



## NEWS AND NOTES

### WEEK AT A GLANCE

#### Monday

#### Tuesday

- Volley game at James Thompson 1:00

#### Wednesday

#### Thursday

- District Cross Country at Henderson
- Fire Drill

#### Friday

- Henderson Haunted House doors creak open at 7pm

Gym closed for Henderson Haunted House setup



### THIS IS YOUR PRINCIPAL SPEAKING

This has been a particularly wet week. As I have reflected on the week, the first two lines of Henry Wadsworth Longfellow's poem [The Rainy Day](#) come to mind: **The day is cold, and dark, and dreary; It rains, and the wind is never weary:** As a reminder we invite parents to send spare clothes with you kids. Whether they are in Kindergarten or grade 7, having a dry pair of socks after a particularly wet recess can make the difference for many kids. As a reminder, unless the weather is exceptionally stormy, wet, or cold, kids are expected to go outside. This means that students must dress appropriately for the weather.

This week we saw Division 2 have the opportunity to head out to Lang Bay to learn about the Salmon life cycle as well as out to the tla'amin Nation for their wildcraft and weaving experience! The weather has not disappointed - and yet the kids did an amazing job and had a great time. As a reminder Nov 1st will be Parent Teaching conferences, if you haven't booked an appointment head over to the Henderson Booking page and pick a time that works for you. If none of the times work please connect with your classroom teacher to discuss an alternate.

**Finally, we want to remind parents that parking lot is to only be used for staff. If you are picking up, or dropping off, please either park on the hill, or along Willow. Thank you for helping us keep kids safe.**

### AYA JUTHEM WORD OF THE WEEK

**q̄əsɛm** To Smile - (caw sum)

I don't know about your childhood, however, whenever I would walk around the house with my grumpy face on my mother would [sing a familiar song](#): **If you chance to meet a frown, do not let it stay. Quickly turn it upside down and smile that frown away. No one likes a frowning face, change it for a smile, make the world a better place by smiling all the while.** As I have aged through my life I have come to realize the importance of expressing ourselves through a variety of facial expressions not just **q̄əsɛm**... and yet... there is something warm and welcoming about **q̄əsɛm**. There are few things that fill my bucket more than a **q̄əsɛm** from a member of our Henderson family. Did you know that there are actually health benefits from **q̄əsɛm**? According to [medical experts](#) **q̄əsɛm** can lead to reduced blood pressure, increased endurance, reduced pain, reduced stress, and a strengthened immune system. So, live better and **q̄əsɛm**

### HENDERSON READS

#### [In the Blue](#)

Erin Hourigan

A young girl doesn't understand when her loving father becomes sad, quiet, and "blue". When he gets professional support and feels better, he becomes "yellow" again and she learns that although her father's depression may come and go, he always loves her. This engaging picture book explores the difficult subject of family depression in a gentle and non-judgmental way that young readers can comprehend, through the use of yellow and blue as metaphors for happiness and sadness.



#### THIS WEEKS QUOTE OF THE WEEK

"Let's do what we love, and let's do a lot of it."  
- Marc Jacobs

#### GUILDING PRINCIPLE OF THE MONTH

Integrity