



RAY WATKINS ELEMENTARY SCHOOL



OCTOBER 2026



PRINCIPAL'S MESSAGE

Welcome back to a new school year! It's great to see returning faces and many new faces as well. It's hard to believe that September has already come and gone. It has been a great first month and I am looking forward to an exciting new year. Along with new students I would like to welcome some new staff we have this year: Kaija Farstad (Librarian), Garret Peters (Teacher) and Danielle Kennedy (SNEA). You will learn more about them over the next few newsletters.



Shoutouts:

Oct 21: PAC AGM- the PAC needs some new members. This is a great chance for you as parents or guardians to provide feedback to the school and help organize events and activities. The students at RWES super appreciate all that the PAC does for them. The October meeting is the AGM- they are always looking for new people to join the administration or just to be involved.



Absent- please contact RWES office to let us know if your child will be away. Regular attendance is important for your child's success at school.
Forms- please check with your child / children every day after school to see if any forms or letters have been sent from the school. We have two different forms that have been sent out and that need to be signed and many have not been returned yet. We also send letters home from time to time.

MEET OUR GRADE 7 GRAD



Name: Brinley Norman
Favorite Movie or TV show: Pitch Perfect Movies and Stranger Things
Favorite Book: I like horror books.
Favorite Season: Fall
Favorite Memory: Going on the roller coasters at Disneyland.
Favorite Colour: Blue
Favorite Animals: Whale Sharks
Favorite Things to do Outside of School: Go to the park with my friends.





RAY WATKINS ELEMENTARY SCHOOL



988

9-8-8 works across all of Canada for immediate, 24/7 mental health and suicide crisis support via phone or text, offering free, confidential, bilingual (English/French) help from trained responders. This service connects people in distress with culturally appropriate, trauma-informed assistance, serving as a vital, easy-to-remember lifeline.



OCTOBER 2026

Kids Help Phone

1 800 668 6868

TEXT 686868

BC Nurses Line

8-1-1

Representative for Children and Youth

1 800 476 3933

KUU-US Crisis Line

1 800 558 8717

BC Wide Indigenous Crisis
and Support Line



STUDENT SAFETY

- Please do not drive your vehicle through the school Fire Access Lane (through the playground).
- Drop off and pick up for students is located in the upper parking lot.
- Please remember to drop off students in the upper parking lot.
- Please remember the lower parking lot is for Staff parking.
- The RCMP randomly patrol our parking lots to ensure student safety.

DON'T FORGET...

- If your student needs to leave early, please remember to sign them out at the office
- If you need to report an Absence?? Download the APP!



UPCOMING DATES:

- 9 Not in Session
- 12 Thanksgiving
- 14 Picture Day
- 19 Assembly 1:00
- 21 PAC Meeting - 6:30
- 23 Provincial Pro-D

STAY IN TOUCH

T: 250 283 2220
E: rwesadmin@viw.sd84.bc.ca
500 Trumpeter Drive
PO Box 190
Gold River, BC V0P 1G0

STRONGSTART

8:45 to 11:30 AM
Room 116
Everyday that school
is in session.



RAY WATKINS ELEMENTARY SCHOOL



OCTOBER 2026

Monday

Tuesday

Wednesday

Thursday

Friday

1

B: Bagels & Cream
Cheese
L: Sloppy Joes

2

B: Cereal
L: Pizza

5

B: Smoothies &
Toast
L: Spaghetti

6

B: Cereal & Fruit
L: Pancakes &
Sausage

7

B: Muffins &
Yogurt
L: Nachos

8

B: Eggs & Toast
L: Chicken Burgers

9

Not in
Session

12

THANKSGIVING



13

B: Smoothies &
Toast
L: Mac & Cheese

14

B: Muffins & Yogurt
L: Meatball &
Mashed Potatoes

15

B: Pancakes & Fruit
L: Quesadias

16

B: Cereal & Fruit
L: Pizza

19

B: Smoothies
L: Chicken Alfredo

20

B: Cereal & Fruit
L: Taco Salad

21

B: Muffins & Yogurt
L: French Toast &
Berries

22

B: Scramble Eggs &
Hashbrowns
L: Hot Dog Day

23

Not in
Session

26

B: Smoothies
L: Chicken Teryaki
Noodles

27

B: Cereal & Fruit
L: Taco Pasta or Tex
Mex Pasta

28

B: Muffins & Yogurt
L: Sandwiches

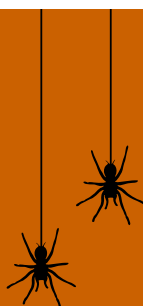
29

B: Bagels & Cream
Cheese
L: Chicken Bacon
Wraps

30

B: Cereal & Fruit
L: Pizza

All meals are served with fresh fruit and vegetables





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THANKSGIVING



13

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Picture Day

15

16

Fun Friday

19

Assembly

1:00

20

21

PAC Meeting

6:30

22

23

Not in
Session

26

27

28

29

30

Halloween Costume
Parade & Activities

BOO!

Why did the skeleton show
up to the party by himself?
He had no body to go with.

How do you make a skeleton laugh?
Tickle his funny bone.



PICTURE DAY

October 14, 2026

Lifetouch
Powered By Everest Solutions

Every year they change,
we help you remember.

BACK-TO-SCHOOL WITH FOOD ALLERGY

CHECKLIST FOR PARENTS

 **BACK-TO-SCHOOL IS AN EXCITING TIME. WHETHER YOUR CHILD IS JUST STARTING SCHOOL OR IS A RETURNING STUDENT, USE THIS CHECKLIST TO HELP GET READY!**



BEFORE SCHOOL STARTS

Read the **policies on allergy management** that your school district and your child's school have in place.

Find national school policies at foodallergycanada.ca/schoolpolicies.

Fill out all the necessary school paperwork, like the **Anaphylaxis Action Plan**. Download a copy today at foodallergycanada.ca/AAP. If your child has asthma, be sure to update that information as well.

Talk to the school administrators about your child's allergy and review **emergency procedures** with staff. Request that this meeting include the teachers who will be in charge of your child.

Ask about **training sessions** for the school staff and when these happen.

Consult with foodservice/cafeteria staff to inquire about **food preparation at school**.

WHAT YOU CAN DO

Complete the free online course Anaphylaxis in the Community at AllergyAware.ca to understand the basics of anaphylaxis and learn how to reduce risks. Tell your school to take the one for school staff, Anaphylaxis in Schools.

Practice by watching a video on how to use EpiPen® and order a training device at epipen.ca.

Training devices don't have needles or medication in them. Watch a video on how to use neffy® at neffy.ca.



WHEN SCHOOL STARTS

Provide your child and the school with at least one up-to-date **epinephrine device** (e.g., EpiPen®, neffy®).

Supply your child's teacher with **safe snacks or non-food treats** in case of last-minute classroom celebrations.

Create a **positive relationship** with staff.



TEACH YOUR CHILD

Not to be afraid to tell you if they experience any exclusion or bullying at school due to their food allergy.

The basic **safety rules** around managing their food allergy at school.

The steps of the **action plan** (depending on their age/maturity level). Role playing can reinforce this information.

BACK-TO-SCHOOL WITH FOOD ALLERGY

CHECKLIST FOR STUDENTS

 FOLLOW THIS CHECKLIST AND MANAGE YOUR FOOD ALLERGY WITH CONFIDENCE.



EAT SAFELY

- ☐ **Avoid** sharing food.
- ☐ **Only eat approved food** from home or food that a parent or guardian has approved.
- ☐ **Don't share** utensils, straws or containers.
- ☐ **Always read food labels** yourself and don't eat anything with precautionary warnings, like "may contain".
- ☐ **Wash your hands** before and after eating. Wipe down tables and other surfaces.



BE PREPARED

- ☐ **Tell others** about your food allergy. Let them know where you keep your epinephrine devices.
- ☐ Always carry at least one **epinephrine device** with you. You never know when you may need it.
- ☐ Wear **medical identification**, like a MedicAlert® bracelet.



TALK TO ADULTS AND OTHERS

- ☐ **Tell an adult** when you don't feel well.
- ☐ If you are being bullied or excluded because of your food allergy, **speak to an adult**.
- ☐ Learn how others your age **manage their food allergies** at foodallergycanada.ca/teens.

VISIT
foodallergycanada.ca/school
FOR MORE INFORMATION

