



MASTERY is about building confidence and competence through perseverance, support, and practice—like learning to ride a bike one step at a time.

Everyone Rides Program



On September 15th and 16th, four of our classes (Mrs. Page, Mrs. Vigna, Mr. Blick & Mr. Percival) took part in the Everyone Rides Grade 4 & 5 Bike Safety Program. Students began with classroom learning about road safety, rules, and hand signals, then moved outside for hands-on riding sessions where they practiced balance, control, and safe cycling skills. Thanks to funding from the Regional District of Central Kootenay, the program was offered at no cost to families — and even some students who had never ridden a bike before succeeded in riding for the very first time!



Adam Robertson
Elementary

SEPTEMBER NEWS



What's New at ARES?

- Everyone Rides Program
- Family Corn Feed
- School Planning Day
- National Day for Truth & Reconciliation
- Breakfast & Lunch Program
- School Supply Reminder
- Terry Fox Run
- Volley Ball Schedule
- Community Courage Days
- Spring Musical Revealed
- Scholastic Book Orders
- Important Dates



Individual & Class
Picture Day is
Wednesday,
October 1st



Smile 😊



BELONGING: The ARES Corn Feed brings families together to celebrate and connect, fostering a sense of community and inclusion.

Family Corn Feed



Thank you to all the families who joined us for our Corn Feed on Wednesday, September 17th. With 300 cobs provided by Sutcliffe's Farm and many hotdogs prepared by our amazing PAC, it was a relaxing way to come together as a school community. Picnic blankets covered the grassy areas of ARES as families connected, kids played in the giant sandbox and playground, and everyone enjoyed the welcoming atmosphere. This event is a special tradition that helps build connections early in the school year, giving families a chance to meet teachers and for students to proudly share their school.





MASTERY: When staff collaborate and learn together, we strengthen our team, benefiting our students as we build cohesion to support their success

School Planning Day

What were the ARES Staff doing?

On September 19th, ARES staff spent the day working together on our School Learning Plan—a key part of how we support student learning throughout the year.

Using recent assessment data, teachers looked closely at how students are doing in both literacy and numeracy. Every classroom has a wide range of learning needs, so our goal was to design balanced programs that help all students grow—whether they need extra support, are right on track, or are ready for more challenge.

Through shared conversations and creative planning, staff collaborated on strategies to strengthen student skills and confidence in reading, writing, and math. These professional learning days are incredibly valuable, as they help us align our efforts across all grades and ensure we're meeting the needs of every learner.



"Great teams learn together, grow together, and achieve together."

ʔuki ʔakiłwiyis

One Heart



In the Ktunaxa language and culture, "one heart" represents unity, harmony, and the collective spirit of a community or group working together towards a common goal. It signifies the importance of cooperation, empathy, and shared values in achieving success and well-being.



***BELONGING:** Orange Shirt Day is about belonging and honoring Indigenous children, reminding us to be kind, accept all people, and include everyone in our community.*

National Day for Truth & Reconciliation



On September 29th, ARES held a special assembly to honour the National Day for Truth and Reconciliation. We were joined by Lower Kootenay Band Councillors Robin Louie and Cherie Luke, as well as Town Councillors Hawton and Dumas. The gathering was thoughtfully led by Josie Fullarton, our Aboriginal Education Youth Worker and Family Liaison, and Danielle Sonntag, our Aboriginal Education Support Teacher. Our students showed deep respect throughout the ceremony.

Following the assembly, students and staff reflected on the meaning of the day as they walked together through our Reconciliation Archway and Indigenous garden, continuing into the community. Along the way, classes visited ʔákuᑎni, the Market Garden and tipi near Pealow's, and added their names to an "Every Child Matters" banner.

The sea of orange shirts—along with the paper shirts students carried—served as a powerful and moving reminder of the importance of remembering, honouring, and continuing the conversation: every child matters.



*Thanks for organizing this special day,
Ms. Josie & Ms. Sonntag*





***BELONGING:** Our breakfast program offers a chance for connection each morning before school starts, helping to build a sense of belonging.*



Breakfast Program at ARES



Each day we have parent or grandparent volunteers helping to prepare breakfast for our students. They arrive early so that a meal is ready as buses begin to arrive.

All students are invited to put their backpack in their outside line-up, head to the gym, and sit down at a table with friends to enjoy the daily special.

Thanks to these amazing volunteers who look after our students.



*All meals served
with Milk & Fruit*



Daily MENU

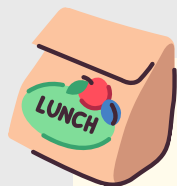
Monday – English Muffin with Ham & Cheese

Tuesday – Scrambled Eggs with Toast or a Muffin

Wednesday – Oatmeal or Cold Cereal

Thursday – Grilled Cheese & Yogurt Tubes

Friday – Pancakes



Student Lunches

If you are struggling to provide a healthy lunch for your child, please let Mrs. Christenson know.

We can supply a paper bag lunch each day, if you reach out.

tanya.christenson@sd8.bc.ca



School Supply Reminder

A gentle reminder to please pay the **\$45** school supply fee on our website, in person at the office, or send a cheque to ARES. Please email Mrs. Christenson if you are unable to pay these fees.





GENEROSITY: Students learn about generosity by participating in the Terry Fox Run. They start to see the bigger picture and understand how even one small action can contribute to a greater cause.

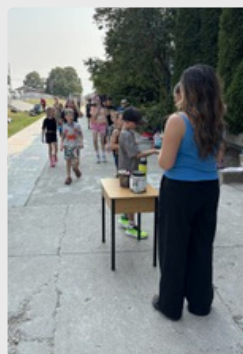
Terry Fox Run

Classes gathered together on the afternoon of September 5th to run our own Marathon of Hope in honor of Terry Fox and cancer research. We were impressed by the efforts of many students, who worked exceptionally hard, running MANY laps around ARES.

Each student received a sticker to wear and older students could choose to write the name of someone in their own life who may have been impacted by cancer.

More than 650 communities participate in this Fall tradition, fundraising for cancer research. ARES was happy to donate toonies and loonies brought in by our students to this cause.

Thanks Mrs. Page for organizing!



Volleyball

Grade 6/7 Boys

Coaches:

Mrs. Vigna & Mike Vigna

Practices:

Thursday 3-4
Friday @ lunch

Grade 6/7 Girls

Coaches:

Mrs. Hamm & Mrs. Miller

Practices:

Wednesday 3-4
Thursday @ lunch

Grade 4/5 Girls

Coach:

Mr. Blick

Practice:

Wednesday @ lunch

Grade 4/5 Boys

Coach:

Mr. Percival

Practice:

Tuesday @ lunch



PAC Meeting Schedule

ARES PAC Meeting Schedule 2025 – 2026:

- Wednesday, September 10 – 9:00 AM
- Wednesday, October 15 – 9:00 AM
- Wednesday, November 19 – 9:00 AM
- Wednesday, December 17 – 9:00 AM
- Wednesday, January 21 – 9:00 AM
- Wednesday, February 18 – 9:00 AM
- Wednesday, March 11 – 9:00 AM
- Wednesday, April 15 – 9:00 AM
- Wednesday, May 20 – 9:00 AM
- Wednesday, June 17 – 9:00 AM





Courage Days give students a hands-on, meaningful way to explore the four Circle of Courage domains—Belonging, Generosity, Independence, and Mastery—by engaging in activities that build connection, confidence, creativity, and community.

Community Courage Days

On September 3rd and 4th, students at ARES took part in two full days of hands-on, community-building activities as part of our Community Courage Groups launch. Organized around the Circle of Courage's four domains — Belonging, Generosity, Independence, and Mastery — the purpose of these days was to help students build meaningful cross-grade relationships, foster leadership, and grow a deeper sense of connection within our school community. Each of the six multi-age groups — k̓aw̓a (Grizzly Bear), kamqu̓ukuᑦ ᑭiyamu (Buffalo), ᑭa-knuq̓uᑦaᑭ (Bald Eagle), ᑕupqa (Deer), niᑕnapku (Moose), and skinkuᑕ (Coyote) — participated in a rotation of six interactive “Courage Challenge” stations.

Through music-making, engineering, storytelling, team challenges, and collaborative art, students explored what it means to belong, to give, to be independent, and to contribute to something bigger than themselves. Each student carried a “Courage Tracker” passport to reflect on their experiences, and their actions were linked to our new Courage Cards recognition program. The days were filled with energy, creativity, and connection — a strong foundation for the year ahead.



COURAGE

Thank You to Beth Swalwell at the Art Barn

Beth GENEROUSLY gave many hours to ARES to support one of our stations. Students created bracelets that were given back to our ARES Community in the form of a banner that hangs in our library.



Belonging is fostered through collaboration, mastery is achieved through artistic expression, independence is cultivated through creative decision-making, and generosity is shown by sharing talents with the community.

Spring Musical revealed....



Over 100 students have signed up for the Spring Musical.

Practices have started each Monday between 3:00 - 4:00



Thanks for this giant undertaking, Mrs. Hamm, Ms. Sonntag, Mr. Percival & Mrs. Delcaro.



Scholastic Book Order



Book orders are due by October 24th

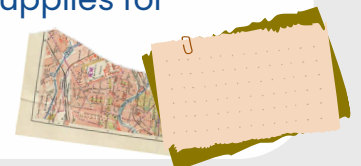
Students brought home book orders. A portion of the proceeds support our ARES library and classroom book collections.



Maker's Studio Supplies Needed

Our Fine Arts teacher, Mrs. Delcaro, is looking for supplies to stock the Maker's Studio. If you have any of the following items to donate, she'd be thrilled!

- Old magazines, posters, or books with interesting images/text
- Scrapbook or construction paper
- Yarn, string, ribbon, or thread
- Knitting, crochet, or embroidery supplies
- Fabric scraps or worn-out clothing
- Sewing needles, fabric scissors
- Tissue paper, wrapping paper, or gift bags
- Beads, buttons, or other small embellishments
- Broken toys or art supplies for repurposing





Looking forward to something helps build resilience by
giving students hope and motivation

Hope

IMPORTANT DATES

- Tuesday, September 30th – National Day for Truth & Reconciliation – No School
- Wednesday, October 1st – Individual & Class Picture Day
- Monday, October 13th – Thanksgiving Day – No School
- Wednesday, October 15th – PAC Meeting @ 9:00
- Wednesday, October 15th – Early Dismissal @ 1:45
- Thursday, October 16th – Early Dismissal @ 1:45
- Friday, October 24th – Provincial Pro-D Day – No School for Students
- Monday, October 27th – Schoolwide Pumpkin Patch Activity – Assembly @ 9:00
- Wednesday, October 29th – Halloween Fun Night – 5:30 – 7:30
- Friday, October 31st – Costume Parade @ 9:00



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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.