

October 2025 Newsletter

Happy October!

*We have had already one full month of school and it has been a great start to the year!
Congrats again to our amazing school community for raising over \$2300 for Terry Fox
Foundation!*

One of the goals for our school this year is to increase student attendance. We are going to look at variety of ways to support students attending on a regular basis. It can be difficult to replicate what is being taught in the class at home. Learning is more than completing a worksheet or reading a book. Our teachers develop activities that are cooperative and engaging and it can difficult to re-teach this to students when they return from an absence.

We understand students will miss school due to illness. It is not easy for any of us to forget the days of social distancing and wearing masks all day long. We continue to make our building a safe and healthy place.

- We encourage everyone to wash their hands*
 - Hand sanitizer is available*
 - We ask people to stay home if they are sick*
 - We wipe and disinfect surfaces*
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If you are not sure "how sick is too sick" to keep your child home, please ask. It is critical that your children come to school regularly.

- research shows that good attendance is one of the most important factors of student success*

- *Missing only 1 or 2 days every few weeks can impact student achievement*
 - *If a child misses 5 days of school, that is the equivalent of one full week of school*
 - *If a child misses 10 days of school = 2 weeks of school*
 - *If a child misses 20 days of school = 1 month of school*
 - *students that attend regularly have more opportunities to make friends and build very important relationships with our staff and students.*
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We are happy to be together each day. We look forward to your children being here with us learning, laughing, and helping each other grow.

We appreciate you sharing your child with us. They help to make this school a special place.

Kind regards,

Mrs. Hawkins



School Sports

Well done to our cross country team! We have been very successful at all the races in each grade group. October 8th is the last race of the season at Westsyde Centennial Park. Go Bobcats!





Socktober

Mrs. Grimm's class has hereby declared October for Socktober!

Winter is coming - please help us support people in our community by donating a new pair of socks. Bring them to school between Oct. 6 - 31st and all items will be donated to the Mustard Seed Kamloops. You can also bring travel size toiletries such as deodorants, toothbrushes, toothpaste, shaving items, etc. Your teacher will be given a bin to collect the items. Thanks for your support



Breakfast Program

Breakfast items will be available for any student that needs breakfast or needs more food once they have arrived. If you would like your child to attend the breakfast program every morning,

please fill out this survey¹. One survey per student. We will do our best to accommodate food allergies, but we cannot guarantee.

If students want to have breakfast, they will come to the front doors anytime after 8:15 and head to the PAC kitchen.

Parent Advisory Council

All parents of Ralph Bell Elementary students are welcome to attend our school PAC meetings as well as be a member of the committee. Our PAC has been very generous in purchasing a variety of items for our school.

PAC Halloween Dance - You're Invited

Date: Friday, October 17, 2025

Time: 5:00-7:30 PM

Location: Ralph Bell Elementary

Get ready for a spooky good time at our Halloween Dance! Come dressed in your best costume and enjoy a night full of fun for the whole family!

Activities:

- *Dance the night away*

- *Pizza available to order through MunchaLunch*
 - *Cake Walk*

 - *Concession*

¹https://docs.google.com/forms/d/e/1FAIpQLSf7xHFoAQT9_BHPpCzilh45TVOQ1EjuuH1wAe32c9f9iYVj4A/viewform?usp=dialog

- *And many more hauntingly fun surprises!*
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Important reminders:

- *All children must be accompanied by an adult - no drop-offs, please!*
 - *This is a cash only event.*
 - *Costumes are encouraged (but optional)*
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*****See the Facebook page for the volunteer sheet as we will need help in making this event a success!***

Mark your calendars and don't miss out on this fang-tastic evening!



*The next PAC meeting will be held in the Ralph Bell library on **October 15, 2025 at 6:00pm**. Childcare is available. The PAC Facebook page has a lot of information for parents as well – Ralph Bell Elementary PAC.²*

Any questions, email ralphbellpac@gmail.com³

²<https://www.facebook.com/groups/646472643192990>



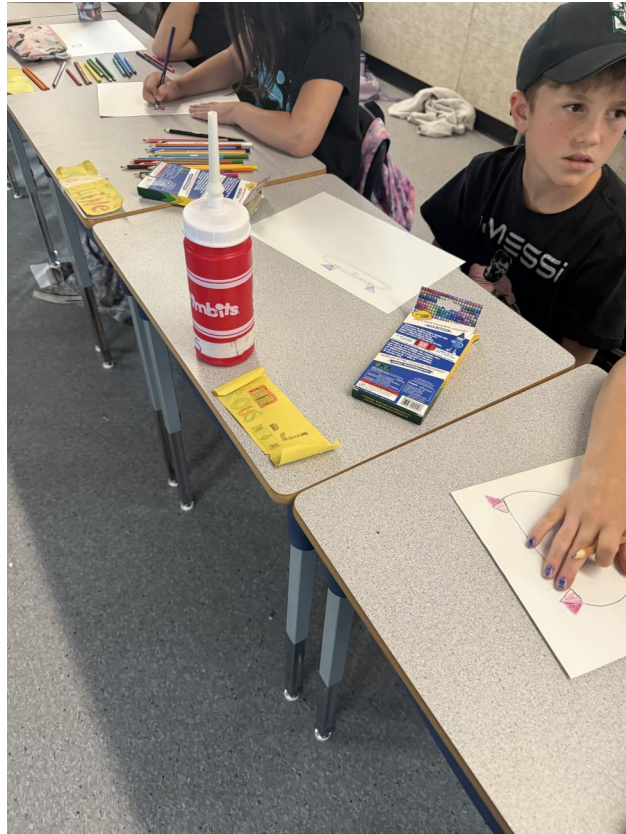
What's happening at Ralph Bell?



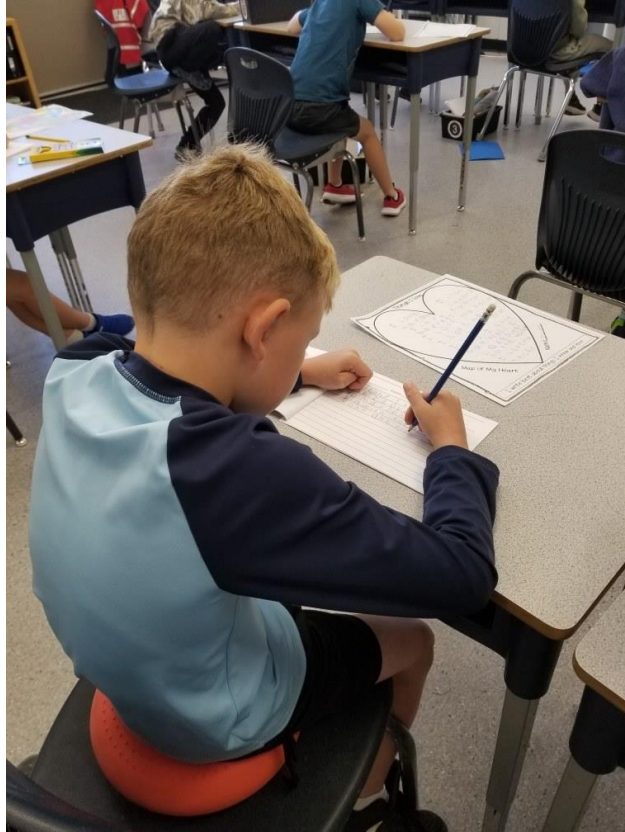
1 - Salsa making in Mr. Denby's class



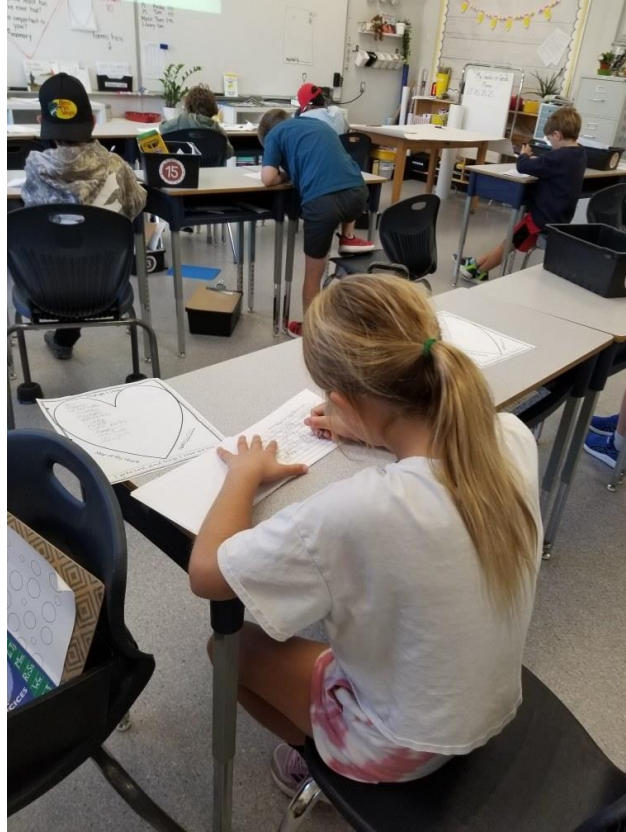
2 - Salsa making in Mr. Denby's class



3 - Student Directed Drawing in Ms. Bruvold's class



4 - Extreme Writing in Mrs. Corbet's class



5 - Extreme Writing in Mrs. Corbet's class

Public Health Information

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

October 2025

LEGAL SUBSTANCES AND YOUTH HARM REDUCTION

Poster Contest

Youth in grades 6-12 across the Interior Health region are invited to submit an original form of artwork that shares their views on the impacts of tobacco, cannabis, vaping and alcohol use in this year's Beyond the Buzz 2.0 – Youth's Voices on Substance Use. The contest opens on **October 15th** and will have prizes for the winning posters that are judged by our YOUTHWISE peer advisory group.

Find out more at: [Beyond the Buzz Youth Poster Contest](#)



MENTAL HEALTH

New! Mental health resources for families

New videos and information are available by mental health experts at BC Children's Hospital who share your culture and language.

- Resources are available in many languages to support diverse families, including Arabic, Cantonese, English, Mandarin, Punjabi, Spanish, Tagalog, Tamil, Ukrainian, and for Black communities.
- Topics include anxiety, substance use, family transitions, and more.

When it comes to your child's mental health, you are not alone. Check out these multi-language mental health resources [here](#). New content will roll out until late Fall 2025.

This campaign is a partnership between BC Children's Health Bridge, BC Children's Kelty Mental Health Resource Centre, and Our Kids' Health.



NEURODIVERSITY

Resources

For Parents and Caregivers:
[Attention-Deficit/Hyperactivity Disorder \(ADHD\) | Kelty Mental Health](#)

For Parents and Caregivers- Webinar (multiple sessions available):
[ADHD – The Deal Deal | Kelty Mental Health](#)
October 7: 6:30pm-8:00pm PST
October 21: 12:00-1:00pm PST
October 28: 6:30-8:00pm PST



SCREEN USE

Looking for Parents, Caregivers, and Youth to Participate in Discussion Groups

Ministry of Health is conducting a provincial needs assessment on screen use among children and youth. As part of this work, they are engaging parents and caregivers of children aged 5-12 to better understand their experiences managing screen time, as well as identify what supports or resources might be missing.

They've partnered with BC Children's Hospital's [Health Bridge](#) to host a series of online parent discussion groups.

The [Health Bridge newsletter link](#) includes details on how families can sign up. There are also additional opportunities for both parents and youth to get involved in other health-related discussions. Health Bridge provides compensation for participants' time.

Volunteering/Criminal Record Checks⁴



*Volunteering in schools in School District #73 requires a criminal record check. **Volunteering includes**, but not limited to, driving students to field trips or sports events, attending field trips, helping in classrooms, helping at PAC events. Any adult interacting with students during school organized activities **MUST** have a criminal record check.*

*Criminal Record checks last for 5 years; however, School District #73 requires a **new one every three years.***

To fill out a criminal record check or to renew your criminal record check, click here⁵. This link can also be found on our school website, under Parents and Students.

End of Day Plans

Before your child arrives at school, please ensure your child knows how they are getting home (i.e. daycare, someone picking them up, taking the bus, etc.). The agenda is a great place to include this information. This is very helpful for our after-school bus supervisors.

If students walk or ride bikes home and want to play on the playground after school, they will need to go home first and check in. They are welcome to return to play on the playground. The adult supervision after school is for bus students only.

⁴<https://ralph-bell.sd73.bc.ca/en/parents-students-support-help/criminalrecords.aspx>

⁵<https://ralph-bell.sd73.bc.ca/en/parents-students-support-help/criminalrecords.aspx>

UPCOMING DATES

- *October 9 - PAC Muffin and Milk - recess*
 - *October 10 - Mug and Muffin for all parents*
 - *October 10 - After School Program for signed up students (Gr. 4-6)*
 - *October 13 - no school - Thanksgiving*
 - *October 16 - PAC Booster Juice*
 - *October 17 - Mrs. Davey and Ms. Babichuk's classes to Pumpkin Patch*
 - *October 17 - PAC Halloween Dance*
 - *October 20 - Come Read with Me Session for Grade 1 parents/caregivers*
 - *October 20 - Earth Rangers Assembly*
 - *October 21 and 28 - Mrs. Jobson's class at gymnastics*
 - *October 23 - PAC Lunch - Edo Japan*
 - *October 24 - Inservice Day - no school*
 - *October 27 - PAC Fundraiser begins*
 - *October 28 - Photo Retakes*
 - *October 28 - Drop Everything and Read Day*
 - *October 30 - PAC Popcorn*
 - *October 30 - Open House (some classrooms)*
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Other Important Information



ABSENCES/LATES

*If your child is going to be absent or late, you will need to contact the **Safe Arrival line**. The system logs the absences/lates for our attendance system. Parents will need to report the student absences before 8:15 on the day, otherwise the system will call you to report that your child is absent. **Parents will contact the system by:***

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- *calling the toll free # 1-844-350-264*
 - *visit: <https://go.schoolmessenger.ca/>*
 - *Smart phone app (iOS and Android version; both available for free) - download from iTunes or Google Play*

*A **registration email** will be sent to parents in advance. These emails are not spam and will contain specific parent login information for the system as well as instructions on how to log in as a parent to report your child's absences.*

Directions

Once connected to Safe Arrival

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- *please choose the reason for your child's absence from school: sick, appointment, family vacation, etc.*
 - *Wait for confirmation number to ensure your child's absence has been recorded.*
 - *Absences can be booked in advance and for consecutive days, if needed.*
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PARENT PORTAL

The MyED BC Parent Portal was activated on Aug. 31, 2025, for all parents in the district that had an account last year. Parents/Guardians new to the school district will have their MyED BC parent portal accounts created on September 15.

RALPH BELL WEBSITE⁶



RALPH BELL

ELEMENTARY

⁶<https://ralph-bell.sd73.bc.ca/en/index.aspx>