

THE WEEK AHEAD @ TOMSETT

[HTTPS://TOMSETT.SD38.BC.CA](https://tomsett.sd38.bc.ca)



Sept 23-27 2024

Monday

Individual class pictures
Breakfast Club
Hot Lunch Orders Open

Tuesday

Wednesday

Breakfast Club

Thursday

Friday

Orange Shirt Day
Breakfast Club

MONDAY INDIVIDUAL CLASS
PICTURES



UPCOMING EVENTS

Sept 29 - Deadline for ordering 1st hot lunch

Sept 30 - Truth & Reconciliation Day (No School)

October 4th - Terry Fox Run (UPDATED)

October 14th - Thanksgiving Holiday School closed

October 23rd - Early Dismissal - Parent teacher conferences





WALKING TO SCHOOL!



Fun Facts about Walking to Tomsett

• Most of our students reside in the block surrounded by Cambie, Shell Alderbridge and Garden City. From the corner of Alderbridge Garden City to Tomsett, it is a 12-minute walk. The neighbourhood around Tomsett was designed with walking to school in mind. There is little parking in the direct neighbourhood as our school is considered a community school, and most of its students live within a 15-minute walk.

Is your family walking to school at least once a week?



From Vancouver Coastal Health - Benefits of Active Transportation to School

Active kids are healthy kids. Children who are more physically active are happier, have better academic achievement, have fewer depression and anxiety related symptoms, sleep better, and have better overall health.

Active travel (walking, biking, etc.) is crucial for kids to be physically active. Using active modes of travel to and from school and other destinations in the community has a host of benefits for kids' well-being and development. It also benefits the broader community, including more socially cohesive neighbourhoods, safer streets and cleaner air.

How much physical activity do children need?

The [Canadian 24-hour movement guidelines](#) recommend that children and youth aged 5-17 get at least 60 minutes of moderate to vigorous physical activity and several hours of structured and unstructured light physical activity per day.

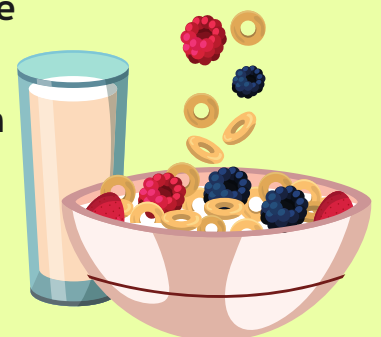


Breakfast Club is open to all students on Monday, Wednesday, and Friday from 8 am to 8:30 am.

Kindergarten, grade 1, and grade 2 students should come with a caregiver; parents or grandparents are welcome.

The focus is on providing a nutritious breakfast in a calm environment without playtime, promoting socialization.

Food is provided by the school district, and students will check in with staff upon entering through the back gym door. Breakfast options include fruit, muffins, boiled eggs, cheese strings, and yogurt. The staff looks forward to welcoming students.



Each year, September 30 marks the National Day for Truth and Reconciliation.

The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.




Student Affordability Fund

This past spring, the provincial government announced a renewal of one-time funds for the Student and Family Affordability Fund. This fund is designed to assist families who require financial assistance with school-related costs in the following areas:

- School and course fees
- School supplies and course materials
- Field trips
- School-related extracurricular opportunities
- Clothing and footwear required for sports and school activities

Please reach out to Ms. Wallace, kwallace@sd38.bc.ca, if you are in need of assistance. As always, all requests will be treated with dignity and your privacy will be respected. We want to work with our families to ensure that our students, your children, have everything they need to be successful at school. Please do not hesitate to reach out if we can help.





Tomsett Elementary School PAC



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If you have any questions or ideas that
you would like to share with us, please
contact us at
tomsettpac21@gmail.com



Reconciliation, Equity, Diversity and Inclusion Dates

September 22-28- Gender Equality
Week

September 30 -National Truth &
Reconciliation Orange Shirt Day

October 1 -National Seniors Day

October 2 - 4 Rosh Hashana

October 3 - 12 Navarati

October 4 - Nat'l Day of Action to
Honour Missing Murdered

Indigenous Women, Girls, Trans and 2-
Spirited

October - 10 World Mental Health Day

October -11 International Day of the
Girl

October -11 Kol Nidrei

October -11-12 Dussehra / Yom
Kippur

October -14 Thanksgiving



**PAC Hot Lunch is open for ordering
October 7th is our first hot lunch. Our PAC is
providing hot lunch every Monday and Friday
all year long. Order on MunchALunch
See the link on our school website
<https://tomsett.sd38.bc.ca/>**