

## CLASS 4 SEPTEMBER NEWSLETTER

Welcome Back to school!

We hope you all have had a happy and restful summer! We look forward to meeting everyone at school. This school year will be a year with many routines adapted to accommodate our new normal. We will be using our class email, [roomvms4@gmail.com](mailto:roomvms4@gmail.com) strictly for newsletters and classroom information. Any inquiries regarding your child's learning or class needs will be followed up through phone calls. You can arrange a phone call by sending a quick email to [roomvms4@gmail.com](mailto:roomvms4@gmail.com) including the number you wish to be reached at. All other inquiries should be sent to the school email address at [vancouvermontessorischool@telus.net](mailto:vancouvermontessorischool@telus.net).

Remember that the first few weeks of school are a period of adjustment, and you may notice some changes at home. Sleep schedules need to adapt and eating times often change. Do not be surprised if your child appears sleepy after school or if lunch comes home half eaten – all of this will normalize as the weeks pass. As we all adjust to the routine of a new school year, we thank you all for your efforts of getting the children to school on time, packing nutritious lunches/snacks, and ensuring your children have a good night sleep.

Please note we continue to include wellness checks and please do so at home, no shared food (including celebrations), respectful distancing, and limited access for parents inside the school. Appointments to enter for the school for any reason must be arranged through the office. Parent Volunteer sign-up sheets will be virtual again this year and laundry duties and flower delivery have been assigned. Please take a moment to view the attached schedule and make a note of your assignment.

Please bring all supplies labeled with your child's name to school.

Note: We will not be visiting the library just yet so keep your library card/bag at home until further notice.

**Please invest in high quality rainboots/waterproof footwear, rain pants and a rain jacket.**

The children will also need to bring some things with them each day:

- A small backpack/lunch kit that can be hung on his/her hook
- Water bottle (labelled) and personal snack
- Appropriate clothing for the weather. We will be spending a lot of time outdoors, rain or shine.
- A cloth placemat for lunch daily

Please note we will have our New Parent Orientation on **Tuesday, September 20 at 7:00 PM**. This is for parents whose children are new to the elementary. Please confirm your registration by

email to roomvms4@gmail.com. All visitors to the school will be asked to wear a mask. Please visit the parent message center on the school website frequently for updates and school info.

Please note the following dates on your calendar:

Sept 7- Elementary attend 8:45-12:00 (bring a light snack)

Sept 8- Elementary will start full days (arrival is 8:35, line up at front stairs, and lessons begin at 8:45).

Sept 19- Queen Elizabeth II Memorial Day (No school)

Sept 20- Parent Orientation for new parents (details above)

Sept 28- Terry Fox Run- pick up at Fraser River Park at 3:15

Sept 30- National Day for Truth and Reconciliation (No school)

We would like to thank you in advance for all your support in helping us have a safe, joyful and successful learning experience this school year.

With kind regards,

Janice Lee and Silvia Talamonti

Dear Parents:

Hello!

On Wednesday, September 28<sup>th</sup>, Vancouver Montessori School will once again participate in the Terry Fox Run! Our students had a great run last year and we are looking forward to another successful outing. It will take place at Fraser River Park and we will be running along a large loop, each child going at their own pace and enjoyment level. On the following page you will find more information about Terry Fox and the Run.

**Please note that donations will be online only.** Please give the following web address to anyone pledging to donate, <https://schools.terryfox.ca/vancouvermontessorischool>, then select 'Donate' and fill in information as required. We thank you for your kind contributions to the Run.

For this 2022 Run, all Elementary classes will be participating together and **dismissal will be at Fraser River Park at 3:15 for all students.**

*Note: The Run will take place only if weather is permitting. If we need to reschedule you will be notified about the new date.*

Schedule: Wednesday September 28<sup>th</sup>, 2022

All classes leave school at 1:45  
2:00 Warm up and stretching  
Run begins at 2:15  
Pick-up at 3:15

Each child will bring their backpacks for going home, including their water bottle, and we recommend having an additional snack packed for that day. Bathrooms are open at the park.

Thank you very much and we hope all the students have a wonderful time!

Best Regards,  
VMS P.E. Team

# The Terry Fox School Run



Event Info For Parents/Caregivers and Students



Our school is proud to take part in this year's Terry Fox School Event. Please help us to continue the legacy of one of Canada's greatest heroes, by donating and supporting our school's fundraising efforts.

## Our Terry Fox School Run/Event Details:

Date/Time: See Cover Letter

Additional Info: \_\_\_\_\_

## Show Your Support:

1) Donate online to our school page:

<http://www.terryfox.ca/VancouverMontessoriSchool>

## Terry's Story

At the age of 18, Terry Fox was diagnosed with osteogenic sarcoma and was forced to have his right leg amputated. Determined to help others suffering from cancer, he decided to run across Canada, running a marathon a day for 143 days, to raise funds for cancer research. Unfortunately, Terry's cancer returned and he was forced to end his Marathon of Hope, but his legacy had only just begun.

Today, the future of cancer research is very bright. The Terry Fox Foundation funds a variety of different cancer research projects such as lung, breast, ovarian, colorectal, pediatric, prostate, brain and blood. With your support, we will continue to make a difference in the fight against cancer.

# #TryLikeTerry

**ROOMS 4, 5 & 6 - Elementary supply list for 2022/23 due September 7<sup>th</sup>.**

- label all supplies with your child's name
- keep supplies compact

**Good quality school supplies can be found at London Drugs &/or Staples**

**Please replenish these supplies throughout the year as needed.**

- 2 soft-sided pencil cases (20cm long) - no boxes
- small pencil sharpener with shaving collector (Staedtler brand)
- white rubber eraser only - (1 per term)
- 12 coloured pencils - sharpened
- glue sticks - 1 per term (.32 oz) 9 g
- good cutting scissors - blunt ended and child sized
- clear non-bendable ruler (30cm/12 inches) with cm & inch markings
- cloth place mat to fit in lunch box and go home daily
- rubber-soled indoor shoes, no slippers or sandals.
- small refillable water bottle -with name label to go home daily
- PE - a pair of runners with non-marking soles (to be kept at school)
- - children need to be dressed appropriately on PE day (i.e. t-shirt, sweatpants)
- complete change of clothes in a Ziploc bag - labeled with child's name
- library card from Vancouver Public Library plus a reusable cloth book bag
- earthquake kit
- **EARTHQUAKE PREPAREDNESS KIT**

(See sample in the front office. These kits must be renewed yearly).

Each child must bring to school a large see-through Ziploc plastic bag (freezer quality is best) with the following items inside (in addition to rubber-soled shoes and a labeled change of clothing):

- 1) Label with child's name, address and phone number as well as parents' work name, address & phone number
- 2) List inside with: 1 emergency contact 100 km. outside Vancouver  
3 emergency contacts in Vancouver
- 3) Small flashlight with batteries.
- 4) Small "space" survival blanket.
- 5) Snack-pack (cheese & crackers), canned fruit with flip-off top (No Peanuts).
- 6) Family picture.
- 7) Tiny comfort toy.
- 8) Band-Aids - small & large.