

Director of Instruction: Chris Wong

Principal: Harjinder Sandhu

Vice Principal: Donna Emeno

PAC Chairperson: Miriam Maxcy

School Liaison Trustee: Christopher Richardson



National Day of Truth and Reconciliation

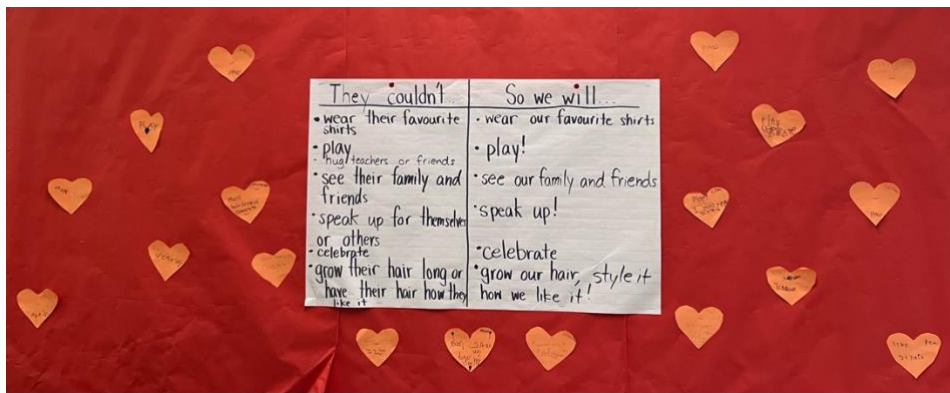
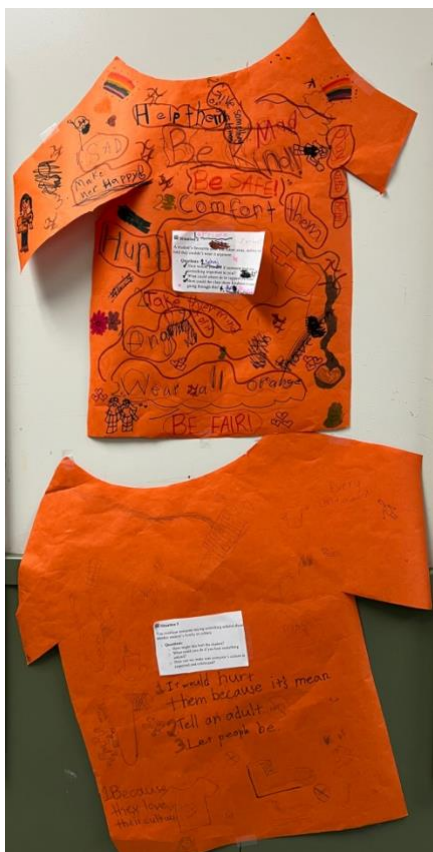


On September 29th, the Day before the National Day of Truth and Reconciliation, we took time to reflect on what we have learned and continue to learn about our Indigenous community and recognizing the harm that was caused to the self-esteem and well-being of Indigenous children by the residential school system they were forced to attend. We look back and remember the injustice of the process and we want all in the community to know that each and every one of us matters. Grade 7 Division 2 students Phillipe, Matthew and Miguel led our assembly, along with Mr. Herridge. Many of us came dressed in our orange shirts.

As a community we continue to learn about the Indigenous communities on whose land we have settled and their histories. Through dialogue and exposure, we deepen our understanding and our commitment to actively engage in acts of reconciliation of Indigenous and Non-Indigenous people. The better we understand one another, the stronger a community we build together. Many classes reflected on the stories they heard and learned through picture books and videos.

As the year progresses, we will continue to explore Indigenous ways of knowing. One of the principles of learning is recognizing that learning is holistic, reflexive, reflective, experiential, and relational, focused on connectedness, on reciprocal relationships, and a sense of place. Enhancing our understanding of Indigenous culture continues to be one of our school goals.

Below is a link you might want to check out that provides titles of books with recommended ages to explore: <https://canlitforlittlecanadians.blogspot.com/2021/09/national-day-for-truth-and.html>



The Seven Sacred Grandfather Teachings

"The traditional concepts of respect and sharing that form the foundation of the Aboriginal way of life are built around the seven natural laws or sacred teachings. Each teaching honours one of the basic virtues that are necessary for a full and healthy life. Each can be seen as an animal to point out that all our actions and decisions affect the world we live in. The animal world taught man how to live close to the earth. For those who follow the traditional Aboriginal way, the respect for all life is based in this connection between the animal world, human, and the environment.

The animals and the virtues they embody:

The eagle embodies the teachings of love.

The buffalo embodies the teachings of respect.

The bear embodies the teachings of courage.

The Sabe embodies the teachings of honesty.

The wolf embodies the teachings of humility.

The beaver embodies the teachings of wisdom.

The turtle embodies the teachings of truth.

All of these teachings lead one to the good way of life.

<https://www.youtube.com/watch?v=ZnAT4LGkfKo&t=29>



One to One Parent Literacy Workshop



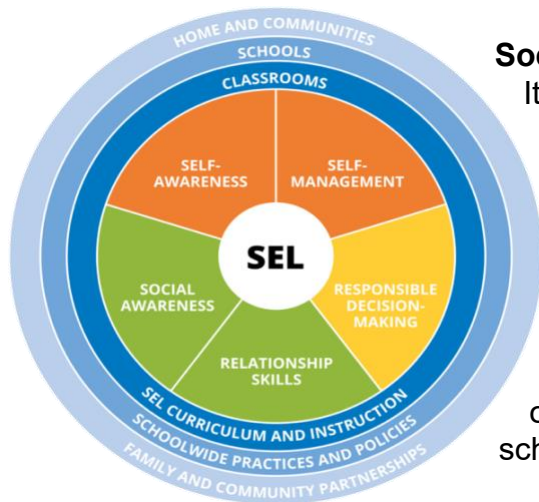
Thank you to the many Grades One and Two parents and caregivers that were able to join us in the library on the morning of October 6th for an interactive workshop, delivered by our community partners, One-to-One educators. The workshop provided an opportunity for parents and caregivers to learn positive reading strategies to support their children at home. Immediately after learning the strategies, parents and grandparents had an opportunity to practice what they had learned with their children. We are very appreciative of the work the One-to-One Literacy Program does with our school.

During the school year we have One-to-One tutors that come into the school to read with students. Students are recommended to the program by their teachers or the school resource team. Trained volunteer literacy tutors share their joy of reading and work to build relationships with the students they are reading with. The reading sessions focus on building literacy skills and self-confidence by prioritizing fluency and reading for meaning.

The One-to-One Literacy Program has been of great value to our students and school community.



SOCIAL EMOTIONAL LEARNING (SEL)



Social Emotional Learning is a process.

It is a series of **five competencies** (skills):

- **Recognize and manage emotions**
- **Develop care and concern for others**
- **Establish positive relationships**
- **Make responsible decisions**
- **Handle challenging situations**

This year we will be focusing on developing our SEL skills and our understanding of Indigenous ways of knowing as part of our school plan.

My Mindful Brain

Mindfulness occurs when we pay close attention to what is happening in the moment. Mindfulness occurs when we observe our emotions, our thoughts, and our surroundings, in a neutral and nonjudgmental way. By learning to be mindful of what's happening in the moment, we can learn to make sound decisions rather than acting on our emotions.

Having students learn about the parts of the brain and the role they play is impactful. When we have an impulsive reaction, triggered by our emotions, it is the work of the amygdala. This is our fight or flight responses. However, when we engage in mindful practices, we engage our prefrontal cortex and regulate ourselves and make wise decisions. Mindful practice then makes us less reactive. We diminish the amygdala's reactivity and strengthen the prefrontal cortex.

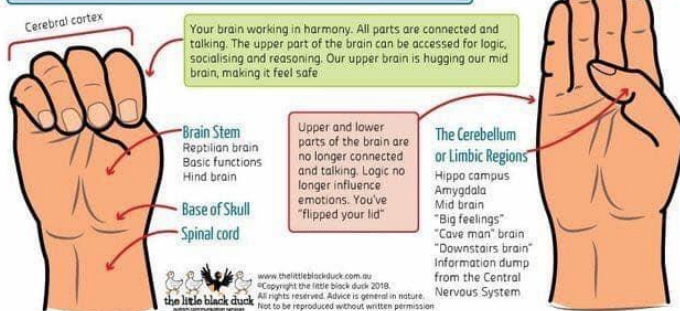
Practicing mindfulness calms the amygdala and reconnects us to our calm, clear, prefrontal cortex, so that we can make thoughtful choices for how to respond. Mindfulness helps us regain access to our [executive functions](#): the intention to pay attention, emotional regulation, body regulation, empathy, self-calm, and communications skills—even when under stress.

One mindfulness exercise we engage in is to focus on breathing. Being able to control our breathing helps us become less reactive when stressed. Focused breathing helps calm the body by slowing the heart rate, lowering blood pressure, and improving focus. Mindful exercises like Tai Chi and Yoga are ways to engage our bodies and mind.

The Hand Model of the Brain

What happens when we "flip our lid"

When our brain is working efficiently both the upper and mid brain are communicating effectively. Information comes in and is processed logically. Sometimes too much information is coming in for the Upper brain to process and it disconnects. We "flip our lid" and can no longer access the functions provided by the upper brain.



October 10th is World Mental Health Day

School Plan 2025- 2026

We are working on improving student achievement in literacy and numeracy, physical and mental well-being, and belonging. We continue to work on improving equity and continue on our journey of reconciliation with First Nations, Metis and Inuit.



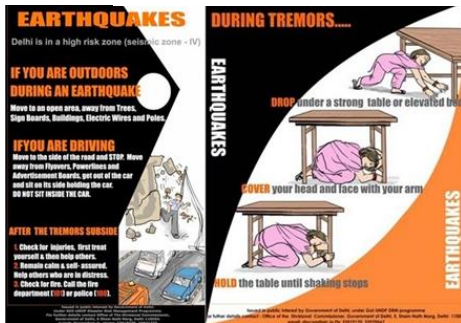
Goal Setting Conferences

We will be having our first set of Conferences on **Wednesday, October 15th** and **Thursday, October 16th**. Parents are encouraged to make time to meet with their child and their child's teacher. It is a great opportunity for you and your child to discuss and set learning goals for the upcoming term with the teacher. We believe that when the school and family work together, we see the benefits to our children's learning.

Dismissal on these two days will be **early at 2:00 p.m.**



Earthquake Preparedness



One of the annual VSB Emergency Preparedness Earthquake Simulation Drill, which will be held in conjunction with the province, is "The Great Shake Out," on Thursday, October 16th. At Henderson, we have a school emergency plan which all staff have familiarized themselves with and this gives us and the students an opportunity to practice what to do if we were to experience an earthquake. This



year we will not incorporate the "Student Release" component to our emergency evacuation this fall. We will be looking for a small number of volunteers to help us test out our procedures in the Spring. It is helpful for us to go through this drill so that we are prepared in case a real emergency should arise. This might also be a good time for you as a family to review what your home plan is should an earthquake were to occur. There are many great resources out there to support you. Here are a few web-based ones:

<http://www.earthquakecountry.org/sevensteps/>

<http://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc/know-the-risks/earthquakes>

http://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/embc/preparedbc/eparedbc_household_preparedness_guide_web_final_2015.pdf

Please be on the lookout for the reunification forms we send out. It is important that you complete your emergency contact information and that you always keep your contact information up to date.

Our emergency assembly area at our school site is on the Westside, grass field. We assemble here for both our fire drills and our earthquake drills. Please note that during an emergency the expectation is that parents will follow the signage and direction of staff. During these times you will not be able to walk onto the site and simply remove your child. We will have formal release procedures to ensure the safety of each student. We will only release students to the adults that have been identified on your forms so please make sure you have thought of all of the scenarios for your family and have included the names of all of the adults that might need to pick up your child(ren) in the case of an emergency. Please make sure you have discussed with your child who is allowed to pick them up during an emergency and that all emergency contacts know your child and that your child knows the emergency contacts.

Here are some important things for you to remember during a school emergency:

1. The school site will not be accessible to you or the public.
2. We will do our best to rope off or secure the area and will have a table set up to formally release students.
3. Parents or Authorized Adults will need to sign out students at pick up. In order for this to happen, parents will need to form a line on East 53rd Avenue. All students will need to be signed out.
4. If you have multiple extended family members in our school community, please make sure that you have coordinated your family plan, and all of the necessary adults are aware of the plan and listed on the release form.

Thank you for your support

As a school community we collect \$369 at school and \$150 online during our Terry Fox Run. If you would still like to contribute to The Terry Fox Foundation, please click on the link below: [Click here to donate online](#)

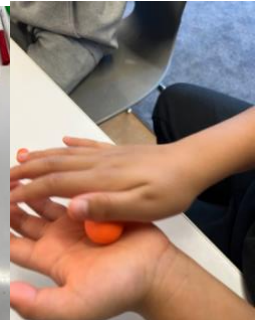
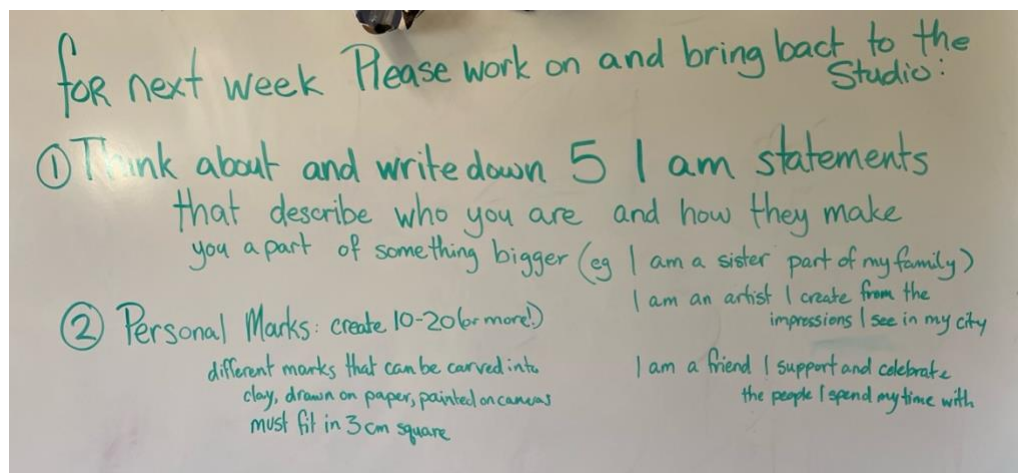
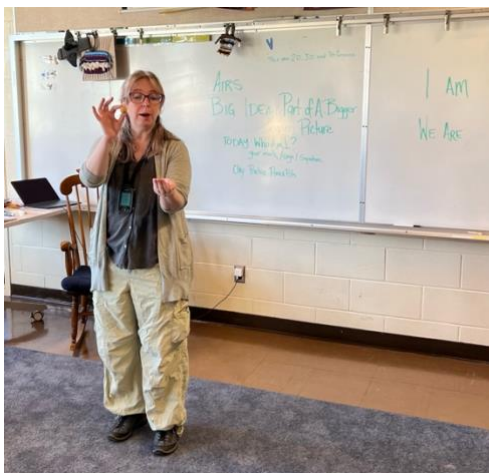


ARTIST IN RESIDENCE PROGRAM (AIRS)

We are fortunate here at Henderson to continue our partnership with the AIRS Program.

The Artist in Residence Studio program is a unique working model for providing access to sustainable ongoing art education in public elementary schools. In the AIRS model a studio space is created within an elementary school in consultation with the Vancouver School Board to enable a local professional artist (or a team of artists) to become part of that school community for a year or more. Artists work alongside and in consultation with teachers to design and facilitate meaningful, socially relevant, art making engagements for students 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.

Our studio space is in the Future Play Lab. This year we will once again be working with artist Tami Murray and Monica Cheema. Tami has begun her first session with Divisions 7, 8, and 9.



Parent Advisory Council (PAC)

Parents play an important role in the school and we encourage parents to participate as much as they can. Henderson School is well supported by our PAC. The PAC provides wonderful support in many areas of the school— planning and organizing special events, fundraising for fieldtrips and school needs, and communicating with parents and the school. They are always open to new members and welcome both new families and returning families to become involved.



The PAC Executive for 2024-2025 is: Chairs - Miriam Maxcy
Vice Chair – Simmi Puri
Treasurer – Naveen Gopal
Members at Large – Landon Sellers, Neelam Yell
Hot Lunch – Angela Yu

NEXT PAC EVENT: Scholastic Book Fair

– Wednesday, October 15th and Thursday, October 16th

If you are interested in helping volunteer, please contact the PAC at

johnhendersonpace@gmail.com

Upcoming meetings:

The PAC welcomes all parents and caregivers to monthly meetings throughout the school year. No RSVP is needed to attend. Meetings are on Mondays in the Nest (school library). Doors open at 6:00 and childminding is provided.

- November 3, 2025
- December 1, 2025
- January 12, 2026
- February 2, 2026
- March 2, 2026
- April 13, 2026
- May 11, 2026
- June 1, 2026 (AGM and voting for Executive Positions 2026-2027)

For more information, please email johnhendersonpac@gmail.com

International Walk to School Day:



Did you know that October is the International Walk to School month? Check out the website at www.iwalktoschool.org. “Hike it. Bike it. I like it.” October is International Walk to School month! International Walk to School Week is October 6th to 10th and International Walk to School Day was Wednesday, October 1st. Walking to school is so important for so many reasons. It is a healthy way to start the day; it reduces pollution and creates a safer walking environment by having fewer cars on the road; and it is a fun way to be with friends. Some children walk to school every day and we commend them for this! If the distance from home is too far for your child to walk, your child can still participate. You can drive part way to school and

walk from there. Remember to think about pedestrian visibility. Pedestrians should wear light or brightly coloured clothes or reflective materials on their coats and backpacks to be more visible to others. Also, teach your children to cross at intersections and designated crosswalks. Teach children to look left, right and left again and cross only when it is safe to do so. Make eye contact with stopped or slowing drivers and continue watching for traffic as you cross.

Help to Keep Our Schools Free of Vandalism:



Every year at this time, close to Hallowe’en, the Vancouver Board of Education requests your assistance in keeping our schools free of vandalism. If you witness vandalism or suspicious activities around the school, please call 911 immediately. When you call 911, you need not give your name.

Give the name of the school, location and tell them what is happening. We appreciate your support in keeping our school safe and helping us make better use of our education dollars.

Mark Your Calendars



- **October 9th - Theme Day:** Canucks Day – wear your jersey or dress in Canuck Colours
- **October 9th - Second Cross-Cross Country Mini Meet for Team members**
- **October 13th – Thanksgiving – No School**
- **October 15th and 16th – PAC Scholastic Book Fair in the Library**
- **October 15th – Early Dismissal at 2:00 pm – Goal Setting Conferences**
- **October 16th – Early Dismissal at 2:00 pm – Goal Setting Conferences**
- **October 16th – The Great Shake Out – Earthquake Drill @ 10:00am**
- **October 16th – Third Cross-Cross Country Mini Meet for Team members**
- **October 17th to 23rd – Vancouver Hawks Field Hockey sessions for all PE classes**
- **October 20th - [Diwali and Band Chhor Divas](#)**
- **October 21st – District Cross Country Meet for Team @ Trout Lake (12:00 to 3:00)**
- **October 22nd – Individual Pictures – Picture Day**
- **October 24th – Pro-D Day – No school for students**
- **October 31st – Hallowe'en Dress Up Day**
- **November 1st – Kindergarten Registration for 2026-2027**
- **November 2nd – Daylight Saving Time Ends (Set your clock back one hour)**
- **November 3rd - PAC Meeting @ 6:00 pm in the Nest (library)**
- **November 5th – Grade 6 Immunization Clinic**
- **November 6^h – Individual Student Photo Retakes**
- **November 8th – [National Aboriginal Veterans Day](#)**
- **November 10th Remembrance Day Assembly**
- **November 11th – [Remembrance Day](#) - No School**
- **November 16th [Louis Riel Day](#)**
- **November 20th – [World/National Child Day](#)**
- **November 21st – Pro-D Day – No School for students**

Kindergarten Registration for Children Born in 2021

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, 2026**. 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 6, 2026, and closes on February 3, 2026, 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, **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](#).

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 Episodes #37: Supporting Student Success at Home, #38 Discussing the Foundation Skills Assessment and #39 Planning for post-secondary: BCIT and UBC (part one) are all currently available for viewing.*

If you enjoy podcasts, check out the VSB channel. It would be appreciated if you could listen, follow, and rate it on Apple podcasts, Spotify, or anywhere you get your podcasts.

The recent VSB Family Digital Literacy Learning event: Raising AI Ready Youth: Safety, Privacy, Ethics, and Success Presented by The White Hatter on October 7th was informative and helpful as we continue to support our students in navigating the digital world safely and responsibly. Those of you who attended were given access to the recording. If you missed it and are interested in the recording, please look for an email coming home shortly to access the recording. Thank you.

Healthy Habits



The Cold and Flu season continues to be upon us so thank you in advance for keeping your children home if they show signs of illness.

Continue to reinforce good personal hygiene: hand washing, along with covering coughs, sneezing into the inside of elbows, and using a tissue to clear noses properly. Also make sure students are dressed appropriately for playing outside in the cold and wet weather.

We encourage everyone to dress for the weather each day so they can enjoy their time in the fresh air outside. For rainy days students should dress in a waterproof top layer and rainboots. It is often cold, but students tend to warm up as they are quite active, excited and engaged during playing outside play time. No one complains about being cold or wet when dressed for the weather. Our goal is to do the same for every other day. It would be great if everyone was dressed appropriately to go out in the rain. Children stay healthy and have fun playing in puddles if they are wearing rain gear. Thank you for your support.



South Hill Branch



Located on Fraser Street at East 45th Avenue.

6076 Fraser Street

604-665-3965

KidsZone

Wednesdays, Oct. 15 & 29, Nov. 5, Dec.17

3:30 – 4:30 pm

Meet other kids and share books, crafts, and fun activities at the library.

For Grades K-7 | Drop-in.

Dynamic Dinosaurs

Wednesday, Oct. 22

3:30 – 4:30 pm

Calling all amateur paleontologists! We need your help investigating dinosaur bones found at the library!

For Grades K-7 | Drop-in.

Family Board Games

Friday, Oct. 24

2:00pm–3:00pm

Drop in to play with the library's collection of board games.

For Grades K-7 | Drop-in.

Super Sphero

Wednesday, Nov. 12

3:30 – 4:30 pm

Use your engineering skills and creativity to help a Sphero robot through a variety of challenges.

For Grades 2-7 | Registration required.

Mystery Box Challenge

Wednesday, Dec. 3

3:30 – 4:30 pm

Do you love a challenge? Put your out-of-the-box thinking skills to the test by opening one of our mystery boxes and inventing a solution to its funny challenge.

For Grades K-7 | Drop-in.

Makedo® Building Party

Wednesday, Dec. 10

3:30 – 4:30 pm

Free-style building fun featuring Makedo® cardboard construction. Let your imagination run wild as you build and create!

For Grades 4 – 7 | Registration Required.

LEGO® Block Party

Last Saturday of the month

2:00 – 3:00 pm

Drop in for some LEGO® building fun at this block party! Connect with other kids and break out the bricks for a building bonanza at the library.

For Grades K-7 | Drop-in.



an email is coming home for you to use if you are interested in ordering tickets.

After School -Punjabi School

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If you are interested in having your child attend Punjabi language classes after school at Henderson on Tuesdays and Thursdays, please contact the KHASLA DIWAN SOCIETY PANJABI SCHOOL at 604 322 5610 or 604 657 0515.

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