



Silverback News

Mapes Elementary School: Home of the Silverbacks!

14907 Mapes Rd., Vanderhoof, BC V0J 3A1

Tel: 250-567-4341

Happy Birthday!

Best Birthday wishes to our students celebrating a birthday in September:

- Sept. 5 - Bailey Ophus
- Sept. 7 - DaniLyn Yliruusi
- Sept. 21 - Lyla Skiffington
- Sept. 24 - Owen Skiffington
- Sept. 26 - Zachary Askeland



DATES TO REMEMBER

- Sept. 14 - Terry Fox Run @ 1:00
- Sept. 18 - PAC Meeting @ 2:00
- Sept. 21 - Pro-D Day (No School)
- Sept. 27 - Photo Day 😊
- Sept. 28 - Orange Shirt Day
"Every Child Matters"



Fruit & Vegetable Program

We will be receiving a delivery of fresh fruits or vegetables which we serve as a snack to all our learners and staff. If you do not want your child to participate in the program or your child has an allergy to any fruit or vegetable, please notify the school.

Attached to this newsletter:

- BC School Fruit and Vegetable + Milk Pamphlet
- BC School Fruit and Vegetable + Milk Permission Form
- School Messenger Pamphlet
- "A Walk to Truth and Reconciliation" Permission Form (Grade 6 Students only) Please complete and return to the school.

It has been a great start up and a pleasure getting to know the names and faces of all of the children at Mapes. We have a school full of inquisitive, kind and active children. The welcome back BBQ was a great way to build our school community and spend more time learning more about each other. Thank you to everyone who was able to attend and share in the chilly weather. I look forward to the next social event and our first PAC meeting next Tuesday. It seems too early to send home the message about warm coats, gloves and winter boots, but with our recent flurries, it is a good reminder to start preparing for winter. We will do our best to have some additional supplies at the school for cold fingers and toes!

Ms. Soffel

StrongStart!

At Mapes Elementary School

Please Join Us for a fun filled morning full of art activities, books, dramatic play, block play, gym time, outside play, and much more!!

Best part about it... It's a free program!!

Hours of Operation: 9am-12pm (Mon-Fri)

Gym time every day!!

Healthy Snack Provided around 11 am ☺

Parents must attend with their child/children

Contact:

Sydney Siemens

[StrongStart Faciliator](#)

siemens@sd91.bc.ca

Facebook Page - (Mapes Strong Start)



Bell Schedule:

- 7:55 am - Warning Bell
- 8:00 am - School Begins
- 9:30 am - Recess Bell
- 9:45 am - End of Recess Bell
- 11:30 am - Lunch - Eating Time
- 11:45 am - Lunch - Playground Time
- 12:05 pm - Lunch Ends
- 1:48 pm - Dismissal



FREE Pro-D day bike camps!

Ages 6 – 8 * 10:00 – 12:00
 Ages 8 – 12 * 1:00 – 3:00



Please Email sbarr@sd91.bc.ca to register.
 Space is limited so please register early.

YMCA of Northern BC Vanderhoof
 YMCA Recreation Programs are made possible with the support of the District of Vanderhoof

BOWLING & EXPLORING FIELD TRIP!
 Join us on Friday September 21st for an exciting day of bowling and exploring as we visit Black Diamond Bowling Lanes and The Exploration Place in Prince George!

Date: Friday, September 21st
 Location: Black Diamond Bowling Lanes & The Exploration Place
 Time: 8:30am-4:30pm
 Cost: \$30
 Ages: 5+

Spaces limited. To register please contact Taylor Vassallo at (250) 567 4524

nbc.ymca.ca

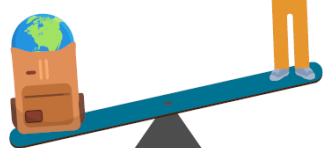
British Columbia Chiropractic Association BC Chiropractors Present:

Pack it Light!

Is your backpack making the grade?

Carrying the world in your backpack? Lighten your load! Too much weight can cause problems for your back, including pain and injury. When it comes to your backpack, remember to Pack it Light.

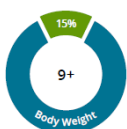
For more on packing it light visit: www.bcchiro.com/PackItLight.



Pack it Light Tips

Weigh the Load

Children in grades K - 8 should only carry a backpack that is 10% of their total weight. Grades 9 and up can go up to 15%.



Make a List

Make a list of things you will need for each day and pack accordingly. Don't keep stuff you won't need in your backpack.



Balance the Load

Pack heaviest items closest to your back. Stuff should not slide around in your backpack, so get one with lots of compartments to balance the load.



First Board meeting date of the new school year is September 24, 2018 @ 6:00 pm @ the School Board Office.

Newsletter via Email

Would you like to go paperless? If you would like to have the Mapes Elementary newsletter emailed to you and are currently not on our distribution list, please contact the office.

Student Absenteeism

If your child will be away, please notify the school at 250-567-4341.

MEDICATIONS

If your child needs medication administered to them at the school there is a permission form that needs to be signed.

PRO-D DAY at the Library
Friday, Sept 21

LEGO PLAY

10:30-11:45 am



Preschoolers must be accompanied by an adult

Wii on the BIG screen!

Grades 1 and up

2:00-3:30 pm



Orange Shirt Day
 September 28th
 "Every Child Matters"

**MBS Hall
 Family Game Night
 September 14th**



Game Night starts @
7:00 PM