

the

2023 JUNE EDITION



SILVER STAR News

Principal: Mrs. Taylor Secretary: Mrs. Kadach Vice Principal: Mrs. Mallow

❖ Spring is here! ❖

Principals Message

Hello to our Silver Star families!

It has been a great year. Students have shown such growth in their Social and Emotional learning. It is always a pleasure to wander the hallways and visit classrooms. I am always greeted with a friendly hello and a warm smile.

It is important that we stay focused on the collective efforts to work to ensure we keep each other safe, inside the school and within our community. Thank you for all your support and understanding as we work on our school goals and District Strategic Plan to ensure student success.

I am very proud of our staff, students and community.

Our staff have been working very hard all year, to help students make positive choices that support academics and behaviours. A big thank you to all the Silver Star Staff.

Summer is almost here! The staff at Silver Star would like to wish all of our students and families a wonderful summer and will look forward to seeing you again in September.

Be The BEST That You Can BE!

Words that we live by here at Silver Star.

Be the best that you can be. Pursue your goals persistently. Make your fondest dreams come true, and most of all, believe in you.

Off to New Adventures

It is with much appreciation that we say good bye to **Mrs. Jurisson and Mrs. Lester**, who are retiring at the end of the year. We want to thank them for all they have done to help make Silver Star the Best it Can Be over the years! We wish them all the best on their new journeys.

At this time of the year, we say good-bye to many of our valued EAs. **Mrs. Taylor, Ms. Nicholson, Ms. Cherney** have been a very important part of our Silver Star team and we will all miss them dearly.

Teachers that will be moving on will be **Mrs. Meyer, Ms. Cambell, Ms. Fochler and Mr. Dalliston**. We wish them the very best in their new roles for next year.

Ice Cream Truck at Silver Star!

Vernon Teach and Learn will be coming to Silver Star with their Ice Cream Truck on June 27th. Ice cream orders will be organized soon. Stay Tuned!



✧ **Tomorrows Stars are Here Today!** ✧

Water Bottles at School



Please ensure that your child is bringing a water bottle with them to school. As the days are getting warmer and more classes are taking advantage of the outdoor learning experience, students will need to hydrate.

Noon Hour Supervisor

Silver Star will be looking for a new noon hour supervisor of the 2023/24 school year. If you are interested in this position please contact the office.



Kindergarten Registration

Our Silver Star Kindergarten teachers welcomed our new Kindies earlier this month.

Important Information if you have not registered your child for Kindergarten.

If your child is turning five this year, you will want to ensure that they are registered before June 29th.

Please contact the office 250-545-4409 for more information.

Lost and Found

Lost and found has been displayed in the hallways. We will be setting it up outside by the fence area in the mornings and leaving it out until end of day. Please check the lost and found to see if your child's belongings are there.

Grade 7 Farewell!

Silver Star staff will be hosting a Grade 7 Farewell dessert night to honour their time here at Silver Star. This will take place on Wednesday, **June 28th at 6:00 pm**. Many staff will be present to say good bye to a wonderful Grade 7 class. We are all in this together!

Last Week of School

Thursday, June 29th will be the last day of school for all students. It will be an early dismissal day.

Students will be dismissed at 10:30 am.
The school will then be closed to students.

Work it Out

Work it Out is a school wide program that we continue to use throughout the school. All teachers are using it in their classrooms here at Silver Star. It teaches our students the skills to help them to learn to self regulation, become better problem solvers, and create a common language within the school.

A Warm Welcome

Please join me in welcoming our **new grade 6/7 teacher** Mrs. Jenny Freisen to Silver Star. Mrs. Friesen comes to us from Hillview Elementary and was our grade 7 basketball coach this year. We look forward to the innovative and engaging opportunities she will share with her students and the Silver Star team.



✧ Be the Best You Can Be! ✧

Student School Supplies for 2023/2024

As has been the traditional practice at Silver Star, teachers have ordered student school supplies for September. Ordering school supplies for students, saves parents time and money. **As we place a bulk order, the school is able to purchase quality supplies at a reduced cost.** Teachers have different supply orders which make it specific to their plans for the different styles and units that they are working on for the next year. We ask you kindly to **NOT purchase supplies** over the summer.



We strongly recommend that parents purchase the school supplies through Silver Star. This helps to ensure that your child receives the right materials for their specific classroom and parents receive the benefits of cost saving due to bulk ordering. The cost will include the agenda book as all our teachers from K to 7 have requested a class set for their students.

Our prices for this year:
K - 7 = \$70.00

Medical Alerts for 2023/2024

All students with life-threatening medical conditions are required to provide the school with up to date information each year. If you are new to the school you would have received documents to fill out with your physician and return to the school in September. Parents of students with a plan already in place will be contacted at the end of August to update the plan with Administration. This is essential, and it

guides our response to medical emergencies for students at school.

Class Changes for September

We value the input of parents but please note that requests for changes to student placement in September can quickly negate the original design of the classroom based on all the students' needs, the social groupings and the balance of the communities designed by this year's teachers. These changes would create a ripple effect among other classes throughout the school. Teachers work very hard to ensure each child at Silver Star is in the best classroom setting for their individual needs. Therefore, requests for changes to classes will not be made in September.

A Special Thank You To Amazing People



A special thank you to our PAC Executive. We would like to thank them for all their time, treasures and talents. Without their support we would not have been able to purchase many of the items that support our school programs. This group helped to maintain school community by organizing Hot Lunch days and purchasing many different items for the school. Thank you to **Danielle Robert and Shantel Frank, Erica Anderson, Tracey Rooy, Trisha Hewes, Sarah Moorhouse.** Thank you for your time throughout the years and sharing your ideas making Silver Star a better place to be!

Be the I in Kind!

When to Keep your Child home from School

Is your child too sick to go to school? **Health Regulations are always in effect.**

Please keep children at home if they have...

- a fever, and keep them home for 24 hours after the fever is gone.
- vomiting or diarrhea, and keep them home for 24 hours after the last episode.
- a severe sore throat.
- a rash with no known cause.
- a severe cough especially with other symptoms like a runny nose and headache.
- redness, swelling or discharge of the eyes, ears or skin, unless treated.
- been acting unwell and have little energy to join in school activities. Want more information on any health topic?

Contact HealthLink BC: Dial 811 or go to

<http://www.healthlinkbc.ca/>

to speak with a Registered Nurse 24 hours a day, every day of the year. A Quick Guide to Common Child-hood Diseases from the BC Centre for Disease Control: <http://www.bccdc.ca/NR/rdonlyres>

Up Coming Events

June

- | | |
|------|-------------------------------|
| 16th | Dress to Impress - spirit day |
| 21st | National Indigenous Day |
| 27th | Ice Cream Truck |
| 28th | Primary Fun Day |
| 28th | Grade 7 Farewell |
| 29th | Last day Early Dismissal |
| 30th | Summary Reports to Parents |

September

- | | |
|------|------------------------------|
| 5th | First Day of School |
| 13th | First day of K full days |
| 25th | Professional Development Day |



SCHOOL CALENDAR FORM - GENERAL

2023/2024 CALENDAR

JULY						
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■ Instructional
 ■ Non-Instructional
 ■ Vacation Period
 ■ Statutory Holiday



Ministry of
Education

KIDS IN CONTROL

NOW
ACCEPTING
REFERRALS

WHAT IS THE PROGRAM?

An education and support program for kids who have a loved one with a mental illness or struggles with substance use.

The program offers age-appropriate educational resources, information, support, and connection with peers.



WHAT ARE THE TOPICS COVERED?

- Mental illness
- Self-care
- Personal boundaries
- How to express feelings

UPCOMING PROGRAM

	DATES	Wednesdays July 5 to August 23
	TIME	1:00 pm to 3:00 pm
	LOCATION	CMHA Youth Integrated Services Hub (YISH) 3100 28th Avenue, Vernon BC, V1T 1W3

ACCESS VIRTUAL FOUNDRY



Available for:
Youth 12 to 24 years old



Walk-ins
Tues + Wed



3304 30th Ave,
Vernon BC



2:00 - 6:00 pm
Last walk-in at
5:00 pm

FREE

CONFIDENTIAL

**SAFE
SPACE**

For questions or more about YISH programs:

Email
youth@cmhavernon.ca



Text
250-540-5202





ASIST

Learn the skills. Help save a life.

Suicide is preventable. Anyone can make a difference.

- Two-day workshop in suicide intervention skills
- Learn and practice a life-saving intervention model
- Widely used by professionals and the general public

ASIST's impact in 2016



ASIST works

Studies show that ASIST participants gain:

- ☒ Knowledge about suicide
- ☒ Skills to reach out
- ☒ Confidence to help save a life

ASIST changes lives

Odds of improvement after receiving an ASIST intervention (2013 study):

- ▲ 35% more hopeful
- ▼ 31% less depressed
- ▼ 46% less overwhelmed
- ▼ 74% less suicidal

ASIST is cost-effective

50:1 return on investment in decreasing long-term costs of suicide (2015 study)

ASIST Workshop

Date: August 10-11 2023

Location: Vernon, BC

Hosted by: CMHA-Vernon

**\$275; Cost is FREE if you are:
a Youth aged 16-24.**

If cost is a barrier, contact us.

To Register call/text: 250-540-5202

Learn more about ASIST and see the evidence at www.livingworks.net/ASIST



LivingWorks



esucideTALK



suicideTALK



safeTALK



ASIST



suicide to Hope