



October 2026

Raven's Roost

Parkcrest Elementary School Newsletter



Principal's Message

Happy October! Despite the later start to the school year, it feels as though we have been in school for longer. With that being said, it is hard to believe that the first month of the school year is behind us. September was a month filled with learning, connecting and settling into the routines that help us all to thrive.

Throughout the month of September, students and staff worked to establish school and classroom expectations that help to build the foundations of safe, predictable, and engaging learning environments. The month helped students reconnect with peers and begin building new relationships with other students and their teachers.

One of our most meaningful events in September was our Orange Shirt Day learning and celebration. Together, we spent time reflecting on the importance of truth, reconciliation, and honouring the experiences of Indigenous Peoples. We are grateful for the opportunity to continue learning and growing together as a community.

As we step into October, we look forward to many exciting opportunities for learning and connection. Our Terry Fox Run will take place on Thursday, October 1st. Cross-country running for grades three to seven students will continue for the next few weeks. In the classroom, students will be exploring themes of gratitude through Thanksgiving, participating in a variety of fall activities, and enjoying seasonal experiences that celebrate the changing season. At the end of the month we will celebrate Halloween by wearing black and orange or Halloween costumes. Please see later in the newsletter for what we can allow for Halloween costumes.

Thank you to our families for your ongoing support and partnership. We look forward to another wonderful month of learning, growth, and connection at Parkcrest.

~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: Sierra Haw
2170 Parkcrest Ave, Kamloops BC, V2B 4Y1
Website: www.parkcrest.sd73.bc.ca



A Look at September

Terry Fox

Above the knee amputee, Andrew Abley, visited Parkcrest this month to share his story about prosthetic legs and the challenges Terry Fox faced during his Marathon of Hope. His purpose was to help students understand that Terry was not simply someone who ran across Canada, but a young man who faced incredible adversity yet chose to take action and inspired an entire nation through his determination and selflessness.

"I believe Terry Fox's story is one of the most powerful and important stories we can share with young people. It is a story of courage, perseverance, determination, and the belief that one person truly can make a difference."

~Andrew Abley



Kindergarten Bus Safety



Kindergarten students learned about taking the school bus in the Kindergarten Bus Safety presentation.



CN Police and Safety Bear



CN Railway Constables and Safety Bear stopped by for a brief visit to share that they would be coming back later in the year to do railway safety presentations. What a great surprise for students!

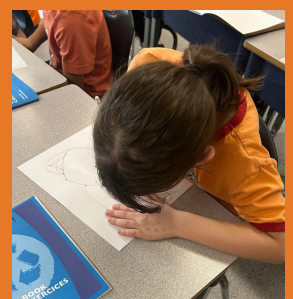
Orange SHIRT DAY

Orange Shirt Day is a time for reflection, learning, and listening. We honour the survivors and remember the children who never came home from residential schools.

As a school, we are committed to Truth and Reconciliation not just on September 30th, but every day.



Students learned about Truth and Reconciliation throughout the month of September. We had our Orange Shirt Day gathering on Tuesday, September 29th. Student drummers led by Ms. Christina Boyer opened our gathering with the Welcome Song. Students learned about the meaning of the Welcome Song and heard a story about a student learning about Phyllis Webstad's story about having to give up her orange shirt when she went away to school. The theme of the teaching is that *Every Child Matters*.





Information

Paws Are Wonderful... Just Not On Our School Grounds

Please be reminded that dogs are not permitted on school grounds. While your dog may be friendly and well-behaved, not all children feel comfortable around dogs. Some students are fearful, some have allergies, and others may have had difficult experiences that make unexpected encounters stressful. Additionally, dogs running on our fields can leave behind messes that impact the safety and enjoyment of our outdoor spaces for students and community users alike.

Thank you for helping us keep our fields, playgrounds, and school grounds safe and clean!



Important Dates

Thurs., Oct. 1	Terry Fox Run
Mon., Oct. 12	Thanksgiving - No School
Thurs., Oct. 15	Picture Retakes
Fri., Oct. 23	Non-Instructional Day - No School
Fri., Oct. 30	Black and Orange Day
Tues., Nov. 10	Remembrance Day Assembly
Wed., Nov. 11	Remembrance Day - No School
Mon., Nov. 30	Non-Instructional Day - No School
Fri., Dec. 18	Last Day of Classes Before Winter Break

Parent Engagement Session - Partnering for Success Monday, October 5 (6:00-7:00 pm)



SD73

Presented by: Deanna Brady, District Principal of Inclusive Education and Lise Hyam, District Coordinator of Inclusive Education

Join us for the first SD73 Parent Engagement Session of the 2026-2027 school year to learn about empowerment and partnership—helping you become a strong advocate for your child while building positive, collaborative relationships with the school team. In this session, you will:

- Learn how the BC education system supports students with diverse needs;
- Understand the roles of teachers, education assistants, case managers, and school teams;
- Gain a clear overview of Individual Education Plan (IEPs) —what they are, how they work, and your rights as a parent;
- Discover simple strategies to prepare for, participate in, and follow up after IEP meetings;
- Take home easy-to-use resources, including checklists, key questions, and a guide to supports available in BC.

This workshop will be held via Zoom.
If you are interested in attending,
please use the this Zoom link [here](#).

Fundraising

PAC Update

Get the latest on school news, events, reminders, hot lunch updates, and PAC meetings — all in one place!

Join our Facebook Group:

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

Contact us anytime at:
parkcrestpac@gmail.com

**Coupon Books and Apple
Fundraisers are both due:
Friday, October 2nd**

**PAC Hot Lunches:
Order your child's PAC hot lunch
on
<https://munchalunch.com/>**



It was wonderful to see so many families out at the PAC Welcome Back Fun Night.



Thank you, PAC, for putting together such a fun-filled event. It really brought our community together!



Next PAC Meeting

What: October PAC Meeting

When: Tuesday, October 13, 2026 @ 6:00pm

Where: Parkcrest Library



HALLOWEEN

BOO!

Halloween Costumes

Students are invited to wear black and orange or a Halloween costume to school on Friday, October 30th as we celebrate an early Halloween at Parkcrest. 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.



Count On (Get **TO** a Friendly Number) Addition Strategy

How It Works: We choose an addend that is close to but slightly less than a multiple of 10 (or 100, 1000, etc). We then add the other addend in pieces so that we can maintain friendly values throughout our addition.

1. Choose which addend you find easy to make into the next multiple of 10. We will call this "*addend A*".
2. Break apart the other addend (we will call this "*addend B*") . Give enough of addend B to addend A to bring the latter to a multiple of 10.
3. Add the tens that remain in addend B.
4. Add the remaining ones from addend B

In the left example, 57 is close to 60. To make it a 40, you break apart 16 into 3, 10, and 3. Use 3 and add it to the 57 to make 60. Now add the 10 you have left to the 60, then add the remaining 3. $57 + 16$ becomes $57 + 3 + 10 + 3$.

In the right example, 38 is close to 40. To make 40, you add 2 (from the 25) to the 38.. Then add the 20. Then add the remaining 3. The new number sentence is:

$$38 + 2 + 20 + 3$$

When It's Useful: Count On (to a friendly number) is useful when adding addends when one is just below a benchmark value (multiple of 10, 100, 1000, etc.). Remember we can start with either addend, and add to it to first reach the next 10, 100, 1000, etc..

$$57 + 16 =$$

$$57 + \underline{3} = 60$$

$$60 + \underline{10} = 70$$

$$70 + \underline{3} = 73$$

$$38 + 25 =$$

$$38 + \underline{2} = 40$$

$$40 + \underline{20} = 60$$

$$60 + \underline{3} = 63$$

Count On (**BY** Friendly Numbers) Addition Strategy

How It Works: To add, we can break apart an addend and count on from the other addend in chunks.

1. Choose which addend to break apart and which to count on from.
2. Break apart the addend into easy chunks.
3. Count on using the chunks you chose (typically adding the chunks in order from largest to smallest).

The left example shows that you can break apart 58 and count on from 76.

The right example shows that you can also break apart 76 and count on from 58.

When It's Useful: Count On (by friendly numbers) is useful when you can easily break apart one of the addends into convenient chunks. These addends are typically small (two, three, or four digits), and the larger of these are multiples of 10, 100, 1000, etc).

Addend Addend
58 + 76
/ | |
30 20 8

$$76 + 30 = 106$$

$$106 + 20 = 126$$

$$126 + 8 = 134$$

Addend Addend
58 + 76
/ | \
50 20 6

$$58 + 50 = 108$$

$$108 + 20 = 128$$

$$128 + 6 = 134$$

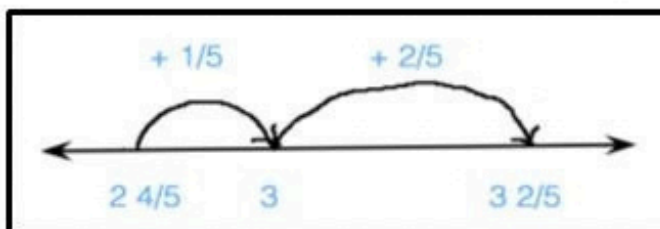
Count On Strategy: Fraction Addition

What It Is: This strategy involves starting with the larger number (addend) and then counting on with the other addend, using a convenient (efficient) chunks of your choosing.

$$\text{Let's look at } \frac{3}{5} + 2\frac{4}{5}.$$

What It Sounds Like: I will start with $2\frac{4}{5}$ and count on $\frac{1}{5}$ (so I am at 3), then add $\frac{2}{5}$ to reach a total of $3\frac{2}{5}$.

What It Looks like: A good way to visualize this strategy is with a number line. An open number line doesn't have all the "tick marks," just marks that help solve the problem:



A second option is to record how to break apart one of the addends. On the left, see the problem shared above. On the right is a fraction example (which can also be illustrated on a number line).

$$\begin{array}{r} \frac{3}{5} + 2\frac{4}{5} \\ \frac{1}{5} \quad \frac{2}{5} \\ 2\frac{4}{5} + \frac{1}{5} = 3 \\ 3 + \frac{2}{5} = 3\frac{2}{5} \end{array}$$

A third option is to count on mentally, perhaps visualizing a number line.

When This Strategy Is Useful: This strategy is a good idea when one of the numbers is relatively small and/or easy to count on in chunks.