

OCTOBER 2021



**If you are
not willing
to learn,
no one can
help you.**

**If you are
determined
to learn,
no one can
stop you!**

Zig Ziglar



As the month of pumpkin spice begins, we say goodbye to the busy month of September. I hope you find some time to enjoy the beautiful colours of fall before the wind takes it all away.

We would like to extend a warm Stewart Valley School welcome to our new student Katie Carleton joining us in Room 3.

Thank you for supporting us with the COVID protocols. Students seem to have become accustomed to masking protocols, and have dealt with the changes very well. Also, students staying home when not feeling well, has helped keep everyone safe.

Some students have been busy over the noon hours. Tuesday's and Thursday's with Volleyball, and Monday, Wednesday and Friday's with Cross Country. It's wonderful to see the extra curricular activities happening once again.

Our first noon lunch will be a pizza lunch on Wednesday, October 13th. A google form will be sent home to place orders, Please submit the google form no later than October 5th. Money can be returned to the school via cash or cheque anytime until the 13th.

A huge thanks goes out to Tyler and Dannielle Knudsen for the donation of topsoil for our raised garden project. We look forward to the growing season to begin in the spring!

There will be no school on Friday, October 8 for Teacher's Convention, and on Monday, October 11 for Thanksgiving. This will make for an extra long weekend for students.

The SRC is planning a Pajama Day on Thursday October 7th. You can send students to school in appropriate comfy sleepwear for the day.

October 18 - 22 is Education week. We will start the week off with Bus Driver Appreciation Day on Monday October 18th. Here are a few things that are happening that week. You may see more information to come on some other things that may be happening as well.

- Oct. 18 - Black and Yellow Day (School Bus Driver Appreciation)
- Oct. 19 - Stinger Day - wear red and black or stinger clothing
- Oct. 21 - Dress for Your Career Day

Principals Message

September was a great month, but it really flew by. I really enjoyed all the students taking part in the school start up events and extra-curricular. The students, families and community members were amazing for our Terry Fox Run fundraising. We are a small rural school and we still raised an incredible amount of funds for cancer research. Thanks for all your support.

Thanksgiving is coming up soon and I appreciate the time with family that this holiday encourages.

I am also thankful for the coaches at our school and in our school division. The Stinger Cross Country Team coached by Mr. Ruf, has been practicing at lunch recess. On Oct 6, SWAC is hosting a cross country race in Eastend. Best of luck to the 3 stinger athletes attending. The Gr. 6-8 Volleyball Team has had several practices and they are coached by Mrs. Penner, Ms. Cave and Mr. Benallack. All of room 3 plays on the team, and their first game is on Oct. 4. Go Stingers go! Please stay tuned to social media and the next newsletter as we will have result updates.

I hope you have a safe and enjoyable October. Happy Thanksgiving.

Carson Benallack
Principal
Stewart Valley School



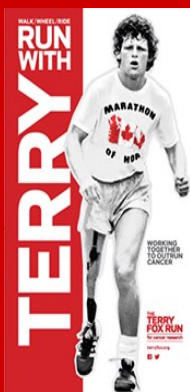
Please remember
your
water
bottle!



October 8th - Teacher's Convention

October 11th - Thanksgiving

Look What
We Did!



Stewart Valley School participated in the
Terry Fox Run on Friday, September 24th.
With the generosity of the community, friends and family
our students were able to raise

\$ 985

in memory of Terry Fox .

Thank you for supporting our school in the fight against
cancer and continuing Terry's legacy!

#terryfoxschoolrun @terryfoxfoundation



"DID YOU LEARN ANYTHING NEW IN SCHOOL TODAY?"



"YES, I NEED TO START PAYING ATTENTION IN CLASS."



**October
Birthday's:**
Neko
Faith

Noon Lunch

Wed. Oct. 13th.

Watch for a
google form in
your email and

**submit order
by October 5th.**



Stewart Valley School Website

Keep informed about the great things that have been going on here and about upcoming events..

Go to: <http://www.chinooksd.ca/school/stewartvalley>

You can also follow us on:



@StewartValleySchool

UPCOMING EVENTS:

November 8 & 9: Parent Teacher Conferences

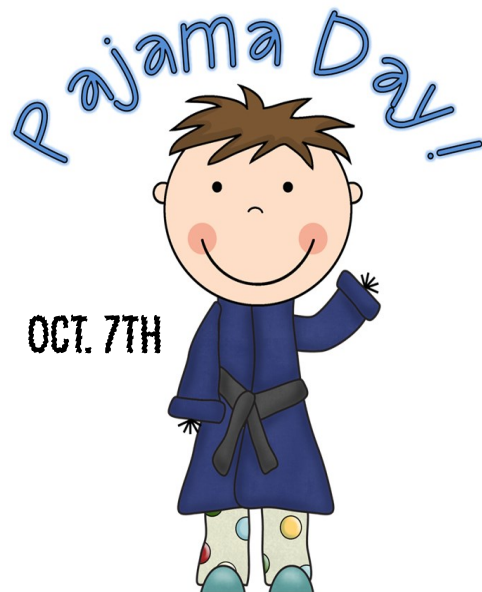
November 11: No School, Remembrance Day!

November 12: No School in lieu of Parent Teacher Conferences



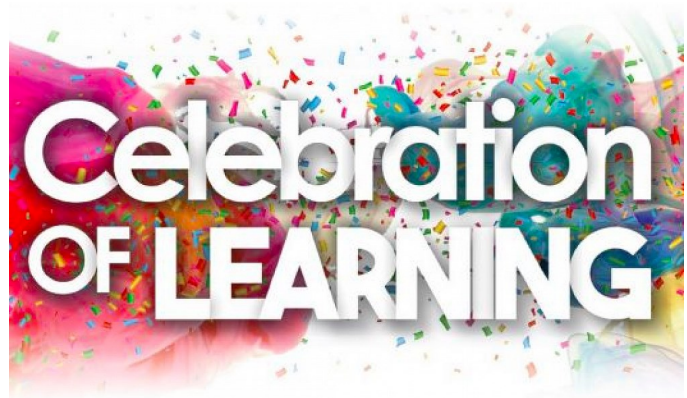
Thank You!

to
Tyler & Dannielle Knudsen
for donating
topsoil for our
raised garden project!



9 things to say to your anxious child

1. I'm here with you. You're safe.
2. Do you want to do some dancing or running to get rid of the worried energy?
3. Tell me about it.
4. What would you like to say to your worry? What might your worry say back? Then what?
5. Let's draw it.
6. What does it feel like in your body? Where is the worry? How big is it?
7. Match your breaths to mine.
8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones).
9. What's something we could do to help you feel better?



**HAVE A SAFE
AND HAPPY
HALLOWEEN!**

