

# October Newsletter



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) & səliłwətał (Tsleil-Waututh Nation).

Our Meet the Staff/PAC Barbecue on Thursday was a wonderful celebration of the vibrant Norquay community. The evening was filled with laughter and meaningful conversations outdoors, followed by engaging visits to classrooms indoors. This event would not have been possible without the incredible efforts of our PAC executive, who coordinated volunteers, managed setup, and even seemed to order the perfect weather! A heartfelt thank you to LunchLAB for shopping, cooking, and serving such delicious food, and to our dedicated staff who stayed late to welcome families into their classrooms for tours and chats. We're already looking forward to more opportunities to come together as a community.

Tomorrow, September 30, is the National Day for Truth and Reconciliation—a day to pause, reflect, and honour the experiences of Indigenous children, families, and communities affected by residential schools. It is a time to listen with open hearts and acknowledge the truths shared by Survivors and their families and find ways to move forward together.

This day was first recognized nationally in 2021 and coincides with Orange Shirt Day, which began in 2013 through the efforts of the Orange Shirt Society. Led by Indigenous communities, this day raises awareness of the lasting impact residential schools have had across generations.

The orange shirt is a symbol of the culture, identity, and dignity that was taken from Indigenous children. It reminds us that "Every Child Matters."

Throughout this week, our students have helped us reflect in meaningful ways—Grade 1 students led us in a land acknowledgement, and two Grade 6 students shared learnings each day. These moments remind us of the importance of listening, learning, and growing together.

We encourage you to take time tomorrow to talk with your children about what reconciliation means and how we can all be part of this journey.

If you're looking for ways to participate, here are some local events: [National Day for Truth and Reconciliation – Vancouver Events 2025 » Vancouver Blog Miss604](#)

As we honour this day together, may we continue to walk forward with empathy, understanding, and a shared commitment to truth and healing.

Thank you for being part of this journey.

## UPCOMING EVENTS

### Wednesday, October 1

- HUB cycling (div 5, 6, 7)
- FSA opens (Administration Period: October 1 – November 10, 2025)
- LunchLAB service starts, grade 6 and 7 (Wed/Fri until Dec 12)

### Thursday, October 2

- HUB cycling (divisions 5, 6, 7)
- Cross country mini meet after school at Trout Lake

### Friday, October 3

- HUB cycling (division 5, 6, 7)
- Class of 2026 Freezie sale after school, last one

### Tuesday, October 7

PAC Meeting (6PM)

### Thursday, October 9

- Cross country mini meet after school at Trout Lake
- Grade 1 parent reading workshop

### Friday, October 10

Terry Fox Run

### Monday, October 13

Thanksgiving Day, schools closed

### Thursday, October 16

Great Shake Out at 10:16AM

### Friday, October 17

PAC Pumpkin Patch

### Tuesday, October 21

- District cross-country meet 1-3 pm
- Grade 6 immunization

### Friday, October 24

Province wide Pro-D, classes not in session

### Tuesday, October 28

Conferences, students dismissed at 2PM

### Wednesday, October 29

Conferences, students dismissed at 2PM

### Friday, October 31

"Fall" read (8:30-9AM) in gym, more details to follow

## EXCITING NEWS ABOUT STUDENT LEARNING UPDATES

Starting this fall, our school will begin using a new Canadian-based online platform called SpacesEDU to share student learning and progress. This means you'll receive your child's report cards and written learning updates digitally, through a secure link sent directly to your email. You'll continue to receive two informal updates and a final summary of learning each year—just like before—but now in a more accessible and environmentally friendly way. SpacesEDU is being gradually introduced across all Vancouver School Board schools and will be fully in place by the 2026–2027 school year. We're proud to be one of the pilot schools helping lead this transition! We'll be sending out a more detailed letter in the coming days with everything you need to know. We're excited to take this step forward in how we share and celebrate student learning with you.



## COUNSELLING TEAM AT NORQUAY

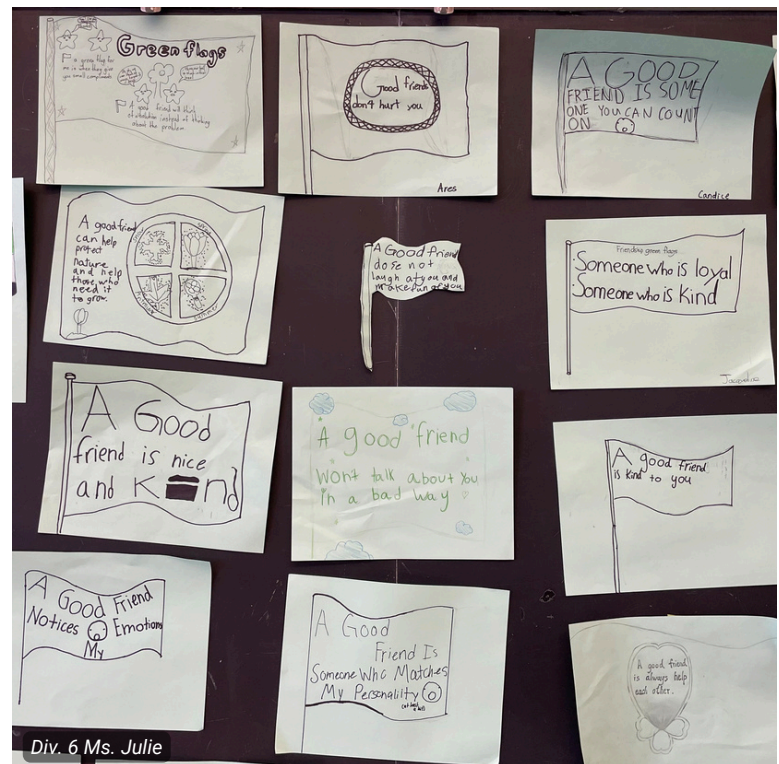
Ms. Jennifer Ivey – School Counsellor

Ms. Ivey is at Norquay on Mondays, Tuesdays, Wednesdays, and Fridays. She shares:

*"I'm Jennifer Ivey, the school counsellor. I support students in managing big emotions, navigating behaviours, and building social skills. I work with students individually and in classroom settings. I'm also here to support parents and caregivers. If you'd like to connect, please email me at [jivey@vsb.bc.ca](mailto:jivey@vsb.bc.ca) or call the school directly."*

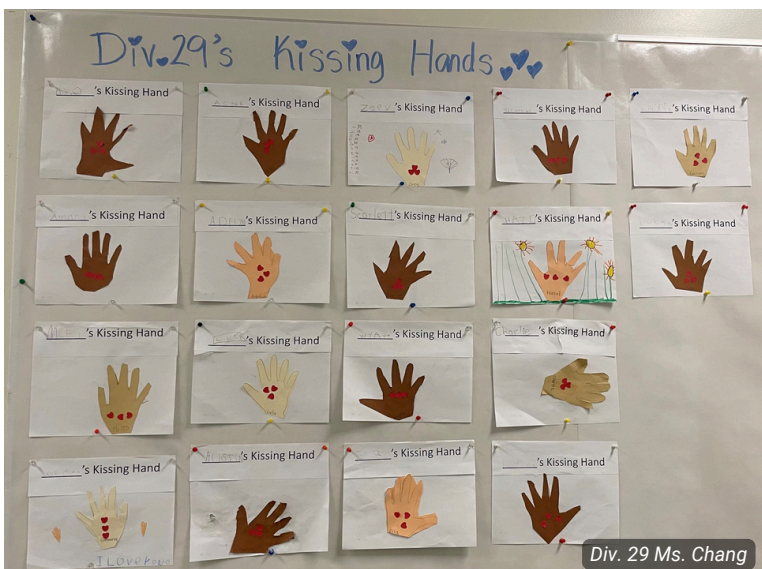
Mr. Bryan Lipsky – Youth and Family Worker

Affectionately known as *Mr. Lucky*, Mr. Lipsky feels fortunate to be part of the Norquay community. He is available to assist with food support, resources, and referrals. His passion lies in collaborating with educators to promote social-emotional learning and strengthen connections within the school community. You can reach him by cell at 604-314-8892 or by email at [blipsky@vsb.bc.ca](mailto:blipsky@vsb.bc.ca).



## SCHOOL PATROL PROGRAM RETURNS TO NORQUAY

We're happy to share that the School Patrol Program is back at Norquay! This important initiative helps keep our students safe as they cross the intersection at Slocan Street before and after school. Our dedicated Grade 6 and 7 student volunteers are stepping up to guide their peers with care and responsibility. Their leadership makes a real difference in our school community. Thank you, student volunteers, for your commitment to safety and for being such positive role models! A huge thank you to staff sponsor, Ms. Wang!

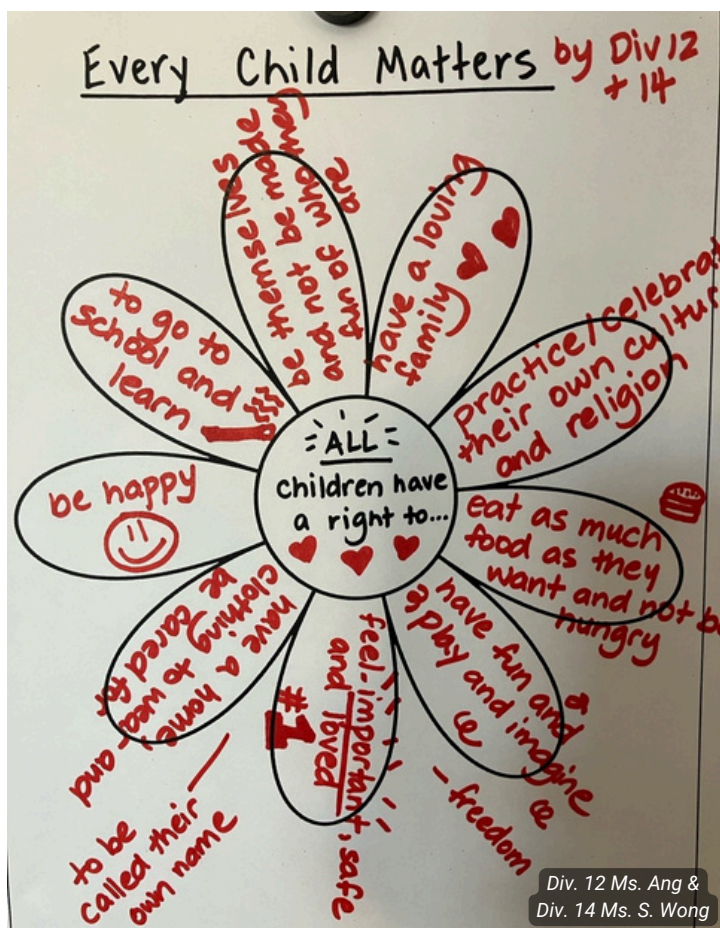




## THE TERRY FOX RUN: A PROUD CANADIAN TRADITION

Each year, nearly 600 communities across Canada—big and small, urban and rural, English and French—come together to raise funds for cancer research in honour of Terry Fox's legacy. This year, let's continue the journey he began. Norquay will be running for Terry on October 10th!

Starting Monday, October 6, students will begin collecting cash donations. Every contribution, no matter the amount, makes a difference! Prefer to donate online? You can do so easily at: <https://schools.terryfox.ca/100473>. Last year, we raised \$2,017.00—let's see if we can beat that this year! Thank you for your support in helping us keep Terry's dream alive.



## CROSS COUNTRY RUNNING

Cross country is an exciting sport where runners race outdoors on natural terrain—dirt trails, grassy fields, and even through forested areas. This year, we're thrilled to have a team of enthusiastic Grade 3 to 7 students representing Norquay! Our runners will be participating in weekly mini meets at Trout Lake after school, leading up to the district-wide meet on October 16. The mini meets will take place on October 2, 9, and 16 from 3:30 to 4:30 PM. We're incredibly grateful to all the parent volunteers who help with transportation to and from these events—your support makes this possible! A huge thank you to our dedicated coaches: Ms. Julie, Ms. Challenger, Ms. Tran, and parent coach Ryan. Your time and energy are deeply appreciated.

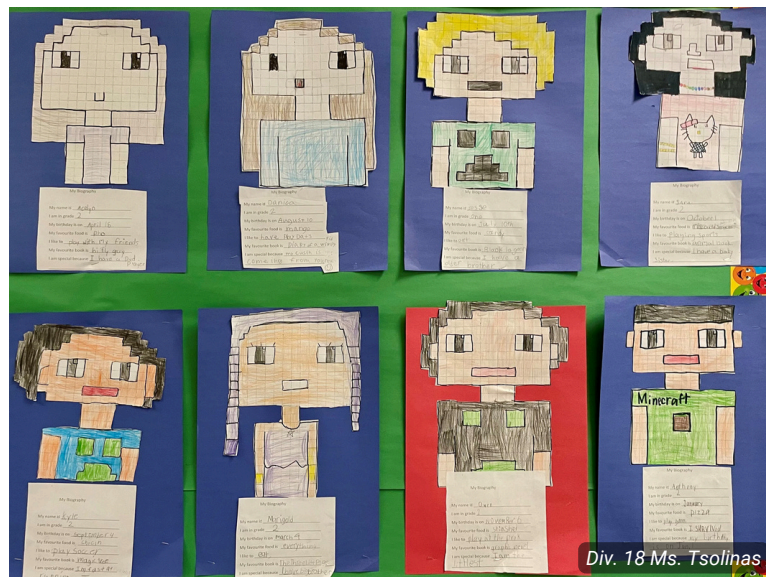


## THE APPLE PROGRAM IS BACK!

We're thrilled to share that the Apple Program has returned to Norquay, thanks to the generous support of the Adam's Apples Foundation. Each day, our apple bowls are filled with fresh apples, and students are encouraged to "take two"—one for themselves and one to share with a friend. It's a simple but powerful way to promote healthy eating and meaningful connection. In a world where technology often replaces face-to-face interaction, this small gesture helps foster real conversations and caring relationships. As Dr. Muffy Greenaway, psychiatrist and Adam's Apples Board Member, shares: "Although it may seem simple, the impact of one apple, leading to one connection, can be a turning point for one student who is struggling." We're grateful to have this thoughtful program up and running again, and we look forward to the moments of kindness and connection it will inspire in our school community.





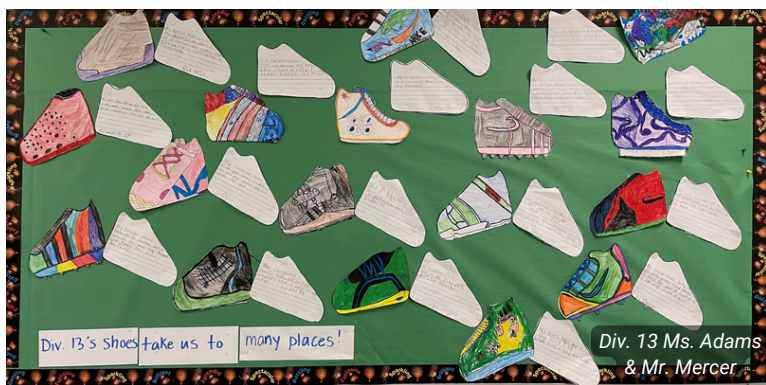


## HELLO FROM THE CHILDREN'S LIBRARIANS AT COLLINGWOOD BRANCH LIBRARY!

As we settle into a new school year, we are excited to share with you some programs and events that may be of interest to you and your children! Kids & families may be interested in attending Fraserview Branch's event, [The Jingle Dance: An interactive Powwow experience](#). Check out the page just for [kids](#), [parents](#), [and educators](#), where you'll find events, book recommendations, digital resources, and more.

## WALKING SCHOOL BUS (WSB) - JOIN TODAY!

The Walking School Bus is a fun, safe, and active way for students to walk to school together with Walk leader/Parent volunteers. Families can register to join and help create a healthier, more connected school community: <https://forms.office.com/r/t2yUZasAz3>



### WHATS A WALKING SCHOOL BUS?

A Walking School Bus is an organized group of children who walk to school together with the support of one or more adult Walk Leaders. This community-based program is free for participants, and we rely on volunteers to get the initiative "rolling" each day!

### ABOUT THE VOLUNTEER POSITION

SCY is looking to fill weekly volunteer shifts. These are available before and after school on all school days (Monday - Friday). Your role is helping our Walk Leader to supervise a group of children of varying ages, walking with them to and/or from school. Gain experience, get your steps in, build community, and play along the way!

### HOW TO REGISTER

For more information head to our website or scan the QR code <https://scyofbc.org/walking-school-bus/#walking-school-bus>







## LUNCHLAB IS BACK AT NORQUAY!

We're excited to announce that LunchLAB will be returning to Norquay starting Wednesday, October 1st! LunchLAB is a unique and hands-on program where students cook (grade 6), serve, and share meals together—guided by our Chef-in-Residence and a team of dedicated volunteers. It's a wonderful opportunity for students to build life skills, foster community, and enjoy delicious food. We're currently looking for parent and community volunteers to join us in the kitchen. No experience is necessary—just a willingness to support students as they learn and grow. If you're interested in volunteering, please visit: <https://www.growingchefs.ca/volunteer-with-us/>. We're looking forward to another fantastic year of cooking, learning, and sharing meals together at Norquay!

## AFTER THE BELL

The Vancouver School District is among the most diverse school systems in Canada with an annual enrolment of over 50,000 students from Kindergarten to Grade 12 and adult education students. The award winning podcast, After the Bell, interviews guests who give an inside look at the Vancouver School District. You'll hear from students, educators, decision makers, and staff behind-the-scenes that keep VSB schools running. This episode focusses on supporting student success at home, we hope you enjoy it:

<https://creators.spotify.com/pod/profile/vsbafterthebell/episodes/Ep-37---After-the-Bell-Supporting-Student-Success-at-Home-e38adib/a-ac5lh2l>



## VIRTUAL PRESENTATION: AI READY YOUTH

The VSB is proud to present: Raising AI Ready Youth: Safety, Privacy, Ethics, and Success Plans.

Date: Tuesday, October 7th

Time: 6PM - 7:30PM

This is a FREE live virtual presentation and open to all VSB parents. Parents will need to sign up with their email and the School(s) their child(ren) attend. The video conference link and pass code will be sent closer to the day.

On the day and time of the presentation, all a participant needs to do is click on the link, enter the password and they will be allowed access to the SLIDO platform where the live event will be hosted. It is strongly recommended that parents' bookmark/save the link and password, and sign into the event 10 minutes prior to the scheduled event going live, as we will be starting promptly at the designated time.

Here is the registration link: <https://forms.office.com/r/MT6JHL2YCK>

Please submit your response by Oct 3, 2025. Thank you!





## VANCOUVER COASTAL HEALTH - FREE NUTRITION WORKSHOPS!

Nutrition workshops provide information and resources on various topics, including healthy eating, weight bias, nutrition policies, and creating supportive environments that promote healthy eating and active living.

A poster for a Nutrition Workshop. It features a green starburst with the word "FREE" in white. The title "Nutrition Workshop" is in large blue letters. Below it, in smaller blue text, is "For caregivers & parents of children, aged 1-12 years". The text continues: "Helen Yeung and Joyce Wong, Registered Dietitians with Vancouver Coastal Health, will share tips on feeding children, including:". This is followed by a bulleted list: "• Nutritious and affordable meals and snacks for your family", "• Feeding children well", and "• How to help children become more adventurous with eating and develop positive attitudes about food". Below the list, it says "Bring your questions!". Under "Details:", it lists: "• Date: Wednesday, October 29, 2025", "• Time: 4:00-5:30pm", and "• Location: Virtual Meeting". At the bottom, it says "To register, please email [Helen.Yeung@vch.ca](mailto:Helen.Yeung@vch.ca)". There is an image of various food dishes and the Vancouver Coastal Health logo at the bottom left.

## RIDE THE ROAD, HUB CYCLING

Ride the Road is an immersive active travel course for grade 6-7 students. It incorporates hands-on activities to build cycling and pedestrian confidence regardless of students' incoming skill levels. Trained instructors lead lessons to demystify bike mechanics, practice bike handling skills, and solidify rules of the road, all of which culminate in a supportive ride through their school's neighbourhood. The grade 7s participated in September and the grade 6s will get lessons in October. All for free! It was a great experience for the students and we are grateful for the opportunity! A huge thank you to the teachers from Hub Cycling, John and Luke.



## PAC CORNER

**PAC Meeting Zoom online:** Join us Tuesday, October 7th 6-7pm for our first PAC meeting of the year! All parents/guardians are invited to join. Click the online link:

<https://uvic.zoom.us/j/83393296297?pwd=tVLHaTLdFRf6LpriV0WeOHgfza60wP.1>

Meeting ID: 833 9329 6297

Password: 4710

**1st Annual Norquay Pumpkin Patch:** Stay tuned for more information about the upcoming Pumpkin Patch on Friday, October 17th! We will need many parent/guardian volunteers to help with set up in the morning - more details and sign up will be sent out soon.

**Office Administrative Assistant:** Sandy Lowe  
**Principal:** Deena Kotak Buckley  
**Vice Principal:** Curtis Mathewson  
**PAC Chairpersons:** Hannah Tan  
**School Liaison Trustee:** Victoria Jung  
**Director of Instruction:** Janis Myers

4710 Slocan Street  
Vancouver, B.C. V5R 2A1

Telephone: 604-713-4666  
Safe Arrival: 604-713-5159 ext. #61