



Thursday, October 19	Reynolds Family Of Schools Soccer Jamboree 1:00 – 3:00 p.m.
Friday, October 20	Pro-D Day, School Not in Session Steve Nash Basketball for Grade 2 and 3 students 5:00 – 6:00 Braefoot Gym
Monday, October 24	Cross Country Finals – Beacon Hill Park 1:00 – 3:00 p.m. Jazzercise 3:00 – 3:45 p.m.
Wednesday, October 26	Walk on Wednesday Division 10 Field Trip to Swan Lake 9:00 – 11:00 a.m. Sportball 2:45 – 3:45 p.m.
Thursday, October 27	Hallowe’en Safety Presentations with Constable Hildred, 9:00 a.m. primary classes; 9:30 a.m. Intermediate
Friday, October 28	Whole School Walk/Run Division 3 to Root Cellar 1:00 – 2:30 p.m. Division 4 and 5 Swim at Gordon Head Pool 12:40 – 2:42 p.m. Fall Family Dance 6:00 – 8:00 p.m.
Tuesday, November 1	Division 9 Field Trip to Francis King Park 9:30 – 11:00 a.m.
Wednesday, November 2	Pizza Day Walk on Wednesday Sportball 2:45 – 3:45
Thursday, November 3	Newsletter Day Division 6 Field Trip to Goldstream 9:00 – 12:00



SHAKEOUT BC

This morning, at 11:20 a.m. our school participated in ShakeOut, B.C. This earthquake drill conducted in schools and public venues throughout the province of BC was the largest drill in Canadian history. Our goal, as always is to ensure the safety and protection of our students.

EMERGENCY COMFORT PACKS

While the staff and students at Braefoot School are preparing and practicing for emergencies, we would remind parents that they too, have a role in our emergency plans. Each family has been asked to send a **“comfort pack”** to school. These packs are a bag of personal items and food that would bring comfort to your child in case of emergency. Ziplock bags and instructions were sent home with each student last week. Your assistance in returning these as soon as possible is very much appreciated.

FAMILY DANCE

Hope you have made plans to join us for our Fall Family Fun Dance next week, 6:00 to 8:30 p.m. in the Braefoot Gym. Ticket and Pizza order forms were sent home earlier, and are also available outside the office. A limited number of tickets will be available at the door.



HALLOWEEN AND ROAD SAFETY

Visit your local Autoplan broker for shiny Halloween treat bags and road safety materials to help increase safety. View the bags at www.roadsafety.ca by clicking on the pumpkins displayed on the home page. Click on the link provided to download "Be Safe on Halloween" colouring sheets and "Pedestrian Sense for Children". The direct link is:

<http://www.roadsafety.ca/resources/seasonalactivitysheets.html>

Constable Hildred will be attending our school on Thursday, October 27th to discuss Hallowe'en Safety with our students.

When it comes to Halloween candy and tooth health, the "all or nothing" approach is best. Giving children their Halloween candy over days or weeks is not the best choice. The risk of tooth decay increases with the amount of sugar and the number of times teeth are exposed to it. Tooth safe suggestions for enjoying Halloween treats are:

Serve a healthy dinner (or snack) before trick-or-treating. This will leave less room for sugary snacking. You will know your child has eaten *something* nutritious on this exciting night. Cut down on the number of times teeth are exposed to sugar by having a one-time Halloween candy binge.

Cut down on the number of sugary treats by handing out "tooth-friendly" options like stickers, temporary tattoos or fancy pens and pencils.

And of course, remember to floss and brush with fluoride toothpaste before going to bed, or there could be some very scary results!

HAND, FOOT AND MOUTH DISEASE

Recently we have had two cases of Hand, Foot and Mouth Disease reported in our school. We are sending home this information in order to ensure that our community is fully informed.

Anyone can get hand, foot and mouth disease but it is most common in children. Hand, foot and mouth disease is not usually serious but children may have the following signs: fever, headache, sore throat, not interested in eating or playing, small, painful sores in the mouth, and a skin rash. The rash looks like red spots with a small blister on top. The rash is usually on the hands and feet but can show up on other parts of the body.

Hand, foot and mouth disease can be spread in droplets coughed, sneezed or breathed into the air by someone with the disease or by contact with the feces of someone with the disease. It can also be spread by touching objects, such as toys or tables that have the virus on them, and then touching your eyes, nose or mouth.

Frequent hand washing with soap and running water helps prevent the spread of contagious illnesses.

For more information you can contact your local health unit or HealthLinkBC at 8-1-1 (a free call) or www.healthlinkbc.ca



Hot Lunch

Special thanks to our hot lunch coordinators, Wendy Cox and Heather Halliday, who do such a great job in organizing these special days for our students. Our next hot lunch day is Wednesday, November 2nd, and we are serving Pizza. If you are available to assist, please let us know (via email at tmann@sd61.bc.ca) and we will forward your name to Wendy and Heather.