



Grade 1s and 2s spend time out on the land exploring literacy, art and survival.



October 16

The Sunflower Seed

School Plan: Literacy

Let's Talk!

Family Conferences

October 22, from 1-4pm and 5-6pm, we invite families to meet with our staff for an update on how students are doing. This is drop-in format, with exception of our Kindergarten classes where appointments are scheduled.

Conferences are student-led to encourage our students to take ownership of their learning. Please ensure you bring your student along with you to the appointment! If you are unable to attend on October 22, please connect with your child's teacher at another time.

Sleepy Students

Many of our students report to us that they feel tired while at school. Sometimes, they share

that they are staying up very late. This makes us wonder if families are always aware of their kids sleep routines. Do they have access to a TV or other devices in their bedroom?

Recommended sleep by age:

Infants (0–3 months): 14–17

hours, including naps

Babies (4–11 months): 12–16

hours, including naps

Toddlers (1–2 years): 11–14

hours, including naps

Preschoolers (3–5 years): 10–13

hours, including naps

School-age (5–13 years): 9–11 hours

Teens (14–17 years): 8–10 hours

Book Fair

During the week of October 20-23, our library will host a book fair. Profit made from the books we sell will go toward

purchasing new books for our library!

Read Every Day

This year, our whole school is focusing on literacy. The best way to support your child at home is to read to your child, model reading, and create time for them to read (independently or to others) every day.



Coming Up:

Oct 22: Family Conferences 12:00pm dismissal. Conferences 1-4pm, 5-6pm

Oct 23: 12:00pm dismissal

Oct 24: Pro-D day (no school)

Oct 29: 12:00pm dismissal

Oct 31: Happy Hallowe'en! Please no weapons as part of costumes!

