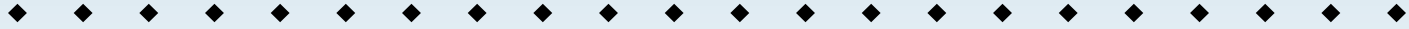


Kersley Elementary School

2899 Arnoldus Rd

Quesnel BC V2J 6L3

Phone: 250-747-2624 Fax: 250-747-3072



November/December 2024

Principal's Message:



Dahooja Kersley Families!

As November unfolds and the first signs of winter arrive, I'd like to pause and recognize the exceptional dedication of Kersley's staff and school community. Your constant support and commitment to creating a nurturing environment for our students to grow academically, emotionally, and socially is truly inspiring. A sincere thank you to each and every one of you!

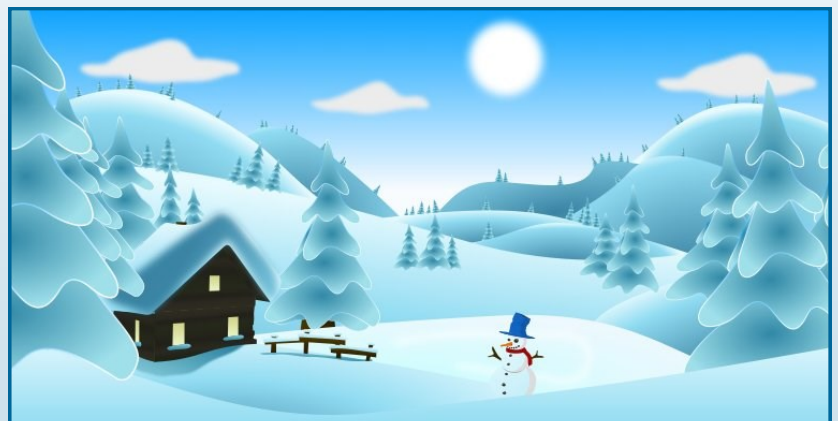
As we approach the final weeks of 2024, I encourage everyone to embrace this season of growth and reflection. Let us continue to cultivate kindness, empathy, and inclusivity in our school and community, supporting each individual's unique journey and celebrating our collective unity.

As the weather changes, students are reminded to dress warmly. With temperatures dropping, it's important to bring a warm coat, gloves, and hat. Students will be outside most days, unless the temperature drops below -15°C.

We are excited for the upcoming holiday events, including our Christmas Concert, Winter Fun Day - which includes skating at Arena 2 & sledding at LeBourdais Park, and our Deck the Halls event! **If you are interested in volunteering or helping with any of these events, please reach out to the PAC.**

Your support is greatly appreciated!

Ms. Janene Sellers



Upcoming Events: December 2, 2024 - January 17, 2025

Week of:	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
December 2 - 6	2	3 Fostering Literacy 2:45pm	4 McDonald's Hot Lunch 	5 Fostering Literacy 2:45pm	6
December 9 - 13	9	10 Fostering Literacy 2:45pm	11 Winter Concert 1pm 	12 Seniors Lunch (Div. 3) Last Fostering Literacy 2:45pm	13 TROLL OPENS! Purdys Chocolate Order Pick-Up! 
December 16 - 20	16 Winter Fun Day! Skating & Sledding! 	17	18 Deck the Halls 11am - Dismissal Pizza Hot Lunch 	19 Term One Reports Go Home	20 KODIAKS Assembly 11am PJ & Read-o-Rama Day! Last Day before Winter Break
January 6 - 10	6 First Day back from Winter Break	7	8	9	10
January 13 - 17	13	14	15	16 Seniors Lunch (Div. 3)	17

What's up Kersley Kodiaks!!!

Upcoming Dates of Note:

- * Fri. Feb. 7 - NI Day - No School
- * Mon. Feb. 17 - Family Day - No School
- * Wed. Feb. 26 - Pink Shirt Day & KO-DIAKS Assembly
- * Thurs. Feb. 27 - Troll Ski Day #1 (Div. 3)
- * Fri. Feb. 28 - Troll Ski Day #2 (Div. 3)
- * Wed. Mar. 5 - Troll Ski Day #3 (Div. 3)
- * Mar. 10, 12, 14 - Hallis Cross Country
- * March 15 - 30 - SPRING BREAK

Bell Schedule 2024 - 2025

8:15	Morning Session
10:00-10:15	Recess
10:15-11:45	Late Morning Session
11:45-12:44	Lunch
12:44-2:23	Afternoon Session

**PURDY'S CHOCOLATE ORDERS
DUE SUNDAY, DECEMBER 1!**

**PICK-UP FOR ORDERS ON
FRIDAY, DECEMBER 13!**



We always encourage parent involvement in our school community. If you're interested in volunteering for upcoming events, PAC HOT LUNCH or helping out in any capacity, please reach out to your classroom teacher, Ms. Sellers or our Kersley PAC!

Your contributions are invaluable!

The next **PAC meeting:**

Thursday, January 23 at 4pm



Kersley Community
Outdoor Learning and Connections
Deep Learning
I can!
Appreciate Ourselves and Others
Kee up the Challenge
Strength of Mind, Body, and Heart

KERSLEY ELEMENTARY PRESENTS

SLAPSHOT SANTA



SANTA



CHRISTMAS

KERSLEY COMMUNITY HALL

WEDNESDAY, DECEMBER 11 - PUCK DROP - 1PM

Healthy Habits Matter!



ATTENDANCE MATTERS

Missing a day of school here and there may not seem like much, but absences add up!

When a student misses **2** days a month..

They will miss **20 DAYS** a year.

They will miss **30 HOURS** of math over the school year.

They will miss **60 HOURS** of reading & writing over the school year.

They will miss over **1 YEAR** of school by graduation.

When a student misses **4** days a month..

They will miss **40 DAYS** a year.

They will miss **60 HOURS** of math over the school year.

They will miss **120 HOURS** of reading & writing over the school year.

They will miss over **2 YEARS** of school by graduation.

NUTRITION MATTERS

Kid's Healthy Eating Plate



© 2015, Harvard T.H. Chan School of Public Health

Sleep Matters.



BENEFITS OF ENOUGH SLEEP



Better Brain

Improved memory and concentration



Better Body

Improved energy



Better Mood

Improved emotional resilience

Children	Recommended Sleep	Teens	Recommended Sleep
5 - 13 years	9 - 11 hours	14 - 17 years	8 - 10 hours

CHILDREN Sleep Tips!



Bedtime Routine

with activities & habits the same every night



Consistent Bedtime

that allows the needed amount of sleep – during weekend too



Daily Exercise

to burn energy & increase body temperature



Set the Scene

with a calm atmosphere in a room that's cool & dark



Small Snack

before bed that is light & healthy - so not hungry



TURN OFF DEVICES

at least an hour before bedtime

MILLENNIUM Sleep LAB
Info@MSLatHome.com

If you think your child's sleep should be evaluated **talk to your medical professional!**

According to the National Sleep Foundation <https://sleepfoundation.org/articles/sleep-strategies-kids>



Monthly Reminders

KERSLEY continues to be a Nut, Legume, Soy & Scent Free School

Please remember we are a **Nut, Legume & Soy free school**

Due to severe antiphallic allergies including peanuts, tree nuts and all legumes, including soy, we ask that you refrain from sending food that include these ingredients

WOW butter contains soy, so therefore we cannot have students bringing it. **Hummus** is also a product we cannot have at school.

Please remind students not share their food.

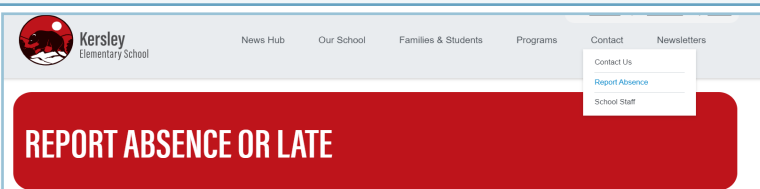
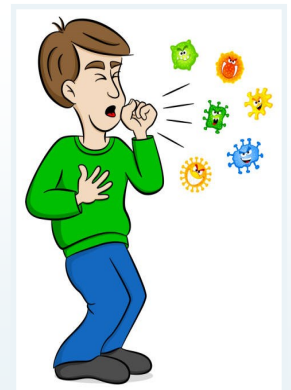


REMINDER of Healthy Practices

Please keep your student home when they are sick as this stops the spread of illness.

Students, visitors and staff should stay home if they have symptoms of illness such as: fever or chills, difficulty breathing, diarrhea, runny nose, headache, sore throat, sneezing, body aches, loss of sense of smell or taste, loss of appetite, extreme fatigue or tiredness, vomiting, severe uncontrolled coughing or wheezing.

If you are sick or feel unwell please stay home.



Safe Arrival

Please call the school **250-747-2624**

OR call/text Ms. Sellers at **250-255-4114** if your child is going to be absent.

You can also use the online form found at <https://kersley.sd28.bc.ca/> OR Email: janenesellers@sd28.bc.ca

Ms. Sellers or the secretary will call home to confirm an absence if your child is away without prior notification.

SECRETARY HOURS HAVE CHANGED!

Mondays 8:00 - 10:00am Tuesdays 8:00 - 11:00am

Wednesdays 8:00 - 10:45am

Thursdays 8:00 - 11:00am Fridays 8:00-10:00am

In addition please let us know if your child will be leaving school early, walking to a different location at the end of the day, or will be picked up by a different person.



Parking Lot

Our parking lot and drive-through zone is a busy place at our school. Our aim is to keep this area as safe as possible. It is very important that we all travel through our drive-through zone in the correct direction and park in a way as to not block our staff parking lot area. Please do not park in the middle of the lot. We prefer you to back in against the concrete blocks. This will ensure student safety as you leave the area after dismissal.

Thank you!