



Rayleigh Elementary School

306 Puett Ranch Road

Kamloops, BC V2H 1M9

Phone: (250) 578-7229 Fax: (250) 377-2246

rayleigh.sd73.bc.

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 5 PAC Meeting in the Library at 6:30 pm
- Nov 6 Point of Contact #1 Classroom Connections
- Nov 7 Indigenous Veterans' Day
- Nov 10 Remembrance Day Assembly at 10:55
- Nov 11 Remembrance Day - no school
- Nov 17 Book Fair starts
- Nov 20 Book Fair ends
- Nov 21 PAC Movie Night at 6:00 pm
- Dec 1 Pro-D - no school for students
- Dec 3 PAC Meeting in the Library at 6:30 pm
- Dec 11 Primary Winter Concerts (1:15 pm & 6:00 pm)
- Dec 12 Point of Contact #2 Written Learning Updates Published (Term 1 Report Cards)
- 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 - Nov 6th**
- **2nd Point of Contact: Written Learning Updates Published - Dec 12th**
- **3rd Point of Contact: Written Learning Updates - 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 Published - June 25th**

Point of Contact #1 Classroom Connections

On Thursday, Nov 6th, our teachers will be holding Classroom Connections. Due to volleyball scheduling challenges, a couple of Intermediate classes have needed to move this Classroom Connections to Wednesday, Nov 5th. Please watch for information coming directly from your child's teacher with more details.

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.

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.



Primary Winter Concerts

On Thursday, December 11th, Primary students will perform in two Winter Concerts. There will be an afternoon (1:15 pm) performance and evening (6:00 pm) performance. There will be a select group of Intermediate students who will support in guiding the Primary Winter Concerts.

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.



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 our [school website](#).

Athletics

Volleyball season has started and we have two Girls Rec teams coached by Mrs. Tweed & Mikaili Tweed and Chris Town. Our Boys Rec team is coached again by Charmaine Fleishhauer & Julie Lewis. We are very thankful to these coaches for providing our students with the opportunity to play in the Elementary League. The regular season runs until November 20th. All things [Sports & Athletics](#) can be found on our website.

Our Grade 4 Drop In volleyball which happens two lunch hours a week is being led by Sue Devick and Grade 6/7 leaders. Grade 4 students receive skill development practice and then play games of volleyball.

Basketball Coaches Needed

We are looking for basketball coaches for the upcoming season that will run from January to March. A basketball coaching commitment typically involves two practices and one game per week. Coaches need to have a Criminal Record Check on file with the school, have completed the Concussion Training Program, patience to work with beginner basketball players and some understanding of the sport. If you are interested in helping out with basketball coaching this year, please email Dave Conroy at dconroy@sd73.bc.ca

Written Learning Updates

Term 1 Written Learning Updates (report cards) will be published to the [MyEd BC Parent Portal](#) 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](#).

Lunch Hour Supervisors

We have almost filled our Lunch Hour Supervision team roster, but we have a couple of spots that remain open. We are still in need of a second Lunch Hour Supervisor on Tuesdays & Wednesdays. If you are interested, please connect with Mrs. Sandra Maskell by contacting the office or by email (smaskell@sd73.bc.ca) and she will walk you through the process of joining our supervision team.

PAC News

The Rayleigh PAC Executive can be reached at rayleighpac@gmail.com The next PAC meeting is this Wednesday (Nov 5th) at 6:30 pm in the Library. All are welcome!