



MOUNTAIN ELEMENTARY NEWSLETTER

Phone: (604) 852-7299
www.abbynet.sd34.bc.ca/mountain

Principal: Mr. Gord Revel
Administrative Assistant: Mrs. Joanne Carter



October 30, 2009



DATES TO NOTE



- Nov. 11** Remembrance Day
- Nov. 17** PAC Meeting
- Nov. 20** Hot Lunch
- Nov. 23** Report Cards Go Home
- Nov. 23-27** Scholastic Book Fair
- Nov. 25 & 26** Early Dismissal Days
- Nov. 27** Non-Instructional Day #3

H1N1 REMINDER

Please contact the school with information that your doctor provides you in regards to your sick child.

Again, please be vigilant in helping to prevent the spread of H1N1 flu virus, specifically by:

Staying home from school or work if you - or a student in your home - are sick, unless directed to seek medical care. Limit contact with others. Sick students should stay at home until symptom free.

Covering your nose and mouth with a tissue when you sneeze. Throw the tissue in the trash after you use it. When you cough, do so into your sleeve if possible.

Washing your hands often with soap and water, especially after you cough or sneeze.

Not sharing the same cup or utensil with other people.

Wherever possible **avoiding close contact with people who are sick.**

**Have a Safe and
Happy Halloween!**



October Sporting News

Floor gymnastics has been taking place in the gym during P.E. classes over the last couple of weeks. It has been a lot of fun. Ask your child to show you their balances, rolls and sequences. Keep up the great work!

Grade 5 Skittleball Team

Grade 5 students have started skittleball! Practices at lunchtime are taking place and our first game is next Thursday November 5th. Permission forms were sent home Tuesday, if this involves your child please return them by Friday.

Mountain will have two co-ed teams. Each game day one team will stay at Mountain and the other will travel to a different school in our zone, but parent transportation is required. We do not know the specific location schedule yet, but one will be sent home as soon as we receive a copy.

- Game #1: Thursday November 5th
- Game #2: Thursday November 12th
- Game #3: Wednesday November 18th
- Game #4: Wednesday December 2nd

We're looking forward to an awesome season, good luck grade fives!!!

Free Community Nights

Each month Hand in Hand will be hosting one free Community Event for Parents and their children (3-5 years). At these events we will do a craft, enjoy some freeplay, have a snack and at the end, have a circle together. More information of the date, time and theme you can find posted on the window of the Hand in Hand room or ask the staff for more info. If you plan on bringing your child, make sure you sign up your child so that Hand in Hand will be prepared with enough craft supplies and snack. The next event will be on November 19th from 6:15-7:15. The theme is "pajama night"!

Dad and Kids at Play drop-in

Program run as a partnership between City of Abbotsford (Parks+Rec) and Abbotsford Community Services. A time to have fun with music, games, crafts and projects for dads and their kids (ages 5 yrs – 12 yrs)! Let the fun begin! This program takes place in the Ag-Rec Gallery at Gate #2 Abbotsford Exhibition Park
Tuesdays - 6:30 pm - 8:00 pm
Regular PRC Admission Rates apply
For more information please call 604-850-5536

FUNDamentals program (from Fraser Valley Down syndrome Support/Special Olympics)

The FUNDamentals program still has space available. This Special Olympics program teaches children with intellectual disabilities between the ages of 7-10 the basics of sports and team play. This 12 week program takes place Thursdays from 5:00 - 5:45 pm at WA Fraser Middle school. For more information or to register, Contact Sylvie at fvdss@telus.net or 604-853-5563.

Creative Edge School of Arts Activities for November Non-Instructional Day

Creative Edge School of Arts (CESA)
Presents: PD Day Friday's
Join us on Professional Development days,
11:00 am-2:00pm
- Art (cartooning, sculpting, painting)
- Theatre Sports
- Hip Hop
For Grades 1 through 6
\$15 – includes Pizza Lunch
Next Date; November 27
*** Spaces are limited and must be reserved 24 hours prior to the date. Please call us to reserve a spot: 604-855-3343

**Please check out our website
for more community events.**

www.abbynet.sd3t.bc.ca/mountain

HAVE YOU VISITED OUR
MOUNTAIN WEBSITE YET?

MSA Museum War Brides

Sunday, November 8th
1:30 pm - 4:00 pm
Celebrating the lives, the stories and the memories of those in our community who gave so much.
MSA Museum Society, 2313 Ware Street

Jingle Bell Run

BC Arthritis Society Jingle Bell Walk & Run
for Arthritis
Sunday, November 29th

Abbotsford Olympians Swim Club

Free month of swimming offer.
Contact: (604) 825-1856
laosadmin@telus.net
www.olympiansswimming.com

Abbotsford Optimists Youth Skate

Optimist club of Abbotsford presents:
Abbotsford Rec. Centre
November 11, 1:00—3:00 p.m.
(adults must be accompanied by child)
Admission for everyone is by donation to the Food Bank

Halloween House



October 30th and 31st
4:00 p.m. - 5:30 p.m. Mildly Haunting Tour
(Children Under 10)
6:00 p.m. - 8:00 p.m.: "The Hairy Scary Tour"
Cost: \$2.50 a person
October 31st
Costume Contest & Carnival
3:00 p.m.: Children Under 10
5:30 p.m.: Children 11 & Up
Carnival and House Admission \$5.00 a Child

BE SURE TO CHECK THE ABBOTSFORD NEWS
FOR OUR COLORING CONTEST!

