

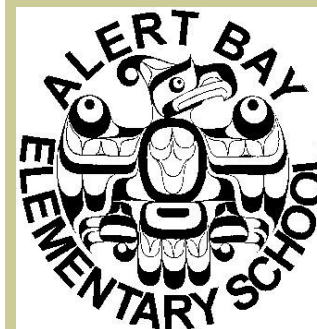
Alert Bay Elementary
School
381 Larch St.
PO Box 29
Alert Bay, BC
V0N 1A0
Roberta Harris, Principal

Phone: 250-974-5569
Fax: 250-974-5925
rharris@sd85.bc.ca



Important Dates

Sept. 19	Spaghetti Lunch at 11:30 Everyone Welcome!
Sept. 25	PAC Meeting at 6:30 Everyone Welcome!
Sept. 26	Every Child Matters Event Dismissal at the Bighouse at 2:30
Sept. 27	Terry Fox Run
Sept. 30	National Day for Truth and Reconciliation No school
Oct. 14	Thanksgiving Day No school
Oct. 17	Student Photo Day
Oct. 25	Pro-D Day No school



Alert Bay School Newsletter

September 2024

Li'xam - Wide
Faced Moon
Time

Principal's Message

Dear Families,

Welcome back to another school year! We're delighted to have your children back with us and are excited about the year ahead. Our hot lunch program will continue this year, offering students a nutritious meal once a week. Last week, our Intermediate class enjoyed a special harvest meal from our school garden, a highlight that truly showcased the benefits of our garden's fresh produce.

We're also pleased to introduce Shannon Passmore, our new school counsellor. Shannon will be available every Tuesday to support our students and families. Be sure to read the newsletter for Shannon's message and more details about the counselling services she will provide.

Our Parent Advisory Council (PAC) plays a vital role in our school community. The next PAC meeting is scheduled for September 25, and we encourage all families to get involved.

We invite you to join us for a Welcome Back Spaghetti Lunch on Thursday, September 19. It's a wonderful opportunity to connect with fellow parents and staff while enjoying a delicious meal together.

Additionally, mark your calendars for the Every Child Matters event on September 26. We will participate in a walk and presentation at the Bighouse to honor and reflect on this important occasion.

Regular attendance is key to your child's success, so let's work together to ensure a great year for everyone. We look forward to a fantastic year ahead with lots of learning and growth!

Gilakas'la from Mrs. Harris

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A Message from our District Counsellor, Shannon Passmore

Happy September!

This year Ms. Shannon Passmore is the school counsellor. Ms. Passmore most recently worked at the Gwa'sala-'Nakwaxda'xw School as a counsellor and is excited to be working at our school! 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 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 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.

Please feel free to contact Ms. Passmore if you have any questions regarding school counselling at spassmore@sd85.bc.ca

Welcome to Shannon Passmore

Gilaskas'la, My name is Shannon Passmore, your new school counsellor at Alert Bay Elementary School! I grew up on the North Island, graduating from PHSS a very long time ago ;) After a 25 year absence that included living in Japan and Vancouver; obtaining a teaching degree and Masters degree in Counselling Psychology at the University of Victoria, I returned to Port Hardy with my 2 children. They both also graduated from PHSS. For the past 17 years I worked at the Gwa'sala-'Nakwaxda'xw School, but now have returned to my passion: working with kids as a dedicated counsellor. I love the North Island and feel so fortunate to get to work at ABES! I will be at the school once a week, on Tuesdays, to work with students and families. I am offering individual, group, and class support throughout the school year. I am very excited to build strong connections and am looking forward to helping students thrive both academically and emotionally. For more information or to get in touch with Shannon Passmore, please contact the school office or email at spassmore@sd85.bc.ca



Medication in School

If your child has any allergies please let us know about them. In order to maintain a uniform, safe and efficient way of dispensing medication at school, if your child requires medication and you have not filled out the required form, Medication and/or Treatment Data, please contact your principal and request a form. Please have the form completed by your doctor, sign it yourself and return it to the school as soon as possible. This procedure complies with school board policy regarding medications to be taken at school. This form refers to medication that must be taken on a regular or emergency basis. If you have any questions, please call the school principal. Where applicable, the child should be encouraged to wear a Medic Alert bracelet.

First PAC Meeting - Wednesday, September 25 at 6:30

As parents/guardians of a ABES student you are automatically members of the Parent Advisory Council (PAC). Typically, our meetings are held once a month in the evenings, but we are flexible and can also arrange Zoom or lunchtime meetings to accommodate parents' preferences. It's a great opportunity to hear from our Principal about what's been happening during the last month. Our first PAC meeting will be on September 25 at 6:30 here at the school. We hope to see many new faces at our first meeting. The PAC's purpose is advise the school principal and staff on parents' views and provide feedback about school programs, policies, plans and activities. For more information about PAC's role click this link to go to the BC Federation of [Parent Advisory Council's webpage](#).