



October 2022

Chuck Bloch, Principal | chuck_bloch@sd33.bc.ca | <http://promontory.sd33.bc.ca>
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PRINCIPAL'S MESSAGE –

October is another busy month, and we are grateful for everything that we get to do and every child we get to work with. Our focus this month is "Thankfulness". There is always something good to be thankful for, and living with an attitude of gratitude is something we want for each of our students.

The process of identifying a new Principal continues, and on October 19th our Assistant Superintendent Paula Jordan will be busy connecting with a lot of members of the school community. In the evening, all parents are welcome to join in a ZOOM meeting to hear the District's plans and to offer their thoughts on school leadership. Feel free to join the meeting online on Wednesday, October 19th at 7:00pm on **Zoom @ <https://sd33-ca.zoom.us/j/62918616075>** .

PROFESSIONAL DEVELOPMENT DAYS

Each year school staff members have several Pro-D Days during which we work on our professional growth as individuals and in small or large groups. Each of these days has a specific focus and an agenda designed to facilitate professional growth and learning. If you ever wonder about the purpose of a specific non-instructional day, feel free to ask! Our next Pro-D Days are October 7th (School-based) and October 21st (Provincial).

REGISTRATION

E-Registration for the 2023/2024 School Year opened on October 1st. If your child is not already attending Promontory, you can register your child [Here](#). This is very important for those families with new students coming into kindergarten. Please make sure to register as soon as possible to secure your spot.

To complete e-registration you will need the following:

- a valid email address
- photo or scan showing proof of child's age and citizenship
- photo or scan showing proof of residency
- photo or scan showing parent's proof of citizenship

E-Registration for the 2022/2023 school year, continues to remain open.

Grade 5 Fundraising

A simple and convenient way to support fundraising for our Grade 5 events, including our trip to Camp Squeah, yearbooks and end of year celebration, has been set-up. Simply follow the instructions below to donate your bottles and cans:

- Take your bottles and cans in clear or blue plastic bags to any Return It Depot.
- Go to the "Drop Off" kiosk and input the schools phone number (604)824-4885.
- Print off one label per bag. Scan each bag with the handheld scanner under the screen and deposit bags into the drop off bin.



SOCCER TEAMS

We're excited to have our school teams up and running! Please see below the boys/girls games schedule and coaches.

Boys Game Schedule: Coaches: Mrs. Kiersten Vogt & Mrs. Jennifer Holm

Date:	Away Team	Home Team
October 11 th	Watson Elementary	at Promontory Elementary
October 18 th	Bye	Bye
October 25 th	East Chilliwack	at Promontory Elementary

**Girls Game Schedule: Coaches: Mrs. Jessica Williams & Mr. Shane Alfred**

Date:	Away Team	Home Team
October 12 th	Promontory Elementary	at Unity Christian School
October 19 th	Bye	Bye
October 26 th	Cheam Elementary	at Promontory Elementary

PARKING LOT

Reminder: Please DO NOT PARK IN THE DROP OFF ZONES IN OUR PARKING LOT, as that completely disrupts the flow of traffic.

We have over 400 families coming and going, and we just do not have capacity for that many vehicles. Please be patient; your courtesy and cooperation help make everyone's day better, and more importantly it increases student safety on the parking lot and sidewalks. **Do not leave your car unattended in the drop off/pick up lane between 8:10-8:30am or between 2:00-2:30pm, or you will be creating a significant traffic problem.**

COMMUNICATION PROTOCOL

Sometimes you may have a concern with something you may have observed, something your child comes home and tells you or perhaps something you hear other parents talking about. In our school district the first step is to speak to the person you have a concern with. If it is the classroom teacher, go to the teacher, let them know what your concern is and have a conversation. This is a respectful process, and 99% of the time the situation is cleared up at that level. If it is not resolved, then you are welcome to come and speak to Mr. Bloch or Mr. Moore. They are not always in the office, so often the best thing to do is to email

chuck_bloch@sd33.bc.ca or justin_moore@sd33.bc.ca.

If you have general questions or concerns about the school, please feel free to come and chat with one of us, or check out our web site <https://promontory.sd33.bc.ca/>.

DAILY HEALTH CHECK – A commitment from you

Everyone is mindful of how quickly illness can spread through a class or the school. **If your child is ill, especially if there are COVID-like symptoms, keep them home.** Please **do not send a sick child to school** hoping that they may get better.

Err on the side of caution, and **keep your child home to help prevent others from becoming sick. If your child demonstrates symptoms of illness at school, we will contact you to pick them up.**

This excerpt is from the latest Communicable Disease Guidelines for K-12 Schools:

Health awareness reduces the likelihood of a person with a communicable disease coming to school when they are infectious. This includes a person checking regularly if they (or their child) are experiencing symptoms of illness (including but not limited to COVID-19 symptoms) to ensure they are not coming to school when they are sick (including if they are unable to participate fully in regular activities due to symptoms of illness).

Students, staff and other adults should follow public health guidance and/or the recommendation of their health care provider when they are sick. Information specific to COVID19 is available from [BCCDC](https://www.bccdc.ca).

*****ALLERGIES – PROMONTORY IS A "NUT AWARE" SCHOOL**



Please ensure that you have made your child's classroom teacher and the office **aware of any serious allergies**. **Students that require Epi-pens must wear a fanny pack at all times** with their Epi-pen and other medication in case it is needed. This will ensure that the Epi-pen is immediately available in the event it is needed.

We have a number of students with nut allergies, and at least one class where students have been asked to be "nut free". We ask that families help us keep these students safe. If you send peanut butter, peanuts or peanut products to school, your child may be asked to eat outside of the classroom.

PLEASE NOTE: IT IS VERY IMPORTANT THAT PARENTS HELP THEIR CHILDREN LEARN TO ADVOCATE FOR THEIR OWN SAFETY; THE FIRST LINE OF SAFETY LIES WITH THE CHILD AND THE KNOWLEDGE THEY HAVE TO KEEP THEMSELVES SAFE.

REPORTING STUDENT ABSENCES

For the safety and security of the children, if your child is going to be absent or late, please use our "Safe Arrival" program, located on the front page of our school website, or [here](#). Please indicate "late" in the note to office section. This program can be accessed at any time of day. We are trying to limit the call volume to the office and appreciate your help using this new service. You are still able to report a late or absence over the phone if you prefer. If you are calling outside our office hours (7:30 – 3:30), please leave a message on the answering machine indicating the following information: Date, Late or Absent, Child's Name, the length of absence, and the Teacher's Name.

You can email the classroom teacher or Mrs. Thiessen diane_thiessen@sd33.bc.ca. If we have not been previously informed of your child's absence via a phone call or note, you will receive an email or phone call to confirm your child's absence.

SIGNING YOUR CHILD OUT

If you wish to take your child out of school during the school day (i.e., Doctor/Dentist or other appointments), **please call the office and sign your child out**. The office will then call your child's class to have your child come down. It is very important for us to know when a child has left the building/grounds. **Upon returning the same day, please inform the office.**

LUNCHES

If you drop off lunch for your child, please make sure their name is on it. You can inform the office and we will arrange for your child to receive the lunch; we will not interrupt class time if we can avoid it.

SMOKING ON PREMISES

It has been **district policy to ban smoking on school premises**. Provincial legislation (Bill 10: The Tobacco Sales Amendment Act, 2007, Section 2.2 of the act), **prohibits all persons from smoking or using tobacco, or holding lighted tobacco in, or on school property. This applies to activities on site in the evening as well (PAC Meetings, concerts, team activities, Family Fun night, etc.).** We ask that you refrain from smoking or vaping anything at any time. Thank you for your cooperation in respecting this legislation.

IN/OUT DAYS

WE WILL GO OUTSIDE MOST DAYS. With the fall weather on its way, we can expect more frequent wet, windy weather. Even on days with drizzle or light rain, children will be sent out for a period of time to get fresh air. The day is long and children do crave exercise and fresh air. **PLEASE ENCOURAGE YOUR CHILDREN TO MAKE RESPONSIBLE CHOICES AND ENSURE THEY ARE DRESSED PROPERLY FOR THE WEATHER.**

VOLUNTEERS (CRIMINAL RECORD SEARCH)

Once school is well under way and we continue to have the go-ahead to do so, we hope to welcome limited numbers of volunteers to help in the school. It is very important that parents who wish to volunteer at our school in any capacity complete a **Criminal Record**

Search form that you **complete and turn in to the RCMP office**. These forms are available at the school office. School Board Policy makes this process a necessity. The positive service parents provide is valued and we encourage you to complete this process in order to enable your involvement. Criminal Record Checks expire after 4 years, so please make sure yours is up to date if you'd like to volunteer!

Dates to Remember

Oct 5	- Individual Student Photos
Oct 6	- Hot Lunch (Jim's Pizza)
Oct 7	- Pro-D Day (No School)
Oct 10	- Thanksgiving (No School)
Oct 20	- Hot Lunch (Booster Juice)
Oct 21	- Pro-D Day (No School)
Nov 3	- Hot Lunch (Jim's Pizza)
Nov 4	- Early Dismissal @ 11:20am – busses will be running
Nov 11	- Remembrance Day (No School)

LIBRARY NEWS

Storybook Pumpkin Patch Characters:



This year we are shifting the event to an online model. Every student will be given a Story Book Pumpkin Info Sheet later this month with additional details.

When: All October long! Please have all of your photos added by the evening of Sunday Oct 30.
Classes will be starting to view the pictures in the classrooms on Oct 31 @ 8:25am



Where: Online, please post pictures of your work to our "Promontory Heights Story Book Character Pumpkin Patch" Padlet. Follow the link below to post your picture or scan the QR code (right).

Padlet URL: https://padlet.com/matthew_mueller/Inf5ntqyrxadvumf

How: Pick a pumpkin of any size. As a family, turn it into a story book character anyway possible. You can paint a pumpkin or carve a pumpkin (new for this year).

Materials: acrylic paints or permanent markers & other items to decorate. If you wish to carve a pumpkin, only do so with adult supervision. Since the activity is online again this year, carved pumpkin pictures will also be encouraged and accepted.

Stuff to feature in your photo: Your decorated pumpkin & a book/picture that has your character in it, and your first name/ last initial.

Kiwanis Super Reader Program

Read and earn rewards! Green logbooks were distributed in September. Students will receive a Super Reader Booklet after their first visit to the library. Every night a child reads for 15 minutes they receive a check mark in their booklet. Every 50 nights of reading return the booklet back to your classroom teacher for a reading prize. Parents are allowed to back date the booklet as of September 7.

If you need a new Super Reader Green Logbook please let your child's teacher know or email me directly at

matthew_mueller@sd33.bc.ca

Happy reading!

SUPER READER PRIZES:

50 Nights

- Sticker and a Bookmark (Two for one!)

100 Nights– Kiwanis Club Prize & McDonald's coupon

- K – t shirt & goodie bag 1 – picture book & goodie bag
- 2 – chapter book & goodie bag 3 – NEW Water bottle & McD coupon
- 4 – NEW Water bottle & McD coupon. (Grade 3 and 4 will receive different style water bottles this year)
- 5 – Stylus pen & McD coupon + Chapter Book

150 Nights

- Toy or Stationary Item – POKEMON mini figures, Fidget Toys, Poppets and other toys available but only while the supplies last.

200 Nights

- Book Prize – **NEW** for this year!

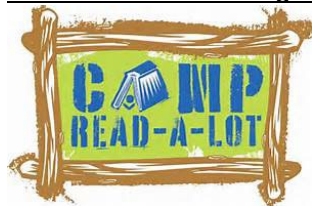
250 Nights

- \$7 Cole's Books gift certificate from the Kiwanis Club. Please keep in mind this needs to be used by the following September

Mature P/G Content books

Mature or PG Books are only available to Grade 5 students with a permission slip. They are available at the library. If your child would like to take out the 'mature content – teen books' we have in the library, he or she may get a library permission slip. These are books that have some violence, coarse language or mature subject matter (e.g. The Hunger Games, Five Nights at Freddy's, and some comic books). This only needs to be done once during their time at Promontory, as it is kept on file.

Annual Read-a-thon: Large Roll Laminator Project



Our school wide Read-a-thon is set for Friday, October 28 from 8:40am– 9:40am. This year our students will be reading for 60 minutes (grades 2 –6) or 30 minutes (K-1). Primary students will do an abbreviated version of the readathon. Please note that Kindergarten students may participate on an alternate day.

Last year, we raised enough funds to finish building a new Mac Computer lab for the Library and Makerspace. We have ordered the 5 brand new MacBook Pro Air computers.

This year, we are going to raise money to purchase a large roll laminator for the school. This laminator will be used in the makerspace, library, around the school community. They are extremely useful to have. Roll laminators are expensive so this may be a multi-year project. Our goal is to have every student donate around \$3. As per tradition, the class that collects the most money will win a pizza party in the new year!

The Bookman:



We have a Promontory Library account set up there.

Please donate the credits you receive, and we are then able to buy good used books at great prices!

Family Access

Families can drop in Monday through Thursday after school between 2:20 and 2:35, to use the library. On Friday mornings, families can come in and use the library between 8:20-8:50. Please note that there will be no family access to the library on **Friday Oct 28** because of the annual Readathon. It will be open the following week Friday, Nov 4.

Family Story Time

Next Story Time Date: Friday Oct 14 at 8:35. Once a month I will be doing a special story time read aloud for parents and children 4 or younger. This is a great way to introduce young children to the school, library, and staff. If you would like to sign out books on this date, please come in at 8:20. I would like to sign out books before the story to book shop and set up your family account.

Pac News

Welcome October, even if the sunshine feels like summertime, it's so hard to believe that we are already a month in the school year. Promontory PAC has had busy month! It was so awesome to see such a great turn out for the Meet & Greet and to reconnected with parents/guardians and friends. The PAC wants everyone to join us at our meetings and functions, we are so excited to be hitting the ground at full speed and encourage everyone to get involved.

The PAC recently bought freezies for all the students at the Terry Fox Run, it was such a pleasure to see kids run around the neighborhood, raising money, and supporting loved ones. There were many kids wearing their orange shirts in support of Truth and Reconciliation Day, there is hope in the next generation and we should all be very proud of our students at Promontory Elementary.

At our last PAC meeting we approved \$3000 to go towards providing our multicultural students with books in their individual languages. We are proud to have such a rich diversity at Promontory and we want students to be able to share their culture and language with their friends and classmates.

Grade 5 Yearbook committee is looking for parents to help create a memorable yearbook, if you are interested, please contact your child's teacher or Mr. Bloch.

As you may have heard, Mr. Bloch will be retiring in December, we are sad to see him go 😞. PAC will be hosting **TWO** meetings with Paula Jordan, Assistant Superintendent, to discuss what to expect and what, we as a PAC, want in a principal. The meetings will be:

Parent Consultation

Wednesday October, 19th

Session #1 In-Person (10:00-11:00am) – MakerSpace (active PAC members only, to keep to a reasonable number)

Session #2 Zoom (7:00-8:00pm) <https://sd33-ca.zoom.us/j/62918616075> (open to all parents - we will send this out from the office)

Our next PAC meeting will be held on October 18th, 2022, at 7 pm in the library. ALL ARE WELCOME!!!!

Fundraisers

Neufeld Farms Fundraiser

Starting Sept 29 - Oct 12

Last day to order: Oct 12

Pick up your order: Saturday, Oct 22 @ 11:30 am in the school parking lot

Coupon Book Fundraiser

The coupon book Fundraiser has been extended until the end of October.

Hot Lunch

Ordering hot lunch for the remainder of the year is open!

Oct 20th- Booster Juice

Nov 3rd- Jim's Pizza

Nov 18th- SinAmen Bun

Dec 2nd- Shandhar Hut

Dec 16th-Jim's Pizza

Note to returning parents upon first login. Any returning parents who login will see this message: "Welcome to the 2020-21 school year, please update your child's grade/teacher/div BEFORE ordering". **You must complete this step before you will be able to order.**

HOW TO REGISTER:

1) Go to: <https://munchalunch.com/schools/PromontoryHeights/>

2) Click the **"Register Here"** button (as shown below). The system will guide you through from there.

- 3) After adding your children, click the green “Order Lunch!” button to order
- 4) Next time, just click the “**Login Here**” button to access your account.



ORDERING DETAILS

- Online ordering will be open at least by the 1st of each month until 1 week before date of hot lunch
- Orders are paid for using credit card online through munch a lunch secure system. Or brought to school by ordering date deadline. If payment is not received by deadline you will be notified of your order cancellation.

Please only order for the dates you intend to pay for. Munch A Lunch does not accept partial payments. Thank you!

Please note if your child is ill on a lunch date, you are welcome to come and pick up their lunch at 12 pm from your child's classroom; otherwise please consider it a donation for a child who does not have a lunch. Consistent with previous years, there are **NO REFUNDS** as this is a PAC fundraiser.

We appreciate your support for our hot lunch program as the funds go towards needs of the school and general fundraising within the school. We are love having parent volunteers, but due to COVID restrictions this will be paused for now.

If you have any questions, please email the following:

Hot Lunch Coordinators -Karmen - promontoryhotlunch@gmail.com

Fundraising Coordinator - Leah Shields - lshields@gmail.com



PHECSA FALL PROGRAM GUIDE

PROMONTORY HEIGHTS COMMUNITY SCHOOL ASSOCIATION

Great news - Our school facilities are open to the community!

Follow us for updates on classes, programs and special events!

www.phecsa.ca

Facebook: Promontory Heights Community School Association-PHECSA

Instagram: promcommunityschoolassociation

Office Hours

Monday-Thursday 8:30am - 8:00pm

Friday 8:30am - 4:30pm

Saturday 9:00am - 1:00pm

PHECSA provides educational, recreational and social opportunities for community members of all ages and abilities.

PRESCHOOL (0-5 YEARS)

Busy Bees Crafts and Coffee

Thursdays 9:00-10:30 Starting September 22, 2022

Free Drop-In

Join us for morning crafts, cuddles and coffee! Complete a craft, sing songs, and stories revolving around a weekly theme!

Discover Dance - Twinkle Toes

Wednesdays: October 5th-November 12th

3:30pm- 4:15pm \$60.00

Ms Kathie & Miss Kaitlyn will help your little "twinkle toes" explore the world of dance and movement in this fun class designed for young children.

Dandelion Fields Outdoor Preschool

A place for little ones who love to discover, explore, imagine and play in the dirt!

Email for information & registration package: dandelionfieldspreschool@gmail.com

Chilliwack Isshin-Ryu Karate Club

Little Dragons Ages 4-7 Mondays & Wednesdays

Learn about Karate and Self-Defense in a fun atmosphere.

For information and to register call 604-799-6504 or visit www.chilliwackisshinryu.ca

Little Kickers Soccer

Saturdays: October-March

9:00am-1:00pm

Learn through Play! Little Kickers gives your child a positive introduction to sport by teaching high quality soccer skills in a friendly, pressure free environment. For more information call 604-791-3595 or visit www.littlekickers.ca

PANTHER PEN BEFORE AND AFTER-SCHOOL CARE

Need Before or After-School Child Care?

Panther Pen—Fully Licensed School Aged Program

Monday thru Friday from 7:00am-8:25am and 2:15pm-5:30pm.

Pro-D Day Camps

Winter Break Camps

Spring Break Camps

Sun-N-Fun Camps: 8 Weeks of Summer Fun!

Space is Limited - Must Pre-Register

For Registration Information and Packages

Phone: 604-858-2999

Email: pantherpen@phecsa.ca

IMPORTANT REGISTRATION INFORMATION:
REGISTRATION MAY BE DONE IN PERSON AT THE PHECSA OFFICE, OR OVER THE PHONE PLEASE CALL 604-858-2999
ALL CLASSES NEED THE MINIMUM REQUIRED TO RUN - SO REGISTER EARLY TO AVOID DISAPPOINTMENT!! PHECSA ACCEPTS PAYMENT BY CASH, DEBIT OR CREDIT CARD.

SCHOOL AGED (6-12 YEARS)

PRISM Studio Ceramics

Various Dates 3:00-4:00pm

Grades 1-5

Per Session -\$25.00

Everything you need to complete a fun ceramics project. Join us to complete an Instructor led ceramics project using fun design ideas and techniques..

Session Dates: Tuesday, October 18 - Halloween

Tuesday, November 22 - Cereal Bowls (Bubble Technique)

Tuesday, December 6 - Christmas Ornaments

Discover Dance: Happy Feet

Wednesdays October 5th-November 12th 4:15pm-5:00pm 5-7 yrs old \$60.00

The world of dance and movement awaits in this dance class! Ms Kathie & Miss Kaitlyn will share their love of jazz, ballet & hip hop in this FUN class! No previous dance experience required.

Floor Hockey

Wednesdays October 19th-November 23rd 4:00pm-5:00pm Grades 2-5 \$45.00

Join us for some Floor Hockey fun! Learn the fundamentals of hockey in a safe, fun and positive environment.

Basketball

More information to come!

The Chilliwack Basketball Club Afterschool Active Skills & Games program is designed to focus on having fun, being active, growing the love and passion for basketball and learning the fundamental skills and concepts of basketball.

LEGO Club

More information to come!

LEGO lovers a fun way to showcase your creativity! Join us every week and bring your wildest creations to life!

At Home Alone+

Date: Friday (Pro-D Days)

10+ years

\$40.00

This is an interactive, participatory program that is designed to teach children to make safe choices while At Home Alone.

Next Course—Friday, October 21st from 1:00pm-5:00pm

Canadian Red Cross Babysitting Course

Date: Saturday

9:00am-5:00pm

11+ years

\$60.00

Basic first aid and caregiving skills for youth 11-15 years old.

Participants learn how to provide care to younger children in a variety of age groups, and how to prevent and respond to emergencies.

Participants will receive a Canadian Red Cross Babysitting certificate upon completion. Please contact the PHECSA office to be added to the wait list!

Next Course—Saturday, November 19th 9:00am-5:00pm

Chilliwack Isshin-Ryu Karate Club

Mondays and Wednesdays

All Ages

Train with mixed age groups. Families have a chance to train together or grow in martial arts together. For more information call 604-799-6504 or visit www.chilliwackisshinryu.ca

Promontory Heights Elementary Community School Association

46200 Stoneview Drive, Chilliwack BC V2R 5W8

Phone: 604-858-2999

EMAIL: phecsa@phecsa.ca

WEBSITE: www.phecsa.ca





PHECSA FALL PROGRAM GUIDE

PROMONTORY HEIGHTS COMMUNITY SCHOOL ASSOCIATION

YOUTH ZONE

Promontory Tween Night Grades 4-6

FRIDAYS 6:30-9:00PM DROP IN \$3.00
Looking for something to do on Friday nights? Check out the many activities offered....sports in the gym, movies, board games, concession, and dance parties. New theme nights each week!!! Join your friends for FUN, FUN, FUN!!

Tween Night Pre-Registration—Parents of ALL participants MUST complete a one time registration form with contact information before attending. Please contact the PHECSA office for Tween Night Registration forms. Maximum capacity 50 participants.

Promontory Youth Crew 14+ years

Join the Youth Crew at Promontory! Get your work experience hours, help plan activities, special events, help out at Youth Night and qualify to apply for the PHECSA Scholarship. Call 604-858-2999 for information.

WEEKLY DROP-INS

Busy Bees Crafts and Coffee

Thursdays 9:00-10:30 Starting September 22, 2022 Free Drop-In
Join us for a morning of crafts, cuddles & coffee! Complete a craft, sing songs, stories revolving around a weekly theme

Pickleball

Tuesday and Thursday 5:45-8:00 Starting: September 13, 2022 Drop-In \$3.00

Primetimers Social

Fridays: 9:30-11:00am Starting: October 7, 2022 Free!
Take time for coffee and conversation. Meet local seniors and enjoy games, field trips and much more.

Promontory Tween Night Grades 4-6

Fridays 6:30-9:00pm Starting: September 23, 2022 Drop In \$3.00
Looking for something to do on Friday nights? Check out the many activities offered....sports in the gym, movies, board games, concession, and dance parties. New theme nights each week!!! Join your friends for FUN, FUN, FUN!!

Tween Night Registration—Parents of ALL participants MUST complete a one time registration form with contact information before attending. Please contact the PHECSA office for Tween Night Registration forms. Maximum capacity 50 participants

FACILITY RENTALS

Our school facilities are used throughout the year for birthday parties, meeting, clubs, team practices, and many other social, recreational and educational community gatherings. Contact us about your special event!

IMPORTANT REGISTRATION INFORMATION:
REGISTRATION MAY BE DONE IN PERSON AT THE PHECSA OFFICE, OR OVER THE PHONE PLEASE CALL 604-858-2999
ALL CLASSES NEED THE MINIMUM REQUIRED TO RUN - SO REGISTER EARLY TO AVOID DISAPPOINTMENT!! PHECSA ACCEPTS PAYMENT BY CASH, DEBIT OR CREDIT CARD.

Stay tuned for upcoming classes, programs & special events!

Have a program idea? We would love to hear about it! Send us an email at: phecsa@phecsa.ca



Promontory Heights Elementary Community School Association

46200 Stoneview Drive, Chilliwack BC V2R 5W8

Phone: 604-858-2999

EMAIL: phecsa@phecsa.ca

WEBSITE: www.phecsa.ca

ADULT/SENIOR

Primetimers Social

FRIDAYS 9:30-11:00AM STARTING: OCTOBER 14, 2022 FREE!
Take time for coffee and conversation. Meet local seniors and enjoy games, field trips and much more.

Pickleball

TUESDAY & THURSDAY 5:45-8:00PM DROP-IN \$3.00

Hatha Yoga

Thursdays 7:00-8:00pm November 3rd-December 15th \$60.00
Relax as you practice Hatha Yoga, blending together the benefits of an active and receptive practice, woven and deeply connected by the breath. Class will include a dynamic, warming all levels sequence and be balanced with a quiet, cooling set of postures for an integrated and nourishing practice to help calm and relax the nervous system. Beginners welcome! Drop-In available for \$10.00 per session

MUSIC PROGRAM

Private Piano Lessons 6+ years

Monday-Thursday \$17.00 per 1/2 hour lesson

Private Guitar Lessons 6+ years

Tuesday & Wednesday \$24.00 per 1/2 hour lesson

Please contact PHECSA 604-858-2999 for lesson information and availability.

SPECIAL EVENTS

Trick-or-Treat at the school! Hot chocolate & Treats!

Monday, October 31st 5:30-7:00pm
Come trick-or-treat at the main doors of the school!

Christmas Market - Presented by the Promontory PAC

Saturday, November 26th 10:00am-3:00pm
Free Admission, Food Bank Donations Welcome, Variety of Vendors, Raffle Baskets and a Christmas Concession.



FUNDING ACKNOWLEDGEMENT

THIS VENTURE HAS BEEN MADE POSSIBLE DUE TO A PARTNERSHIP BETWEEN SCHOOL DISTRICT #33 AND THE CITY OF CHILLIWACK. PHECSA WOULD LIKE TO GRATEFULLY ACKNOWLEDGE FUNDING RECEIVED BY THE CITY OF CHILLIWACK AND SERVICE CANADA

BOOO! YOU ARE INVITED TO

TWEEN NIGHT

FRIDAYS, 6:30PM-9:00PM @ PROMONTORY HEIGHTS ELEMENTARY SCHOOL

OPEN TO ALL STUDENTS IN GRADES 4-6

\$3 ENTRANCE FEE PER STUDENT

50 STUDENT CAPACITY

IMPORTANT PRE-REGISTRATION IS REQUIRED FOR THE HALLOWEEN PARTY!!

PLEASE EMAIL TWEENNIGHT@PHECSA.CA TO RECIEVE A LINK TO REGISTER.

IT IS IMPORTANT TO FOLLOW ALL INSTRUCTIONS IN THE LINK THAT IS PROVIDED!

OCTOBER 28TH

GET READY TO FACE YOUR FEARS THIS HALLOWEEN AS WE
PLAY OUR VERSION OF FEAR FACTOR. PLAY IN TEAMS AND
TEST YOUR TUMMY'S STRENGTH TO FIND OUT IF IT'S TRULY A
TRICK, OR JUST A TREAT IN DISGUISE. DRESS IN YOUR BEST
COSTUME AND VOTE FOR YOUR FAVOURITE!

NEW IMPORTANT INFORMATION - TWEEN NIGHT PRE-REGISTRATION REQUIRED

Parents of ALL participants MUST complete a one time registration package BEFORE attending
Tween Night for this school year.

(If you completed a registration package for last year, a new one will need to be filled out.)

REGISTRATION PACKAGES WILL NOT BE ACCEPTED AT THE DOOR

Contact the PHECSA office by phone or email for a registration package.



PHONE: 604-858-2999
EMAIL: phecsa@phecsa.ca
WEBSITE: www.phecsa.ca





October 3, 2022

To All Chilliwack Grade 5 Students/Parents:

SUBJECT: GRADE 5 "GET ACTIVE!" FACILITY PASS

The Chilliwack Active for Life Committee is once again pleased to provide the Grade 5 "Get Active!" facility pass program. Thanks to our partners, the City of Chilliwack Recreation and Culture Department, The YMCA of Greater Vancouver and the Chilliwack School District #33, the facility passes will be made available to all Grade 5 public, private and home-schooled students in Chilliwack. The primary purpose of the program is to increase participation and fitness levels of Grade 5 students and encourage healthier lifestyle choices.

The "Get Active!" facility pass provides free admission to public swims, skates and selected drop-in sports programs at the following facilities from September 1, 2022 to August 31st, 2023:

- Chilliwack Landing Leisure Centre (604-793-7946)
- Cheam Leisure Centre (604-824-0231)
- Chilliwack Family YMCA (604-792-3371)
- Sardis Sports Complex (604-793-2904)
- Chilliwack Coliseum Center (604-793-2904)
- Rotary Outdoor Pool (mid- May to September long weekend 604-795-5562)

To receive your free photo ID for the "Get Active!" pass please **bring this letter and proof of age along with a parent or guardian**, to one of these two facilities:

1. Chilliwack Landing Leisure Center – 9145 Corbould Street
2. Cheam Leisure Centre – 45501 Market Way

For more information, please contact one of the facilities listed above or email recreationandculture@chilliwack.com.

Sincerely,

A handwritten signature in black ink, appearing to read 'Carol Marleau', written over a horizontal line.

Carol Marleau
Active for Life Committee Member

