



October 7, 2026

Sinkut View Elementary

Phone: (250) 567-5133

We are grateful to live, work, and play on the unceded, ancestral territories of fourteen First Nations representing the Dakelh, Nedut'en and Wet'suwet'en peoples.

MESSAGE FROM THE PRINCIPAL

Hadih, Sinkut View families!

Happy October! We have now been back at school for a whole month. September was busy with start up, our after-school meet & greet, the annual Terry Fox Run, the annual Orange Shirt Day event, the new gazebo installation, a field trip for the gr 5/6s and everything else in between. Last week, the biking program was a great addition to the gr 3-6 learning. We had a lot of fun practicing skills, and it was a fabulous opportunity to apply our growth mindsets. The SD91 Ultimate event wrapped up the week, thank you to all gr 4-6s who represented Sinkut View so well.

October won't be less eventful... This week, we are looking forward to the gr 2-6 Cross Country Run in Fraser Lake on the 8th. We aim to show great sportsmanship and teamwork, cheering for our peers and being positive! Pack layers, water and snacks to set up for the best day possible.

Please, as Halloween approaches, do not send candy with your children to eat at school. We are trying to minimize sugary snacks and ask you to send healthier choices if possible. We have lots of fruit and other options here at school, please encourage your child to try them each morning when served.

Next week is a shorter week due to Thanksgiving. Hockey Academy starts on Tuesday the 13th. We will also send home Informal Learning Updates on the 16th, which hopefully leads to constructive conversations on the 20th, when our Talk About Learning meetings take place. We also have a Book Fair that week (Oct 20-22) which PAC is organizing. Please support as we really do

depend on PAC when it comes to bus rides and other fun learning opportunities at Sinkut View!

Please familiarize yourself with our website. You'll find plenty of information including the student handbook, and our code of conduct.

Overall, it is so good to be back with our school community. It is such a vibrant place, and I am very grateful that I get to work and learn here every day!

Thank you for your support in all different ways. I wish you a wonderful Thanksgiving weekend with family and friends.

Take care of yourselves,
Mia Moutray
Principal



Oct 8 – Cross-Country Run-in Fraser Lake

Oct 12 – Thanksgiving – No School for Students

Oct 13 – Hockey Academy for Gr. 5 & 6

Oct 16 – Informal Learning Updates go home

Oct 19 – Hockey Academy

Oct 19 – 22 – Book Fair in the Gym

Oct 20 – Talk about Learning Time – early dismissal

Oct 23 – ProD Day – No school for students

Oct 29 – Pumpkin Carving

Oct 29 – Public Skating – Mrs. Wruth and Mr. Mueller

B.C.'s WELCOMING SCHOOLS

- Launching this school year, B.C.'s Welcoming Schools is a new provincial site focused on fostering learning environments where all students feel safe, welcome, connected, and supported.
- Additional information and resources are available on the new [B.C.'s Welcoming Schools webpage](#), bringing together new and existing resources and supports for students, families and school staff.

Caregivers Needed

www.csfs.org

It starts with us, let's talk about connecting kids and their Communities. Are you, or someone you know interested in becoming a caregiver?

Connect
with Emily
778-916-4719



CARRIER SEKANI
FAMILY SERVICES
Creating wellness together.



Nechako Figure Skating Club

CAN SKATE REGISTRATION IS OPEN!

Do you want to learn to skate or have a child that wants to learn to skate?

Registration is open for Nechako Figure Skating Club!
Ages 3 and up

REGISTRATION LINK:

<https://nechakofsc.uplifterinc.com/registration>



Contact : nechakofsc@gmail.com www.nechakofsc.com

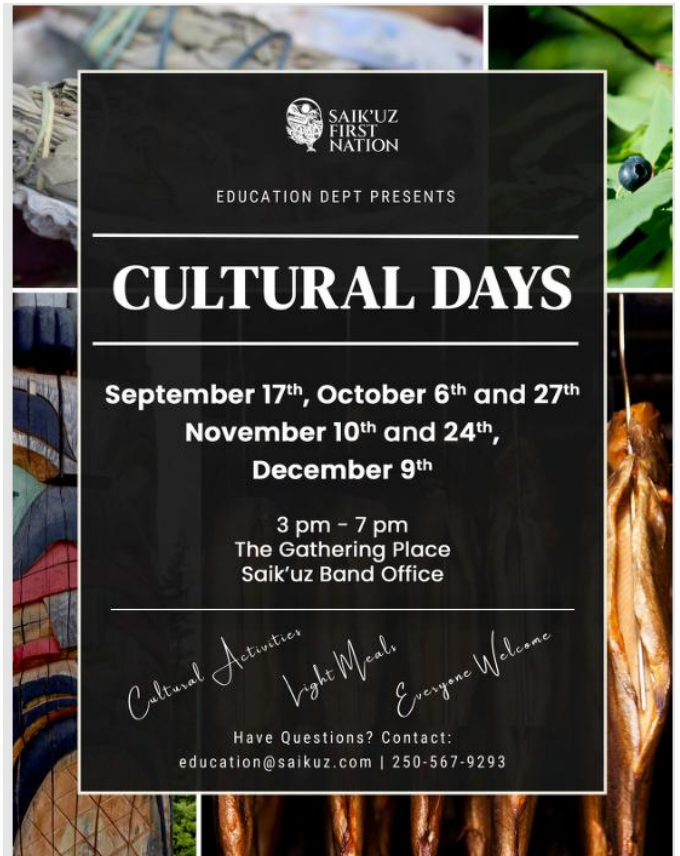


DID YOU KNOW?
Some foods that are popular around the world were introduced by Aboriginal peoples: potatoes, onions, squash, beans, maple syrup, several varieties of corn, tomatoes, pumpkins, peanuts, spearmint gum, taffy, wild rice, and popcorn.



erase Training

- In partnership with Safer Schools Together, the Ministry offers free online and in-person training to school and district safety team members, students, and families. Sessions are focused on supporting school and online safety.
- The [2026/27 erase training schedule](#) is now available and sessions are open for registration. Additional training sessions may be added throughout the school year.
- New PVP are strongly encouraged to register for [Foundations of School Safety](#) as well as other offerings to support digital and behavioral threat assessment, trauma-informed responses, and to inform critical incident response and management.



October MENU

Student's Name: _____ Teacher: _____ Total Amount: _____

If your child regularly receives a Hot Lunch, please check the menu for meals that they cannot or will not eat. Please provide a lunch for your child on those days. Thank you!

Student price - \$5.00. Staff price - \$6.00. Cheques should be made payable to SD91.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast Sandwich 	2 Chicken Ranch Wrap  <i>Custodial Staff Appreciation Day</i> Ultimate Frisbee Tournament
5 Sausages, Eggs and Roasted Potatoes  World Teacher Day	6 Hot Roast Beef Sandwich 	7 Butter Chicken Lasagna 	8 BBQ Chicken 	9 Beef Stir-Fry 
12 Thanksgiving - No School	13 Perogies and Farmer Sausage 	14 French Toast 	15 Bacon, Lettuce, Cheese Wrap  Shakeout BC – Earthquake Drill	16 Sweet & Sour Meatballs  Informal Learning Updates Home
19 Pancakes 	20 12:00 dismissal 2:00-6:00 Talk About Learning Time	21 The Snack Plate 	22 Turkey Sandwich 	23 PRO-D DAY (NO SCHOOL)
26 Fish Sticks 	27 Oven Roasted Chicken Legs 	28 Pulled Pork Sandwich 	29 Breakfast Wrap 	30 Chicken Noodle Soup 

*** Please note: Our kitchen is not fully vegetarian or gluten free. Gluten sensitive options are available if pre-requested.***

(V) indicates vegetarian option is available if pre-requested

Children, Youth & Family Services Activity Calendar

OCTOBER / 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
Families Matter Drop-in group during regular office hours				Baking 1 3:00 pm - 4:30 pm (8-12 y/o)	2	3
4	5	Movie & Board Games 6 3:00 pm - 4:00 pm (7-12 y/o)	7	Outdoor Day 8 3:00 pm - 4:00 pm (7-12 y/o)	9	10
11	12 STAY - CLOSED Thanksgiving Day	13	14	Teen Group 15 3:15pm - 5:00pm (13-17 y/o) Outdoor Day 3:00 pm - 4:00 pm (7-12 y/o)	16 Breakfast Club 8:00-10:00 Riverside Place	17
18	19	20	21	Outdoor Day 22 3:00 pm - 4:00 pm (7-12 y/o)	A Haunted Halloween 23 10am - 3pm (7-12 y/o)	24
25	26	Outdoor Day 27 3:00 pm - 4:00 pm (7-12 y/o)	28	Pumpkin Carving 29 3:00pm - 4:30pm (8-12 y/o)	30	31



For more information & to register, contact:

Declan Cooper-Smith
Email: dcooper-smith@connexus.ca
Phone: (250) 570-1648

Samantha Pratt
Email: spratt@connexus.ca
Phone: (250) 570-7599



- You can buy a square watermelon in Japan
- "J" was the last letter to be added to the alphabet



This is Brielle and Quinn from LEADS.

We have had our first meeting, and we are ready for a new school year!

People in LEADS are Emma, Brooklyn, June, Dawn, Aislynn, Zackery, Kaleb, Asha, Lavinia, Dominic, Ivy, Amelia, Lily, Adalyn, Quinn, and Brielle!!!

More to come!!!!

HARVEST WORDSEARCH

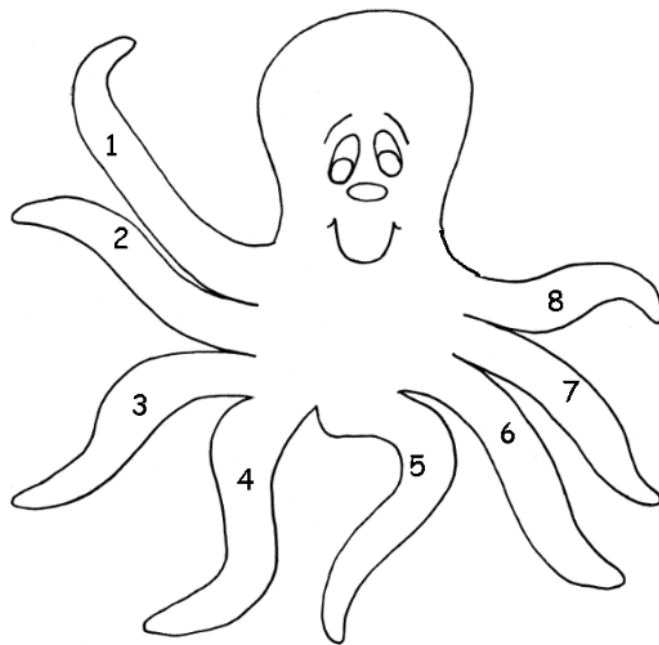
A B H V C Z W A O N
P M S P E C A N U E
P R A K E L T B P U
L U M H B O P E A R
E Y M F A R M E S V
C I D E R B T T G Q
V H K M A I Z E C W
B A F E Y L P L O W
M Y P J X B A R N J
J M K O K S G G H T



WORD LIST

APPLE	MAIZE
BARN	PEAR
BEET	PECAN
CIDER	PLOW
FARM	RAKE

Homemade
GIFTS MADE EASY

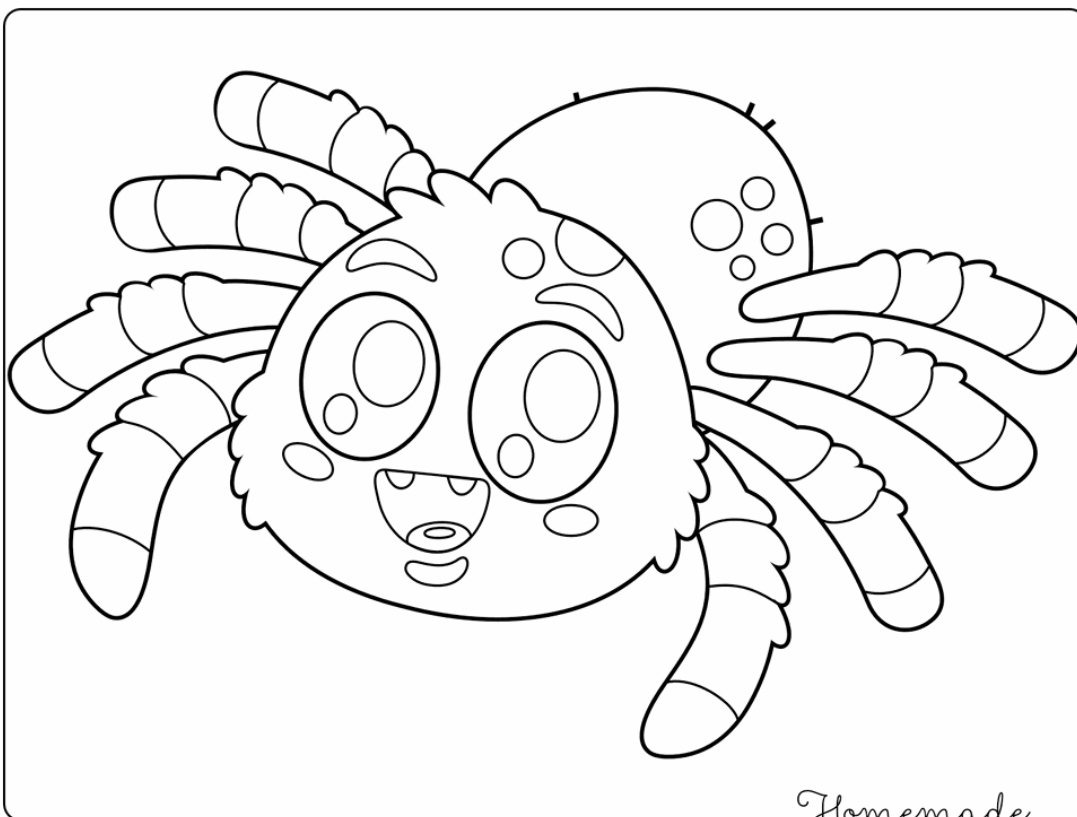


1. Color the even numbers purple.

2. Color the odd numbers green.

3. Write the even numbers: _____

4. Write the odd numbers: _____



Homemade
GIFTS MADE EASY