

MITCHELL ELEMENTARY SCHOOL  
3800 #5 Rd, Richmond BC V6X 2T7  
Phone 604-668-6225 | Early Warning 604-668-6229  
Website: [mitchell.sd38.bc.ca](http://mitchell.sd38.bc.ca)

Principal/Directrice: Mme V. Carrière - Vice Principal/Directeur Adjoint: Mr. K. Narbett

## Newsletter 3 - September 19, 2024

What a busy week it's been at Mitchell! We have received our giant Indigenous floor map for students to explore with their teachers. We have also started our ultimate frisbee workshops with Elevate Ultimate: students have been learning some basic frisbee passing and catching skills, and playing some fun games led by the guest coaches. Please ask your child how they are enjoying it and what they are practicing. We hope that everyone is having fun so far!

**Tonight is our "Meet the Staff" night; we hope to see you at 5:00.**  
**Tomorrow is Pro-D and there is no school for students.**



### Upcoming Events/ Important Dates

Sept. 20 - PRO-D/NO SCHOOL

Sept. 27 - Orange Shirt Day

Sept. 30 - National Truth & Reconciliation Day (NO SCHOOL)

Oct. 1 - Nov. 1 - FSAs for gr. 4 & 7 students

Oct. 11 - Individual Student Picture Day

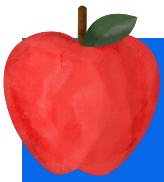
Oct. 14 - Thanksgiving (NO SCHOOL)



### THANK YOU FOR YOUR SUPPORT!

Last week, we had ICBC volunteers and the RCMP visit on Thursday morning to support our community with traffic/parking issues at drop-off time. This was a follow-up to assemblies we had with students last Spring, regarding pedestrian and road safety. Since Thursday, we have noticed significant improvement with our drop-off and pick-up zones before and after school! Thank you for your efforts in making our school grounds safe for all and for following parking and driving rules and restrictions!

Are your curious to know who the Mitchell staff are? Please go to our school website, where you'll find a complete and detailed staff list:  
[mitchell.sd38.bc.ca](http://mitchell.sd38.bc.ca)



## COMMUNITY FRIDGE

We are pleased to inform our families that we have a community fridge. With their teacher's permission, students can grab a snack from this fridge. These healthy snacks are provided by the district. We ask families to continue sending snacks and lunch with their children, as this food acts as a supplement to what your child already has.



## VISION CHECKS FOR CHILDREN

Did you know that all children should get a check-up by an optometrist before starting kindergarten to enter school ready to learn?

Teachers or other professionals may recommend vision check-ups for children at other ages when concerns arise.

Vision checks are no longer provided at the school level. In BC, MSP covers yearly vision check-ups for children under age 19. For more information, on how to access this service, please go to: <https://www.vch.ca/en/vision-services-children>

## Healthy Living Program for Families (see attachment)

Generation Health provides Healthy Living Programs for Families. This is a FREE 10-week program for families that have at least one child aged 8-12. The program offers a number of benefits, including: lessons about healthy eating, physical activity, screen time and sleep routines; lessons and cooking classes provided by health professionals; and a \$150 credit to Cambie Community Center for program registration.

The program will run on Wednesdays after school at McNeely Elementary from 3-5pm.

The program dates are Oct.9 - Dec. 11.

If you have any questions or would like to register for the program, please contact Mr. Narbett at school by email: [knarbett@sd38.bc.ca](mailto:knarbett@sd38.bc.ca)



## Active Recreation & Sport Fund - School Digital Card 2024

This is a City of Richmond program for residents 18 and under. Funding may be provided for children and youth to participate in active recreation programs and sports where financial barriers impact inclusion. Please see the attached card for information and go to [richmond.ca/subsidy](http://richmond.ca/subsidy) for more information.



## WEST COAST RECESS

Just a reminder that children at Mitchell will be going outside rain or shine during recess and lunch breaks. We believe that being able to go outside, breathe lots of fresh oxygen and move around is very good for children's well-being and ability to learn. A well-known Norwegian quote tells us "There is no bad weather, only bad clothing." With this in mind, please make sure your child has adequate clothing for outside, even in the rain. Please provide them with a change of socks and shoes, rainproof coat with hood or hat and possibly an umbrella. Mitchell has a lending library as well, for emergencies.





## TERRY FOX RUN - CAMPAIGN UPDATE

Even as it started to rain last Friday, Mitchell School still ran for Terry and cancer research with lots of energy and enthusiasm. We are still aiming to reach our goal of \$861 (last year's total) raised for the Terry Fox Foundation. **At this point, we are still around \$100 short of our goal.** If you would like, you are still able to donate to this important cause by using your CashOnline account, until Sept. 26. Thanks for your support !



## HOT LUNCH SUPPORT



As part of Mitchell's Feeding Futures initiative, we would like to offer assistance to families who cannot afford the cost of PAC hot lunches on Fridays, but would like their children to participate to it. To do this, Mme Val will process orders herself once per month. Please note that this year, we will not be able to help with treat days. Please reach out to Mme Val at [vcarriere@sd38.bc.ca](mailto:vcarriere@sd38.bc.ca) if you would like to sign up your child or for more information. All requests will remain confidential.



## BACKPACK BUDDIES PROGRAM

As a part of our Feeding Futures initiatives, we are partnering with Backpack Buddies again this year (<https://www.backpackbuddies.ca/>) to support some families with food security for the weekends.

If your family would benefit from receiving food packages for your children every week before the weekend, please email Mme Val with the following information:

- Name of students
- Name of children or parents/guardians who would be responsible for picking up the food every week.

Please note that students or their parents/guardians would be responsible for carrying the food packages home. The school cannot deliver food packages to students' homes. Food packages are for Mitchell students only. We will confirm with families when/if we are approved to receive the support of Backpack Buddies.



# FIREBIRD CORNER

## SCHOOL HOURS

**CLASSES START: 8:45**

**RECESS: 10:10 - 10:25**

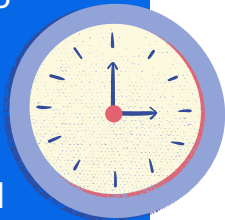
**LUNCH RECESS: 11:50 - 12:20**

**LUNCH BREAK: 12:20 - 12:42**

**CLASSES END: 2:45**

## OFFICE HOURS

8:00 AM - 4:00 PM



## VISITORS TO THE SCHOOL

The main doors to the school remain unlocked during office hours from 8:00 – 4:00. Visitors are **required to check into the office** when entering the building. This is for everyone's safety. Thanks for your cooperation!



## PARKING/TRAFFIC AT MITCHELL

Help keep our students safe by using the drop off zone for picking up and dropping off students only. Do not leave your car unattended in the drop-off zone or roundabout; if you need to come into the school, please park in a designated parking space at the west end of the school. Also, a reminder that there are no left turns permitted before and after school when leaving our parking lot. Thanks for your cooperation!



## IN CASE OF ABSENCE OR LATE ARRIVAL

Please inform the school by telephone when your child will be late or absent due to illness or an appointment, etc. Our Early Warning line - **604-668-6229** - is available 24 hours a day for parents to leave a message. Please clearly state your child's first and last name, division and reason for absence. If no prior notice of absence is received, we will call home to determine the reason for the absence. Students arriving after 8:45 a.m. are required to enter through the main doors and check-in at the office before going to class.

