

• Friday, October 10, 2025

Lakeview Elementary Weekly News



Dear Lakeview Community,

As noted in last week's newsletter, we will have our school safety drill week next week. This is where we practice a different drill each day. Drills can sometimes be scary for students, so it is helpful if families can walk through each with their children and assure them that this is just practice in case we need it. When we practice drills, we do so in the most calm and supportive way possible. Next week, we will practice the following:

Tuesday – Shelter in Place – This occurs when there is an outdoor safety hazard, such as a wild animal. We have everyone stay in the building, close doors and windows and remain in place until released by the principal. Classroom learning continues.

Wednesday – Hold and Secure – This occurs when there is a safety/security concern in the neighbourhood. We remain in our classrooms with the doors/windows locked and covered until released by the principal; classroom learning continues.

Thursday – Earthquake – When we feel shaking, everyone will drop, cover and hold. After the shaking stops, we wait for at least 60 seconds before evacuating the building. Once deemed safe, we reenter the building. (See the end of the newsletter for a visual)

Friday – Lockdown – This is practice to help keep everyone safe in case something unsafe is in the building. During the drill, we quietly hide in a safe spot in the classroom until the principal comes to the class to say it's all clear.

Thank you for supporting us in ensuring students are prepared for our safety drill week.

Amelia Poitras, Principal Lakeview Elementary

Dates to note:

- Fri. Oct. 10 – World Mental Health Day
- Mon. Oct. 13 – **Thanksgiving – No School**
- Tues., Oct. 14 – Boys Volleyball Game
- Tues., Oct. 14 – Turkey Trot School Run
- Oct 14-17- Safety Drill Week
- Thurs., Oct. 16 Girls Volleyball Game
- Thurs., Oct. 16 PAC Meeting @ 7:00 (Zoom)
- Mon., Oct. 20 Photo Retakes
- Fri., Oct. 24 Pro-D Day – No School

LAKEVIEW ELEMENTARY PAC MEETING

Thursday, October 16th
7:00 PM
VIA ZOOM
ALL ARE WELCOME

Join Zoom Meeting

<https://ca01web.zoom.us/j/63785114273?pwd=YiaGf7CUaYxWfoYURuBNdDF8hkNpgj.1>

Meeting ID: 637 8511 4273

Passcode: 252010

One tap mobile

+14388097799,,63785114273# Canada

+15873281099,,63785114273# Canada

Join instructions

<https://ca01web.zoom.us/join/63785114273?pwd=YiaGf7CUaYxWfoYURuBNdDF8hkNpgj.1>

Mental Health and Wellness

World Mental Health Day is today, Friday, October 10th. Just like we take care of our bodies by eating healthy and getting exercise, it's important to take care of our minds too—by talking about our feelings, being kind to ourselves and others, and asking for help when we need it.

One way that families can support their child's mental health through helping them cope with big emotions. We all have big emotions and learning how to manage these is an important life skill for all of us. We can help children sooth their big emotions through co-regulation.

Co-regulation is a collaborative effort where caregivers model and act as a calming, supportive presence, helping children navigate their emotions and develop self-regulation skills over time. Here are some ways to support:



Lower Your Body Position



Lower Your Voice and Talk Less



Soften Your Facial Expression



Push or Pull Something Heavy



Go Outside / Be in Nature



Model Deep Breathing



Offer Deep Pressure



Engage in a Preferred Activity



Move Your Bodies



Calm the Space



Validate Feelings



Give Space and Time

What's been happening at school?



Ms. Ross and
Mr. Oppen's
class finished
their puzzle.

MS. Chatt's class reading with "whisper phones".



Ms. Patterson's class made pinecone turkeys for Thanksgiving

School Photos

Exciting news! Your online gallery from your school photo session is now live!

- Please visit this link to access the gallery: <https://vando.imagequix.com/K9L3W9Z>
- The login code to access your images is on the yellow QR flyer your child was given on photo day. Please check with them.
- Any active email address can be used to login.
- **Your order deadline is: October 17 2025**
- All orders will be shipped to the school. *If you miss the deadline, your order will be shipped with your school's Catch Up Photo Day orders at no extra cost, however this will take 3-5 weeks.*

Catch Up Photo Day:

- Did you miss the first photo day or are needing a retake? Retakes are offered for expression, poor posture, or head tilt; not for personal style changes (ie: change of clothing or hair). Please note all glass glare is removed on final prints.
- If you would like your photo taken, we will be at your school on: **October 20, 2025**
- [Click Here](#) to sign up. The cutoff to sign up is **October 16, 2025**

Missing your login code? No problem!

1. Visit <https://www.mountainwest.ca/support-for-families>
2. Enter the information required.
3. Your code will be emailed within 1 business day.

[Click Here](#) to find out more about ordering.

Phone: 1.888.644.4494

Email: help@mountainwest.ca



Simon Fraser University Red Leafs Hockey is pleased to invite all Lakeview Elementary students to attend one of the upcoming home games FREE!

Just use the promo code **"lakeview"** to reserve your ticket online at tickets.sfuhockey.com

SFU Hockey games feature concession, entertainment, contests, and other activities fun for the entire family. Don't miss your chance to win one of our exciting raffle prizes for 2025: Canucks Tickets, NHL Merchandise, or an official SFU Hockey jersey! Your ticket is your entry for a chance to shoot to win a 2026 Nissan Kicks Car courtesy of Rides with Gavin.

Questions? Contact us at gameday@sfuhockey.com

Lakeview PAC Family Photo Night Fundraiser



Thank you George Gomory for helping us with our family photo night fundraiser. George has completed the photography program at Langara college and we are excited for him to capture our Lakeview families. This year the fee will be \$30 with all proceeds going to the Lakeview PAC. Included in this fee you will receive unedited digital download for your personal use and just in time for Christmas cards or framed as Christmas gifts for the family!

Bring your \$30 fee in cash or cheque to your sitting in the Lakeview Library

Please use the link below to sign up for your 15 minute time slot.

<https://www.signupgenius.com/go/60B0E44A9AA2DA6FB6-59479205-photo>

October - Respiratory season and fall immunizations

Fraser Health Messaging

Keep your children free from respiratory illnesses this winter

As the weather gets colder and we spend more time indoors, we're more likely to get sick with things like colds, flu or COVID-19 because these illnesses spread more easily in enclosed spaces.

Everyone should take these steps to protect themselves and limit the spread of respiratory illnesses:

- Get vaccinated for flu and COVID-19 if you are eligible.
- Wash your hands often with soap and water. Use alcohol-based sanitizer if soap and water is not available.
- Avoid touching your face, especially your eyes, mouth and nose.
- Cough and sneeze into your elbow.
- If you have flu-like symptoms, stay home and away from people at higher risk of serious illness. If you are sick and cannot stay away from others, wear a mask. Learn more about masks [here](#).

Vaccinations for respiratory illness

Vaccinations prepare our immune system to recognize and respond to viruses. When children get immunized, they are less likely to get sick or pass along illness to others and better able to focus on learning, playing and doing the activities they love.

Register your children with the [Get Vaccinated](#) system so you can be reminded to get flu or COVID-19 vaccinations when they are due. Seasonal respiratory vaccinations are available from pharmacies, public health units and some primary care providers.

School-aged immunizations

As children get older, the protection from some [infant immunizations](#) can wear off. To set young people up for long-term health and well-being, vaccines are offered routinely in kindergarten, grade 6 and grade 9 with catch-up opportunities in other grades. Getting your child vaccinated on schedule is one of the best ways to protect their health.

All routine school-aged immunizations are free in British Columbia. If your child is not up-to-date with their vaccines, please make an appointment with a public health unit, family doctor, nurse practitioner or pharmacy. If your child's record shows their vaccines are not current, but they did get vaccines from a health care provider outside of public health:

- Contact the health care provider who immunized your child and ask for a copy of the immunization record.
- Report these immunizations to Public Health online at:
<http://www.fraserhealth.ca/immunizationform>

Learn more about school-aged immunizations, including how to access your child's records, here:

[Children and youth immunizations – Fraser Health Authority](#)

What to do during an Earthquake:



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of Canada

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