

*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.*

# ARES Family Picnic & Corn Feed



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Thanks to all the families who attended our Corn Feed on Wednesday, September 13th. Riehl's Farm provided us with 200 cobs and they were gone by the end of the night. The grassy areas of ARES were scattered with picnic blankets while our school community mingled, chatted, and enjoyed our one-year-old playground. It was also rewarding to watch our students proudly show off their classroom scarecrows, which were displayed along the fence line for the evening celebration.



## SEPTEMBER NEWS



### What's New at ARES?

- Family Picnic & Corn Feed
- Scarecrow Challenge
- Friday Without Walls
- Breakfast Program
- Litter-less Lunches
- National Forest Week
- National Day for Truth & Reconciliation at ARES
- Counselling Support
- September Kindness Kudos
- School Supplies
- Scientists & Innovators in Schools
- Circle of Courage
- Important Dates



Thanks to our PAC  
volunteers, Dana R.,  
Tara, Gelina, and  
Dylan for boiling 200  
cobs of corn for  
families to enjoy



*When students feel they belong to the community of the school, they are motivated to become respectful and positive members of their social groups.*



# Scarecrow Challenge



## CREATE

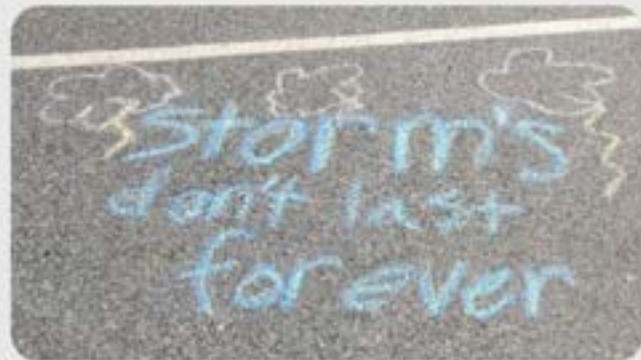
Each of our 14 rooms were challenged to build a scarecrow that represented their class. Students were encouraged to bring clothing and supplies to add to the wooden 't' stick and straw that were provided. This one-day challenge during the first "real" week of classes, was a schoolwide activity intended to foster a sense of belonging amongst our students. Having a focal point of conversation, a shared goal, and an opportunity to informally create and imagine together, provided students with an opportunity to relax and be themselves. It was wonderful to see our 33 new students engage with others and become a part of our school community.



Belonging is a significant sense of community, of welcoming and caring for others, and of being loved and cared about.



## Friday Without Walls



When students returned to their last year's classes during the first week of school, there were some opportunities for Science, Technology, Engineering & Math (STEM) challenges throughout the building.

Intermediate students also had a "Friday Without Walls" afternoon and signed up for a preferred learning activity of their choice.



*Challenge*

A felt sense of belonging to a positive, supportive community promotes cooperation, trust, healthy attachments, and positive peer relationships.



## Our Breakfast Program



Our Breakfast Program is up and running each morning between **8:20–8:45**. Students are encouraged to place backpacks in their outside line-ups before heading to the gym where they can enjoy a quick snack, if they choose.

If you are interested in volunteering for this popular program, please send us an email.



Thanks for the milk  
Kootenay Meadows!



Thanks to Creston & District Credit Union for sponsoring **\$1000** for September's groceries. If your business is interested in supporting a month (or half a month), please let us know.

**CRESTON & DISTRICT**  
CREDIT UNION

## Menu

### Monday

Grilled Cheese, fruit & milk

### Tuesday

Parfait, granola, eggs, fruit, & milk

### Wednesday

Hot & cold cereal, fruit & milk

### Thursday

Toast and jam, fruit, & milk

### Friday

Pancakes, fruit, & milk



We are striving to become a LITTER-LESS LUNCH school.

Please consider using reusable containers, water bottles rather than juice boxes, and reduce foods with packaging as much as possible.



## Litter-less Lunches



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

*- First Peoples Principles of Learning -*



# National Forest Week



The students in Mr. Blick and Ms. LeBlanc's classes joined Creston Community Forests in a special field trip to honour National Forest Week. Students ventured to Russell Creek Road in Kitchener to enjoy a day learning about forestry in Creston. Joined by BC Wildfire Service and WildSafe BC, the grade 4 and 5 students participated in several stations. They painted tree cookies, learned about biodiversity and logging equipment, and also engaged in compassing exercises.



*National Forest Week is intended for Canadians to learn more about Canada's forest heritage and to raise awareness about this valuable and renewable resource. Forests are fundamental to our economy, culture, traditions, history – and to our future.*

Learning involves recognizing the consequences of one's actions.


– First Peoples Principles of Learning –



## NATIONAL DAY FOR TRUTH & RECONCILIATION

On September 29th we honoured **Orange Shirt Day** at ARES. Buddy classes worked together to create small paper shirts, which they coloured orange and attached to sticks. Each student was encouraged to write a reflective message on their paper shirt, after learning the significance of this historical day. Following the buddy activity, students gathered in the gym and we listened to Phyllis' Story. To the sound of drums, the staff and students had a moment of silence before leaving the gym for a community walk. Students were excited to begin their journey by passing through our new archway, which leads into our own Indigenous Garden. The wide display of **ORANGE** was a moving visual reminder to keep the **"Every Child Matters"** conversation alive.

*The orange shirt is a symbol of Indigenous peoples' suffering caused by residential schools, which operated from the 1830s to the 1990s. The event led to the annual September 30th National Day for Truth & Reconciliation, as a means of remembrance, teaching and healing.*



The need for human connection is cultivated through the development of trusting relationships.

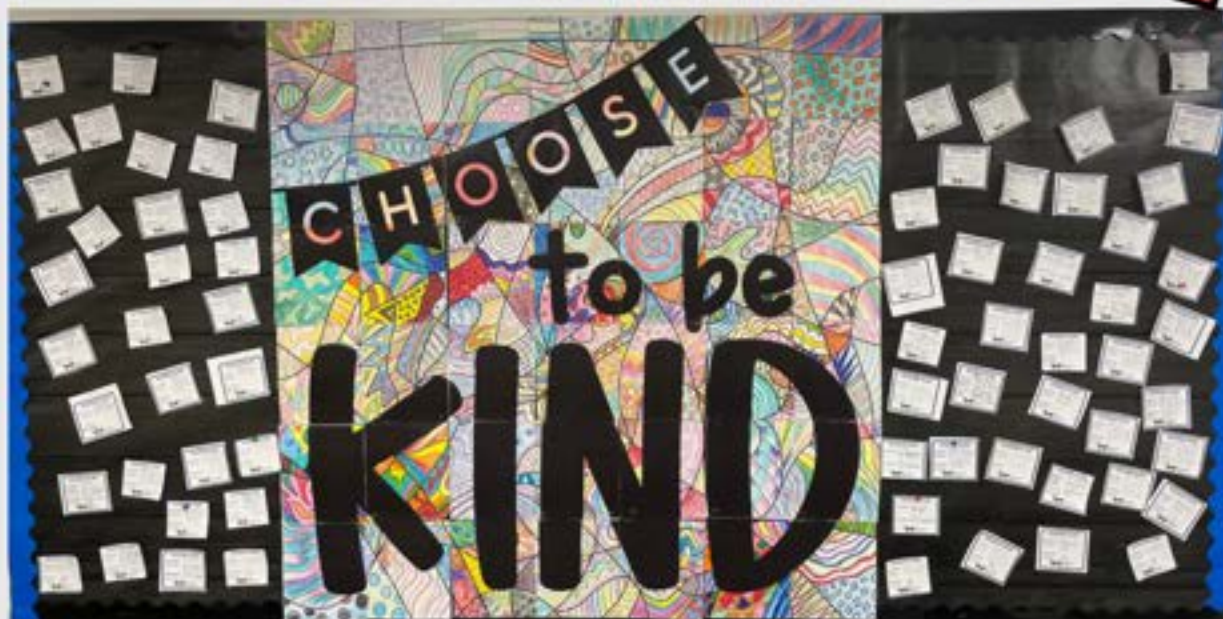


## Counselling at ARES

At A.R.E.S. we offer individual and group counselling to students and to parents or families when the issue(s) concern the child. Parents/guardians or school staff may refer students for counselling, or students may request support themselves. The goal of this service is aimed at supporting students within the school community to improve their education, socialization, and to empower individuals toward positive change. If you believe your child requires support, please reach out to Tanya Christenson, School Counsellor, via phone (250-428-2051) or email: [tanya.christenson@sd8.bc.ca](mailto:tanya.christenson@sd8.bc.ca). A School Counselling Informed Consent form (located at the office) must be signed by parents/guardians before short-term counselling can take place.



## September Kindness Kudos



## School Supplies

A gentle reminder to please send in **\$40** per child for school supplies or pay at the office. If your family is unable to pay these fees, please reach out confidentially to Darryl Adams or Tanya Christenson. We ensure that all students have what they require, regardless of circumstance.





*A felt sense of mastery promotes opportunities for achievement, success, creativity, resilience, motivation, and the ability to be an effective problem solver*



## Scientists and Innovators in School

Intermediate students enjoyed learning from a Science World volunteer, as they experienced a hands-on engineering project. In this STEAM (Science, Technology, Engineering, and Mathematics) activity, students grouped together to build functioning Wind Turbines. Following construction, they tested their capability, using a fan. The resulting digital score indicated how fast the blades were turning. From this information, students were given the opportunity to improve their design. This hands-on construction project was a perfect opportunity to introduce students to the engineering design cycle, as they learned about energy transformation through the use of machines.





The Circle of Courage philosophy encourages thoughts about the importance of courage in the lives of children and young people – the courage to face what life offers and the resilience to handle life's challenges

- Brendtro, Brokenleg, & Van Bockern, 2002 -



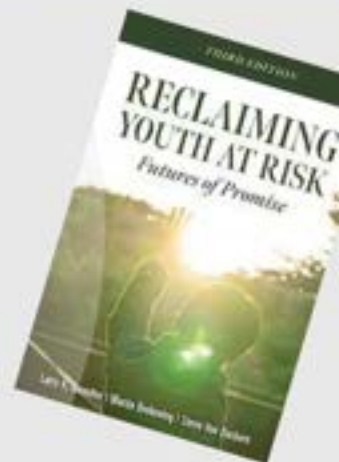
## The Circle of Courage at ARES

The Circle of Courage is a childrearing philosophy that helps to inform how we support our students at ARES. The model suggests that four key values enable children to be nurtured in a climate of respect and dignity. It also embodies the indigenous practice of shared responsibility for the raising of young people. The circle symbolizes a balanced environment, which incorporates the essential needs of the students in our care by valuing individual freedoms, building respect through inner responsibility, and modeling respectful guidance as children continue to grow, learn, and develop greater resiliency. These four needs that will enhance a child's self-esteem are: **Belonging**, **Mastery**, **Generosity**, and **Independence**. It is through the development of these four elements that one can achieve a sense of "wholeness" and can approach the world with the courage necessary to meet its demands.

### The Circle of Courage at ARES



**ARES Vision**  
To support the development of ALL our ARES children who can thrive in any community



*Reclaiming Youth at Risk* by Larry K. Brendtro, Martin Brokenleg, and Steve Van Bockern, inspired us to incorporate the Circle of Courage values into our daily practice at ARES.



### ARES Vision



To support the development of **RESILIENT** children who can thrive in any community

The universal longing for human bonds is cultivated by relationships of trust so the child can say, "I am loved."

## IMPORTANT DATES

- **Friday, September 29th** – Schools honour National Day for Truth & Reconciliation with an Assembly – Orange Shirt Day
- **Monday, October 2nd** – Stat for National Day for Truth & Reconciliation – No School
- **Tuesday, October 3rd** – Terry Fox Run @ 2:00
- **Monday, October 9th** – Thanksgiving Day – No School
- **Friday October 13th** – Individual Picture Day
- **Friday, October 20th** – Provincial Pro-D Day – No School for Students
- **Monday, October 30th** – Special Dchoolwide Activity



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### 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.*