

We acknowledge, respect and honour the First Nations in whose traditional territories the Kootenay Lake School District operates and all Aboriginal people residing within the boundaries of School District #8.

## 10TH ANNUAL SD8 YOUTH POW WOW

On May 19th, students from throughout School District 8 gathered in the Creston & District Community Complex for the 10th annual SD8 Youth Pow Wow, organized by the district's Aboriginal Department. With Ruben Little Head emceeing the event, spectators enjoyed celebrating our First Nations students and learning more about their culture. Many students prepared for the occasion by making their own Regalia, thanks to the support of Josie Fullarton, our Aboriginal Support Worker. We were all invited to join in the intertribal dances throughout the day.



Adam Robertson  
Elementary

421 9th Ave N.  
Creston, BC  
Office: 250-428-2051

## MAY NEWS



## What's New at ARES?

*ARES is fortunate to have many students with Aboriginal ancestry. Staff & students help to build cultural knowledge within our school community.*

- Youth Pow Wow
- Learning Fair Winners
- Baby Chicks Hatch at ARES
- Track Meet & Primary Fun Day
- Scholastic Book Order
- Foundry - Virtual Support
- STEMming Invasive Species Program
- Origami for Bird Fest
- PAC ~ Parent Advisory Council
- Jump Rope for Heart
- Where the ARES Staff Started
- Important Dates





## The Spirit of Generosity:

Character is cultivated by concern for others so that the child can say, I have a purpose for my life.

### Learning Fair Winners Enjoy Lunch with the Principals



WINNER



One student from each of our 13 classes enjoyed a trip to Dairy Queen with Mr. Adams and Mrs. C.

It was a TREAT to see our oldest students interacting so generously with the younger students while they shared lunch together.

These moments exemplify the closely connected community ARES strives to create.



### Kindergartens & Grade 1's Learn About Life Cycles

Mrs. Vigna's K/1 students actively learned about the animal life cycle by incubating and hatching baby chicks in their classroom. Megan Leslie generously donated eight fertilized eggs for incubation. The students learned that it takes twenty-one *quiet, calm* days for a chick to fully develop inside an egg. On day twenty, there were bursts of excitement when the first chick hatched, followed by six more chicks during the next 24 hours. For three days the students were able to feed, water, and play with the chicks while learning the importance of gentleness. The class sincerely thanks our PAC for the purchase of this new incubator. What an experience in empathy!





## The Spirit of Mastery:

The inborn thirst for learning is cultivated; by learning to cope with the world, the child can say, I can succeed.

# Intermediate Track Meet

We were happy that the rain remained light, so that students could enjoy the Intermediate Track Meet and Primary Fun Day. Students in Grades 4-7 from the Creston Family of schools met at the Creston & District Community Complex to participate in a variety of track and field events: One-Foot-High Kick, Standing Broad Jump, High Jump, Ball Toss, Frisbee Throw, 100M, 800M, and the Relay event.

Our K-3 students remained at ARES to participate in a quiet morning filled with outdoor activities such as Parachute, jump rope, ball hockey, sidewalk chalk, frisbee, and many other options.

With success in surmounting challenges, the desire to achieve is strengthened.



Thank you ARES PAC for organizing and managing the Track Meet Concession Stand for our Family of Schools. We also appreciated the Popcorn & Freezies you delivered to our Primary students.

# Primary Fun Day





## The Spirit of Independence:

Free will is cultivated by responsibility so that the child can say, I have power to make decisions.

# Scholastic Book Order



Our last Scholastic Book Order of the year is being sent home this week. If you would like to place an order, the online form will ask for the classroom code. The code is stamped on the front of the flyer, which is: RC221869. All orders are due by **Monday, June 5th, 2023**. Mrs. Leslie will submit the bulk order online following this due date. Unfortunately, late orders will not be accepted because they will not be delivered before the end of the school year.

Thank you for your support throughout this school year. The bonus points acquired have greatly increased our library and classroom resources.

ARES Library Staff



## Virtual Support for Students & Families

### FOUNDRY BC

#### Foundry Virtual BC

Foundry Virtual BC offers free support services for young people ages 12-24 and their caregivers across BC through the Foundry BC app.

##### Youth services

Counselling  
Peer Support  
Substance Use Services  
Groups/Workshops  
Physical & Sexual Healthcare  
Employment Services  
Indigenous Wellness Services

##### Caregivers services

Family Peer Support  
Groups/Workshops  
Counselling



Download the app



In a browser



Request posters and print materials\*

Schedule a service-overview presentation with your organization or team\*

\* Please email Sierra at [sturner@foundrybc.ca](mailto:sturner@foundrybc.ca) to inquire.

How can a youth or caregiver access services?

- Download the Foundry BC app
- Register for a youth or caregiver account
- Schedule an appointment or access drop-in services

How do I refer a youth?

Foundry Virtual BC's services are accessed through self-referral. Service providers can support youth by helping them download the app and booking their first appointment. If smartphone technology is a barrier, youth can access services through a desktop computer at [foundrybc.ca/virtual](https://foundrybc.ca/virtual) or call us at 1-833-308-6379.

If you would like to connect with a Foundry Virtual service provider to work collaboratively to support a youth, please email [online@foundrybc.ca](mailto:online@foundrybc.ca)

What is the difference between Foundry Virtual and Foundry centres?

For youth who do not have a Foundry centre in their community, Foundry Virtual BC is here to support young people access services through the Foundry BC app. We offer video, audio and chat options. If you are supporting youth in communities without a local Foundry centre or other local services, our Foundry Virtual services are free and available!

Visit [foundrybc.ca/virtual](https://foundrybc.ca/virtual), call 1-833-308-6379 or email [online@foundrybc.ca](mailto:online@foundrybc.ca)

· FOUNDRY ·

If you have a child who is 12 years or older, please consider exploring the Foundry App for possible support. As Grade 7 students move onto high school, some feelings of anxiousness are a normal response to this significant life transition. As parents, we don't always know how to respond and support our children through these mixed, and sometimes complicated emotions.

If you feel that you need guidance or if your child could benefit from additional support, please explore this useful and confidential online resource.



*Learning involves recognizing the consequences of one's actions.*



## "STEMMING" INVASIVE SPECIES PROGRAM FOR YOUTH

Our intermediate classes enjoyed a visit from the Central Kootenay Invasive Species Program. Through indoor and outdoor activities, students gained some understanding of how they can make a difference in our community.

The **STEM**ming invasive species program builds on ecology concepts that are introduced in the school science curriculum and brings this learning to life. Classes learned invasive species identification, impacts on biodiversity and actions that can be taken to prevent the spread.



Who will have the **HEALTHIEST** plant?



Did you know that the ARES Staff are all trying to grow a healthy plant? Yes, it's a **BIG** competition!!

At the beginning of the school year, each adult received their very own, very tiny plant to nourish and nurture for 10 months. In June, we will display our plants and the ARES students will be the judges.

**Who will the winner be?**



*Learning is holistic, reflexive, reflective, experiential, and relational (focused on connectedness, on reciprocal relationships, and a sense of place)*

# ORIGAMI BRINGS STUDENTS TOGETHER IN HONOUR OF CRESTON VALLEY BIRD FEST



Ms. Sonntag's Grade 6/7 students participated in the 11th annual Creston Valley Bird festival by creating an art piece to display, which consisted of 100 hanging Origami birds. In order to accomplish this ambitious task, they recruited experts. Some highly skilled Japanese international students, from Kootenay River Secondary School, volunteered to share their gift. While the grade 6/7 students learned the art of Origami, the senior students embraced the opportunity to develop their English language skills.





*Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.*

## PAC

### Parent Advisory Council

PAC is a great way to be involved in your child's education.

Parent voices are of tremendous value at ARES. They support us through challenges, create experiences for our students, and offer a wealth of ideas and feedback throughout the year.

Please consider volunteering Next Year. Opportunities include: Breakfast Program, Hot Lunch Program, Grocery Shoppers, Milk Pick-Up & Delivery, Popcorn Days, Money Counters, or attending PAC Meetings to be a voice. Let us know if you are willing to give some time.



~You give but little when you give your possessions. It is when you give of yourself that you truly give.

~ Kahlil Gibran ~

## Why Volunteer?

Not only do the ARES students benefit from our PAC parents, grandparents, guardians, and community members who support our school, they observe and learn from these adults. The volunteers indirectly model and encourage **GENEROSITY**. Our students are positively impacted by our community of strong social trust. As the **MASTERY** domain in the Circle of Courage suggests, children carefully observe and listen to those with more experience. A person with greater ability is seen as a model for learning.

In addition to supporting our ARES community, people who volunteer often find it to be intrinsically rewarding. Studies have long suggested that volunteerism increases our sense of social connection and overall life satisfaction.

We greatly value any time that you can offer.

**VOLUNTEERS  
NEEDED**

Have you heard of a "helper's high?" This expression describes the prolonged feeling of calm, reduced stress, and greater self-worth after helping others.



*Belonging is so important that unless children have a genuine sense of it, their ability to engage in learning activities and pro-social behaviour will be impaired*

# Jump Rope for Heart

Students in Ms. Smith and Mrs. Doeleman's class participated in Jump Rope for Heart this month. While raising **\$1658.00** to help beat heart disease and stroke, the students practiced healthy habits by jumping rope for the morning. Thanks to Lauren Stalley and Cheryl Rendek who volunteered their morning for this worthy cause.



## ARES Staff Bulletin Board



*Every child needs trusted adults in their life to help them build the necessary understanding and capability to manage independently*

## Where We Came From...

The students enjoy listening for our daily question on the announcements each morning. To answer the question, they must view our staff Bulletin Board for clues. Our latest theme is, "**Where we Started...**" While students become more aware and connected to the 34 adults who care for them each day, they also learn some new information about the ARES staff, such as our first jobs as teenagers. Each day some names are drawn from the special ARES box and the lucky winners visit Mr. Adams and Mrs. C.'s Treasure Trunk.

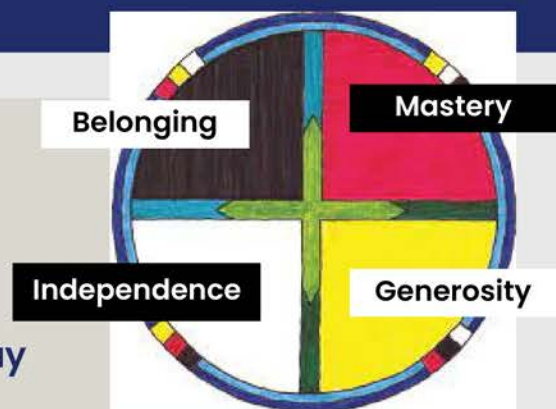


In order to thrive, all children need the opportunity to be reared in schools and communities that cultivate belonging, mastery, independence, and generosity

~Martin Brokenleg and Steve Van Bockern~

## IMPORTANT DATES

- Monday, June 5th – PAC Meeting @ 9:00
- Friday, June 9th – Spirit Day – Silly/Bizarre Hat Day
- Friday, June 16th – Chess Tournament @ 12:30
- Friday, June 16th – Kindergarten Grad & Tea 1:15 – 2:30
- Wednesday, June 21st – National Indigenous People’s Day & wuqanqankimik Reconciliation Walk/Run – Schoolwide Activity
- Tuesday, June 27th – Grade 7 / Staff Appreciation Lunch 12:10 – 12:50
- Tuesday, June 27th – Grade 7 Dance 1:00 – 2:30
- Wednesday, June 28th – Water Day in PM – Schoolwide Activity
- Thursday, June 29th – Assembly @ 11:00
- Thursday, June 29th – Last Day of School – Dismissal @ 11:45



Adam Robertson  
Elementary



Darryl Adams | Principal  
darryl.adams@sd8.bc.ca

Adam Robertson  
Elementary School  
421 9th Ave N.  
Creston, BC  
Office: 250-428-2051  
Web: [www.ares.sd8.bc.ca](http://www.ares.sd8.bc.ca)



Tanya Christenson | Vice Principal  
tanya.christenson@sd8.bc.ca

### ARES Goal

*To actively incorporate the Circle of Courage philosophy and the four universal needs of all children (Belonging, Independence, Generosity, & Mastery) into our school-wide culture.*