



REMEMBRANCE DAY

Whiteside will be closed on Monday, November 13 in observation of Remembrance Day.



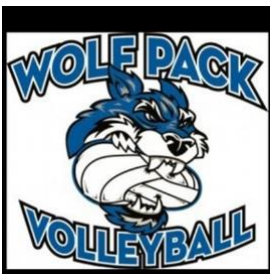
STUDENT RETAKE DAY

Photo retake day is Thursday, November 16th at 9:00 a.m.



PAC MEETINGS

PAC are amazing resources for our entire school community. A strong PAC bonds our school community with our families. PAC is an excellent way for our families to connect directly with the action at our school as well as develop relationships within the parent community. **Our next meeting is on Tuesday, November 21st at 6:45 p.m.!** Please reach out to our PAC at whitesidepac@hotmail.com for more information.



VOLLEYBALL SEASON

Mr. Whelan and Ms. Kinsey and our intermediate students started our new volleyball season with practices in our gym. Games are being scheduled for November and December. We look forward to

inviting you to our home games soon! Go Wolfpack!

WEST COAST RECESS:

During recess and lunchtime breaks, students are expected to be outside at all times this year. Students are strongly encouraged to dress appropriately for the weather. You may also send a change of clothes to school just in case your child gets wet. Playing outside will ensure our students get some fresh air and exercise to enliven their day.



CHECK IN AND CHECK OUT

If your child is arriving late to school, please check in at the office through the front entrance.

If your child needs to leave school early, please sign your child out at the office and wait at the front entrance for them.



BAND CONCERTS AND MUSICAL



Ms. LB is busy preparing this year's winter concerts and school musical. Please save the following dates to watch your children shine:

- Dec. 12 – Band Concert at 1:30 pm/6:30 pm
- Dec. 19 – Musical performance at 1:30 pm/6:30 pm



NOVEMBER 20 – PRO-D DAY

Whiteside will be closed on November 20 for our next pro-d day.



FAMILY PHOTO NIGHTS

Ara Photography is back for Whiteside family photoshoots on November 15 and 16. Please check our newsletter email or website for the flyer with more information.



Kindergarten Registration

NOV · DEC · JAN

www.sd38.bc.ca/kindergarten

KINDERGARTEN REGISTRATION

Richmond School District 38 is excited to welcome Kindergarten registration applications for children born in 2019, turning 5 in 2024. These children will begin Kindergarten in September 2024. Online registration opens on November 1, 2023. Please visit our website www.sd38.bc.ca/kindergarten for more information about our online registration process, required documents, important dates, and FAQs.

We encourage families to complete their registration within the Priority 1 registration window, which spans from November to January, in order to maximize their chances of securing a spot at their catchment school. All registration applications received any time during the Priority 1 registration period will receive placement decisions by February 2, 2024.

Videos detailing Kindergarten registration have been made available on our District website, providing new parents with guidance on the registration process, English Language Learner (ELL) assessments, and District Program Options (Early French Immersion and Montessori). These videos are available in English and Mandarin. Please view the videos at www.sd38.bc.ca/kindergarten.

Finally, there will be a Kindergarten Information Evening for parents of students with disabilities and diverse abilities on Zoom held on November 8th from 6:30 – 7:30pm. A link to the Zoom is available on our District website www.sd38.bc.ca/kindergarten.

Thank you and please share this information with your friends and family who have Kindergarten aged children!



Our Equity, Diversity, Inclusion, & Community Calendar

November						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

1	Musqueam Day
7	National Inuit Day
8	Indigenous Veterans Day
11	Remembrance Day
13	Statutory Holiday for Remembrance Day
12	Diwali 🙏🏻
12-18	Multiculturalism Week
16	International Day for Tolerance
16	Metis Day
20	World Child Day
20	Transgender Day of Remembrance
24	Martyrdom of Guru Tegh Bahdur 🙏🏻
25	Holodomor Memorial Day
27	Birthday of Guru Nanak Dev Sahib 🙏🏻



Nov. 13	Remembrance Day observed – school closed.
Nov. 16	Photo re-take day
Nov. 20	Pro-D Day (school closed)
Nov. 24	Hot lunch
Dec. 7	Grade 6/7 immunizations
Dec. 12	Winter Concert – 6:30 p.m.
Dec. 15	Hot lunch
Dec. 19	Winter musical – 6:30 p.m.
Dec. 21	Reports published
Dec. 22	Last day before Winter Break

STUDENT AFFORDABILITY FUND

Recently, the provincial government announced a new, one time [Student and Family Affordability Fund](#). This fund is designed to assist families who require financial assistance with school-related costs such as school and course fees, workbooks, specialty supplies, field trips and other school-related charges and costs. The additional funding will also be used to support school meal programs and other nutritional supports for students.



Currently, we are requesting that families reach out to our principal, Brett Cameron (whiteside@sd38.bc.ca) if you need assistance with school supplies, fees, or other school-related costs. As always, all requests will be treated with dignity and your privacy will be respected. We want to work with our families to ensure that our students, your children, have everything they need to be successful at school. Please do not hesitate to reach out if we can help.



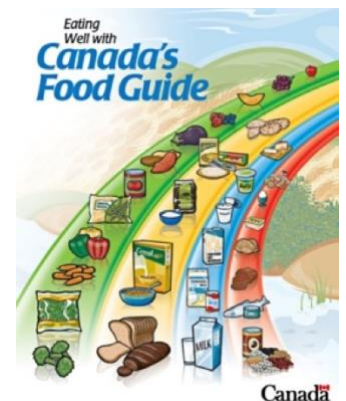
ALLERGY ALERT:

All families should be aware that Whiteside School has many students with severe, life-threatening food allergies. Some classrooms may be designated nut free to protect the health of these students. Please help us limit the nut products entering our school overall, as the impact on a student can happen anywhere in the school. If possible, please do not send food to school containing nuts.

HEALTHY EATING HABITS

Make healthy foods the routine

Offer your kids healthy meals and snacks at regular times throughout the day. This is important to help them get enough nutrients and energy to help them grow and develop. Have a conversation about all of the components that go into a healthy meal.



Every day, offer a variety of:

- vegetables and fruit, including:
 - dark green vegetables such as kale and bok choy each day
 - orange vegetables such as carrots and sweet potato most days
- whole grain foods, such as:
 - oats
 - wild rice
 - whole wheat pasta
- protein foods such as:
 - eggs
 - nuts and seeds
 - fish and shellfish
 - beans, peas, and lentils
 - lean red meats, including wild game
 - lower fat dairy products such as milk and yogurt
 - fortified soy beverages, tofu, soybeans and other soy products

Offering a variety of healthy foods is the best way to help your children get the nutrients they need. Since vitamin D is found in very few foods, eat foods containing [vitamin D](#) or take a supplement with 400 IU (10 µg) of vitamin D every day.

Learn more at:

<https://food-guide.canada.ca/en/tips-for-healthy-eating/parents-and-children/>