



Heffley Creek Elementary

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November 2025 Newsletter

Processing Through Emotions

Life has a way of throwing situations and circumstances our way. Sometimes, these experiences are wonderful and sometimes they are not. Part of our Social Emotional Learning (SEL) work at the school is focused on helping students process "through" emotions rather than "bottling" them up as this eventually leads to those emotions coming out in other ways. Often in an unhealthy way.

As parents, our goal isn't to *stop* the feeling, but to help children understand and process feelings in a **healthy way**. When your child is struggling at home, you may want to try this simple approach to help them navigate the moment:

Recognize and Validate: The first step is to simply acknowledge their feelings.

- Don't dismiss:** Avoid saying things like, "Stop crying," or "It's not a big deal." This teaches them to hide their feelings.
- Do validate:** Try saying, "I see you're really frustrated right now," or "It looks like you're feeling sad about that." Naming the emotion helps them feel seen and understood.

Regulate (Co-Regulation): This is where you help them calm their body and mind. You can't problem-solve with them until they're calm.

- Model Calm:** Use a soft, quiet voice and slow movements. Your calm is contagious.
- Use Sensory Tools:** Suggest deep breathing ("smell the flower, blow out the candle"), a tight hug, a cold drink of water, or a quiet space to sit together.
- Get Moving:** Sometimes, a sudden burst of energy (like five quick jumps, running around the house once, or squeezing a pillow) can discharge intense feelings.

Reflect and Resolve: Once they are calm, you can talk about what happened and practice coping skills for next time.

- Talk it Out (Later):** Ask open-ended questions like, "What do you think made you feel so angry?" or "What could we try next time?"
- Practice a Skill:** Now is the time to introduce a coping mechanism they can use on their own.

Upcoming Events & Dates

- Nov 7 Indigenous Veterans' Day
- Nov 10 Remembrance Day Assembly at 9:00 am
- Nov 11 Remembrance Day - no school
- Dec 1 Pro-D - no school for students
- Dec 12 Point of Contact #2 Written Learning Updates Published & Printed (Term 1 Report Cards)
- Dec 18 Christmas Concert at 11:00 am
- Dec 19 Last Day of school before Winter Break
- Jan 5 First Day back from Winter Break
- [SD #73 School Calendar for 2025/2026](#)
- [SD #73 School Calendar for 2026/2027](#)

Learning Updates Overview

- **1st** Point of Contact: Classroom Connections - Oct 29th
- **2nd Point of Contact: Written Learning Updates Printed & Published - Dec 12th**
- **3rd** Point of Contact: Written Learning Updates Printed & Published - March 11th
- **4th** Point of Contact: Various formats - April 27th - May 8th - exact date to be determined
- **5th** Point of Contact: Summative Written Learning Updates Printed & Published - June 25th

Point of Contact #2 Written Learning Updates

Term 1 Written Learning Updates (report cards) will be published to the [MyEd BC Parent Portal](#) and printed for students to take home on December 12th. Now is a good time to login to the Parent Portal and ensure that your login and password are up to date. For more information and support on how to access the Parent Portal or to reset your password, visit our [website](#).

Open Parachute Learning Moment

This month's Open Parachute Learning Moment follows up on the introductory article of this newsletter with practical information and strategies. We hope that this 5 minute learning opportunity will give some ideas that will work for your family. [When Your Child Acts Out](#) Parenting Information.

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Remembrance & Indigenous Veterans' Day

On November 10th, our school will pause and reflect on the sacrifices of those who have paid the price for our democracy. Students will engage with a variety of poems, songs, a moment of silence and much more. Our goal is for this to be a time of reflection and sombre thought about the importance of peace, and gratitude for those who keep us safe.



Dressing for the Weather

It's getting to be that time of year to get out the winter jackets, hats, mittens, etc. Please keep in mind when your child is leaving for school to dress for the weather! Students will be expected to spend as much time as possible outside playing during recess & lunch and we want that to be an enjoyable time for them.



Christmas Concert

On Thursday, December 18th at 11:00 am, our students will be presenting a Christmas Concert and all community members are welcome to join us. This is a wonderful way to get into the Christmas season and enjoy some time with our school community.

Purdys Chocolates Fundraiser

We have a Purdys Chocolate fundraiser happening right now that can help with your Christmas shopping, a special event or just a nice treat. Your purchases help to support our school. Feel free to share the link below with friends and family members who can join in supporting our school. The deadline to order chocolates is November 22nd. The chocolate pickup day is December 12th at the school office.

Here is the link to our fundraiser:



<https://fundraising.purdys.com/1926472-133624>

Criminal Record Checks

Thank you for your patience as the Provincial system has started to catch up on the Criminal Record Checks that have been submitted this year. Having a completed Criminal Record Check on file alleviates last minute stress and opens the door to participating in a number of school-based activities such as field trips, in-class helping and much more. All that you need to go through this process is on the Rayleigh [website](#) (we share a portal between the two schools).

PAC News

Unfortunately, our last PAC Meeting was postponed as I have been away taking care of my Dad in the hospital. Once we have scheduled a meeting date in November, an email will be sent out to the entire school community.

If you are looking to connect with the Heffley Creek PAC, feel free to email: pac.heffleycreek@gmail.com Here are the [minutes](#) from the Sept 25th meeting.

PAC Fundraising

If you are looking for an easy way to support our school, please consider dropping off your refundable beverage containers at the Lorne Street Bottle Depot (near Home Hardware on the Halston). The Heffley Creek PAC has an account at this bottle depot and you can simply bring in a bag of recyclables and ask for the proceeds to be given to the Heffley Creek PAC.

