



Weekly Memo

Monday September 22 – Friday September 26

Mon, Sept 22	Welcome back! This week is bring a Toonie for Terry week or donate online through the QR code. Grade 6/7 Football practice after school
Tues, Sept 23	Cross Country Team Practice (bring your water bottle and wear proper attire).
Wed, Sept 24	Open House/Meet the teacher doors open at 2:30pm it runs until 4pm. Grade 6/7 Football games (info to come after practice)
Thurs, Sept 25	Terry Fox Run Please do your best to arrive by 835am or a few minutes earlier. There might be traffic, so leave your house early today. Bring water bottle and wear running shoes!
Fri, Sept 26	If you have any orange t-shirts you can donate to the school please bring them to school today (clean). We aim to have all students wear Orange on Monday the 29th. Huy ch q' u
Sept 30	School Closed - National Day for Truth & Reconciliation
Oct 8	Individual School Picture Day (Begins at 8:45am)
Oct 13	School Closed – Thanksgiving
Oct 20-23	Early Dismissal at 1:18pm (Formative Assessment Conferences)
Oct 24	School closed Pro-D Day – All B.C. Districts

Open House/Meet the Teacher

On Wednesday, September 24th, we are opening our doors from 2:30 –4:00 pm for those parents and guardians who would like to come in and meet your child(ren)'s teacher. You are also invited to visit with and learn about the PAC in the gym during this time. Please wait outside until the teacher opens their door to welcome you in. We look forward to seeing you there. *Please note this is not a formal meeting, but rather an optional invite to drop in and meet the teacher. Formative assessment conferences will be held in the month of October with invites coming out at a later date.*

Terry Fox Run

This year's tag line is FINISH IT!

This year marks the **45th Anniversary of Terry Fox's Marathon of Hope**. Terry's incredible journey is an important part of Canadian history and a story that continues to inspire us all. Each year, schools across the country join together in the Terry Fox National School Run Day.

Nanaimo-Ladysmith Public Schools will celebrate with a special three-day event that will connect all of our school communities in honour of Terry's memory and legacy. Each elementary school will form a relay team of 5 runners and one staff member who will carry the Terry Fox flag from their school to a neighbouring school.

Our school's participation is scheduled for Thursday September 25th starting from the Field at 8:45am. Please do your best to have your child arrive on time (by 8:35am). Students will need to report to their classroom for attendance before being led to the field to begin the Terry Fox run.

The Marathon of hope relay will kick off at 8:45am on Thursday September 25th from Morningside Drive with our Relay team being led by a RCMP/Fired truck convey and students behind the fence cheering them on.

Please aim to arrive to school on or before 835am. Traffic may be busy this day --so please try to leave your house a bit early and drive very carefully.

*****We will be fundraising for the Terry Fox Foundation, and we have a goal of each student bringing at least one Toonie for Terry . This money goes to the Terry Fox Foundation in support of Cancer Research. You can also donate online if you prefer:**
<https://schools.terryfox.ca/99579>

School Supply Fees

All families should have received an email regarding School Supply and Agenda Fees via our online payment system, [SchoolCashOnline](#).
If you have any questions, please contact info.hb@sd68.bc.ca.

Truth and Reconciliation

September 30th is the National day for Truth and Reconciliation. This is a very important day that we will honour and observe at Ecole Hammond Bay on Sept 29th.

This year we are asking that everyone does their very best **to wear ORANGE on Monday Sept 29th**

*****If you are in need of an orange shirt for your child(ren) please let the office know by:**

1. Emailing info.hb@sd68.bc.ca
2. Subject line "orange shirt needed"
3. Please include your child's name, tshirt size and the classroom teacher's name.

If you have an orange shirt that you can donate to our school we would really appreciate it!

if you could drop it off them as soon as possible so we can get them to students who need them!

Message from PAC

Please come find us at the **Meet the Teacher/Open House** on Wednesday Sept 24th. We will be in the gym from 2:30pm-3:30pm with coffee, treats and some information about what we do at the PAC!

Please note, students must be accompanied by an adult.

Sports & Clubs

Cross-Country Running (grades 2-7)

This year the cross-country team is open to students in Grades 2-7 who have a passion for longer distance running. Distance for grades 2/3 is 1.5 km, grades 4/5 2km and 6/7 2.5km. Students will be training on Tuesdays & Thursdays at long recess in preparation for the Zone Meet on October 28th. Attending practice and fully committing to running is mandatory to be on the team. Please come prepared with running shoes and a water bottle.

A consent form will come home for those who wish to attend the meet at the Rotary Bowl closer to the date for this meet.\

Football

Grade 6/7 Football practice starts on Monday September 22nd.

Football games start on Wednesday the 24th and run until October 15th.

Playoffs begin October 29th.

A Game schedule will be sent home after our first practice on Monday.

Parent Corner

Parent Information Night



Toilet Training



Getting started, Tips and Resources

What: A short presentation on evidence-based approaches to teaching toileting including supportive adaptations. Followed by Q&A discussion with an Occupational Therapist.

When: Thursday October 23, 2025 - 5:30 to 6:30pm

Where: Nanaimo Child Development Centre,
1135 Nelson Street – Lower door (follow the signs).

Who: Parents ready to start toilet training.
(Children do not need to be CDC clients)

Notes: We are unable to provide child minding for this session. We may include a virtual option in future offerings.

Please register by calling 250-753-0251 and press "0" or by emailing nicoles@nanaimocdc.com

UNDERSTANDING DTC AND RDSP

A free virtual information session for parents and caregivers



September 22, 2025



6-7:30 PM

REGISTER NOW VIA QR CODE

NCDC Virtual Parent Information Session - Understanding DTC and RDSP with Audrey from DABC



Join us on zoom where Audrey from Disability Alliance BC will be presenting on the Disability Tax Credit (DTC) and Registered Disability Savings Plan (RDSP). She will be covering eligibility, how the programs work, and how to access support with the application process.

✉ For more information contact Sarah at Sarah@nanaimocdc.com



September - December 2025 TRIPLE P COMMUNITY CALENDAR

SEMINAR	DAY	DATE		TIME	CM	FACILITATOR	HOST AGENCY	LOCATION OF GROUP	CONTACT NAME & NUMBER
Parents of 2-12 year olds									
					childminding				
Power of Positive Parenting	Tuesday	Sept. 16 2025		6:00-7:30 pm	NO	Cheryl	Island Health	1665 Grant Avenue, Nanaimo	Cheryl 250 755-6265
Raising Confident Competent Children	Tuesday	Sept. 23 2025		6:00-7:30 pm	NO	Cheryl	Island Health	1665 Grant Avenue, Nanaimo	Cheryl 250 755-6265
Raising Resilient Children	Tuesday	Oct 7 2025		6:00-7:30 pm	NO	Cheryl	Island Health	1665 Grant Avenue, Nanaimo	Cheryl 250 755-6265
Power of Positive Parenting	Tuesday	Oct 21 2025		6:00-7:30 pm	NO	Cheryl	Island Health	1665 Grant Avenue, Nanaimo	Cheryl 250 755-6265
Raising Confident Competent Children	Tuesday	Oct 28 2025		6:00-7:30 pm	NO	Cheryl	Island Health	1665 Grant Avenue, Nanaimo	Cheryl 250 755-6265
Raising Resilient Children	Tuesday	Nov 4 2025		6:00-7:30 pm	NO	Cheryl	Island Health	1665 Grant Avenue, Nanaimo	Cheryl 250 755-6265
GROUP	DAY	START DATE	END DATE	TIME	CM	FACILITATOR	HOST AGENCY	LOCATION OF GROUP	CONTACT NAME & NUMBER
2-12 YEAR & OLD									
					childminding				
	Thursdays	September 25 2025	November 20 2025	5:30-7:30 pm	NO	Cheryl	Island Health	80 Chapel Street, Nanaimo	Cheryl 250 755-6265

What is happening at Ecole Hammond Bay:



