



# McKenzie Weekly



Friday, October 3, 2025

McKenzie Elementary School wishes to recognize and acknowledge the Esquimalt and Songhees Nations, on whose traditional territories, we live, we learn, we play, and we do our work.

## Administrators' Message:

Goodbye September and Hello October!

Our week began with an assembly about Truth and Reconciliation. Thank you everyone for wearing orange on Monday and Tuesday to acknowledge our learning and growth, and to bring forward conversations about our continued commitments to reconciliation.


Our cross-country team ran their first race on Monday after school! Wow - we sure have some speedy kiddos. Practice and races continue throughout October.

Students smiled their best on Wednesday for individual photos and on Thursday we had a very quick and speedy "ride by" of the Tour de Rock cyclists. Thank you for sending in your toonie donations for both the Terry Fox foundation and the Canadian Cancer Society.

We wish everyone a restful weekend in the beautiful Fall weather.

*Carmen & Jordana*

## Mark your calendar:

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Oct. 6</b> Divs. 5 & 6 Skating @ 10:15am  Cross Country Meet - Lansdowne @ 3:45pm	<b>Oct. 7</b>	<b>Oct. 8</b> PAC Meeting	<b>Oct. 9</b> Divs. 1 & 3 Skating @ 10:30am   Popsicle Sale after school	<b>Oct. 10</b> Fire drill @ 9:30am

## UPCOMING DATES TO NOTE:

Oct. 13 – Thanksgiving (no school for students)  
Oct. 14 – Cross Country @ Lambrick Park 3:45pm  
Oct. 15 – Earthquake Drill @ 1:15pm  
Oct. 16 – Photo Retakes  
Oct. 17 – Fall Dance (tentatively set)  
Oct. 17 – PAC Hot Lunch  
Oct. 20 – Cross Country @ Lambrick Park 3:45pm  
Oct. 24 – Professional Development Day (no school for students)  
Oct. 27 – Pumpkin Run @ 2pm  
Oct. 27 – Divs. 2 & 7 skating @ 10:15am  
Oct. 28 – Soccer Jamboree 11:30-2:30pm  
Oct. 28 – Cross Country Final Meet @ 3:45pm  
Oct. 29 – Divs. 1 & 9 skating @ 12:45pm  
Oct. 31 - Halloween

## October 2025

### GVSD#61 Diversity, Equity & Inclusion Calendar

Oct. 11	International Day of the Girl Child
Oct. 13	Thanksgiving Day
Oct. 18	Persons Day
Oct. 20	Diwali/Deepavali
Oct. 31	Halloween

**Divisions 1, 2, and 3 are selling popsicles to raise funds for their Salish Sea programs.  
Thank you for your support!**

## **Popsicles \$2 each!**

For sale by the garden, after school on:  
**Thursday, October 9**  
**Thursday, October 16**  
**Thursday, October 23**

### **STUDENT FORMS:**

If you have not yet returned your child(ren)'s forms, please do so at your earliest convenience. If they have been misplaced and you require a new package, please contact the office and we will be happy to reprint them for you.

**CROSS-COUNTRY:** We had a successful cross country meet at Lambrick Park last week. Well done to all our cross-country runners and thank you to all parents and staff that cheered on our runners. Our next cross-country meet is next **Monday (October 6<sup>th</sup>)** at 3:45 p.m. at Lansdowne School. Questions?? Please email Kristy Gregson ([kgregson@sd61.bc.ca](mailto:kgregson@sd61.bc.ca))



### **WINTER CONCERTS:**

Please be advised that we will be hosting two afternoon concerts this year on December 17<sup>th</sup> & 18<sup>th</sup>. We will not be hosting an evening concert due to conflicts with other school performance times and other commitments that many of our families have at that busy time of year.

### **PARENT TEACHER INTERVIEWS OCTOBER 21 & 22:**

We are looking forward to meeting with parents and guardians on October 21<sup>st</sup> and 22<sup>nd</sup> for Parent Teacher interviews. Interviews will be scheduled using School Appointments.com and will go live for booking between Monday, October 13<sup>th</sup> @ 7am and October 19<sup>th</sup> @ 7pm. **The link with instructions will be shared in the October 10<sup>th</sup> newsletter.**

Tuesday Oct. 21<sup>st</sup> - students will be **dismissed at the regular time (2:37pm)**. Interview times will be between 3:00pm - 4:30pm

Wednesday Oct. 22<sup>nd</sup> - students will be **dismissed EARLY at the lunch bell (11:50am)**. Interview times will be between 12:45pm – 6:00pm

# PAC NEWS:

**THE PAC MEETING IS ONLINE AT 6:30PM ON OCTOBER 8<sup>TH</sup>**

**[Join the meeting now](#)**

Meeting ID: 287 515 957 773 9

Passcode: an2da7xC

## **Parent & Family Resources:**

**Family Smart** offers parent peer support, online resources, workshops, and training for parents to support youth mental health.

<https://familysmart.ca/>

Every month, we host online events for parents & caregivers who are parenting a child or youth with a mental health and/or substance use challenge called “in the know.” We watch a video and share experiences and strategies that help in the hard moments and focus on strengthening our understanding and connection with our kids.

Topics for October:

ADHD - The Real Deal, Oct 7, 21, 28 from 6:30 to 8:00

Obsessive Compulsive Disorder: It's more than over washing your hands, Oct 15, 23 from 6:30 to 8:00

[Join us online. It's free.](#)

## **MUSIC LESSONS WITH THE VICTORIA CONSERVATORY OF MUSIC:**

Music Outreach and Early Childhood Music at the Victoria Conservatory of Music are offering musical classes for all ages including children in K-5. Classes will be at the Victoria Location at 900 Johnson St. Registration: 250.386.5311.

### **1) Recorder Band for Kids**

- Oct 4, 2025 - Nov 15, 2025. Sat 12:30 PM - 1:30 PM.
- \$139.4 for 6 sessions. Ages 8–11.





Did you enjoy playing the recorder at school and want to take it a step further? Join this fun and social class where young players can continue developing their skills while making music together! Students will explore a variety of easy duets, trios, and quartets in a supportive group setting.

### **2) Family Recorder for Beginners**



- \$122.72 per participant. Ages 7-11 for the children.

Family music is a foundation for a lifelong love of music and playing together at home is much more fun than solitary practice. Beginning recorder players need a playful, social space for their playing to develop. Family Recorder is an opportunity for a parent, grandparent, or other adult to share lessons with a child. Easy musical games will develop into simple recorder duets, filling your home with music!


This class is a series of six shared 30-minute lessons for one child and one adult. To register, each of the two participants will register for six 15-minute lessons. Registration for this class can start at any time. Lessons will be scheduled in consultation with the instructor.

# HOMESCHOOL CLUB

Homework Club is a fun and welcoming environment for newcomer, immigrant and refugee students grades 1-7. There will be volunteers to help with homework and fun activities.



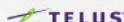
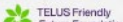


STARTING OCTOBER 7TH, 2025

**TUESDAYS 3:30-5:00 PM**

**VICTORIA IMMIGRANT AND REFUGEE CENTRE SOCIETY**  
1004 NORTH PARK STREET

**TO REGISTER, EMAIL:**  
**KIMIA@VIRCS.BC.CA**

## The Card Project is back!

Orders open Friday, October 17

See your child's artwork made into beautiful, quality products.



Greeting cards



Canvas tote bags



Year planners



Canvases & aluminum panels



Mouse pads



Notebooks & sketchbooks



Tea towels



Mugs



T-shirts

Orders open **online** on Friday, October 17.

Go to [www.TheCardProject.ca](http://www.TheCardProject.ca)

Our school's **access code** is **MK70**

**The deadline for priority order delivery is Sunday, October 26.**

These orders will be delivered in the week of November 17 - 21.

The **final deadline** is Tuesday, November 11.

These orders will be delivered in the week of December 8 - 12.

This is a wonderful fundraising initiative for our school. We receive 20% of the sales.

Questions? Contact Marcelle at [Marcelle@TheCardProject.ca](mailto:Marcelle@TheCardProject.ca)



Saanich Parks, Recreation and Community Services E-Newsletter:

<https://secure.campaigner.com/csb/Public/show/bkmr-2za8e0--1b63j5-527t6gd5>





*"I learned what to do when I'm angry or feel down."*

-Sibteens Participant

*"I like Sibshops. I made a ton of new BFFs."*

-Sibkids Participant

Sibshops is a guided recreation program for siblings of individuals with a disability. The "sibs" connect, have fun, share common experiences, and learn together. Each session is led by a trained facilitator.

Sibshops are successfully used all over the world to bring siblings together as a support system for one another.

Sibshops recognize that being the sibling of a person with extra support needs comes with many different experiences.

Sibshops reflect that brothers and sisters have much to offer one another - if they are given a chance.

Sibshops are not therapy, they are all about having fun with a purpose: to support and value these very important family members.

**SIBKIDS: 1507 Glentana Road**  
**SIBTEENS: 3861 Cedar Hill X Rd**



Celebrating 36 years of building healthy, accessible, and whole Communities.



#### CONTACT US

**Kim Dufort**

**Family Support Coordinator**

**TEL: 250-380-6363 ext. 205**

**EMAIL: [kdufort@cocf.ca](mailto:kdufort@cocf.ca)**

**FAX: 250-389-1110**

**1595 Bay St. Victoria, BC V8R 2B5**

**Website: [cocf.bc.ca](http://cocf.bc.ca)**

## SIBSHOPS

Recreational support groups for children and youth who have a sibling with special needs.



# Community Options

## SIBSHOPS: SIBKIDS & SIBTEENS.

*"I liked meeting these amazing new people who understand what I'm going through!"*

-Sibkids participant



#### SESSION DATES AND TIMES 2025-2026

**SIBKIDS : 10:30am - 2:30pm**  
one Saturday of each month  
October to May  
\$12-drop-in/ \$90-annual (8 sessions)\*

**SIBTEENS : 5:00 - 8:00 pm**  
one Wednesday of each month  
October to May  
Each session includes a meal!  
\$10-drop-in/ \$75 annual (8 sessions)\*

Thanks to the generosity of our funders, we are able to offer this program to all families in Greater Victoria at a low cost

\* If this fee is a barrier for your family, contact us to apply for sponsorship.



#### SIBKIDS (ages 7-11)

SibKids is: talking, playing, creating, moving, sharing and snacking (!) with peers in a safe space, along with trained leaders.

SibKids is hanging out with other kids who just "get" you and why parts of your life are different because your sibling needs extra support.

SibKids is being okay with all kinds of emotions and experiences.

Participants can attend one, some, or all sessions for the year, but must pre-register.

#### SIBTEENS (ages 12-15)

At SIBTEENS we commit to create a safe space for youth to explore and discover more about themselves and their families. Group participants will engage in discussion, creative endeavors and adventurous activities. They will prepare and eat a meal together each month. All of us can learn from each others' lived experience as special siblings... both the highs and the lows.

SIBTEENS is a place for youth to know and feel that they are not alone.

Guest speakers and special activities may be offered as group members are invited to direct the group's activities and focus throughout the year.

**Call 250 380-6363 or  
go to [cocf.ca](http://cocf.ca) for  
registration forms.**