McKenzie Weekly

Friday, November 6, 2026

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:

Welcome to a rainy November! The weather is definitely cooler and wetter; the mud and puddles have arrived. We encourage all families to send spare clothes for their children in the event that they get wet or muddy while outside. Even the older kids would benefit from a spare set of dry socks at school. Our goal is to be outside for both recesses, rain or shine, so please make sure your children have appropriate rain jackets and boots.

Next Tuesday we will host our annual Remembrance Day Assembly beginning at 10:45 in the gym. Families are welcome to join us for this event. Students that participate in Scouts or Guides programs are invited to wear their uniforms for our Remembrance Day assembly. They will be offered the opportunity to lead in the presentation of wreaths at the start of our ceremony.

Ms. Carmen

Mark your calendar:

Monday	Tuesday	Wednesday	Thursday	Friday
Nov. 9 Photo Retake Day	**Nov. 10** Remembrance Day Assembly 10:45am	**Nov. 11** Remembrance Day School is not in session	**Nov. 12** Climate Action Youth Forum PAC Meeting	**Nov. 13** PAC Family Photos

UPCOMING DATES TO NOTE:

Nov. 15 – Swim Club Swim Meet (Saanich Commonwealth Place 9:30-12:00)
Nov. 19 – Lockdown Drill (moved from Nov 16th)
Nov. 19 – PAC Board Game Café evening @ 5:30
Nov. 20 – PAC Hot Lunch – Subway and Sushi (Order deadline Nov. 15th)
Nov. 23 – Div 1 & 4 Parliament Building Fieldtrip (9:00-12:00)
Nov. 23 – Grade 3's Your Vision Is Our Vision Screening
Nov. 25 – Indigenous Lunch
Nov. 25 – PAC Wreath Making
Nov. 27 – Pro-D Day (School is not in session)



November Diversity, Equity & Inclusion Calendar
Hindu Heritage Month

7 – International Inuit Day
8 – Diwali/Deepavali
8 – Indigenous Veterans Day
11 – Remembrance Day
16 – Louis Riel Day
20 – Transgender Day of Remembrance
20 – World Children's Day
25 – International Day for the Elimination of Violence Against Women

MCKENZIE THIS WEEK:



Our soccer program had so many particpants this year we were able to create two teams for the year end soccer jamboree. Both teams played 4 games against Marigold, Tillicum, Eagleview, Rogers and Oaklands. A big congratulations to all our players on a successful Fall season. Thank you to our coaches Mrs. Bushell and Mr. Scott for coaching our soccer players.





We had wonderful creative ways to "Get Visible" today.

Congratulations to Karman, Amelia, Ellie, Zoey, Yodidia, Sophie, Hailey, Arianna, Kieran, Roman, Persephone and Noah for being their divisions "Most Visible"

McKenzie Remembers

We are inviting all families to share the names of family members who have bravely served our country.
As a whole school, we will be creating a special tree decorated with red hearts. Each heart will honour someone who has served and remember their dedication, courage, and sacrifice.
If you have a family member that you would like to honour on our tree, your child can pick up a red heart outside the office, write their family member's name(s) on it, and return it to Ms. Sam.
Or, if you would prefer that we write the name for your child, please complete the form below.
https://forms.gle/KxGqJCftdmUXPipR6
Thank you for helping us create a meaningful tribute and for sharing stories of those who have served our country.

Kenzie is hidden within the pages of our newsletter again.

Thank you for particiapting and staying involved in our community news.
If you spot Kenzie hidden within the pages of our newsletter you are welcome to fill out the google form to enter our draw. This week is tricky- good luck!

One entry per newsletter and one prize per month:



- Concession voucher for purchases at a PAC event
- Holiday chocolates
- Gift card for a warm drink
- Spring Concert prime seating

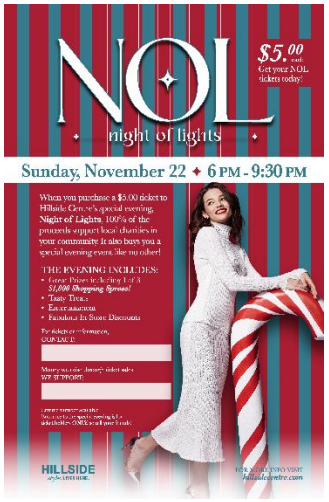
Link -- > Enter for your chance to win

Emergency Drills

On Thursday November 19th we will be joined by the Saanich Police to conduct the first of two Lockdown Drills for the school year. A 'lockdown' is exercised when there is a major incident or threat of school violence within the school, or in relation to the school.

This safety procedure is designed to maximize the safety of staff and students in circumstances where there is a potential for violence in the school or surrounding area. This protocol applies to all staff and community members that may be in the school during the lockdown. During a lockdown, staff and students will secure themselves in the nearest room, lock and secure all interior doors to the extent possible and remain in lockdown until released by police. This may involve several hours and the expectation is that school rooms remain as silent and secure as possible. From the time of the arrival of the police until the lockdown is released, police will maintain charge of the school.

In the event that McKenzie Elementary is placed in a 'lockdown,' parents should wait for information from the school district before coming to the school. At each school, lockdown drills are practiced twice per year.



Night of Lights tickets are on sale in the main office.
To learn more visit: Hillside Mall Night of Lights 2026
100% of proceeds are returned to Mckenzie to benefit our school and our upcoming Spring performance.

Spring Concert Spoiler Alert: It is unlike anything our school has done before. Props, costumes, and performances are all in the early stages of being planned.

LAST CHANCE



Class of 2027 Apparel and McKenzie Elementary Spirit Wear

- **Sample sizes are now outside the office for ordering convenience.**
- **LATE ORDERS WILL NOT BE ACCEPTED**
- **Passion Sports will NOT do returns or exchanges for mistaken orders.**
- **Online store closes on November 8th at 11:55pm. Expected delivery in early December.**

McKenzie Spirit Wear:
Order here!

Grade 5 Apparel:
Order here!

island health

Preventing Colds And Influenza (Flu)

Cold and influenza season is here. As the weather gets cooler and we move indoors, so do germs. Children need reminders to decrease the risk of colds and flu at school and home by:

- Washing hands often
- Coughing and sneezing into their elbow
- Keeping hands away from nose and mouth
- Not sharing food or drink with others
- Not sharing facecloths or towels

To help limit the spread of germs, please keep your child home from school and activities if they are feverish, coughing a lot, have thick yellow or green discharge from the nose, or are otherwise unwell.
Remember:

- Viruses cause colds and influenza
- Antibiotics will not make a cold or other virus go away faster
- The most effective treatment for a cold is rest and fluids
- The influenza vaccine will protect against specific types of influenza
- Call your doctor if your child has an earache, fever higher than 39o C (102o F), rash, is very sleepy or difficult to wake, very cranky or fussy, has trouble breathing or a cough that will not go away
- Handwashing is the most effective way to stop the spread of germs that cause colds, influenza, diarrhea, and other illnesses
- Wash hands, before and after eating or handling food, after using the toilet, handling pets, coughing, sneezing, or wiping noses

For more information:

- Your local Public Health Unit
- HealthLinkBC or dial 8-1-1 (a free call)
- Your doctor

PAC Information:







Island Jerky Fundraiser

$8 per 80g package or 3 for $22

Available flavours:
Original (wheat free)
Black Pepper (wheat free)
Teriyaki
Sweet & Spicy

purchases can be made online through the McKenzie hot lunch website: https://mckenzie.hotlunches.net/

order deadline December 5th

"Island Jerky is made by TWO J's Smokehouse in Sidney, BC and is not your typical jerky. We create the best wood smoked beef jerky available in BC. We pride ourselves in using the highest quality of beef and spices that produces a lean true wood smoked beef jerky."

Purdy's Chocolate Fundraiser

McKenzie PACCampaign ID: #000038319

McKenzie Elementary's PAC is running a Purdys chocolates holiday fundraiser once again, we love a sweet opportunity to support our McKenzie kids!

order online : https://fundraising.purdys.com/fundraising/campaign/000038319

Order deadline December 5th

PAC Meeting – Thursday November 12th @ 6:30pm

If you aren't able to join us in the library, you can join us online: PAC Meeting Link

Meeting Agenda

1. Admin Update
2. Treasurer's Report
3. Events

- Family Photos – Nov. 13th
- Board Game Night – Nov. 19th
- Wreath Making – Nov. 25th
- Christmas Tree Chipping – lead person needed

4. Fundraising

- Purdy's – Dec. 5 Order Deadline
- Island Jerky

PAC Meeting Minutes can be found on our website:
McKenzie PAC Meeting Minutes/

Community Offerings:

Connect & Learn

ONLINE EVENTS FOR PARENTS AND CAREGIVERS

Every month, we host events for parents and caregivers of a child or youth with a mental health and/ or substance use challenge.

Join us to watch a video and share experiences and strategies that help in the hard moments, focusing on strengthening our understanding and connection with our kids.

FamilySmart
Together-Centred

EMOTION REGULATION

When kids frequently have big emotions, parenting can be overwhelming and tiring. Discover some strategies and skills that can make it easier for your kids and you, and to learn about the critical role that parents and caregivers play to create positive change for young people. Learn about emotion regulation and dysregulation from Nicole Allen, Registered Clinical Counsellor.

Join us and other families for this video presentation and discussion that's facilitated by a FamilySmart Parent Peer Support Worker.

DATES & TIMES:
Wednesday, November 4 at 6:30pm
Tuesday, November 10 at 6:30pm
Tuesday, November 17 at 6:30pm
*All times are in Pacific Time

REGISTER ONLINE AT:
familysmart.ca/events

FREE EVENT

BRITISH COLUMBIA

heretohelp
EDUCATION EVENTS

1UP
VICTORIA SINGLE PARENT RESOURCE CENTRE

PARENTING COURSES

Our FREE Parent courses run every *Fall, Winter, & Spring*. And are open to everyone in the community.

- Mindful Parenting
- Healthy Boundaries
- Understanding Anger & Stress



EMAIL TODAY

info@1-up.ca