



Canalta Elementary School



FRIDAY NOTES: SEPTEMBER 18, 2026

We respectfully acknowledge that our school resides in Treaty 8 territory in which we live, work, learn and play.

Dates to Remember

September 24th – “Meet the Teacher” BBQ,
5:30 p.m. to 6:30 p.m. (Meet with your
child’s teacher to receive a food ticket.)

September 25th – Terry Fox Run

September 29th – Orange Shirt day

September 30th - National Day for Truth
and Reconciliation, school NOT in session.

October 7th – School Photos

October 12th - Thanksgiving, school not in
session

October 23rd -Non-Instructional Days,
student do not attend

October 28th –Photo Re-takes

If You Are Away

If your child is going to be away,
please email the office at
Canalta@sd59.bc.ca or leave a
phone message at 250-782-8403
so we can update our attendance.
Please leave your child’s first and
last name when emailing or leaving
messages.

Remember, if your child is a bus
student to let both the office and
the bus garage know they are not
riding.



CANALTA IS NUT & SCENT AWARE



Class Configurations

Due to student enrollment, class
size and configuration and as
students move in and out of our
building, please be advised that
final class placements &
configurations may be subject to
change until September 30th.

Meet The Teacher BBQ

Thursday, September 24th, 2026

5:30 pm to 6:30 pm

Come down to the school to meet your
child(ren)’s teacher(s). Teachers will be
handing out food tickets.

Package of Permission Forms

A package of permission forms has been sent
home for you to sign. Please ensure they are
returned by Tuesday September 22nd . If you are a
new student this year and have filled in the
package, please do not do a second copy.

Head Lice

Please be aware it is that time of
year. Please do regular checks.



Back To School Safety Reminders

Letting Us Know If Your Child Will Be Away Is Important!

Each day we check the student attendance to see who is away. Notifying the office at 250-782-8403 or at Canalta@sd59.bc.ca lets us know where students are if they are marked as away that day.

Thank you for letting the office know when your child(ren) will be absent, late or not riding the bus.

Together, let's keep our children safe.



Walking to School

Please remind your child to stay safe while walking to and from school. Use sidewalks, when possible, face traffic if there isn't one, and cross at crosswalks after looking both ways. Remind them not to engage in conversations with people they do not know and to only take rides from people after a conversation with their parents. Encourage them to avoid phones or earbuds so they can stay alert.

Bike Safety, Scooters and Electric Devices

Now is a great time to remind your child to wear their helmet and review the rules of the road when riding a wheeled device.

Students are asked to walk their bikes, scooters and other wheeled devices once they reach school property.

Harmful or Other Items

Sometimes when students are walking to school or playing on public playgrounds, they may come across items they should not be touching. Please talk to your child(ren) about items they might find that they should not be touching or picking up and to find an adult to tell.

Conflict VS Bullying

Conflict and bullying are not the same.

Conflict is a disagreement where both parties typically express their views and want to resolve the issue while bullying is a repeated behaviour when someone hurts another person on purpose, repeatedly, and uses their power to make the other person feel small.

Today, bullying can also happen online, which we call cyberbullying. This can include mean texts, posts, or messages that embarrass, threaten, or upset someone on digital platforms.

Cyberbullying can feel harder to escape because it can happen anytime, often without adults noticing, and it can be seen by many people online. Sometimes the person bullying even hides who they are.

Please talk with your child about being kind and safe in person and online and be aware of what sites, apps they are on and who they are communicating with.

Supervision Schedule

Morning Supervision starts at 8:30 a.m.

Please do not send or drop your child off at the school before 8:30 am.

After school supervision ends at 2:50 p.m. Please do not leave your child unattended on the playground or at the school after this time.

After school, students are asked to head straight home.

They are welcome to return to the school playground with their parent's permission after 3:00 p.m.

Bus Safety



Please remind your child about school bus safety. Children should always stay where the driver can see them and be at least 10 big steps away from the bus and never behind it. When getting on or off, they should make sure their shoelaces are tied, watch for loose clothing, and use the handrail. On the bus, students should sit down quickly, keep the aisle clear, listen to the driver, and talk quietly.

Please let the school and bus garage know if your child is not riding.

Please do not stop or park in our bus loading zones.



Does your child have your phone number memorized should they need to call you?



No Animals Allowed on or Around the Playground & School property During School Hours

For the safety of our students, families and your pets, dogs and other pets are not allowed on or near school property.

School Supply Fees

Fees are \$40 per child and payable by cash, cheque or e-transfer to canalta@sd59.bc.ca

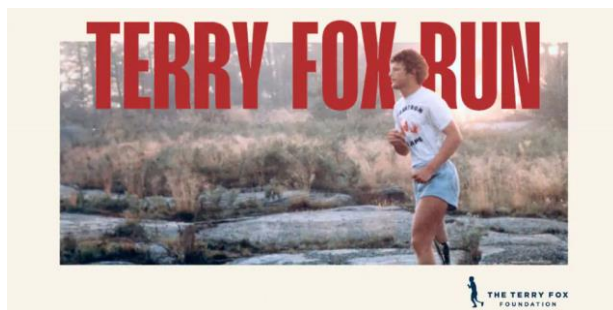
Please have your child's first and last name in the subject/message line and that the e-transfer is for school fees.

Student Cell Phone Policy & Dress Code

Please review this information located in the school Code of Conduct posted on the school website.

Student Insurance

Flyers were sent home this week for student insurance. If you did not receive one, please let the office know.



Terry Fox Run 2026

Our school is excited to participate in the annual Terry Fox Run! Students will learn about Terry's inspiring story and come together to continue his legacy of raising money for cancer research.

This year, our school has set a goal of raising **\$900!** Families can support our fundraising efforts through our **online donation link**, where donations can be made under their child's teacher's name. Simply scroll down to find their name and it will take you to their class link.

<https://schools.terryfox.ca/138566>

Alternately, cash donations can also be sent to the office or given to the classroom teacher.

Please ensure the money comes in an envelope/baggie with your child's name on it.

Every donation, big or small, helps us get closer to our goal and make a difference.

Donations are due by Friday October 9th, 2026.

Thank you for supporting our school and Terry's dream!

Signing In At The Office Changes



All visitors to the school **must** report to the office. **All students** arriving late or leaving early need to sign in and out with Mrs. Hilderman **in the office**. (Previously this was at the front entrance).

If you are picking up your child, Mrs. Hilderman will call them to the office. If you are dropping off items, your child will be called to the office to pick them up.

Please come into the office when you are picking up your child as Mrs. Hilderman is learning new names and faces. Thank you for your help!

PAC Information

(Parent Advisory Council)

Check out the PAC Facebook page at
Canalta PAC and Hotlunch.

**The PAC is looking for committee members
and volunteers for the Winter Market and
Hot Lunch.**

**Please contact the PAC at
canalta.pac@gmail.com**

The next PAC meeting is October 1st, at 6:30
p.m. in the staffroom.



News From The Library

This week in the library we have started orientations. During orientation students have a chance to review/learn about the different sections in the library, how to find books in those sections, do a scavenger hunt, make a bookmark and take out books. Regularly scheduled book exchanges will start by the beginning of October. Each class has a designated book exchange time which you can ask your child's teacher about.

Again, this year, the library is offering a home reading program to encourage students to read on a regular basis. Notes are being sent home as well as reading logs. When the students are finished their log, please have them return them to the school and they may bring them to the library during their book exchange time to receive a prize.



Help Keep Everyone Healthy!

If your child is not feeling well, please keep them home. Should they become sick at school, you will be contacted to pick them up.



Cross Country Running

Check out the information on cross country running.

This year there is no school team. Students attending need to be transported and supervised by their parents. Please see the attached flyer for dates and times.

Canalta YMCA

The YMCA is still waiting for their license to be finalized so they can announce an opening date. Registration is completed online. Please see the attached flyer for the registration address. If you do not have access to a computer, please contact Mrs. Sutherland at the school for assistance.

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Root Safety Environments

Stay Safe Everywhere



INTERNET SAFETY

- » Remember the Internet is a public place.
- » It is easy to lose control of what you send to people.
- » Be careful what you share with people. Protect your personal information.
- » Always check with your parent/guardian first before sending any photographs, or using the webcam.
- » Always check with your parent/guardian first before meeting up with someone you first met online. Remember: meet in a public place and bring a *safe adult* with you.
- » Always trust your instincts. If something doesn't seem right or makes you uncomfortable, speak to a *safe adult*.

HOME SAFETY

- » Keep all emergency phone numbers by the telephone.
- » Keep doors and windows locked. Only open the door for people you are expecting and have permission to have over.
- » When answering the phone, always pretend a parent/guardian is home. For example, "My mom is busy right now but I can take a message."
- » Keep phone conversations with your friends short, so the phone line is not busy, in case someone needs to contact you.
- » Do not discuss in public or online that you will be home alone.



STREET SAFETY

- » If asked to go somewhere make sure you have permission from your parent/guardian before you go.
- » Use the *Buddy System* when going to and from places.
- » When walking to a friend's house, call your parent/guardian to let them know you've arrived safely. Call your parent/guardian before you leave to let them know you are on your way home.
- » Use the same route to and from school daily.
- » Be aware of the safe places you can go to for help within your community.



PUBLIC PLACE SAFETY

- » If separated from your parent/guardian, stay in the building until you are reunited.
- » If separated from your parent/guardian, go to a sales person to ask for help.
- » If anyone tries to take you out of the building, yell and make noise.
- » Use the *Buddy System*. Avoid separating and leaving one person alone.
- » Always have permission from your parent/guardian before going anywhere with anyone.



The Canadian Centre for Child Protection is a charitable organization dedicated to the personal safety of all children. For more information and downloadable resources, please visit us at: www.protectchildren.ca.
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