



Gilakas'la!

Welcome students, parents, and guardians to our new school year! We have had some exciting changes happen; new Vice-Principal - Mrs. Michelle Sedola, new teacher - Mrs. Ashley Jackman, and a brand new playground!

Kindergarten is an exciting time for your child to wonder, learn, grow, make new friends, and have lots of fun! We will be going outdoors more this year to connect to nature, explore our environment, play, and to learn



through the traditional Kwakwaka'waka ways of knowing and understanding. We hope to nurture a love of the environment and a passion for being stewards of our natural surroundings in all our students.

September's newsletter is full of safety procedures to help you understand what happens at school when the unexpected happens.

If you have any questions, please feel free to talk to me or to the other teachers. I can be reached at 250-956-3411 or by email msedola@sd85.bc.ca

:) Mrs. Michelle Sedola, Vice-Principal


We Are: Cheslakees

Michelle Sedola: Vice-Principal and Teacher
Teresa Wadhams: Teacher
Ashley Jackman: Teacher
Carmen King: Administrative Assistant
Sequoia Coe: Librarian Clerk
Crystal Egely: Education Assistant and Lunch Monitor
Neva Perrott: First Nations Support Worker
Tracy Schulz: Custodian
Lunch Monitor: position not filled. *Job posting posted on the School District Web Site.



Important Dates

- September— lixam (time of the wide-faced moon)
- Sept. 23—Cops for Cancer drive by 9:35am
- Sept. 26—Mug & Muffin Morning 8:55am
- Sept. 27—Wear **ORANGE** day~ Every Child Matters
- Sept. 30—Truth & Reconciliation Day, schools closed.
- Oct. 8—Student Led Conferences—2:00pm Early Dismissal
- Oct. 14—Thanksgiving—schools closed.
- Oct. 15—Student Photos
- Oct. 25—Provincial Pro-D Day—no students
- Oct. 31—Pajama Day
- Nov. 11—Remembrance Day—no students

Check out this year's Facebook group for a look at what we are up to. 

"Cheslakees 2024-25 year"

Cheslakees Elementary
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Port McNeill, BC
V0N 2R0
Phone: 250-956-3411
Fax: 250-956-4999
School website:
<https://ces.sd85.bc.ca/>

Back to School Mug & Muffin



Thurs. Sept. 26, 8:55am

Drop in, meet your child's teacher, enjoy a muffin & coffee while you visit their classroom and read a story together.

* Little siblings welcome :)

Picture Day Tuesday October 15, 2024

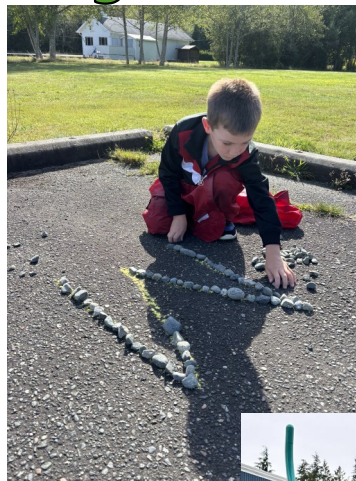


SCHOLASTIC
Book Club

Purchase books through Scholastic Reading use code RC224907

www.scholastic.ca/bookclubs

Outdoor Learning & Fun!



The children are enjoying the new playground and enjoying our joint outdoor learning time. Outdoor learning happens every Monday, Wednesday, and Friday mornings!





Orange Shirt Day ~ Every Child Matters

We wear orange as a reminder of the lack of choice and the unkind treatment of Indigenous children in Residential Schools. And to commit ourselves to the truth and reconciliation actions with Indigenous Peoples. The importance and significance of Orange Shirt Day will be taught in class in an age appropriate manner for four and five year olds. We encourage everyone to wear orange to school on Sept 27th. Schools will be closed on September 30th to observe Truth and Reconciliation Day.

**CHESLAKEES
SCHOOL HAS
NO KNOWN NUT
ALLERGIES AT
THIS TIME**



THE PARENT ADVISORY COMMITTEE

For up-to-date information we encourage parents to join the Parent Advisory Committee (PAC) Facebook page. The Facebook page is called: "**Port McNeill Elementary Schools' PAC**".

All parents are welcome to attend PAC meetings, held monthly in the evening. Please check the PAC Facebook page for information on when the next meeting is scheduled.

The Terry Fox Run

We had fabulous weather for our Terry Fox Run on Sept. 16th. There were lots of smiling faces by all students and parent volunteers. The total amount of donations collected was \$67.00. Well done students of Cheslakees!



Parking

Please park in the main parking lot when picking up and dropping off your child. We need to keep the school driveway clear for the school buses and emergency vehicles. Keeping vehicles out of the driveway keeps children safe.

Lost & Found

If your child is missing any clothing or other items, please check the lost and found bin in our hallway outside the classrooms. We try our best to find the owners of found items, but some things can remain unclaimed.

Communication

FISH BOOKS

If anything in our school routines changes, we will let families know via a notice in the home books, our Facebook page, and through our school website.

Family Initiative Starts Here



* Do not hesitate to phone, email or write us a note in the FISH books too!

Hot Lunches and More!

Cheslakees will be launching our School Food Program starting October! The [Feeding Futures program](#) ensures that no child is hungry at school. There is **no charge** for opting in to any program, and registration is not required. Every day our school offers a 2 PM snack (provided by the [BC School Fruit and Vegetable Nutrition Program](#)). Every Thursday, with the Feeding Futures program, we will be providing a lunch. If you do not want your child to participate – no worries! You can send them to school with their lunch and we will refrain from serving them.



Upcoming Free Meals

Oct. 3 - Pasta Party! (Whole Wheat Pasta & Vegetable Sauce)

Oct. 10 - Chickn' Dippers (Oven Baked Chicken (cut into slices) with Cucumbers, Carrots and Ranch dressing)

Oct. 17- Kid Friendly Fried Rice (Brown Rice Sautéed with Peas, Carrots & Corn served with a Vegetable Spring Roll)

Oct. 24 – Quesadillas (Whole Wheat Quesadillas with Chicken, Cheese, Tomatoes & Green Pepper)

Oct. 31 – Spooky Chicken Soup (Chicken Noodle Soup with Whole Wheat Noodles)

If you have any questions, don't hesitate to contact the school or our School Food Coordinator, Anne Kashty (akashty@sd85.bc.ca)



The School Office

Carmen King, the school Admin. Assistant, is in the office when classes are in session. Please ensure that all messages come into the office before 2:00 p.m. to be sure that the teacher receives the message. If your child is going to be away or has a change to their dismissal routines, please phone the school in the morning. Please leave a message on the answering machine if the phone is not answered. This will ensure teachers and students get messages.

Running Late in the Morning

Teachers take attendance first thing in the morning. A child who is not in class is marked absent. The attendance is delivered to Mrs. King, who begins phoning parents to ensure student safety.

When arriving late, please knock on your regular classroom door, or enter through the front door of the school and let Mrs. King know you are here.

What to do if there is a...

Power Outage and Inclement weather:

In the event of a power outage occurring overnight or in the early morning, children should attend school unless it has been communicated that the school is closed. If the power goes off during school hours students will continue to receive instruction until parents have been notified otherwise. All school closure information will be relayed, if possible, to the local media outlets (CBC Radio 1 95.5 FM and Coast 1240 AM), and Global BC News as well as posted to the school district website, at www.sd85.bc.ca



For bussing questions please call the SD85 Bus Depot for information at (250) 949-8155 Ext. 2523 or 2521

Fire and/or Earthquake:

Should either of these event occur, our classes will exit the building in a safe manner. The attendance will be taken and unaccounted for students will be located. Students will remain with their class until they can re-enter the building, if safe, or be picked up. Only those people who are parents/guardians or listed emergency contacts are able to pick up students. When picking up your child, find the Student Release Area (near the greenhouse marshalling area) and a teacher will record the student pick-up.



Lockdown:

Should the school be required to go into a lockdown, we have procedures to follow to keep your child safe. In this event, do not attempt to contact your child. When RCMP give the all clear, parents will be contacted and arrangements will be made to release your children into your care.

SD 85 Elementary School Counselling Services 2024

Dear Families,

Happy September & Welcome Back! And Welcome to the kids and families who are new to our school this year. I hope that you have all had a restful summer. I know that our Cheslakees Team is very much looking forward to the year ahead, helping our kids learn and discover new things.

Our school counsellor Mrs. Hagen will be at Cheslakees School for a half-day each week. Before counselling services can begin (whether for the first time, or for continuing counselling services), written consent from parents or guardians is required. School counselling referral forms are available at the office; please contact the school if you would like a school counselling form, or if you would like to talk with the school counsellor.

The purpose of School Counselling is to support children to have a successful, safe, and happy school year. Examples of support include:

- helping develop healthy skills to manage emotions, self-regulation, and social interactions
- helping cope with feelings of loss or grief
- helping build strategies to manage stress and deal with anxiety in daily lives

The elementary school counsellor works with a child-centred approach and collaborates with home and school support teams to help children achieve success and build resilience. Each counselling situation is unique but the goal is for referred students to have 4-8 weekly scheduled visits. In some circumstances, it may be helpful for children to build skills in a small group or access extra services outside of the school. This is something that the counsellor would discuss with you on an individual basis.

At times, the school counsellor works with classroom teachers to teach or co-teach different aspects of their classroom content, including self-regulation, personal and online safety, and other SEL (Social-Emotional Learning) topics. As this is an educational part of the regular curriculum, a counselling permission form is not required for class visits.

The counsellor also works with the school-based team (including the principal, learning assistance teachers, child & youth care workers, and classroom teachers) to provide support and resources when needed, and to ensure the safety and well-being of our students.

Counselling is based on trust and safety. The school counsellor will keep the child's conversations confidential, with some possible exceptions. Counsellors may share info with parents, teachers, or others who work with the child, with the child's knowledge and permission, so that we may better help the child as a team. The counsellor always encourages the child to share personal concerns with a safe and trusted adult in their life.

School counsellors are required by law to share information with others when:

- The child presents information about hurting themselves or others
- There is evidence or disclosure of abuse (physical, emotional, or sexual) or neglect
- If counselling records are court-ordered

Feel free to contact me if you have any questions regarding school counselling.

Kind regards,

Angela Hagen

District Elementary School Counsellor (South Zone)

ahagen@sd85.bc.ca (250) 230-1711