



NEWS AND NOTES

WEEK AT A GLANCE

Monday

- Henderson Haircuts

Tuesday

- Sosan Blaney sharing stories with classes

Wednesday

- Whole School Book Share - 11:45am

Thursday

- Winter Concert 1:00pm Rehearsal 6:00pm Concert
- Turkey Lunch prep 7:00 in Brooks foods lab

Friday

- Whole School Turkey Lunch
- Crazy/Winter Sweater Day
- Learning Updates go home

THIS IS YOUR PRINCIPAL SPEAKING



Recently, a parent asked me with a chuckle if it's challenging to find a new topic to write about every week. The question prompted me to reflect on the experiences I encounter daily, each offering space for personal reflection. For instance, just as I was crafting this paragraph, a student from the afterschool program popped into my office. She laughed as she told me she thought I had already gone home. Then with a giggle she smile from ear to ear. Her joyful expression instantly brought to mind the classic book "Have You Filled a Bucket Today?" That one smile not only filled my bucket but also lightened some of the day's burdens.

This brings me to today's musings: gratitude. Positive psychology research underlines the profound connection between gratitude and deeper happiness. Expressing gratitude for the people and things in our lives fosters positive emotions, enhances life experiences, improves health, and cultivates strong relationships. The beauty lies in its simplicity – acknowledging and sharing our feelings. A mere "thank you" and a kind word can forge deeper connections between families and strangers alike.

I find myself grateful for the remarkable staff at Henderson, individuals who genuinely care. Their dedication is evident in their daily planning, and their meaningful interactions with students. Working with such amazing people is an enriching experience. I am equally thankful for students who approach each day with enthusiasm for learning and building meaningful relationships. Lastly, I extend my gratitude to parents who give so much every day, loving their children fiercely and show patience with me as I work to create a school where kids feel seen and cared for. While we acknowledge we aren't perfect, our genuine care for your kids and you is real. Please feel free to reach out; my door is always open.

AYA JUTHEM WORD OF THE WEEK

titqenəm - Big voice - (tit-qwenum)

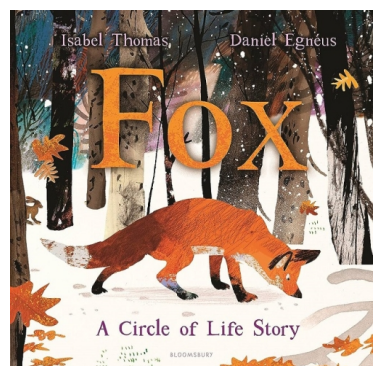
Part of teaching children is helping them find their titqenəm. This can be difficult as kids grow up. A titqenəm is more than just the words that come out of our mouth, but also our willingness to speak truth to those around us. As kids begin to explore their voice sometimes it comes out too big and it can be aggressive or angry. Other times it might be small and either not come out, or not come across in a way that truly advocates for their needs. Finding our titqenəm is a process that can take a life time to get it right. Regardless of how long it takes it is important that we find that balance. My hope is that children at Henderson Elementary not only find their titqenəm in advocating for themselves, but also that they find their titqenəm in advocating for those around them. Their friends at school, as well as people in our small community, and around the globe, who may not have a voice of their own. EDAS is a project that helps us accomplish just that. It brings the needs of our "neighbours" to the forefront, and helps us teacher the important of lending our titqenəm to help others.

HENDERSON READS

[Fox: A Circle of Life Story](#)

Isabel Thomas

This non-fiction picture book, with simple, poetic language and engaging, colourful collage-style visuals, tells the story of a mother fox seeking prey to feed her three cubs. Readers follow the foxes as the seasons change and the cubs grow and learn how to survive. When the mother fox is hit by a car and dies the focus remains on her and tackles the question of death and what happens when something dies as it discusses the process of decomposition and the role of dead organisms in the circle of life.



THIS WEEKS QUOTE OF THE WEEK

"It is only when we take chances, when our lives improve. The initial and the most difficult risk that we need to take is to become honest. —Walter Anderson

GUIDING PRINCIPLE OF THE MONTH

December: Spirituality



UPCOMING EVENTS

2023

Mon	Dec 11		Henderson Haircuts
Wed	Dec 13	11:45am	Whole School Read
Thurs	Dec 14	12:30pm&6:00 pm	Winter Concert
Fri	Dec 15		Term 1 Learning Updates go home
Fri	Dec 15	12:30	Turkey Lunch
Fri	Dec 15		Winter Sweater Day
Mon	Dec 18		Everybody Deserves a Smile bagging day in the gym
Tues	Dec 19		Everybody Deserves a Smile pick up/delivery day
Wed	Dec. 20	9:30am &11:30	Winter Wonderland (am) – hot dog lunch: delivered to classrooms
Fri	Dec. 22	9:00am	PJ's and Pancakes - Last day of School before Winter Vacation

2024

Mon	Jan 8		School re-opens after Winter Vacation
Tues	Jan 9	7:00pm	PAC Meeting - School Library
Fri	Jan 12	9:05am	School Assembly
Mon	Jan 15		Black Excellence Day
Mon	Jan 22		Literacy Week Begins
Tues	Jan 23		District Basketball season begins
Fri	Jan 26	9:00am	Literacy Day (Pancakes)
Fri	Feb 2	9:05am	School Assembly
Tues	Feb 6	7:00pm	PAC Meeting - School Library
Wed	Feb 7		Student Led Conferences – dismissal at 12:00 pm, evening 5:00-7:00pm
Fri	Feb 16		Professional Development Day
Mon	Feb 19		B.C. Family Day Holiday
Wed	Feb 21	10:15am	Fire Drill
Mon	Feb 26		ADST Div. 3 for Catapult project
Tues	Feb 27		District Basketball Jamboree
Wed	Feb 28		Pink Shirt Day
Fri	Mar 1	9:05am	School Assembly
Tues	Mar 5		PAC Meeting
Wed	Mar 13		Term 2 Learning Updates issued
Fri	Mar 15		Last day of school before Spring Break
Fri	Mar 29		Good Friday
Mon	Apr 1		Easter Monday
Tues	Apr 2	7:00pm	PAC Meeting- School Library
Tues	Apr 2		Schools Re-open
Fri	Apr 5	9:05am	School Assembly
Fri	Apr 5		tla'amin Day
Wed	Apr 10		Class and School Photos
Thurs	Apr 11	12:30pm	Strawberry Tea
Wed	Apr 17		Spring District Cross Country at Edgehill
Thurs	Apr 18	10:15am	Fire Drill
Mon	Apr 22		Earth Day
Wed	Apr 24		Div. 5 Messy Math #1 with Ms. Westland (am)
Wed	May 1		Div. 5 Messy Math #2 with Ms. Westland (am)
Fri	May 3	9:05am	School Assembly
Thurs	May 9		PAC Meeting - School Library
Fri	May 10	7:00pm	Day of Action Against Anti-Asian Racism
Thurs	May 16		Moose Hide Campaign
Mon	May 20		Victoria Day Holiday
Tue	May 21		ADST in K/1 for Hammer and Measure Safely (am)
Fri	May 24		Beach Exploration Field Trip Div 5
Fri	May 24		Grade 6-7 Lock in
Fri	May 31		District Track and Field
Tues	Jun 4	10:15am	Fire Drill
Tues	Jun 4	7:00pm	PAC Meeting - School library
Thurs	Jun 6	9:05	School Assembly
Fri	Jun 7		District Planning Day - No School
Fri	Jun 21		National Indigenous Peoples Day
Wed	Jun 26		Palm Beach Day
Thurs	Jun 27		Last day of classes for students/Final Learning Updates issued.
Fri	Jun 28		Year-End Administrative Day, Schools Closed for students