



October 12th, 2026

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Hitting Our Stride

What an exciting first month of school we have had. This period of time is always a flurry of activity, when the relaxed summer routine is broken off, and we all have to change gears in a short span of time. I think this stellar weather we've been enjoying has also made it a little harder to break out of summer mode. Regardless, our transition back to school has gone remarkably well.

Pack It In, Pack It Out

Over the years, we have been trying to instill a better understanding and appreciation of the need to manage our waste in an environmentally responsible way. At school, we have a system for sorting our waste, including the recycling of a wide range of materials and composting of organic matter, much like you do at home. However, with so many individuals on site, it is difficult to ensure all of our waste is being sorted accurately. To help manage this, we promote a 'pack it in, pack it out' philosophy. Where this is particularly helpful is with food scraps, which can make a real mess if not handled appropriately. It may also be helpful to you, to see what your kids may not be eating from their lunches. We appreciate your support in this.

Reporting An Absence

Our school uses an online absence reporting system called *School Messenger*. Click on this link for more details: <https://www.sd33.bc.ca/safe-arrival>.

Medical Alert Conditions

All students with potentially life-threatening medical conditions and those who require medication and/or special consideration at school should update their documents on file at the school office as soon as possible.

Bell Schedule (8:15 am-2:20 pm)

8:00 am-----	Supervision Begins
8:10 am-----	Warning Bell
8:15-10:15 am-----	Classes in session
10:15-10:30 am-----	Recess
10:30 am-12:15 pm---	Classes in session
12:15-1:00 pm-----	Lunch
1:00-2:20 pm-----	Classes in session
2:20 pm-----	Dismissal
2:20-2:35 pm-----	Supervision after school

If your child has a medical condition that the school needs to know about, please speak with your child's teacher as soon as possible as well as contact the office so we can be informed.

Peanut Aware

In an attempt to make Cheam a safer place for all of our students, we respectfully ask that you be 'peanut aware'. Please do not send food containing peanuts, or products that 'may contain traces of peanuts'. We fully appreciate how challenging it can be to change habits and find safe and healthy alternatives. We have other food allergies that we are also monitoring, but that is on a class-by-class basis, depending on the sensitivity of the individuals impacted. Your child's teacher will alert you if there are any concerns. Thank you for your support.

Volunteering

If you are hoping to participate in activities in your child's classroom or help with fieldtrips, a Police Information Check (PIC) must be completed. Police Information Checks are mandatory for all volunteers and are valid for four years. We ask that a PIC be completed once while your child is in the Primary grades and again when they are in Intermediate to ensure all PIC's are current. There

is no cost for having this done. Forms can now be completed online.

<https://www.sd33.bc.ca/volunteering>

*As it can take time for PICs to go through the system, we do encourage you to take care of this step as soon as you're able to. Also, if you'd like to help out with driving, we'll need a driver's abstract on file. Volunteer driver forms need renewed **every year**.*

Labeling Clothing

Our Lost and Found cupboard is often overflowing with jackets, sweaters, and such. To help minimize loss, please put your child's name on the labels of their personal items.

Communication

If you want to know what's going on at school, our website is an excellent place to begin. Visit <http://cheam.sd33.bc.ca/>. Key areas to focus on are the *Home* page, the *Calendar* and *News and Events*. The site will be updated regularly. We will also send out periodic reminders via our email system: sysadmin@myeducation.gov.bc.ca.

All of our monthly newsletters will only be published online. If you require a paper copy, please inform Merilee at the office.

There is a Cheam Facebook page, <https://www.facebook.com/groups/cheamelementary/>, which has proven to be an excellent vehicle for sharing information and keeping families connected. I encourage you to visit the site and request to be added to the group. Please understand this is a parent forum, with parent administrators. If you ever need to get a hold of me or other staff, best to contact us directly.

Your child's teacher will also be in regular contact with you, of course, perhaps by newsletter,

communication book, planner, class website, email or phone.

Code of Conduct

To view our complete Code of Conduct, follow this link: <https://cheam.sd33.bc.ca/code-conduct>. We review this document annually. Feedback is invited.

Early Dismissal

Our first Early Dismissal Day of the year is scheduled for Thursday, October 22nd. Students will be dismissed at 11:20 am. The general plan for

This is a snapshot of events on the horizon. Please keep your eyes on the website for details and updates.

Important Dates

Oct 5: World Teachers' Day
Oct 9: Pro-D Day
Oct 12: Thanksgiving
Oct 15: ShakeOut BC and PAC Meeting
Oct 16: Photo Retakes
Oct 22: Early Dismissal
Oct 23: Pro-D Day
Oct 28: Hot Lunch
Oct 29: PAC Trunk or Treat (4:00-6:00 pm)
Oct 30: Black and Orange Spirit Day

Nov 6: Pro-D Day
Nov 10: Remembrance Assembly
Nov 11: Remembrance (stat holiday)
Nov 18: Hot Lunch
Nov 19: Steve Andrews 'Bully Back Off'
Nov 20: Rock Your Mocs
Nov 27: Pro-D Day
Nov 30: Mo'vember Spirit Day
Check the calendar for more events....

the remainder of the day is an Open House for you to visit your child's teacher and check out what they've been working on. Your child's teacher will communicate with you more directly what their plan is for that day.