



NEWS AND NOTES

WEEK AT A GLANCE

Monday**Tuesday****Wednesday****Thursday**

- Div 4 swim lessons

Friday

- School Recognition Assembly 9:00

THIS IS YOUR PRINCIPAL SPEAKING



Fall is such a beautiful time of year. Honestly, it is such a joy to see the mix of evergreen and deciduous trees lining the sides of the road, and set as a foreground to to a setting sun over Vancouver Island. I am often taken a back at just how beautiful our home is. When was the last time that you stop and really took view in? I know for me I often get so caught up in the day to day that I forget to stop and look. Last night as I came out of the Board Office from a meeting the sun as setting and I was hit with a palette of color that made it impossible to not stop and audibly say wow. Times like that I feel immense gratitude for where and when I live. May we live with gratitude in the way that we greet and meet with the people around us. We never know the place where people come from, so lets make sure that that moment in their life is positive.

These past few weeks I have found myself using one particular word over and over again: resilience. On Wednesday night I sat with an 86 year old friend of mine while she told me the story of her Father coming from Sweden at the age of 14. She spoke of the struggles that he overcame over and over again so that he could start fresh. She shared that she was 17 by the time she had indoor plumbing! We later talked about how she and her husband raised 3 kids and strived to create a space so that her kids wouldn't have to go through the things she had to go through. It was at this point when I had a realization. In my own effort to make my child's "easier" than it was for me, am I removing the conditions that made me into who I am? By attempting to "pave" the way for our kids, are we robbing them of a chance to be resilient to difficulties and life struggles? I don't know... but it certainly made me stop and think. Of all the things that I am teaching my children, how am I teaching them to be resilient?

AYA JUTHEM WORD OF THE WEEK

[yiyxmetawt](#) - To care of one another - (ye-h-meh-tawth)

[yiyxmetot](#) - To care of oneself - (ye-h-meh-thot)

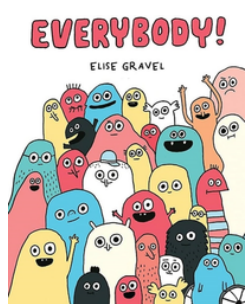
This week I decided to go with two words - because I couldn't, in my mind, separate the two of them. When we truly and honestly [yiyxmetawt](#) - take care of those around us, we naturally [yiyxmetot](#) - take care of ourselves. The beauty of the word [yiyxmetot](#) is that it naturally encompasses the idea of of multi-faceted care. To not just care for our physical self through good food and exercise, but to also care for the spiritual side: whether that through meditation or through worship, it is important that we care for all of us. Finally, when we are in a space where our needs are met we can, in a healthy and caring way, care for those around us. When we are whole we can show up in a completely different way in our homes, community, and work. So, my invitation for this weekend, find a way to [yiyxmetot](#), then when you are feeling filled, look around you and [yiyxmetawt](#)

HENDERSON READS

[Everybody!](#)

Elise Gravel

This engaging Canadian picture book focuses on how everybody is alike. Using cute, simple characters of all shapes, sizes, and colours, it details that everyone has strengths, flaws, feelings, and needs.



THIS WEEKS QUOTE OF THE WEEK

"When you give joy to other people, you get more joy in return. You should give a good thought to happiness that you can give out."— Eleanor Roosevelt

GUILDING PRINCIPLE OF THE MONTH

November: Sharing