



Mill Bay Nature School Weekly Newsletter

October 13-17

Mill Bay Nature School 2025/2026

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Happy Thanksgiving



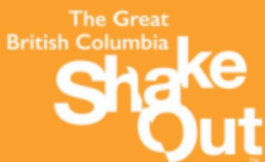
I want to wish all of our Mill Bay families a warm and cozy Thanksgiving weekend. We embrace the daily practice of gratitude at Mill Bay Nature School. I want to take today to say how truly grateful the staff and I are to be able to spend each day with your children, connect with families and work together to build this wonderful school community. I hope you all find some time this weekend to connect and reflect on some things in life that bring you joy, peace and comfort. Happy Thanksgiving everyone.

The Great B.C. Shakeout



This Thursday, October 16th at 10:16 am, we will be participating in B.C.'s Great Shakeout. This is a province wide earthquake drill to start our school year's emergency drill education and practice. We perform multiple earthquake, fire and hold and secure drills throughout the year to help educate and prepare students and staff for any emergency situation that may occur.

This October 16th,
Get Ready to
ShakeOut.



Presenting Sponsor

Community Family and Parent workshop information



The Cowichan Valley School district works closely with many community partners throughout the year. There are often workshops, information sessions and events that are offered to families. I will be posting the information for such events here when they come up. There is a workshop for parents coming up, that is put on by Integrated Child and Youth. Please see the attached flyer for more information.

In-Person Events

Community Events

Connect & Learn | for Parents & Caregivers

Beyond Behaviours: When is it more? What it looks like at

Ages 4 -8

Why can it feel so tricky to tell if our kids are on track, going through a phase, as opposed to struggling with something more, or something beyond behaviours?

If you are a parent/caregiver of a kindergarten child, join us to learn from Karen Peters, Registered Clinical Counsellor, as she talks with us about the developmental stages of children 4 - 8 years old and what might be some signs of mental health challenges at this age.



Dates & Times

Wednesday, October 15, 2025, 9:30 – 11:00 AM
or

Thursday, October 23, 2025, 9:30 – 11:30 AM

These events are for parents/caregivers only, and we cannot provide childcare. Coffee, tea and snacks will be provided.

Both events include a video presentation that will be followed by a facilitated discussion by the Family Peer Support Worker in the Cowichan Valley.

LOCATION:

Cowichan Valley Open Learning Centre - Op Mackirdy Building, 1033 Nagle Street, Duncan
Please note that the ICY room entrance faces Cairnsmore Street.

COST: Free

Questions?

EMAIL: kim.robinson@familysmart.ca

PHONE/TEXT: (250) 755 -4826

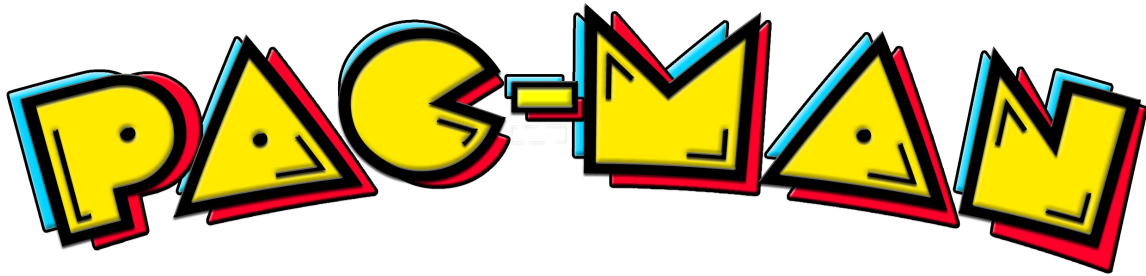
Register to receive a reminder email:
familysmart.ca/events



Register online at
familysmart.ca/events



PAC



Our PAC has a new Facebook page for the parent community to join. This is platform to inform you of PAC run events, fundraising events and other community events that are pertinent to our school community. Please check this page out at:

<https://www.facebook.com/millbaynatureschoolPAC>

Important Dates



Monday, October 13: Thanksgiving, school not in session

Thursday, October 16: The Great Shakeout at 10:16 am

Thursday, October 23:

* 2 hour early dismissal (students dismissed at 12:13 pm)

- Photo Re-takes 8:30-9:30 am
- Ms. Ludwig and Ms. Leva's classes on a field trip to Goldstream Park to watch the salmon spawning run

Friday, October 24th: Pro D day, schools not in session

Wednesday, October 29th: Bus evacuation drill in the afternoon, **this will cause the bus drop off time to be 15 min later than usual in the afternoon.**

Friday, October 31: Halloween (parade and activities in the morning)

Monday, November 10: Remembrance Day assembly 9:00-9:45

Contact Us



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Visit our website for calendar and other happenings around the school:

<https://natureschool.sd79.bc.ca/>

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