



Adam Robertson  
Elementary



# WELCOME TO ARES FAMILY HANDBOOK

A GUIDE TO HELP YOU  
BECOME CONNECTED TO OUR  
SCHOOL COMMUNITY

2024



# OUR FOUNDATION

## The Circle of Courage



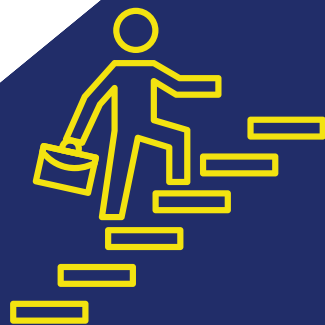
At ARES we work hard to incorporate the Circle of Courage into our schoolwide culture. It is a model of youth empowerment and resiliency, which recognizes that in order for youth to be emotionally healthy, they need to feel a sense of **BELONGING**, **MASTERY**, **INDEPENDENCE** and **GENEROSITY**. The model originated in a book called, *Reclaiming Youth at Risk*, by Brendtro, Brokenleg and Van Bockern (1990).

The Circle of Courage is centered around an indigenous philosophy of child-rearing, incorporating their sophisticated thoughts on child development, to nurture caring, respectful, and courageous children. The model emphasizes the importance of a community, with a shared set of values, raising children together.

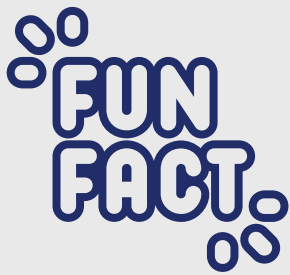
Throughout the year, you will notice that we incorporate many activities to help our students, staff, and families feel connected. When adults feel a sense of **BELONGING** themselves, they can support children to feel equally safe and secure in their school environment and a feeling of **GENEROSITY** emerges and everyone kindly supports one another. When a person feels cared for and they **BELONG**, their journey toward **MASTERY** and **INDEPENDENCE** begins.

### School 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.







## ARES

320 Students

14 Classrooms (Grades K-7)

35 Staff Members



## What to Bring to School

- All students require in-door running shoes. *(For young students, please select shoes that they can manage putting on and taking off independently)*



- A water bottle - We have refillable water stations



- Primary students should keep a change of clothes in a separate bag, stored inside their backpack (Pants, shirt, underwear, & socks)



- A healthy lunch & recess snack in litter-free containers.

## SCHOOL SUPPLIES

Supplies will be provided by the school. The **\$40.00** fee can be paid online through our website, at the office, or to classroom teachers. (Cheques payable to ARES)

## SUPERVISION

Morning Supervision starts at **8:20**. Please do not send students to school before this time, so that we can ensure their safety.

## BELL SCHEDULE

Welcome Bell 8:45

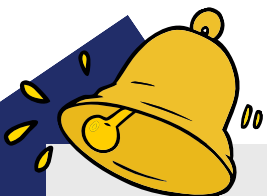
RECESS - All students 10:45 - 11:00

LUNCH 12:00 - 12:45

Upstairs Outside 12:00 - 12:30

Downstairs Outside 12:15 - 12:45

End of Day 2:45



# Bussing

## Bus Registration

Don't forget to register if your child will be riding the bus.

<https://www.sd8.bc.ca/departments/operations/bus-registration>

**\*\*The last bus leaves ARES around 3:05\*\***



## School Website

[ares.sd8.bc.ca](https://ares.sd8.bc.ca)

Our school website is filled with valuable information to keep you well-informed about our school community. Please take some time to browse through all of the sections.

## Monthly Newsletter

At the end of each month we will email you our website link, where you will find our school newsletter.

Please stay connected with the amazing things that happen at ARES.

[ares.sd8.bc.ca](https://ares.sd8.bc.ca)



## Absences

Please **email**, **phone** or use our **online form** to let us know when your child will be late or absent.

If we do not hear from you, Mrs. Scott calls to ensure your child is safe at home.

Letting us know about an absence, saves Mrs. Scott A LOT of time making many phone calls.

### PHONE

**250-428-2051**

### E-MAIL

[clerical.ares@sd8.bc.ca](mailto:clerical.ares@sd8.bc.ca)

### ONLINE FORM

[ares.sd8.bc.ca](https://ares.sd8.bc.ca)





# Meal Programs

## Breakfast Program

- We have a dedicated PAC (Parent Advisory Council) who makes breakfast in the gym each morning, beginning at 8:15. ALL students are welcome to have a snack or meal and then return outside to visit or play with friends until the bell at 8:45.
- PAC would love to have more volunteers. Please let us know if you would like to be involved in this rewarding opportunity.
- Each day the menu changes. Students enjoy Smoothies, fruit, muffins, milk, scrambled eggs, cereal, oatmeal, Grilled Cheese, or pancakes.
- This program is a peaceful way for students to start their day, visiting with new friends before venturing outside.



## PAC HOT LUNCHES

PAC will send out information for Hot Lunches, that all students have the option to sign up for.

If you are unable to pay for these occasional meals, please let us know and we will confidentially ensure your child is included in the meal plan.



## DAILY BAG LUNCH

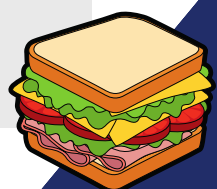
Our Feeding Futures program is another option if you find your family struggling to provide daily lunches for your children.

Please reach out if you would like us to add them to our list and we can ensure they will receive a healthy lunch each day.



## BACKPACK BUDDIES

We can supply some non-perishable items for students to take home at the end of the week to help families through the weekend. These grocery bags include quick meals and snacks. Again, let us know if you would like your child added to the Backpack Buddy list.





# PAC

Our **Parent Advisory Council** meets monthly and ALL parents are welcome to attend these meetings.

PAC is a crucial part of our school community. They support our meal programs as well as fundraise for field trips and schoolwide activities. This devoted group also provides input and ideas to support the overall well-being of our school.

We would LOVE for you to be a part of this dynamic team.

**[AdamRobertson.PAC@gmail.com](mailto:AdamRobertson.PAC@gmail.com)**



*We ♥ our  
Volunteers*

## Parents Visiting and Volunteering

If you are visiting your child's classroom or helping in the school, please sign in at the office upon arrival.

If you plan to volunteer throughout your child's schooling, please complete our online Criminal Record Check, which will be valid for five years. ***(See Mrs. Scott for the link to this form).***

There are many volunteer opportunities through PAC, as well as in your child's classroom. Please let the classroom teacher know if you are interested in being involved.

## Breakfast Program Funding



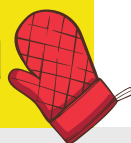
Our Breakfast Program is funded through grants, sponsorship, and donations. To continue offering this free meal to ARES students, we require financial support. If you or your business are willing to donate or sponsor a portion of this worthwhile endeavor, please reach out to PAC at:



**[AdamRobertson.PAC@gmail.com](mailto:AdamRobertson.PAC@gmail.com)**



## Lost & Found



We display all Lost & Found items along our hallway ramp, just through the middle doors of the school. Please check this area regularly. Every few months, we donate unclaimed items to Gleaners.

# Our Staff

Principal - Darryl Adams  
Vice Principal - Tanya Christenson  
Kindergarten/Grade 1 - Heather Vigna  
Kindergarten - Lindsay Miller  
Kindergarten/Grade 1 - Jen Gardner  
Grade 1 - Melissa Feragotti  
Grade 1/2 - Linda Cote  
Grade 2- Amanda Smith  
Grade 3 - Lisa Page  
Grade 3/4 - Lorraine Doleman  
Grade 2/3 - Caroline Vandenberghe  
Grade 4/5 - Matt Blick  
Grade 4/5 - Candace Ivanko  
Grade 5/6 - Kelly Ellert & Ivan Gonzalez  
Grade 6 - Max Percival  
Grade 6/7 - Danielle Sonntag & Ivan Gonzalez  
Grade 7 - Kyla Hamm

Office Clerical - Mary Scott  
Education Assistant - Rhonda Sloss  
Education Assistant - Karen Mottl  
Education Assistant - Cindy Healey  
Education Assistant - Colleen Kuny  
Education Assistant - Dora O'Brien  
Education Assistant - Jacqui Miller  
Education Assistant - Lori Kergan  
Library Clerical - Lillian Leslie  
Aboriginal Education Success Teacher -  
Danielle Sonntag  
Aboriginal Youth & Family Liaison - Josie Fullarton  
Aboriginal Youth & Family Liaison - Laurel Ewashen  
Custodian - Aaron Bennett  
Custodian - Joyce Johnson  
Early Literacy Support Teacher - Tina Harms  
Fine Arts Teacher - Blakeny Delcaro  
Inclusion Support Teacher - Darci Bysouth  
Inclusion Support Teacher - Tracy Walker  
Teacher Librarian - Tracy Walker  
School Counsellor - Tanya Christenson

**HELP!**

Please reach out to Mr. Adams or Mrs. Christenson if you have a question or concern regarding your child.

If we are made aware of an issue, we can quickly act and find the best way to make a positive change.

## Counselling

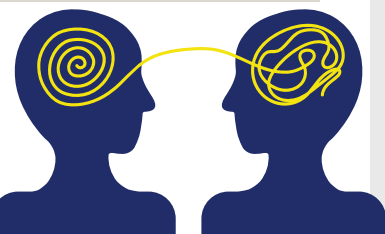


At A.R.E.S. we offer individual and group counselling to students and to parents or families when the issue(s) concern the child.

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, a Registered Clinical Counsellor (RCC), 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.*



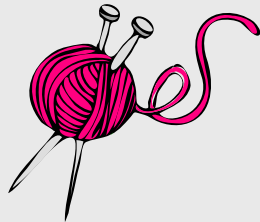


# Extra-Curricular Activities

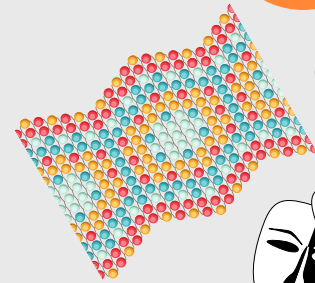
We offer a variety of activities and programs for students to participate in throughout the year. As they move into their intermediate years, the opportunities increase, which enhances their sense of belonging.

Students will learn about these opportunities in the daily announcements, on our Information Board near the entrance of the school, in our school newsletters, through classroom teachers, and through parent emails.

## Some of the activities we offer include:



Performing Arts Club  
Spring Musical  
Chess  
Basketball  
Volleyball  
Art Club  
Yoga  
Beading  
Regalia Making  
Knitting Club  
Cross Country Running



## Our Safe Space

Our library is open each day between 12:00 – 12:30 for students in Grades 4-7. While the majority of students choose to be outside, we have this comfy area available for those who prefer to be in a closely supervised, indoor space.

Students can read, play board or card games, draw, paint, build, play Chess, etc. This, technology-free time, is enjoyed by groups of friends. However, it is also a safe room for individual students who want to connect with new peers.





## Buddies

Each primary class is paired with an intermediate class for regular buddy activities throughout the year.

Our younger students get to know their older buddy well, and look up to these more mature students for support.

We value these relationships in our school. While our intermediate students gain leadership skills, these special bonds support the development of **belonging**, **generosity**, **independence**, and **mastery**.



## Schoolwide Activities & Assemblies

Throughout the year, we hold many schoolwide community-building activities to enhance the sense of belonging at ARES. We often begin these special events with an assembly in the gym.

Let us know if you are interested in helping with some of these activities.

Please check emails and the monthly newsletter to stay informed about what's happening.



## Home Routines to Develop Independence



Beginning in Kindergarten, support your child to build daily home-school routines to increase their sense of responsibility. Guide them to independently...

- Load and unload their own backpack
- Store their backpack in a specific location at home
- Share notices, reading bags, agendas, etc. with family
- Make a healthy lunch together WITH a parent
- Fill their own water bottle
- Dress appropriately for the weather and pack gear, such as mitts, toques, etc.
- Have a scheduled bedtime and an evening routine that is technology-free. (*Bath/shower, brushing teeth, reading together, etc.*)

## ARES Vision

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

