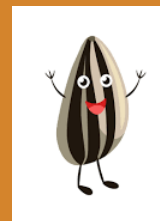




Our whole school at NK'Mip Desert Cultural Centre, September 29



The Sunflower Seed

October 5, 2026

Our School Focus: Literacy

It's Fall, Y'All!

Fruit & Veggie Contest

Families who are new to our school may not be familiar with this competitive event. Open to any students, with unlimited entries, there is surely a category just for you! More information is attached. Contest opens this Monday with judging later next week and winners announced at our Harvest Gathering. [Information attached.](#)

Harvest Gathering at the Grist Mill

Please join us Friday at 11:00 to kick-off Thanksgiving weekend together with our Cawston Primary family. Featuring a couple performances by classes, the beauty of this special location will amaze you. This year, fry bread is available for purchase (\$2), with money supporting our Breakfast Club. The famous "Pie & Turkey Draw" will also take place... plus a couple other surprises.

Fresh to You Fundraiser

Our school has been selected to participate in this fundraiser again this

year. It's a great opportunity for families to purchase reasonably priced fresh fruits and vegetables while also supporting our school. To participate, we need to sell a minimum of 40 bundles. Please return the order form (which your child will also receive in class) by October 15. [Information attached.](#)

Cross Country Meet

This Thursday, we are hosting all district elementary schools here at our sunflower school. Races will take place 9:30-11:30am. Our cross-country team formed a couple weeks ago with coaches Mrs Lucich and Miss Lacey. Students have been practicing at lunch recess at least twice weekly.

With our PAC running the concession, there is sure to be some tasty treats to keep these kids powered through the morning. [Information attached.](#)

12:00 Dismissal Days

Missing school time has real impact. We notice that students with few absences do better in all areas, including growth in social-emotional learning and reading.

We have several days coming up through October with 12:00 dismissal. We hear students call this a "half day", but it really is not. When you think about it, most academic learning occurs in the morning, and lunch break on a typical day is 12:45. Missing a 12:00 dismissal day is a lot of lost learning time. So, please come to school- every day! 😊

Every Minute Counts: Attendance Matters

Based on the official School District 53 Okanagan Similkameen calendar of 184 instructional days per year with 5 hours of classroom learning time daily (8:30 AM to 2:30 PM, excluding a 1-hour break)

Missing Minutes Daily		
15 Mins / Day	→	9 Days of Missed Learning
30 Mins / Day	→	18 Days of Missed Learning
1 Hour / Day	→	37 Days of Missed Learning

Missing Full Days		
1 Day / Month	→	10 Days of Missed Learning
2 Days / Month	→	20 Days of Missed Learning
1 Day / Week	→	37 Days of Missed Learning

We are here to partner with you.

Maintaining open, clear communication with your child's teacher and our school secretary, Tammy Sparkes, helps ensure absences are properly recorded as excused absences so we can work together to support their learning.

Contact Cawston Primary School at 250-499-5617 or cpsoffice@sds3.bc.ca

Oct 5- Four classes to Ashnola
Oct 5- Fruit & Veggie Contest opens!
Oct 8- District Cross-Country Run – we host!
Oct 9- Harvest Gathering 11:00 Grist Mill
Oct 12- Happy Thanksgiving! (no school)
Oct 15- Deadline for Fresh to You Fundraiser
Oct 16- Okanagan Similkameen Day @ TEN
Oct 21- Family Conferences (12:00 dismissal)
Oct 22- 12:00 dismissal
Oct 23- Pro-Day (no school)

