



# ÉCOLE SECONDAIRE REYNOLDS

## THIS WEEK AT REYNOLDS

Community Version

**Week 7: October 16<sup>th</sup> – 20<sup>th</sup> 2023**

<b>Monday, October 16<sup>th</sup></b>	Grad Parent Info Night	6:30pm in the Theatre
<b>Tuesday, October 17<sup>th</sup></b>		
<b>Wednesday, October 18<sup>th</sup></b>	Reynolds Talent Show Reynolds Movie Night	Theatre 4:30pm – 6:30pm Gym 7pm – 9pm
<b>Thursday, October 19<sup>th</sup></b>	Shake Out BC Earthquake Drill	Approx. 10:15am
<b>Friday, October 20<sup>th</sup></b>	Pro D Day	No Classes



### Mark Your Calendars:

Tuesday, October 24<sup>th</sup>

Parent Teacher Interviews – Early dismissal/adjusted schedule

Wednesday, October 25<sup>th</sup>

Collab Block – Late Start – 10am with A block

Thursday, October 26<sup>th</sup>

School Based Team Meeting – 8am student services

Health and Safety Meeting – Lunch room 214

Halloween Dance

Saturday, October 28<sup>th</sup>

Recycle Depot 9am – 12pm – McKenzie Parking Lot



### Reynolds Wear

Our 2023-2024 Reynolds Wear store is now open!

Click here to [check out our big selection of Reynolds wear and Athletics wear for sale!](#)

Store closes October 22<sup>nd</sup>.



### Assessment Palooza

Assessment Palooza returns November 1<sup>st</sup> and 2<sup>nd</sup>, where we run 2 Copernican days and schedule our Ministry assessments. More information to come, but here's a sneak peak of the schedule for those two days! (See page below)



## It's That Time of Year...

### SD61 Cold and Flu Season Reminders

Dear families,

We have reached that time of the year again! It is cold and flu season. As students return to classrooms for the new school year, as the leaves start to turn and the temperature drops, the tissues and sneezes begin to appear. Additionally, with COVID-19 circulating within our community, it is important to take extra precautions.

Please remind your child of the following important habits:

- Make sure to wash hands frequently.
- Avoid touching face, mouth, or eyes.
- Cover your mouth and nose when sneezing or coughing by leaning into your elbow or using a disposable tissue. Quickly throw away any used tissues and wash or sanitize your hands after.
- Respect the personal space bubbles of other students.
- Stay home when sick!

Please monitor your children daily for any cold or flu-like symptoms. In accordance with the Public Health Guidelines, students and staff are asked to stay home when sick or displaying any symptoms of sickness. If students develop symptoms throughout the day while they are at school, they will be reminded to use tissues or lean into their elbow to cover their coughs and sneezes. If required, an office staff member will contact you to arrange a pickup of your sick child. These protocols are in place to lower the risk of transmission of communicable disease and to keep our students and staff safe and healthy.

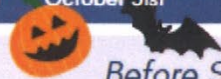
For more information on the health and safety protocols implemented in our schools go to: [Provincial Communicable Disease Guidelines for K-12 Settings](#)

<https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/safe-caring-orderly/k-12-communicable-disease-guidelines.pdf>

# ÉCOLE SECONDAIRE REYNOLDS SECONDARY SCHOOL

## ASSESSMENT PALOOZA 2023

**Monday** October 30th    **Tuesday** October 31st    **Wednesday** November 1st    **Thursday** November 2nd    **Friday** November 3rd



*Before School Classes*

8:40am-  
10:00am

**A**

**B**

**A**

**B**

**A**

8:40am-9:45am

10:05am-  
11:27am

**B**

**A**

Grade 12s writing  
Literacy 12,  
everyone else in A  
block

Grade 11s writing  
Numeracy,  
everyone else in B Block

**B**

9:50am-10:57am

**Lunch Time**  
10:57am - 11:25am

**11:27am - 12:15 pm Lunch Time**

**C**

12:20pm -  
1:40pm

**C**

**D**

**C**

**D**

11:30am-12:35pm

**D**

12:40pm-1:45pm

1:45pm-  
3:05pm

**D**

**C**

Grade 10s writing  
Literacy 10,  
everyone else in C  
Block

Everyone in D Block

*After school classes*

*As part of the new Reporting Order, Goal Setting and Reflections will take place in A block classes*

# ÉCOLE SECONDAIRE REYNOLDS SECONDARY SCHOOL

## **PARENT TEACHER INTERVIEW DAYS 2023-2024**

### **Parent Teacher Interview Dates:**

Tuesday, October 24th 2023 and Thursday, April 11th 2024

*7:35am – 8:35am Before School Classes*

# **B**

8:40am – 9:50am

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# **A**

9:55am – 11:05am

**11:05am – 11:35am Lunch Time**

# **D**

11:40am – 12:50pm

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# **C**

12:55pm – 2:05pm

[No after school classes]

**3:30pm – 7pm**

**Parent/Teacher Interviews**



### **How to stay in touch**

Did you know Reynolds has an App to help communicate? Search for Reynolds Secondary on the Apple App store or Google Play Store. Please follow us on Instagram @sd61reynolds, Facebook Page Reynolds Secondary School, or Twitter @sd61reynolds, and of course our website at [www.reynolds.sd61.bc.ca](http://www.reynolds.sd61.bc.ca)





# École Reynolds Secondary School

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October 13, 2023

Dear Families,

As the traumatic events unfold in Israel and Gaza, some students and families may require additional support processing complex emotions. These events can bring about anxieties and fears for children, youth, and adults. Parents and guardians are encouraged to discuss/monitor their child's social media use at this time as images/videos being circulated are incredibly graphic and disturbing and may contribute to further trauma.

If your child is exhibiting signs of traumatic stress, please consider the following helpful tips to support them:

- Provide a safe space for them to share their feelings and concerns – listen and validate; fear, anger, confusion, worry, insecurity, and other reactions are to be expected.
- Let their questions be the guide – do not share or expose them to unnecessary details; limit exposure to news and social media as age appropriate.
- It is ok to not have all the answers but to emphasize the importance of getting factual information and limiting exposure to misinformation.
- Provide general, brief facts with an emphasis on what adults and individuals can do to keep themselves and others safe.
- Ensure they know where to find a trusted adult and support resources.
- Model being calm and regulated; children look to adults on how to react.
- Maintain a schedule and routine; this provides a sense of predictability which can reduce anxieties.
- Engage with social supports; now is the time to support each other.

Should your child require extra support during this time, please reach out to your principal and school supports will be made available. Other supports can be accessed at:

**Kelty Mental Health** 1-800-665-1822 <https://keltymentalhealth.ca/>  
**Anxiety Canada** <https://www.anxietycanada.com/>

It is important as the adult in your child's life to remember the importance of your own self-care; please reach out to your support network as needed. You are a greater help to your child if you also have others supporting you.

Our schools continue to be safe spaces for our students and staff. If you or your child have concerns about safety, please reach out to your principal to discuss. If you have concerns in community, please contact community supports that best fit with your family's needs and your local police department if required.

Sincerely,

Aaron Norris, Principal



## **Guidelines for parents/guardians to support children through times of grief during and after a traumatic event**

**Be yourself** – Demonstrate your natural concern calmly and in your own words.

**Be available** – Spend time with your child. Attempt to distract your child by reading, walking, going to a movie, etc.

**Listen** – Let your child express his/her thoughts, concerns, feelings, and perceptions in a nonjudgmental, emotionally safe environment.

**Explain** – Talk about what you know in short, truthful statements. Don't be afraid to admit that you do not have all the answers.

**Do not speculate.**

**Develop resiliency** – Your child will look to you for reassurance. Do not convey your own feelings of hopelessness, but rather let your child know that they will get through this difficult period.

**Provide comfort** – Physical and verbal comforts are great healers.

**Attend to physical manifestations of trauma** - Children will often complain of headaches, stomach aches, backaches, etc. Monitor physical symptoms such as loss of appetite, anxiety, sleep disturbance, etc. and determine whether medical intervention is required.

**Maintain regular routines** – As much as possible, attempt to provide normalcy to your child. Humans are creatures of habit and derive comfort from regular routines.

**Monitor media exposure** – Do not overexpose your child to media reports (especially preschool and elementary age children).

**Seek additional support** – When appropriate, your child should be directed to community support agencies.

April 2017 SST