



BENCH ELEMENTARY

OCTOBER 2023 NEWSLETTER

Dear Bench Families,

When the cooler and darker mornings and evenings of October set in, we know in school it is the month where, although things are busy, we also start to finally feel a sense of routine. Our students and staff are familiarizing themselves with their new communities and expectations. Some students are still finishing up District Learning inventories and our Grade 4 and 7 students are involved in their FSA's. These District and Provincial assessments can be time-consuming, and some students find them stressful, but our students have approached them with positive attitudes and growth mindsets. The information we get from these various assessments does help us plan instruction for sustained growth throughout the school year.

This month, we will be sending students to District competitions in Boys' Soccer, Girls' Field Hockey, Co-Ed Field Hockey, X-Country Running and our Choir is up and running. All of these activities are supported by hard-working staff volunteering their time. We know that students who participate in activities above and beyond their core classrooms have increased connection and commitment to school. We are thrilled to have so many students taking part in these opportunities. Basketball will happen in December, and we encourage all students in Grades 4-7 to think about whether they would enjoy participating.

We also were so fortunate to have the Tour de Rock visit our school. Families can still make donations for Cops for Cancer through the link posted on Facebook.

Please continue to pay attention to any information from the PAC as they support so many initiatives at our school. The Bench Bootacular Dance on October 26th is bound to be another enormous success with your support. The PAC also sponsors Candy-Guessing games, Door Decoration and the famous Pumpkin carving contest in October.

As always, parents are encouraged to keep in touch with their children's teachers and if you have any comments, questions, concerns, please email me or Mrs. Bridge at sjackson@sd79.bc.ca or kbridge@sd79.bc.ca

Huy ch q'u!

Scott Jackson
Kyla Bridge

Bench Elementary School
1501 Cowichan Bay Road
Cowichan Bay, BC - V0R 1N2

(T) 250-743-5552
(F) 250-743-5807





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Dates to remember

- October 19, Thursday - Great BC ShakeOut
- October 20, Friday - Non-Instruction Day (School Closed)
- October 25, Wednesday - 2 hr. Early Dismissal
- October 26, Thursday - PAC - Bench Bootacular Dance
- October 31, Tuesday - PAC Carving Contest
- November 7, Tuesday - Photo Retake Day
- November 13, Monday - Remembrance Day (School Closed)
- November 22, Wednesday - 2 hr. Early Dismissal
- November 24, Friday - Non-Instruction Day (School Closed)

School Bus Evacuation Drill

October 18, Wednesday, 2:30 - 3:00 PM.
Please be aware that this may cause some delays.

BUS SAFETY



Fundraising

Students in Grades 4-6 will be going to Camp Imadene again in June, and we are selling vegetable bundles to help pay for it.

If your child has taken a form home and you are interested in purchasing vegetables, please return your forms until October 16th (Monday). You can purchase for your own family or purchase bundles to donate to a family in need.

The last few years we have donated to the Healthiest Babies Possible program run through the Native Friendship Centre for distribution. They support new mothers and mothers to be (and their families) in the valley who are at high risk for a variety of reasons (most are living in poverty).

The delivery will occur sometime between Nov. 15-24 (date TBA).





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Upcoming Sport Events

Senior Girls Field Hockey Tournament

October 17, Tuesday

11:30 AM - 2:00 PM

Chesterfield tracks

Younger Boys Soccer Tournament

October 18, Wednesday

11:30 AM - 2:30 PM

Sherman soccer fields

Older Boys Soccer Tournament

October 19, Thursday

11:30 AM - 2:00 PM

Sherman soccer fields

Co-Ed Field Hockey Tournament

October 23, Monday

11:30 AM - 2:30 PM

Chesterfield tracks

Cross Country Running Meet

October 26th, Thursday

10:30 AM - 2:30 PM

Evans Park

Whole School Orange and Black Run

October 27, Friday

10:30 AM - 11:30 AM

Bench Elementary

Remember to wear orange and black



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Mother Goose - Fall 2023

Parent-Child Mother Goose Fall 2023



Registration required

Parent-Child Mother Goose are

- Playful experiences for birth to 5 years and their adults
- Traditional -without toys
- Activities that enrich parent-child relationships
- Based on Rhymes, Songs, and Story Telling

Monday Oct 16- Dec 04	10:30-11:30am	0-2 yrs With Adults focused on infants	South Cowichan Library, Mill Bay
Wednesday Oct 18- Dec 06	10:30-11:30am	0-2 yrs With Adults focused on infants	Cowichan Library, Duncan
Friday Oct 20- Dec 08	9:30-10:30am	0-4 yrs With Adults	Discovery Elementary

Register with Learning Links learninglinkssecretary@sd79.bc.ca

250-748-0321 ext. 320

Mother Goose involves sitting on the floor. Feel free to bring a blanket or cushion.

* Mother Goose will be closed at school locations on Non-Instructional days



Brought to you by the Cowichan Valley Mother Goose Community Collaborative.

Grade 6 Immunization

Island Health immunization consent packages for grade 6 students have been sent home recently. Please follow the instructions inside the consent package and return the signed consent form to the school. Students in grade 6 will be offered immunizations in school-based clinics with the consent of a parent/guardian/representative.

Contact the local Margaret Moss Health Unit at (250)709-3050 if you have any questions.

Margaret Moss
Health Unit



Homestay Needed



Homestays Needed

The Cowichan Valley School District is seeking families to host international students from around the world for three-month, five-month and full school year programs.

Why host?

- Create lifelong relationships for yourself and your children
- Experience another culture
- Receive a monthly honorarium

What do we ask you to provide?

- Be willing to provide emotional and academic support
- Be open to new cultural experiences and willing to share your own
- Include your student into your family life and share activities together
- Have transportation and the ability to pick up/drop off students at sports practices/games, extra-curricular activities, and school-organized field trips.
- Have the ability to pick up and drop off your student at the airport at the time of arrival/departure.
- A private bedroom with a desk, dresser, closet, and window.
- Healthy meals and snacks

If you would like to join our program, please contact Brenda Langlois, Homestay Manager, at blanglois@sd79.bc.ca



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PAC

THE BENCH BOOTACULAR

FREE ADMISSION!!

OCTOBER 26TH
5:30 PM - 8:00 PM

OUR FAMILY FRIENDLY HALLOWEEN DANCE
 FAMILY FRIENDLY COSTUMES PLEASE! NO GRUESOME OR SCARY MASKS/COSTUMES
 THE LITTLE ONES ARE HERE FOR THE FUN TOO!
 PARENTS MUST ACCOMPANY THEIR CHILDREN TO THE DANCE
 THIS IS NOT A SCHOOL STAFF SUPERVISED ACTIVITY
 DONATIONS FOR THE BENCH PANTRY PROGRAM APPRECIATED!
 (SUGGESTED ITEMS: GRANOLA/CEREAL BARS, INSTANT OATMEAL, INSTANT SOUP, CANNED FRUIT)

FUN FOR EVERYONE

Tickets 50¢ each

Tickets	Item
4	Games
5	Cookie Station
12	Meal Deal <small>Slice of pizza, drink, and chips OR veggie cup</small>
8	Slice of pizza
3	Chips
3	Veggie Cup
3	Bubly
2	Water, Juice Box
2	Baked Treats

VOLUNTEER HERE

PUMPKIN CARVING CONTEST – OCT 31, TUESDAY

Other ways to help PAC:

Hot Lunch platform <https://benchpac.hotlunches.net>

Co-op Gas membership # 132941

Island Return It bottle depot (Fisher Rd) acct: Bench PAC

Country Grocer receipts please retain & put them in the PAC box by reception.



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Community Information



Help Raise a Totem Pole

SUNDAY OCT 15TH
10am - 12pm



Meet the artist, Speeches, Music, Refreshments and Auction.

2375 Koksilah Road

Fall 2023 Art Programs for Youth



Art Classes weekly after school Start September 14	Young at art: skills and good practices for young artists Age 10-14	Drawing and painting for youth Sep 13-Oct 18, Age 13-18	Acrylic and oil painting for Youth Oct 25-Nov 29, Age 13-18
ProD Day all day art camps Ages 6-9	September 25: Round and round: exploring circles and spheres in art and play	October 20: Feeling Autumn: leaves, colours, harvest Printmaking, painting and more	November 24: Stars are made of Triangles: fun with a dash of winter celebrations.
ProD Day all day art camps Ages 10-13	September 25: Stitches! Projects with fabric and thread	October 20: Pumpkin carving extravaganza	November 24: Build and decorate a Gingerbread house
Family Fun with Art on a Saturday afternoon	September 16 Exploring colors and shapes with your children or grandchildren ages 4-7	October 14 3 D challenge with recycled materials for families with children ages 6 to 10	November 25 Get ready for the holidays: making gift wrap, decorations and more, children ages 4-10

Cowichan Valley Museum – Chief Dan George Exhibit – Oct 5 to Dec 15



Chief Dan George: Actor and Activist is a travelling exhibit featuring the life of Chief Dan George and a timeline of Indigenous history in BC. Please check the Cowichan Valley Museum's website, www.cvmuseum.ca, for mor information on this exhibit and other school programs.

GO BY BIKE WEEKS

OCTOBER 16-29, 2023

FREE REGISTRATION: GOBYBIKEBC.CA



Supported by the Province of British Columbia



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Community Information



erase Family Sessions 2023/2024

Family Session: Establishing Safe, Caring, & Respectful Digital Communities – Everyone Welcome!
Recommended for Parents/Caregivers/Grandparents and youth aged 10 and up as a way to facilitate the conversation of safe and caring use of technology at home and in the community. This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sexortion. Some of the most prominent concerns currently surrounding use of social media platforms, smartphones, and artificial intelligence will be discussed.

Dates	Delivery	Registration Link
November 8, 2023 6:30pm – 7:30pm	online	https://www.eventbrite.ca/e/732334942527?aff=oddtcreator
November 28, 2023 7:00pm – 8:00pm	online	https://www.eventbrite.ca/e/732343096917?aff=oddtcreator
November 30, 2023 6:30pm – 7:30pm	online	https://www.eventbrite.ca/e/732346587357?aff=oddtcreator

Questions regarding general erase training may be emailed to: erase@gov.bc.ca



Remembrance Day November 11

Cobble Hill

10:00 AM – 12:30 PM
Cenotaph Cobble Hill

Duncan

10:00 AM – 2:30 PM
Duncan Cenotaph



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Personal Electronics - iPhones/iPads

Please note that personal electronic devices are **NOT** permitted during school hours unless supervised by a teacher. If your child does bring an electronic device to school, it **MUST** be kept in their backpack or with the teacher during school hours. Please remember that we cannot guarantee the security of these items. If an item is confiscated by an adult during school hours or is turned in at the office for any reason, it will generally be held until the end of the day and, sometimes, will only be returned to an adult (depending on the circumstances).

Visitors

A reminder that all adults visiting the school must enter through the main doors only and sign in. Thank you for your cooperation.

Parking Lot

Please follow the directional flow signage in the parking lot. Student drop-off should not be occurring in either the bus lane or the Staff Parking Lot. Please report any dangerous driving to the office. Also please encourage your children to use the crosswalk and to look both ways.

Student Clothing

Please ensure that your child is dressed appropriately for the weather each morning. Unless there are extreme weather conditions, Students will be outside every day during the 45 minute lunch break as well as an additional short break with their teachers at some point through the day.

Water Bottles

Our school has a limited supply of glasses for students to use, especially disposable ones. Families are encouraged to please send their child with a water bottle that they can refill from the fountain.

School Schedule

Supervision begins at 8:00 a.m.

8:30 a.m. Classes begin

11:00 a.m. - 11:47 a.m. Outside play

11:47 a.m. - 12:00 p.m. Eating time

2:15 p.m. Dismissal

Supervision ends at 2:40 p.m.

