



Director of Instruction: Christopher Wong
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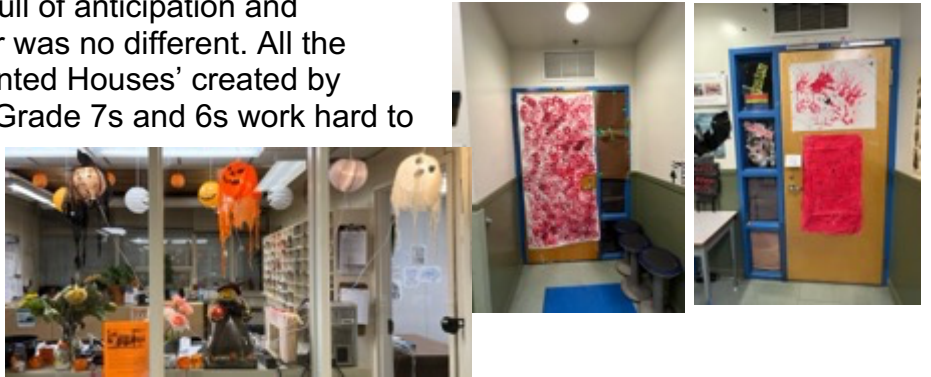


With deep gratitude and respect, we are honoured to be learning and unlearning on the ancestral and unceded lands of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh Úxwumixw (Squamish Nation) & səlilwətaʔ (Tseil-Waututh Nation).

2024 Fall Celebrations

This last week of October is always full of anticipation and excitement for Hallowe'en. This year was no different. All the classes were thrilled to tour the 'Haunted Houses' created by Divisions 1, 2 and 3. Each year the Grade 7s and 6s work hard to create an immersive scary, but not too scary, experience for the other classes.

[Facts about Hallowe'en](#)



Learning About Diwali



Diwali (in Hindi) or Deepavali (in Tamil) is the Hindu Festival of Lights. The name originally comes from the Sanskrit word Deepavali, meaning a row of lights. Wherever Diwali is being celebrated, you will see shops, houses and public places decorated with small, earthenware, oil lamps known as a diya, diyo, deya, diva, deepa, deepam, or deep that are filled with a cotton wick dipped in ghee or mustard seed oil. They are usually placed in rows on windowsills and outside buildings as decorations. Diwali is celebrated around the

world by people who follow the Hindu religion. Many non-Hindu Indian families from the Jain, Buddhist and Sikh religions have often joined in and made this a more widely celebrated festival.

Sikh's celebration is **Bandi Chhor Divas** an historic event of the Sixth Guru Hargobind Ji being released from prison by the Mughal Emperor Jahangir who freed 52 other kings with him. This year Diwali celebrations began October 31st/ November 1st.

The Meaning of Diwali-The Festival of Lights, as with most ancient legends, helps us to know the truth of victory, of good over evil, but more specifically for Hindus at this time, it means to understand the meanings behind each of the *five days of Diwali*. It specifically commemorates the return of Lord Rama to his kingdom Ayodhya, at the end of his exile which lasted for 14 years.

At Henderson we took the occasion as an opportunity to learn a little bit more about our South Asian community and our/their customs.



Rangoli is a form of folk art which originated in the Indian subcontinent, where it's still widely practised today. Rangoli consist of bright, colourful and intricate designs, and they serve a religious and symbolic purpose - to welcome Lakshmi, the Hindu goddess of wealth, as well as any visiting guests. Rangoli can have other meanings, too, including bringing good fortune and keeping evil at bay!

(Divas by Division 10 and rangoli art by Division 19)

Day of the Dead

EL DIA DE LOS MUERTOS



The Day of the Dead – November 1st (All Saints Day) and 2nd (All Souls Day) – is a celebration of life and death. While this holiday originated in Mexico, it is celebrated all over the world. We have many families at Henderson who have family roots in Mexico. On this day we have the opportunity to learn from them and about them. The days are to honour and celebrate family and friends that have passed away by creating altars where the favourite things of the loved ones are offered to souls, placed with their pictures and candles. On the first day it is children who are honored and on the second it is adults. Poems and letters are read. Stories and jokes are told to remember their lives and what they meant to those left behind. Flowers, yellow cempasuchil and marigolds, having their strong scent, guide the souls home. Traditionally the altars include all four elements: water, the food for earth, the candle for fire, and for wind, papel picado, colourful tissue paper, folk-art with cut-out designs to stream across the altar or the wall. Clay-molded sugar skulls are painted and decorated with feathers, foil, and icing, with the name of the deceased written across the foreheads. According to journalist, Mary J. Andrade, “People are really dead when you forget about them, and if you think about them, they are alive in your heart. When people are creating an altar, they are thinking about that person who is gone and thinking about their own mortality, to be strong, to accept it with dignity.” Thank you to Resource Teacher Ms. Tomsics and students Mayli grade 6, Ruddy and Juan grade 7, for sharing information about this holiday with an announcement in English and Spanish.

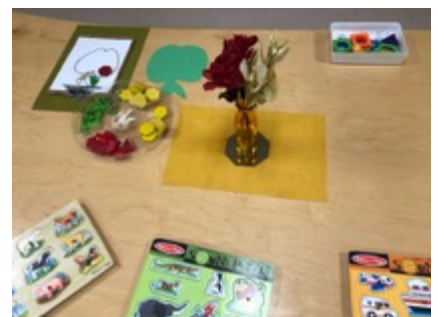


We continue to learn about each other and our community through our individual, family, and collective stories. We are richer for the experience. If there are festivals and customs coming up that you celebrate as a family, we would love to learn from you. Please contact us and we will share information in an upcoming newsletter, , Spotify, or anywhere you get your podcasts.

StrongStart

StrongStart Centres offer our families with children aged zero to five years old, quality, play-based learning experiences. Our centre provides a welcoming space for families and care givers to connect and interact with others. Children have access to a rich, high-quality learning environment. Adults who accompany them learn new ways to support learning both in the home and during the program. Our qualified early childhood educator, Zabeen Hussain leads learning activities, including stories, music, and art to help children get ready for success in school by preparing them for kindergarten. If you are interested in learning more about the program, at our Centre, please contact Zabeen. Our StrongStart Centre is located in the new wing, Room 179. There is no cost to families but if you are interested in participating you must register. To register please bring with you the following documentation: proof of child's birthdate (i.e., Canadian Birth Certificate) and Proof of Residency (i.e., BC Driver's License, showing parent's name). For more information about StrongStart Centres, please visit the following website:

<https://www.vsb.bc.ca/page/5281/strongstart>



GARDEN CLUB



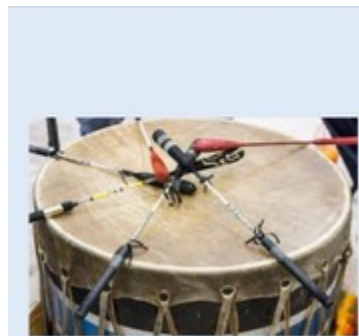
There are many benefits to our having school garden boxes. The educational benefits are helping students, school staff and families make the connection between growing food and healthy diets, developing life skills and increasing environmental awareness.

Students from Grade 2 to 7 who have joined the Garden Club have worked with Ms. Leahy to harvest the fall produce such as kale, zucchini, beans, tomatoes, carrots, beets, and rhubarb. We really hope that families realize that this is a teaching garden and there is a well thought out plan for planting and harvesting. And this is not a community sharing garden. No one should be helping themselves to the produce. We hope that everyone acts responsibly and if you notice people in the garden for any purpose, please remind them it is not for them. Also, please report it to the office.

Much care and attention go into the garden program and children are saddened to see immature plants pulled out and dumped on the sidewalk. Children were unable to harvest any blueberries this year as they were all picked by community members and not students. It is very discouraging. The children don't get to see the full cycle of their work. They only really get to see the planting, watering, and weeding—rarely much harvesting.

Please remember that the garden boxes are not designed to hold extra weight or human body weight. Please do not sit on the boxes and please do not let your small children walk on top of the boxes as this is damaging them and the growing

Lest We Forget



The Drum beat steady and deeply resonant reaches into the past, present and future:
Pulsing with medicines the drum is our heartbeat, a golden glow that always moves beneath the surface of all that takes place.
Everywhere there is war,
But streaming from the four directions, the sky is filled with legions of thunderbirds young and old sacrificing life to restore peace and love.
-by Anonymous Indigenous Author

November is our month of remembering. On November 8th, it is the day to honour Indigenous people that joined the call for Canada's war effort despite having their land taken away and being denied the right to vote. Many Indigenous Nations had people enlist and serve in the Canadian Armed Forces. More than 7000 Indigenous soldiers participated in WWI, WWII, and the Korean War. The Indigenous soldiers made great sacrifices to join overseas, as they needed to adapt to a new culture, learn

English and leave their families and their communities. Indigenous people used their traditional hunting and military skills to carry out dangerous tasks for Canada. Cree soldiers served as Code Talkers. Their job was to translate military messages into Cree before they were sent into the battlefield in Europe. Indigenous women joined overseas as nurses, and at home helped with raising money, working in factories, and knitting for the soldiers. For those that made it home after the war, they were disappointed not to be given equal treatment to the 'Canadian' soldiers who could vote and receive social services.

Indigenous veterans and soldiers are remembered and are a part of Remembrance Day ceremonies with all other Canadians however, one veteran wanted there to be a day where the Indigenous



Poppy Image Andy Everson
K?óm oks First Nation

community could honour their own. It is estimated that over 12 000 Indigenous people from Canada have served in war and peace efforts. Randi Susanne Gage, an Indigenous US Army veteran serving in the Vietnam era wanted there to be a day where Indigenous communities could honour their own. The first National Indigenous Day was observed on November 8, 1993, in Manitoba. The date of the 8th was chosen because the 8 turned sideways is the Métis symbol for, "immortality of a nation," which is connected to Indigenous teachings.

This day is to honour all the people from Indigenous Communities who sacrificed so much for the peace and freedom we enjoy in Canada today. We honour them by wearing a poppy, having a moment of silence, and learning their stories.

On November 8, we at Henderson will pause in a silent moment of remembrance for all the people who have served and continue to serve our country during times of war, conflict, and peace. Then again during the 11th hour of the 11th day of the 11th month, communities all over Canada will honour all the Canadians that have served this country in this way and have given their lives and their futures so that Canadians may live in peace.



Today, Canada is a country where people can vote for their government, where we can say what we think, we can disagree with each other respectfully, we can be educated, and we can grow up knowing that we have a choice about what we want to do with our lives. This is what we call a democracy. We are incredibly lucky and many, many people have sacrificed for us to be able to have this privilege. We continue to learn about the many immigrant settlers who also did not have rights in Canada at the time, but also enlisted to fight for Canada. It is all these people, all soldiers, who we think about and honour on Remembrance Day. We also think about how we can protect and preserve these freedoms. How do we keep our country, our community, and our school peaceful? How do we become peacemakers?

This year we will also reflect on the parts of the world that are not as lucky as we are and how they are currently facing war. Some of the members of the Henderson school community have recently arrived in Canada from these countries. We will think of them and the family they have left behind.

At Henderson, we have students from many diverse cultural backgrounds. As Canadians, we sometimes have different home languages, religions, and customs. Our job is to learn as much as we can about each other's stories. We can be curious about each other. We need to respect our differences and understand our similarities and one another. By acting respectfully, we are building a place of peace. At home and at school, students are learning that they can solve difficult problems by listening to each other, using kind and respectful words, and that they can form strong relationships by caring for each other. Every day students can and do help each other as they play and learn together. Everyone needs to stand up to people who are being unkind to others. To be a peacemaker takes courage too.

As students grow up and become adults, we need them to continue to practice being peaceful. This is the only way we will be able to end wars and create a world that is a happy, just, and a gentle place for all.

We should always remember the many people who have fought to build a better world for all of us. It is time to think about how we can contribute to a more peaceful and better world for the generations to come.

ARTS UMBRELLA DANCE PROGRAM

We are fortunate to have this program return to our school with dance instructor Ms. Kay Barnes leading the sessions with her assistant Ms. Roselle Healy. Six lucky classes spend eight weeks being exposed to elements of dance and creative movement. There are many benefits of an arts education to our students: building confidence, problem solving, self-awareness, compassion, communication, and teambuilding. Dance has been used for social, cultural and theatrical purposes. The health benefits of dance include increased exercise which reduces stress levels, improves relaxation, helps with stronger bones and muscles, weight control and even a sharper, healthier brain! This program will be delivered in three terms. The fall term classes are Divisions 17 and 20. The winter term, January to March, will have Divisions 18 and 21 participating. For the final Spring term, April to June, Divisions 19 and 22 will participate. This program is full funded by generous donors at Arts Umbrella.



ARTIST IN RESIDENCE STUDIO PROGRAM

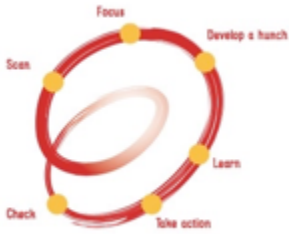
The Artist in Residence Studio Program, or AIRS, is a Vancouver-based initiative for providing equitable access to consistent, high quality and socially relevant visual arts education for children. The AIRS program works in partnership with the Vancouver School Board to create dedicated art studios within public elementary schools to enable a local, professional artist to work collaboratively with teachers and provide meaningful hands-on visual arts engagements for children across the whole school. Learning in and through the visual arts is essential for both academic development and the social-emotional well-being of all children.

This year we are fortunate to have sixteen classes working with two artists. Each class will have the opportunity to work with the artist for three to six weeks. The artists working with us this year are once again Tami Murray and Monica Cheema. Tami is a mixed media artist and art educator. She is currently working with Divisions 10, 11, 12. Monica is currently working with Divisions 1, 2 and 3.

In the new year Monica will work with Divisions 4,5 and 6. Tami will work with Divisions 7, 8, 9, 13, 14, 15, 16. We are so excited to be working with these art educators this year.



School Plan 2021 to 2024



We are in year two of the school planning cycle. Our inquiry question are:

1. *What educational practices, strategies, programs, and school wide common language might we implement to increase students' skill development in Social Emotional Learning (SEL) to better self-regulate and thus be more equipped to engage in learning?*
2. *How can we make First Peoples teaching and learning more authentic?*

One of the best SEL strategies for home and school is to be out in nature. Spending time in nature to learn and or play is essential for healthy social, emotional, and physical development and wellbeing. It has been shown to positively impact one's ability to focus and learn! This year many classes are outside learning and connecting to nature.



As a family, spending time outside has great benefits to all family members. Being outside has been shown to boost mental health, lowers stress, improve physical health, and connect us to each other and the land on which we live. Our connection to the land and our protection of this land is important. We want future generations to enjoy the beauty of the lands that we are privileged to occupy.



We encourage you to find some time as a family to do something outside. There are so many things we can do in this neighbourhood or a short ride away: You can go to a local park to play, go hiking on a local trail, go to a local mountain to ski, snowboard, sled, or snowshoe, and go to Van Dusen Gardens and check out their Festival of Lights!



Identifying Feelings



In Division 19, with Ms. Juliene and teacher candidate Ms. Zeynep Kara, students explored different emotions and engaged in a variety of activities to practice identifying feelings. They created mini face cards and discussed what “hints” people give on their faces to show happiness, sadness, anger and nervousness. Students also created mini books to document different experiences when they felt happy, sad, angry, and nervous. It was a great way to kick start their social emotional learning this term! Nicely done Grade Ones! 😊

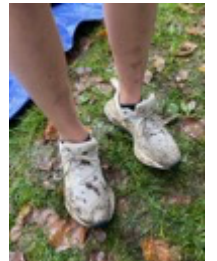
Congratulations to Hawks Cross Country Team Runners



Congratulations to the 48 runners who joined the cross-country team this year and remained committed to running rain or shine. This year the weather cooperated for the most part, but during the District Meet at Trout Lake we did have to deal with the mud! Thank you to all the parents that came out to cheer and supported us during the season by driving to and from Moberly. We appreciate you!

Thank you to Mr. Lung, Ms. Seto and Ms. Jung for helping coach this season. We could not have done this without you! Another high light from the run, check out our lovely canopies that we set up for the first time!

Thank you to the PAC for helping with this purchase last year! The blue was easy to spot and our name easy to see from a distance! It was great to see so many students enjoy running and already excited about doing it again next year! Way to go team!



Hawks Volleyball



We are so glad to see many students come out for elementary school sports leagues this year. We currently have Senior Boys and Girls Teams competing against other local schools in volleyball. The student athletes in 7 are learning the fundamental skills from the coaching team of Mr. Chao, Mr. Lung, and Ms. Sandhu. Our students will begin league play next week. So far, they are showing great enthusiasm and skill development. We are looking forward to getting some game experience.

Celebrations at School



It is natural for us to want to share our milestones and holidays with our community by sharing treats and often showing our gratitude with food. We do acknowledge all birthdays and meaningful events with song, laughter, sometimes dance, and good cheer. If you really would like to send something special for your child's birthday or an occasion, maybe we can suggest donating a book? Perhaps you can send a book that is special to your family, or our wonderful Teacher Librarian can suggest some titles. If you would really like to send food, we ask that you send individually packaged treats and distribute them at the end of the day so families can decide if they are comfortable sharing food during the pandemic. Thank you for understanding and including us in your celebrations.



What is the Vestibular Sense?

Vestibular is the balance sense. It helps with:

Moving smoothly	Walking up and down stairs without tripping	Riding a bike or skateboard
Maintaining a sense of balance	Riding in a moving vehicle	Rocking back and forth
Sitting and standing upright	Sliding down a slide and staying upright	Maintaining upright posture

SKATING at Sunset

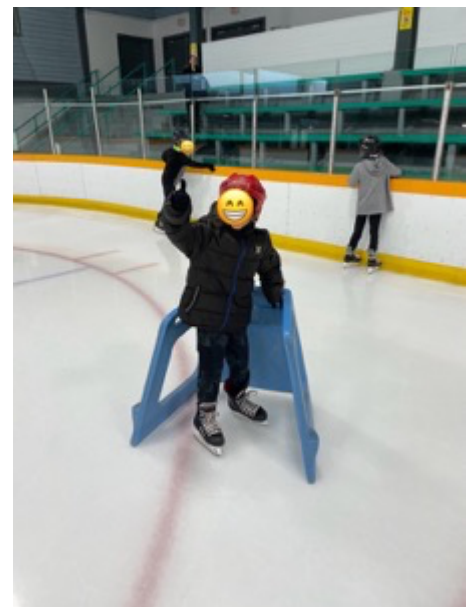
Many of our classes have started enjoying community visits to the Sunset Ice Rink. Ice skating is a great way for students to practice socializing with each other and their buddy classes. There are also great health benefits to skating. When our students are skating, they are engaging their bodies to improve their minds. Proprioception and the vestibular systems work closely together within the brain to process movement, balance, body awareness, and spatial orientation. Skating engages multiple muscle groups, especially in

What is Proprioception?

Proprioception is the body awareness sense. It helps with:

Knowing where our body parts are	Scratching an itch and knowing where to scratch without looking	Touching hands to feet, also known as "finding your feet"
Understanding how much force to use	Using a pencil with the proper amount of force	Holding a delicate item without breaking it
Coordination between body parts and senses	Riding a bike and coordinating the movements to stay on track	Using hand-eye coordination to catch a ball

the legs and core and it improves cardiovascular endurance which promotes a healthy heart. Here is [a link](#) to an interesting article with more information on How Ice Skating Can Improve Learning.



SCHOOL DRILLS



On November 14th we will have a lockdown drill. This is something that is practiced a few times a year. We practice so children know that there is a protocol in place and to maintain calm in case of emergency. We do not do drills as a surprise and staff and students are given notice beforehand as the intention is to practice the protocol and not to worry or upset students. While we never want these types of things to happen, we do want students and staff to be prepared as safety is always our number one priority. We will continue to practice other drills, such as fire drills and earthquake drills, on the next clear weather days. We will also hold an earthquake/reunification drill in the spring, and we will have more details to follow. If you have any questions, please feel free to reach out. For your information, here is the lockdown drill process:

Staff and students rehearse what to do in the unlikely event of a dangerous intruder either on the school grounds or within the school. During a "LOCKDOWN" drill, we lockdown the school: "Lockdown, lockdown, lockdown" is announced over the school PA system in the unlikely event that there is a dangerous intruder in the school. All students gather in their classroom (or closest room), lock the doors, turn out the lights and remain quietly with their teacher until they are directed that it is safe to come out.

School Safety

We are happy to see that many families are thinking about the environment and have electric transportation. For safety reasons please be aware that you are not allowed to ride your electric bikes and scooter on the school grounds while we are in session from 8:30am to 3:30pm. Please be respectful of this safety rule. It is the same rule our students follow. Please help us model responsible behaviour. We are also concerned that we are seeing many of you on these vehicles without a helmet on and when you also have a child on your device without a helmet. Please follow all safety rules and lead by example.



VSB Podcast: After the Bell

On the last Thursday of the month a new VSB podcast episode of [VSB: After the Bell](#) is released! *After the Bell Episode 23: AI Learning! There's no doubt about it, the future is now!* For some, advancements in technology can be filled with fear of the unknown. For others, the rise of technology, such as artificial intelligence or AI, is an exciting opportunity to enhance student learning and provide solutions to pre-existing barriers. However you may feel about AI learning, the reality is that it's here, and it's something we must all learn to adapt to in order to stay up to date with technology. Jeff Spence, District Principal, Learning and Information Technology and Zhi Su, District Principal for Vancouver Learning Network and Summer Learning join us on this episode to discuss all things AI.

Since the podcast is a fairly new channel for the VSB, it would be appreciated if you could listen, follow, and rate it on Apple podcasts, Spotify, or anywhere you get your podcasts.

Mark Your Calendars



- November 1st – Kindergarten Registration Opens for Fall 2025
- October 31st/November 1st – [Diwali](#) and [Band Chhor Divas](#)
- November 1st/2nd - [Dia de los Muertos – The Day of the Dead](#)
- November 3rd – Daylight Saving Time Ends (Set your clock back one hour)
- November 4th - **PAC Meeting @ 6:00 pm** in the Nest (library)
- November 7th – Global Outdoor Classroom Day
- November 8th – [National Aboriginal Veterans Day](#)
- November 8th – Remembrance Day Assembly
- November 11th – [Remembrance Day No School](#)
- November 13th – PAC Bittersweet Hot Lunch
- November 16th - [Louis Riel Day](#)
- November 20th – [World/National Child Day](#)
- November 22nd – Pro-D Day – **No School for Students**

Kindergarten Registration for Children Born in 2020

All kindergarten applicants are required to apply to their English catchment elementary school. This includes families who wish to apply for choice programs (Early French Immersion, Montessori, Indigenous Focus School, Early Mandarin Bilingual, Nootka Fine Arts) and/or a cross-boundary placement.

The **priority** registration period for kindergarten opens on **November 1 and closes at 4 pm on January 31, 2025**. Students who apply within this priority period will be accommodated before late applicants.

Applying for kindergarten is a 2-step process:

Step 1: Completion of an online application form

Step 2: Verifying documentation.

- Contact your English catchment school office to set up an appointment to bring your supporting documentation.
- Bring supporting documentation to your English catchment school office during your scheduled appointment.

Supporting documents needed:

1. Proof of residence in Vancouver
2. Child's birth certificate
3. Immigration documentation (if applicable)
4. Immunization records
5. Court orders/documents (if applicable)

If you want to apply for a District program or cross-boundary, you must first apply to your English catchment elementary school. Applications for District programs and cross boundary placements will begin to be accepted in early 2025.

In the event there are more in-catchment applicants than available space* at the school, the following process will be used to prioritize enrolment:

Kindergarten Applications Received Between November 1 and January 31

1. **In-catchment** kindergarten applicants with siblings in attendance at the school (and who will be attending next year) will be placed first.
2. The names of all other in-catchment registrants will be entered into a **random draw** for the remaining kindergarten spaces.
3. Students who cannot be accommodated will be placed on a waitlist in the order in which their name was drawn.
4. Between January 31 and the second Friday in June students on the ordered waitlist will be accommodated as space becomes available.

Kindergarten Registrations Received AFTER January 31st.

In-catchment kindergarten students who apply **after** January 31 will be accommodated if there is space. If there is no space their names will be added to the bottom of the existing waitlist.

Note: There will be **no priority** given to registrants with siblings if they register after January 31.

Applications for Choice Programs

The district offers a variety of choice programs including French Immersion, Mandarin Immersion, Fine Arts, Aboriginal Focus School, International Baccalaureate and Montessori. Further information on Choice programs can be found [here](#).

If you are planning to apply for Choice Program(s) you still need to register for kindergarten at your Neighbourhood catchment school first. The online application process for Choice Programs opens on January 7th, 2024, and closes on February 5, 2025, at 4:00 pm.

There will be a district supervised draw to select applicants for the available program space. Offers for program spaces will be made by late February. You will be given a formal offer of a space in a Kindergarten choice program or an indication of where you sit on the waitlist.

Applications for Cross Boundary Enrollment

Families who wish to apply to a school outside of their catchment area, known as cross-boundary, will **must** register their child at their neighbourhood catchment school first.



Applying for cross-boundary is a separate online process and runs from February 1-28. Cross boundary applications will only be considered after all in-catchment students have been accommodated.

More information can be found on the district website, under [cross boundary registration](#).

WHAT DID YOU LEARN IN SCHOOL TODAY?

