

KINGSWOOD EAGLES NEWS

Newsletter # 2

October 8th, 2025.



Telephone: 604-668-6280

Student Absences: 604-668-6220

Website address: kingswood.sd38.bc.ca

Email: kingswood@sd38.bc.ca

Principal: Mr. Rusty Mason

Admin. Assistant: Ms. Gina McCallum

Area Superintendent: Ms. C. Brautigam

Trustee: Ms. A. Wong

From the Office

Registration for New Kindergarten Students

Richmond School District 38 is excited to welcome kindergarten registration applications for children born in 2021, turning 5 in 2026. These children will begin kindergarten in September 2026. Online registration opens on November 1, 2025. Please visit our website <http://www.sd38.bc.ca/kindergarten> for more information about our online registration process, required documents, important dates and FAQs.



Families are encouraged to register any time during the Priority 1 registration period (November – January) for the best chance at attending their catchment

school. All registration applications completed by parents and received by Central Registration any time during the Priority 1 registration period will receive placement decisions via emails by February 6, 2026.

As per district policy, a student will normally attend the school located in their catchment area in which their parents or legal guardians reside unless there is no physical, resource or program space available. This provision may need to be applied more frequently, potentially resulting in more students needing placement outside their catchment school. Please share this information with your friends and family who have Kindergarten aged children!



Safe Arrival

If your child is going to be absent from school at any time, please phone the **Kingswood Office** at (604-668-6220) to report your child's absence or leave a message. In your voicemail leave your child's name, their division or teacher's name and the reason for their absence. Parents of children who are unaccounted for at the start of the school day will be contacted to determine their child's whereabouts. We may follow up with a phone call to find out if their absence is due to an illness.

IF YOUR CONTACT NUMBER CHANGES, PLEASE LET THE SCHOOL OFFICE KNOW.



Parking Lot Before School

As you know, our parking lot can be a busy place before and after school. We ask that parents use the drop off lane to let students out of their car in the morning. Students should get out of their car using the doors on the passenger side (right side) of their car, so they don't step out into traffic.

We know it's early in the year, but we are now starting to ask parents not to park in the drop off lane and go with their child to their classroom. When cars are parked in the drop off lane of our Round Traffic Circle, the parking lot becomes congested very quickly and an unsafe situation is created for students and parents because cars are forced to stop in the drive-thru lane of our Round Traffic Circle to let their child out of their car. This results in students walking in the Round Traffic Circle, which becomes unsafe for them. Please stop in the drop off lane, let your child out of your car, then drive out of the parking lot so the traffic keeps moving in a safe manner. If a parent needs to walk their child to their classroom in the morning, they can park in any available parking spaces in our parking lot after 8:30am, rather than parking in the Round Traffic Circle, or they can park in the neighbourhood. Please do your part to keep our Round Traffic Circle safe.



Please remember to drive slowly when you are near the school and watch for children walking and crossing the street.

Students Arriving Late to School in the Morning



It is very important for your child to arrive at school between 8:35am and 8:40am. When children arrive by 8:40am, they have a few minutes to get ready for instruction, which starts at 8:45am. If your child is consistently arriving late in the morning, your child's levels of worry and stress increases because they are entering their classroom late and they need to catch up on what they have missed. Being late also impacts the learning for others in the classroom because the teacher needs to interrupt instruction to make sure the student who is late checks into the classroom safely. Being on time is an important habit in life, particularly as children mature and become adolescents and young adults. The habits your child learns now will shape how they behave in the future.

If your child is often late, try a new routine: pack their backpacks the night before school; make lunch the night before school; have your child wake up 15 minutes earlier in the morning.

Health and Safety Practices



Thank-you to parents, students and staff for your dedication and focus to keep everyone at Kingswood healthy and safe. We continue to follow our Health Protocols very carefully at Kingswood.

When students arrive at school, they are being welcomed by staff to make sure they are healthy and feeling well.

Handwashing - Students and staff handwash many times each day, including:

- when they arrive to school
- when going outside for breaks
- when coming back inside from breaks
- after using the washroom
- before eating
- after eating
- when going home for the day

Please help us keep everyone healthy at Kingswood: if your child is ill, they should stay home so they recover faster from illness and they don't get others at the school sick.

Please Note: If a student appears to be unwell at school, we will call parents to come and pick up their ill child. Thank-you for your support in being available to pick up your child if they are unwell.

Does Your Child Get Enough Sleep?



Is your child sleeping enough each night to be ready for a day of school? Here's what the experts say.

- Sleep is an essential building block for your child's mental and physical health
- Experts estimate that sleep problems affect 25 to 50 percent of children and 40 percent of adolescents.
- Through a combination of sleep hygiene, age-appropriate routines, and close attention to any sleep disorders, you can help your child get the rest they need to grow up strong and healthy.

Why is Sleep Important for Children?

Sleep plays a crucial role in the development of young minds. In addition to having an effect on happiness, research shows that sleep impacts one's ability to be alert and attentive, as well as their cognitive performance, mood, resiliency, vocabulary acquisition, and learning and memory. Sleep also has important effects on growth.

What Happens When Children Don't Get Enough Sleep?

Children short on sleep can be grumpy or hyperactive, with effects on behavior that mimic ADHD. Sleepiness can also affect your child's ability to be attentive in school, negatively affecting their learning, their performance and their self-esteem.

Experts believe up to half of children do not get enough sleep. This lack of sleep may have a correlation to problems with a child's immune system (they can't fight off bacterial infections and viruses as effectively as children who get a proper amount of sleep), as well as anxiety and depression. There is also emerging evidence that poor sleep in childhood may carry future cardiovascular risks in the form of obesity, diabetes and high blood pressure.

Tips on How to Make Sure Your Child Gets a Full Night's Sleep

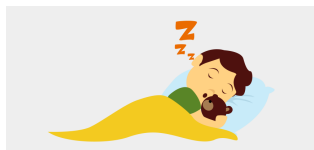
A child's sleep needs change as they grow older, but whether your child is 5 years old or a stubborn teenager, research shows a consistent bedtime routine is helpful for making sure your child gets enough sleep. Whatever routines you choose, try to do the same ones every night in the same order so your child knows what to expect.

A Typical Bedtime Routine Might Include:

- Turning off computers, iPads, TVs and other bright lights at least 1 hour before going to bed. Blue light from devices stimulates brain function when a child should be calming their mind in the evening
- Removing devices from a child's room at night, charge them in another room
- Putting on pajamas and brushing teeth
- Reading a light book, singing a lullaby, or taking a bath

Keep These Tips in Mind:

- arrange a balanced schedule throughout the week
- keep a regular bed time
- make the bedroom a no-screen zone, even during the day
- provide a healthy diet
- set the temperature in the room to slightly cooler than the daytime
- keep the bedroom quiet
- avoid caffeine, large meals and sugary treats in the evening



DRESS FOR THE COLD AND WET WEATHER:

It is important that students are dressed for the weather when coming to school.

Students will be going outside at recess and lunch every day – rain or shine.

With the cold and damp days of Fall approaching, students need to have a proper jacket, footwear (to keep their feet dry), and perhaps a hat or umbrella. If they dress appropriately for the weather, they can enjoy playing outside. Please remind your child to check the weather when getting up in the morning and getting ready for school.

If your child is not well enough to go outside during our break times, they are also not well enough to be attending school and should stay home until they are feeling better.



Our Resource Team

There are a number of people who make up our Resource Team. They include our school-based team:

Ms. S. Ip - ELL/Resource Teacher Divisions 2, 4 & 7

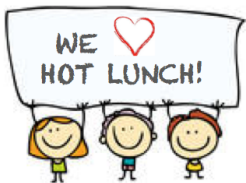
Mr. I. Chen - ELL/Resource Teacher Divisions 3, 7, & 9

Mr. J. Javerto - ELL/Resource Teacher Division 1, 4 & 6

Ms. S. Gaia-Maretta - ELL/Resource Teacher Divisions 5 & 8

Each of these teachers works specifically with classroom teachers to support children learning English and children needing some assistance learning in different subject areas. They help in the development of IEPs (Individual Learning Plan) for children with special learning needs. These excellent teachers work with children in the classroom and/or in one of our Resource rooms. Our Resource Team is part of a School Based Team that meets weekly. The School Based Team meets to talk about individual students and their needs. When the School Based Team meets to discuss an individual student, the team is comprised of a classroom teacher, Ms. K. Hunter, our school Counselor and Ms. D. Markoff, our Speech and Language Teacher. Mr. Mason also attends these weekly meetings. Parents who have concerns about their child's learning are asked to speak first with the classroom teacher who might then consult with the Learning Resource Teacher and the rest of the Resource Team.

Around the School



Hot Lunch Day – Wednesday Oct. 8th, 15th, 22nd & 29th

Hot Lunch Days are back! Our first Hot Lunch Day was on Wednesday, October 1st. Hot Lunch days are a break from the usual routine of making lunches for your child(ren) and proceeds from the

Hot Lunch are used by our school PAC to support the students at Kingswood. You can order Hot Lunches on the MunchaLunch Website. You can connect to the MunchaLunch Website through the button link on the Homepage of the Kingswood School Website.

PARENT TEACHER CONFERENCES (OCTOBER 14TH-17TH)

PARENT TEACHER CONFERENCES TAKE PLACE NEXT WEEK AT KINGSWOOD. PARENTS AND CLASSROOM TEACHERS HAVE THE OPPORTUNITY TO MEET AND DISCUSS HOW STUDENTS HAVE STARTED THE YEAR AT SCHOOL, AND AT HOME. IF YOU HAVE NOT SIGNED UP FOR A PARENT TEACHER CONFERENCE, PLEASE DO SO AS SOON AS POSSIBLE.



Parent Advisory Council (P.A.C.) Meeting (Wed. Oct. 15th)



The next Parent Advisory Council meeting will be on Wednesday, October 15th at 6:00pm in the Kingswood Library. You can also join the next PAC meeting online. Mr. Mason will send out an email with a link to join the next meeting virtually. The Parent Advisory Council’s mandate is to facilitate and promote effective communication between home and school and to foster parent participation in educational activities and decision-making. Every parent or guardian of a student at Kingswood Elementary is a member of the Kingswood PAC and is encouraged to become involved.



Eagle Exchange



Hosted by Kingswood Elementary PAC
Monday, October 20th
2:00–5:00 PM | Kingswood School Gym

Between October 14th to 17th, we’re collecting:

- Toys – New, unopened toys
- Clothing – Rain suits, snow pants, jackets, hoodies, toques, mittens & scarves (washed and in good condition)
- Shoes – Boots and runners (washed and in good condition)

How You Can Help:

1. Donate Items:

- Drop off gently used kids’ items in the designated room between October 14 to 17 during parent-teacher conference week.
- Ask Mrs. McCallum for directions - she’ll guide you, and we’ll take care of the sorting!



2. Volunteer Your Time: We need helping hands to make this event a success!

- Sign up here:
(or outside the office)



3. Shop the Sale: Bring your kids and browse for “little treasures” while supporting our school community.

- Monday, October 20 from 2:00–5:00 PM Kingswood Gym



Early Dismissal Day – 11:50am Thursday, October 16th

Students will be dismissed early on Thursday, October 16th to make time for Parent and Teacher conferences. Please make sure your family has a plan for your child being picked up early from school on this Early Dismissal Day.



PAC MOVIE NIGHT – THURSDAY, OCTOBER 23RD



PAC MOVIE NIGHT IS BACK! PAC MOVIE NIGHT IS A WONDERFUL COMMUNITY EVENT WHERE KINGSWOOD STUDENTS AND PARENTS HAVE FUN WATCHING A MOVIE TOGETHER IN THE KINGSWOOD GYM. WE HOPE YOUR FAMILY CAN JOIN US!

MARK YOUR CALENDARS. MORE INFORMATION WILL BE COMING SOON

PRO-D DAY – Friday October 24th



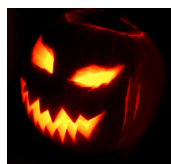
Friday, October 25th, is a Provincial Professional-Development Day. All schools across British Columbia will have a ProD Day on October 24th. Students will not come to school on this day. The Kingswood staff will be attending education workshops on this day that will support the students at Kingswood.

GRADE 6/7 COED VOLLEYBALL



Our Grade 6/7 students are beginning a season of volleyball with Mr. Javerto, Mr. Hirayama, Mr. Tang and Mr. Chang. These awesome Kingswood Staff volunteer their time afterschool to help Kingswood students learn the great game of volleyball. We will be contacting other Richmond Schools to see if they would like to play some fun games in the coming months.

Halloween Fun at Kingswood



Halloween Day (Friday, October 31st) – Students and Staff are invited to dress up in their favorite Hallowe'en costume on Friday, October 31st. At our Recognition and Sharing assembly, on the same day, students will have the opportunity to parade through the gym to show off their costume.

Remembrance Day Assembly

On Monday, November 10th, at 10:30am, we will have a Remembrance Assembly. Parents are invited to attend this very important assembly.

Poppies will be distributed to students on November 10th. We hope that your family can make a donation to the Poppy Fund. Money raised in the Poppy Fund helps to aid Canadian Veterans and the programs that assist our Canadian Veteran Heroes.



DATES TO REMEMBER

Dates to Remember

Mon. Oct. 13	Thanksgiving Holiday – school is closed
Oct. 14-17	P/T Conferences Week
Oct. 14-17	Eagle's Exchange Donations – bring your donation to Kingswood
Wed. Oct. 15	PAC Meeting @6pm in the Kingswood Library
Thurs. Oct. 16	Earthquake Safety Drill @10am
Thurs. Oct. 16	Early Dismissal for students @11:50am
Mon. Oct. 20	Fire Safety Drill @11:35
Mon. Oct. 20	Eagle's Exchange Sale (2pm-5pm in the Kingswood Gym)
Thurs. Oct. 23	PAC Movie Night
Fri. Oct. 24	Provincial ProD Day – no school for students
Wed. Oct. 29 th	Richmond District Cross Country Fun Run @ Garry Point
Fri. Oct. 31	Recognition Assembly
Fri. Oct. 31	Hallowe'en at Kingswood
Thurs. Nov. 6	Photo Retake Day
Mon. Nov. 10	Remembrance Assembly @10:30am
Tues. Nov. 11	Remembrance Day Holiday – school is closed
Nov. 13-14	Family Photo Nights (4pm-8pm)