



---

Week-At-A-Glance for Families:  
October 28th-Nov. 1, 2024  
**Highlights For Next Week Include:**

Monday	Quiet Club @ lunch in the Music Room
Tuesday	DeBeck Pumpkin Patch Run Club at Recess Dragon Band Rehearsals @ Lunch
Wednesday	
Thursday	Halloween Run Club @ Recess Noisy Club @ Lunch in the Music Room
Friday	

It has been a busy week with Family/Teacher Conferences. It was lovely to see so many families coming to share information and receive learning updates. Thank you for taking the time to connect with your child(ren)'s teachers. Together, we are better

**Swing Safety**

We are fortunate to have a large playground with a variety of apparatus to play on. Lately, we have many students playing on the swing in a way that can cause injuries to themselves and others. At school, we will be reviewing the best ways to enjoy the swings. Of course we are unable to control how the swing is used outside of the school day. But we want all families to be aware of our school expectations.

- Three people on the swing at a time
- Remain seated at all times
- Other students can get the swing started with two pushes
- Push from one side of the swing only
- Flipping the swing is not permitted
- Students are not to play near or run under the swing

## **District Cross Country Fun Run**

On Wednesday, we had a small group of students participate in our District Cross Country Fun Run at Garry Point Park. It ended up being a great day for a run. It was wonderful to see students push themselves and persevere throughout the run. Thank you to Mr. Loewen and Ms. Anderson for supporting our students..



## **SCHOOL NEWS AND UPCOMING EVENTS**

### **Book Fair-**

Thank you to Ms. Borthwick for organizing our Book Fair. Thank you to the families who supported the Book Fair by buying books and other supplies. All the money raised will go towards books and resources for our students.

### **Pumpkin Patch Volunteers-**

Students at DeBeck are excited for our upcoming Pumpkin Patch. Thank you, PAC, for creating this activity for our students.

*PAC is looking for volunteers to put the pumpkins out on the field starting at 8:00 AM on Tuesday, October 29<sup>th</sup>.*

## School Spirit Wear-



DeBeck Spirit Wear is here! Samples are available on a rolling rack near the front entrance. To purchase items, please log on to Cash Online. The store will close on Tuesday, November 5<sup>th</sup>.

## Halloween at DeBeck-

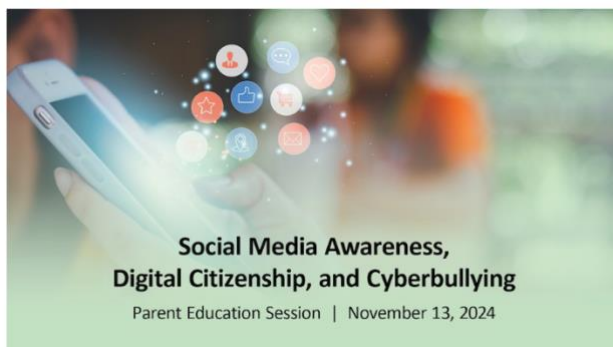


On Thursday, October 31<sup>st</sup>, Students are welcome to wear costumes. It is also ok not to wear a costume. This will be a regular school day and so it should be a costume that students can move in freely and wear outside.

We are asking students not to bring any weapon accessories to school even if they are part of their costume. We also know that some costumes have full masks. We are asking students not wear their mask while at school, both inside the class and while outside during recess and lunch. Full masks can make it difficult for students to see, but also, we want to be able to identify students and masks can scare our younger students. Thank you for your *understanding*.

## DISTRICT NEWS

**Parent/Caregiver Education Sessions** These virtual sessions are open to all parents/caregivers in the Richmond School District and will provide practical strategies, expert insights, and tools to support your child's well-being in the digital age. Please see below for detailed descriptions of each session and registration information. We look forward to your participation!



### **Social Media Awareness, Digital Citizenship, and Cyberbullying**

Presented by Steven MacDonald

November 13, 2024 | 6:30 – 8:30 p.m.

As a parent/guardian, you lead the charge as a digital role model. Help your child develop a strong digital citizenship foundation while reminding them that their digital tattoo reflects their real and

online selves. Parents/guardians have an important role to play in providing support and guidance during critical periods. A snapshot of current trends and concerning apps will be provided to equip you in your digital parenting strategy.

[Click here to register](#)



**Cellphones: What's Healthy, What's Not, and  
What We Can Do to Support Our Kids**

Parent Education Session | January 21, 2025

**Cellphones: What's Healthy, What's Not,  
and What We Can Do to Support Our  
Kids**

Presented by Hannah Beach

January 21, 2025 | 6:30 – 8 p.m.

Many of our kids are anxious and glued to their phones, seeking endless distraction and feeling isolated and disconnected. Aggressive outbursts have become common and yet others seem to have

stopped talking all together. As parents and caregivers, we are increasingly alarmed. We entice, cajole, bribe, encourage, shout, but nothing seems to work long term. Join Hannah for a warm and conversational workshop exploring practical strategies we can use to help our children and youth when it comes to managing devices.

[Click here to register](#)



**Reclaiming Play: Revitalizing Childhood  
to Combat Anxiety and Aggression**

Parent Education Session | February 25, 2025

**Reclaiming Play: Revitalizing  
Childhood to Combat Anxiety and  
Aggression**

Presented by Hannah Beach

February 25, 2025 | 6:30 – 8 p.m.

Children are becoming more anxious and aggressive. The common thread? A stark decline in free play. We are now seeing the emotional side effects of the loss of play in the lives of

children as aggression and anxiety in young people is at an all-time high. The research is clear: children learn and develop best through play. And yet, children are playing less than ever. In fact, this is the first generation of children that does not have a play-based childhood. The side effects? Children and youth are struggling. It has become harder than ever to lead and care for kids. Join Hannah for a powerful workshop that will help you discover practical ways to transform your family culture and support your children in becoming their best selves.

[Click here to register](#)

## COMMUNITY INFORMATION



With over 20 spooktacular Halloween-inspired events and programs to choose from happening in Richmond through October 31, there is some fa-boo-lous fun for everyone. [Please click here to](#)

[learn more.](#)

## PAC CORNER



### **November PAC Meeting**

Please join us for our next PAC meeting in-person on Wednesday, November 20<sup>th</sup> at 6:30 PM in the library.

### **Adults Only Community Event**

Join us for an Adults Only Pub Night at Legends Pub & Restaurant on November 15<sup>th</sup> at 6 PM! 🍷 Tickets are \$25 and include a burger, fries, and a beverage (alcoholic and non-alcoholic choices available). Don't miss out on the 50/50 draw. It's a fantastic chance to unwind and connect with the DeBeck community! 🍔 🍷 **Tickets are now on sale on Munch a Lunch.**

<https://www.munchalunch.com/schools/debeck/>

## **UPCOMING EVENTS**

### **NOVEMBER**

- 8 Remembrance Day Assembly- Students will watch an online version
- 11 Remembrance Day- (No School)
- 13 Parenting Session: Social Media Awareness, Digital Citizenship & Cyberbullying (6:30-8:30 PM online)
- 13 Individual Photo Retakes
- 15 PAC Pub Night at Legends @ 6 PM
- 20 PAC Meeting at 6:30 PM in the Library
- 22 TCO2 Presentation (Grade 4-7) More info to come
- 25 Professional Development Day- No School for Students