
12 Thanksgiving Day (no school)  
13 Community SFU project meeting on Zoom 3:30  
14 Fire Safety Presentations; Virtual PAC meeting  
21 School Photo Day  
19-22 Early dismissal for Parent/Teacher Conferences  
23 Professional Development Day (no school)  
30 Costume Parade in the school hallways  
or upper field



### PICTURE DAY

**This year student pictures will be taken on  
Wednesday, OCTOBER 21<sup>st</sup>**

**They will be taken in the gym to allow for proper physical distancing. Class and team photos will be taken in the late spring.**

**Note: You do not have to purchase any pictures if you do not want to and this is not a fund-raiser for the school. We ask that all students get their picture taken as we use it for our identification pictures in our school record system and for safety/emergency drills.**

### TERRY FOX RUN/WALK:



Our school will be honoring Terry Fox by hosting a Terry Fox run (and walk) on Friday, October 16<sup>th</sup>. However, it will look very different than in previous years. Single classes or learning groups will complete the run at different times to ensure Health & Safety protocols are followed.

If you would like to donate to the Terry Fox Run, you can go to the following website  
<https://secure.terryfox.ca/registant/TeamFundraisingPage.aspx?TeamID=915484>  
OR you can donate on KEV online.

## Gabriola Elementary School Halloween Safety Awareness Education

The end of October is near and with Halloween fast approaching the safety of our students is foremost in our minds. We want our students to have some fun, but we also want them to stay safe.

### Guidelines for costumes at school

Gabriola is a Kindergarten to Grade 7 school and this means that our students have a very wide range of ages and levels of maturity. We have to be sensitive about costumes both for personal safety as well as to protect some of our students from being frightened during a time that is intended to be fun. As families are looking at purchasing or making costumes for Halloween, please keep in mind that costumes must not pose a tripping hazard or make it difficult for the student, or others, to participate in class activities.



### *Gabriola costume guidelines:*



1. Students may wear Halloween costumes but must be recognizable, i.e. no full masks or full facial coverings. Masks may be worn for the costume parade but not in class or at recess.
2. Face painting is allowed if the student is recognizable and the painting applies to the costume being worn, i.e. whiskers for a cat, nose for a clown.
3. **No toy (or real) weapons or costume components that pose a safety risk.**
4. If a costume is determined by a staff member to be a disruption in the classroom, a possible safety hazard, or inappropriate (dress code still applies) the student will be asked to change.

5. Any student wearing a costume must be fully prepared before arriving at school. Spray cans, hair coloring, spray string, face painting, etc. will NOT be allowed at school.

6. Group costumes are discouraged when they promote the exclusion of other students.

7. Parents are encouraged to supervise their child's costume choice – keeping in mind that ultimately GES is a place of learning, safety and appropriateness. **Please do not have costumes that will frighten or offend others in the school.**

8. If students do wear inappropriate costumes, the administration reserves the right to ask them to change.



GES Costume Parade October 30th.

Each class will parade down the hallway, or the upper field, one at a time.



## People for a Healthy Community

NEIGHBOURS HELPING NEIGHBOURS

PO Box 325 - 675 North Road, Gabriola Island, British Columbia, V0R 1X0  
250-247-7311 | [info@phcgabriola.org](mailto:info@phcgabriola.org) | [www.phcgabriola.org](http://www.phcgabriola.org)

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Dear GES parents/guardians,

PHC would like to share some information about our programs available at the school in partnership with GES and the PAC. PHC is Gabriola's social service non-profit and we provide programs to support students and their families.

During this challenging time of a pandemic, we know many families need support and we strive to provide accessible community supports for Gabriolans. Along with the school programs detailed below, we also offer community services such as groceries. We invite you to sign up for groceries by contacting us directly using the contact information at the bottom of the page. Keep an eye out for holiday season support too.

Please note that also due to the pandemic, there may be shifts in our food programs at GES. We will communicate changes through the school. We prioritize health and food safety in our programs to meet school district and local health authority guidelines. Please reach out directly if you have any questions, or would like to **volunteer** to help make these programs possible (we need volunteers to keep these going!).

Keep well! - PHC Food Programs

### Hot Lunches

- The Hot Lunch Program provides nutritious, healthy, and affordable lunches on Wednesdays to the school. The menu on the back of this letter is for you to keep track of what you have selected. **Please return the attached menu with your child's information and selected meals to their teacher asap.** We can accommodate most allergies or requests due to religion etc., but not preferences.
- Since we had to end the previous years' hot lunches early, **ALL hot lunches are free until January**, although if you'd like to make a donation please feel free to reach out.

### Emergency Snacks, Lunches, and Breakfast

- If your child is ever in need of some food support at school, emergency snacks that do not need to be refrigerated are being stocked in each classroom: Fruit, whole wheat crackers, granola bars etc. In the office fridge, yogurt cups, vegetables and dip, cheese sticks, and sandwiches are stocked for students. These items are donated by Nester's Market (thanks, Nester's!).

### Garden Program

- All GES classes are invited seasonally to garden in the PHC gardens on the Commons with PHC staff. The food is used in the hot lunch program and community programs. This hands-on-learning helps students engage with their local food system and learn the joys of growing.

### Contact Information:

Hot Lunches, emergency snacks etc., & garden program: Rachel, [garden@phcgabriola.org](mailto:garden@phcgabriola.org), 250-247-7322

Food Bank Grocery program/community supports: Kenda, [food@phcgabriola.org](mailto:food@phcgabriola.org), 250-247-7322



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### **Hot Lunch Menu: Oct-Dec 2020**

*Please return this form to your child's teacher. All hot lunches are free due to ending early last school year.*

Name: \_\_\_\_\_ Teacher/Division: \_\_\_\_\_

Food allergies (please make this detailed so we can best understand your child's allergies):

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Date	Menu Item	Tick here if selected
Oct. 7	Chicken noodle Soup w/bun	
Oct. 14	Baked feta mac & cheese w/ veggies & dip	
Oct. 21	Tuna salad wrap w/ veggies & dipe	
Oct. 28	Three sisters stew w/bun	
Nov. 4	Smoky lentil chickpea soup w/ bun	
Nov. 18	Hearty bean and rice bowl	
Nov. 25	Spaghetti w/meatballs & Caesar Salad	
Dec. 2	Refried bean soup w/ bun	
Dec. 9	Cheesy zucchini casserole w/veggies & dip	
Dec. 16	Flatbread Pizza & Caesar Salad	