



NEWS AND NOTES

WEEK AT A GLANCE

Monday

- No School

Tuesday

- Volley game at Assumption 1:00

Wednesday

Thursday

- District Cross Country WV - 3:30

Friday

- Volleyball game EH at HE - 1:00



THIS IS YOUR PRINCIPAL SPEAKING

Tomorrow is World Mental Health Day we are are grateful for the long weekend which has hopefully given families an opportunity to relax, and connect with each other in meaningful ways. These week we are busy with our first Volleyball game at Assumption, as well as our first District Fall Cross Country event to take place after school Thursday at 3:30 at Westview Elementary. Parents are responsible to transport students to and from this activity, however, we would like to know who will be attending. If you can either send me an email stating that your child will be attending, or fill out this form: <https://forms.office.com/r/AAUn3awXAT> we would much appreciate it. Students grades 2-7 can participate in the cross country run. Depending on numbers the first race will include grade 2/3 students and the last race will be a combined grade 6/7. Students will still be ranked according to their age group.

AYAJUTHEM WORD OF THE WEEK

[tiyhɛgən mɛtəm](#) Integrity - (tee hegun metum)

On Friday we held our first recognition assembly and introduced our taʔaw for the month of October. Our word is [tiyhɛgən mɛtəm](#) which means integrity. During the assembly I spoke to students about the importance of being whole. We spoke about how times in our lives we may find ourselves “out of integrity” with those around us either by our intentional or unintentional actions. We spoke about 4 specific ways that we stay in integrity. First, we keep promises, when we tell people people that we will do something we follow through with that promise. Second, we apologize when we cause harm to others. These actions are not always intentional. Sometimes we harm those with no intent to do so. When we do this we have to seek ways to make amends. Third, we speak our truth in a safe and caring way. The adage that sticks and stones will break our bones but words will never hurt me have a nice rhyme, however, there are many times when our “truth” hurts others. We aim to be aware of the impact of our words as well as our actions. Lastly, we show up. In addition to keeping our promises, we ensure that when we are in class, or other activities, we ensure that we are present. This way we make sure that we can help those around us, as well as gain the most for ourselves. These four steps not only help us individually remain in [tiyhɛgən mɛtəm](#) with each other, but as a whole school as well. emote

HENDERSON READS

The Ogress and the Orphans

Kelly Barnhill

Stone-in-the-Glen was a flourishing town focused on neighbourliness and exploring literature and ideas. When the town falls on hard times, the library and other important buildings are burnt down, poverty, distrust, and self-centeredness take over, and people no longer care about the town. It takes the actions of a kindly Ogress and a group of orphans to change this negative attitude and repair the town.



THIS WEEKS QUOTE OF THE WEEK

“Learning is a treasure that will follow its owner everywhere.” – Chinese Proverb

GUILDING PRINCIPLE OF THE MONTH

Integrity