



Dear Parents:

The end of October is nearly upon us. The weather is turning colder and students should also remember to dress for outside. We are beginning to settle into more regular routines at school. It is important to also reinforce routines at home like regular quiet time and homework routines. Even if there is not homework from school, teaching children the habit of predictable and routine 'homework' time where they can quietly read or engage in educational games is important. Finally, sleep! It is recommended that children from the ages of 6-12 get 10 to 11 hours of sleep per day, otherwise it impairs their abilities to function and regulate themselves during the day. A regular and predictable bed time also builds in those healthy routines!

Developing students' knowledge, skills, and attitudes to their potential, so they can contribute to a multi-cultural society, and information-based world.

## HALLOWEEN TIPS



Halloween is just over a week away, so it's time to start thinking about ensuring this will be a safe night for you and your children. There are many tips online to review before the big day, including:

- Be visible – use flashlights, glow sticks or reflective material
- Stay in a group – Be in a group with an adult supervisor. This is the best way to stay safe and avoid potential predators.
- Review Stranger Safety – never go with a

stranger or enter a strange home.

- Check treats before consuming them – have an adult check the treats to make sure they are safe to consume or that they do not have allergy triggers.
- Review traffic safety

A friendly reminder to parents that Halloween falls on a Thursday, so there will still be school the next day. Please ensure your children have adequate sleep and moderate their sugar intake so they will have a successful day at school. Also if you do send treats to school, remember we have a number of staff and students who have serious allergies. Please make sure you try and avoid sending treats that may contain nut ingredients.

## HALLOWEEN ACTIVITIES

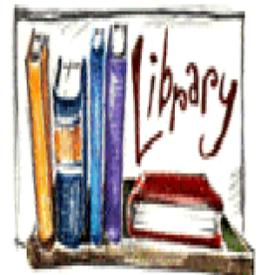
On Thursday, October 31 the school will be hosting a variety of Halloween activities in the afternoon! ***Students will be able to change into their costumes in the afternoon if they wish.***

Primary students (K-3) will be participating and rotating through a variety of Halloween activity centers between recess and lunch. After lunch they will change into their costumes for activities in their own classrooms.

Intermediate students (4-7) will be participating in their annual Halloween dance in the gym.

## LIBRARY NEWS

October is National Library Month! This is time for us to celebrate all ways readers and libraries connect. We will also be doing a "book trivia" this month on the announcements. Winners will be entered into a draw to win a Chapters gift card.



October 28<sup>th</sup> is DEAR day – Drop Everything And

Read! Find some time during the day to read together. Dufferin will be participating in DEAR from 1:00pm to 2:00pm during that day. We will also be visited by the TRU Wolfpack to encourage our DEAR initiative.

October 30 the library will be setting up their annual HALLOWEEN carving display. Pumpkins, fruit, vegetables or anything carved for Halloween will be displayed in the library.

## PARENT ADVISORY COUNCIL (PAC)

Dufferin PAC now is on Facebook! Keep up to date with what is happening at our school, just click on the Facebook link on the Dufferin website ([www.dufferin.sd73.bc.ca](http://www.dufferin.sd73.bc.ca)).

For any suggestions for our PAC executive, you can relay your message through Facebook or come to our PAC meeting. Our next PAC Meeting: November 4 @ 6:30pm! Babysitting is provided!

### PAC Steak Dinner Fundraiser!

On **November 10<sup>th</sup>** the PAC will be hosting a Steak Dinner at Duffy's Pub. Proceeds will be going to the PAC to help support the school. Tickets are now available! It will be \$19 per plate and a choice of a 5pm dinner or 7pm dinner. Come out and support your PAC and enjoy an evening steak dinner!



## SCENT AWARE SCHOOL!

**SCENTS can KNOCK you SENSELESS!**

**Be sensible..... NO SCENTS**



Dufferin is a 'Scent Aware' school. Many people are extremely sensitive to perfumes, colognes, and other scented products including soaps and hair/body products.

Please try not to wear them when you are in the school for any length of time. These products can

trigger allergic reactions. Thank you for your consideration.

For more information you can visit the Canadian Lung Association website:

([http://www.lung.ca/protect-protegez/pollution-pollution/indoor-interieur/scents-parfums\\_e.php](http://www.lung.ca/protect-protegez/pollution-pollution/indoor-interieur/scents-parfums_e.php))

## UPCOMING EVENTS - OCTOBER

Please note that the school calendar is also posted on the Dufferin Website ([www.dufferin.sd73.bc.ca](http://www.dufferin.sd73.bc.ca)). The website calendar is updated on a regular basis.

Oct 25	NI Day (no school for students)
Oct 28	Dufferin ROCKS Assembly
Oct 28	Young People's Concert
Oct 28	DEAR (Drop Everything And Read)
Oct 30	Library Halloween Carving Display
Oct 31	Halloween (afternoon activities)
Nov 3	Time Change (Clocks set Back)
Nov 4	PAC Meeting (6:30pm)
Nov 8	Picture Re-takes
Nov 8	Remembrance Day Assembly

**\*NI Day = Non-Instructional Day (Staff Professional Development)**

## SCHOOL PARKING

Please respect our bus round-about. There is no parking (including dropping off or picking up) in the bus loading or staff parking area.



Please obey the traffic signs and stop or park only in designated areas.

## USED SKATES



We are looking for used skates! If anyone would like to donate there will be a collection bag in the hallway at Dufferin School. We are looking for used skates so that students without can participate in our skating program this winter.

## **HEAD LICE**

With the arrival of colder weather, students will be 'bundling' up and wearing hats. This makes it easier for our pesky friends the head lice to spread. It is recommended to parents that we check our children at home twice a month! If you find any, please treat them immediately and report it to the school so that we can take steps to keep them under control. The school handles any reported cases confidentially. Thank you in advance for helping with this.

## **MISSING COAT/JACKET**

If anyone has discovered a small child's jacket please return it to the school. It is a Kamloops HERicanes hockey jacket with the number 9 and "Rupert" on the sleeve.

## **DUFFERIN ROCKS!**

At Dufferin Elementary we follow our ROCKS matrix. ROCKS stands for:

**R** *espectful*

**O** *n time and prepared*

**C** *areful*

**K** *ind*

**S** *elf-disciplined*

Some of the more recent things we have been working on are:

1. Hands and Feet to self – especially during breaks. Rough housing often leads to children getting hurt (mostly unintentional) and angry reactions.
2. Appropriate Language – encouraging students to use appropriate language, especially during breaks.
3. Coming into the school right when the bell goes and being prepared to participate in class. As we move into the year, some students are slower to return to their classes after the bell.

If you could review these expectations with your children at home it would help us maintain a positive school culture at Dufferin.