



October 2025

Raven's Roost

Parkcrest Elementary School Newsletter



Principal's Message

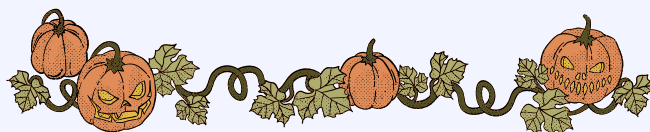
Happy October! September was a month filled with settling into routines, reconnecting with friends, and welcoming new students into our school community. We began the school year in grade level learning groups as we worked on building our classes. Kindergarten students began their journey into school with a gradual entry and are now becoming used to the longer days. We ended the month with back-to-back events including the kindergarten bus safety program, the Terry Fox run, and Orange Shirt Day.

As we step into October and teachers now have a better understanding of the strengths and areas of growth of their students, we will see a variety of learning activities. Cross-country running is coming to an end and volleyball season will soon be underway. Fall also brings holidays such as Thanksgiving and Halloween, which we know will be highlights for our students.

Over the next few months, information about Digital Literacy will be included in our monthly newsletter. It is important for us to work together to help our students develop essential skills that will help them to use technology in positive, creative, and powerful ways. I hope these additions help you to have conversations with your child.

Thank you for partnering with us in supporting your child's learning and well-being. I look forward to all the moments of joy, growth, and community that this fall will bring.

~ Mrs. Deanna Steptoe



SAFE ARRIVAL

School District #73 uses the SafeArrival student absence reporting system to record student absences. Please report your child's absence in one of the following convenient methods:

- Phone: 1-844-350-2647
- Web: go.schoolmessenger.ca
- App: SchoolMessenger

Principal: Deanna Steptoe ~ Vice-Principal: Jason Nesci
2170 Parkcrest Ave, Kamloops BC, V2B 4Y1
Website: www.parkcrest.sd73.bc.ca

WHAT'S HAPPENING



Upcoming Dates



| | |
|----------------|--|
| Thurs., Oct. 2 | PAC Freezie/Ice Cream Sale (2:35 pm) |
| Wed., Oct. 8 | Grade 3 & 6 Vision Screening by Lions Club |
| Mon., Oct. 13 | Thanksgiving - No School |
| Tues., Oct. 14 | PAC Meeting (6:00 pm) |
| Tues., Oct. 21 | Picture Retakes |
| Fri., Oct. 24 | Non-Instructional Day - No School |
| Fri., Oct. 31 | Halloween |
| Mon., Nov. 10 | Remembrance Day Assembly |
| Tues., Nov. 11 | Remembrance Day - No School |
| Mon., Dec. 1 | Non-Instructional Day - No School |
| Fri., Dec. 19 | Last Day of Classes Before Winter Break |

FEEDING FUTURES - PARKCREST

Over the past several years, we have had snacks available outside the office for students and our PAC has organized hot lunches on Fridays. Both of these food programs are very well received by our students. Being well-fed helps students to learn, play, and grow.

This year, we are working to start a Feeding Futures hot lunch program at Parkcrest to enhance our current food program. Our idea is to begin with serving lunches one day a week and possibly expanding it if the program is a success. Lunches will be cooked onsite and be offered to students using a pay what you can model. Our goal is to ensure that all students have access to healthy food.

To make this program possible, we are looking for two people who would be interested in running the program. An honorarium will be offered and we will pay for FoodSafe courses for these "volunteers".

If you are interested in getting involved or would like to learn more, please contact Deanna Steptoe at dsteptoe@sd73.bc.ca or 250-554-2368.





A Look at September

The Parkcrest Terry Fox Run was on Friday, September 26th. Students brought in Tootenies for Terry to support cancer research. Throughout the week, students learned about Terry Fox and then participated with enthusiasm during the run. Well done, Ravens!



Orange Shirt Day

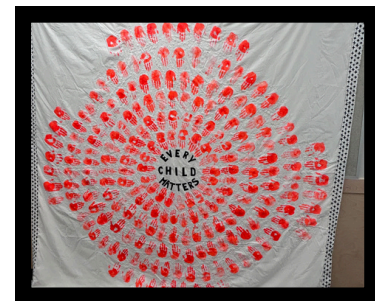
At Parkcrest, we recognized Orange Shirt Day on Monday, September 29th. Orange shirts filled the halls and classrooms. Teachers led students through age-appropriate learning about Truth and Reconciliation.



In 2015, the Orange Shirt Society was formed to create awareness of the individual, family and community inter-generational impacts of Indian Residential Schools with the purpose of supporting Indian Residential School Reconciliation and promoting the truth that EVERY CHILD MATTERS.

Parkcrest Daycare Grand Opening

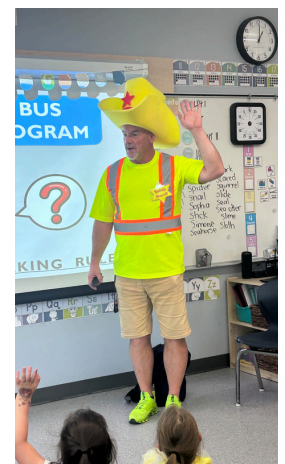
On Monday, September 22nd, YMCA, School District 73, Kamloops City, and other local dignitaries gathered for the Grand Opening of the Parkcrest Daycare Centre.



Kindergarten Bus Safety



Employees from the bus garage were at Parkcrest on September 25, educating kindergarten students about bus safety. Students participated in a classroom portion and then had the opportunity to go and sit on the school bus and participate in a practice bus evacuation. It is always exciting for Kindergarten students to be on the bus. They are now prepared for their first field trip.



PAC Update

For regular updates from PAC, join the Parkcrest PAC Facebook page at:

<https://www.facebook.com/groups/parkcrestpac/>

A big thank you to the volunteers and staff who helped make the Welcome Back BBQ a success! It was amazing to see all the families out enjoying the sunny evening!

The PAC AGM meeting is Oct 14 at 6pm in the Library

Budget will be reviewed and voted on. It will be posted next week on FB PAC page for review.

The following Executive positions need to be filled:

- Chair
- Vice-chair
- Secretary
- Fundraising.

If anyone is interested in any of these positions or has questions, please reach out to PAC on Facebook or email pacparkcrest@gmail.com. Please put your name forward or let us know at the meeting.

PAC provides babysitters during the meeting so please RSVP via email or FB so the appropriate number of babysitters are booked.

Fundraising

Sun-Oka apples orders are due October 6th.

- 10lbs box Ambrosia \$23.95
- 10lbs box Honey Crisp \$29.50

Order:

https://fundraising.sunokafruit.com/seller_1/0820102038/org-campaign/parkcrest-elementary--harvest-2025

Kamloops Coupon Book orders are due October 3rd.

Order forms are available at the office.

October 2nd is a Frozen Friday!! Why wait for June?!

After school at the front door, Freezies and ice cream cups will be available for \$1 each. Bring your loonie!



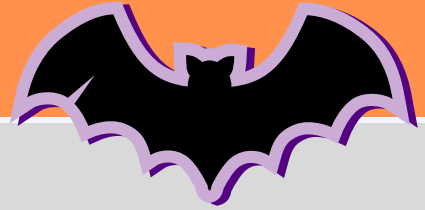
Next PAC Meeting

What: October PAC Meeting

When: Tuesday, October 14, 2025 @ 6:00pm

Where: Parkcrest Library

HALLOWEEN



Halloween Costumes

Students are invited to wear black and orange or a Halloween costume to school on Thursday, October 31st. We understand that it is exciting for students to be able to show-off their costumes to friends. There are considerations to be made when allowing costumes at school.

- Any props that resemble a weapon must remain at home.
- Safety is important and we need to be able to recognize and identify students, so masks are not permitted at school.
- Make-up depicting gore is not permitted.
- Students will be in classes and participating in various activities, including gym, so they should be comfortable and able to participate.
- Inflatable costumes are distracting and make it difficult for students to participate in school activities, so we ask that these costumes be saved for trick-or-treating.



Trick-or-Treat Safety Tips

Trick-or-treat in well known-areas with an adult or if you're old enough to be on your own, stay with a group of friends; Stay in well-lit areas and only visit well-lit houses;

Wear a costume that can easily be seen at night. Reflective materials are best!

Watch for cars pulling out of driveways and backing up.

Carry a flashlight so you can see where you are going. Have your treats inspected by an adult before eating them.

Always wait outside a house for your treats.

Go down one side of the street, cross at the corner, and then go down the other side.

Are "fake" swords, knives or guns part of your costume? Make sure they look fake but remember, some people still may not be able to tell the difference.

Stay away from animals you don't know. Pets get frightened on Halloween.

Despite staff's best efforts, costumes do sometimes get ripped or dirty, so consider having students wear part of their costume or one that they are not wearing trick or treating that night. We do want students to have fun on Halloween, while recognizing the complexities that can arise with Halloween costumes at school. Individual teachers will be communicating about classroom specific activities.



Help Kids Balance Their Media Lives

From phones and tablets to streaming movies and YouTube, tech and media are everywhere. Kids love easy access to shows, games, and information. Parents and caregivers love that kids can learn on the go (and stay busy when dinner's cooking). But it's easy to overdo it when the phone never stops pinging and the next episode plays automatically. Families can keep media and tech use in check by following a few simple practices.

Check out these 5 tips 

1

Create screen-free times and zones.

Help kids take breaks from tech by limiting screen time in bedrooms, during study time, or at the dinner table.

2

Try parental controls.

Set content limits that make sense for your family. Alongside conversations about healthy media habits, use features such as content filtering, privacy settings, and time limits offered by the apps and platforms your family uses to help manage access and exposure to media.

3

Establish clear family rules.

Decide together what kind of media and tech is OK -- and when it's OK to use it. A family media plan can help get everyone on the same page.

4

Watch and play together.

Choose quality, age-appropriate media to enjoy with your kids. Visit commonsensemedia.org to find shows, games, and more.

5

Help kids identify healthy behaviors.

Practice talking about feelings -- both physical and emotional -- during screen and non-screen activities.

