



Words from the Wolfpack

Tsuma-as Elementary Newsletter
Ms. Girard, Principal

September 25, 2025
Mrs. Kynoch, Vice-Principal

September Start Up

September has been a wonderful month so far! Students, families and staff have transitioned back to school and into our usual routines. It has been great reconnecting with families and welcoming many new faces into our school. The energy and excitement will surely carry us through the fall!

This is the first "Words from the Wolfpack" newsletter. We aim to send out a school newsletter once a month by email. Each newsletter will include important school information and a list of upcoming dates. Paper copies are available by request through the office. If you have questions regarding the newsletter content, please contact Ms. Girard directly at mgirard@sd70.bc.ca

Tsuma-as Elementary

TRUTH & RECONCILIATION WALK

Sept. 26 @ 11am

Join our school community on Friday September 26 th as we gather to honour and remember those who attended residential school, as we walk together to continue our path of Truth and Reconciliation.	10:55 am Circle gathering on our Tsuma-as lower field 11:00 am Welcome & Speeches 11:10 am Sing <u>našuk?aʔin We Are Strong</u> 11:15 am "Every Child Matters" Walk 11:50 am Guest Refreshments and Snacks
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Please wear your orange shirts

Walk Route: from school - along Compton to Gertrude - across foot bridge, left along Dyke path/forest - back to Gertrude/Compton - back to school)

We hope you can join us! Tsuma-as school community members are all invited (Parents, Guardians, Grandparents & friends)



Picture Day

Photo Day

Individual student photos will be taken on **Wednesday October 15th**. Throughout the day, classes rotate through photo sittings. **ALL students will have their photos taken.** Afterwards, the LifeTouch photo company will send home a photo "proof" with instructions of how to order. **Orders do not occur until after proofs are sent home.**

School Website

Staff are working hard to keep our school website up to date and user friendly. Our school website should provide quick access for you to locate important information about our school. It will also be a place to view exciting news stories and student learning updates. Please take some time to familiarize yourself with our school website. <https://www.sd70.bc.ca/tes> (Or just Google Tsuma-as Elementary)

Comfort Kits

Reminder to all families: Friday is the last day to send in your child's comfort kits. These are stored at our emergency site. Please send any last-minute kits in to your child's classroom **before** Friday afternoon.



Parent Handbook

Earlier this month, the Parent Handbook was emailed out to all families. This includes important information about our school, expectations, policies and procedures. If you did not receive this email, please use our school website under the "Parent Handbook" tab to locate and review.

Morning Drop Off Routines

A reminder to all families that students should NOT be arriving to school early, as regular supervision does not begin before 8:20. Students should not be arriving before then. With safety in mind, we ask that students arrive at school as close to 8:30 as possible. The rear parking lot is the safest place to park and drop off or pick up students. Please do not use the small side lot in the front, as that is priority for our childcare center.



School Building Access

The main areas of our school building are closed before and after school. This includes access for Mighty Learners Out of School Care families. If your child attends Mighty Learner's OSC – the children must always stay with their care providers and in their designated spaces. This means that the main school building is NOT open for families to access before or after school hours, even if your child has forgotten something. For the safety and security of all staff, students and families must remain in the assigned Mighty Learners rooms.

Breakfast Club

We are thrilled to have our community Read & Feed program offering a breakfast club again this year. Each morning, our Foods Room (room 104) will be open from 8:20 – 8:35 am offering students a light breakfast snack. This program is open to all students.



School Meal Program

Just a reminder that our school meal program has started. If you would like to sign your child up for our school lunch program, please contact the office for sign up information.

Parent Advisory Committee (PAC)



Last week, we had our first PAC meeting. It was wonderful to see some new faces. Please remember, PAC meetings are open to all parents/guardians of students at our school. All parents are invited to join our PAC meetings to hear school and committee updates. Important PAC information will be shared through the Tsuma-as PAC Facebook page & our "PAC" tab on our school website. The next PAC Meeting will be held on Wednesday October 15th at 6pm.

Student/Parent/Teacher Conferences

Learning conferences will take place **Tuesday, October 28th and Wednesday, October 29th**. This means students will be **dismissed early at 11:50 am**. Regular bussing will occur on those two days. More information will be sent out by email in the coming weeks.

Students Messages & Pick-up Changes

The best form of communication is directly between families and their child's teacher. If you need to send messages to your child or arrange alternate pick-up plans, we ask that you send your child's teacher a note, email or message in their agenda ahead of time. The office can become inundated with student messages and pick up change messages, especially at the end of the day. We ask that all playdates, bus and pick up changes are discussed with your child and communicated to the school prior to. We understand that some situations are urgent or unplanned and will need to be called in. In all other circumstances, we ask that changes are discussed or planned ahead of time with the child and the teacher to prevent confusion and upset.



School Sports

Elementary school sports are gearing up for the fall. We currently have three extra-curricular sports happening:

Grade 6/7 Volleyball (Mondays/Wednesdays) - Coach: Mrs. Coleman tcoleman@sd70.bc.ca

Grade 4-7 Wrestling (Tuesday/Thursdays) – Coach: Mrs. Anker eanker@sd70.bc.ca

Grade 4-7 Cross Country Running (Tuesday/Thursdays) – Staff contact: mgirard@sd70.bc.ca



Upcoming Dates:

Sept. 26th - Wear Orange: 11 am Truth & Reconciliation Assembly & Walk (everyone welcome)

Sept. 29th – No School for Students – Non-Instructional Day

Sept. 30th – National Day of Truth & Reconciliation – No School

Oct. 13th – No School - Thanksgiving

Oct. 15th – Individual Student Photo Day

Oct. 15th – PAC Meeting in the library @ 6pm

Oct. 23rd – Hot Dog Hot Lunch Day

Oct. 24th – No School for Students – Professional Development Day

Oct. 28th & 29th – Learning Conferences – *Early Dismissal Time @ 11:50 am*

Oct. 30th – Theme Day: Wear Orange, Black and/or Halloween shirts

Oct. 31st – Halloween

Nov. 5th – Cross Country Race Day

Nov. 7th – Remembrance Day Assembly

Nov. 7th – Wrestling Wrap up Jamboree

Nov. 10th – No School for Students – Professional Development Day

Nov. 11th – No School – Remembrance Day

Nov. 13th – Individual Photo Retake Day

Nov. 14th – Volleyball Wrap up Jamboree

Nov. 20th – Pizza Hot Lunch Day

Nov. 28th – Theme Day: Wear fun socks!

ARE CANADIAN CHILDREN GETTING ENOUGH SLEEP?

To be as **healthy** as possible¹, children need adequate **night time sleep**:



5-13 year olds
9-11 HOURS
of sleep/night



14-17 year olds
8-10 HOURS
of sleep/night



But... **1 in 4** children are **NOT getting enough sleep**.



Let's talk about **sleep quality**, shall we?

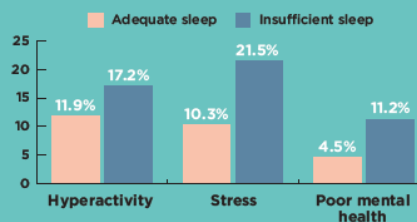
1 in 3 children have trouble **going to sleep or staying asleep**.

1 in 5 children have difficulty **staying awake** during waking hours.

1 in 10 children **do not** find their sleep **refreshing**.



Over time, **insufficient sleep** impacts how a child feels, behaves and interacts². Children who get less than adequate sleep report*:



Catching more **Zzz's** can help with childrens':

- **Physical health,**
- **Emotional well-being, and**
- **Quality of life!**



* Compared with children getting the recommended amount of night time sleep.

¹ Tremblay, M.S. et al. Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep. *Applied Physiology, Nutrition, and Metabolism*, 2016, 41(6 (Suppl. 3)): S311-S327, <https://doi.org/10.1139/apnm-2016-0151>

² Carson, V. et al. Associations between sleep duration, sedentary time, physical activity, and health indicators among Canadian children and youth using compositional analyses. *Applied Physiology, Nutrition, and Metabolism*, 2016, 41(6 (Suppl. 3)): S294-S302, <https://doi.org/10.1139/apnm-2016-0026>

GOOD SLEEP. PART OF A HEALTHY LIFESTYLE.

LEARN MORE ABOUT SLEEP HEALTH AT CANADA.CA

- > **SEARCH** Physical activity, sedentary behaviour and sleep
- > **GET DATA** PASS Indicator Framework
- > **OR VISIT** 24-Hr Movement Guidelines



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