

Gwa'sala-'Nakwaxda'xw School Newsletter

Strong Together In All We Do



October, 2025

Gilakas'la,

Life at Gwa'sala-'Nakwaxda'xw School continues to be full of energy, learning, and community connection! October has brought a wonderful mix of classroom learning, cultural experiences, and special events.

We were happy to host our Welcome Back Dinner for families earlier this month. It was great to reconnect and share a meal together as we continue working in partnership for the success and well-being of our children. Our students showed great enthusiasm during the Scholastic Book Fair, exploring new stories and building their love of reading. We also took part in the BC ShakeOut Drill, practicing earthquake safety together as part of our ongoing commitment to student safety and preparedness.

Halloween was a highlight of the month! Students and staff came dressed in creative costumes for our Costume Parade, filling the hallways with laughter and excitement. It was wonderful to see families join in the fun and celebrate together.

In mid-October, our teachers and education assistants participated in a provincial professional development day, engaging in workshops and discussions that support high-quality instruction, inclusive education, and student success. We appreciate the ongoing commitment of our staff to learning and growth.

As we move into November, we look forward to our annual Indoor Soccer Tournament on November 12, 13, and 14. This event is always full of school spirit and teamwork — we encourage families and community members to come cheer on our young athletes in the gym.

Thank you for your continued support in making Gwa'sala-'Nakwaxda'xw School a place where students learn, grow, and thrive every day. If you have any questions or ideas to share, please don't hesitate to reach out.

Reed Allen-Principal

News from Karen

Yo Parents, Guardians and Caregivers

This month has been full of learning, fun, and lots of ghosts and goblins! We are well into our school year, and it's exciting to see the students doing so well.

Each week, we hold a draw for our **"GOTCHA" cards** — these are given to students who demonstrate our school values throughout the day. We draw 4–5 names each week, and the winners receive a small prize. So far this year, we've received **182 GOTCHA cards in just two months!** Way to go, students! 🎉



There's still time to complete the FNSA **School Assessment for Parents**. Please stop by the school to fill out the quick 5-minute assessment — you'll receive a **\$10 CO-OP gift card**, and your family will be entered into our **\$250 Save-On-Foods draw** later this month.

If you'd prefer to complete the survey digitally, please contact me at **250-949-7743 (Local 140)** or email me at **kaoki@gwanak.bc.ca**. The more parents who take part, the better we can shape the goals and direction of our school.

Thank you for your continued support!



Lyam's Grade 6/7 Class

Hello Everyone,

This past month, our class has been busy with outdoor learning! We've been heading outside every afternoon, including a hike along the Airport Trail to the Keogh River (Giyuxw). At Giyuxw, students learned about the Sisintle namima, deepening their understanding of local culture and connections to the land. In the classroom, we've been focusing on essay writing, building strong writing skills and thoughtful ideas.

One of the highlights of the month was the basketball game against the staff — the students had a great time and showed wonderful teamwork and sportsmanship!

Every Friday morning, our students have also been taking part in a traditional singing group, learning songs and drumming that help strengthen their cultural identity and sense of belonging. It's been a meaningful way to start our Fridays together.

Looking ahead, we're excited for the soccer tournament next week and our upcoming Hada trip from November 17–21. We'll be sending more information home about the trip soon, so please keep an eye out.

As we move further into the school year, we want to remind families about the importance of regular attendance. Consistent attendance helps students stay connected to their learning, develop strong routines, and build the good habits that will support them as they prepare for high school success.

Gilakas'la,

Lyam



Allyson's Grade 5/6 Class



October was a busy and exciting month in our classroom!

We explored how Canada's three **levels of government** work together and learned which levels are responsible for answering the **94 Calls to Action** from the Truth and Reconciliation Commission. We also studied the **histories of the Giyux River and the Sintatla**, deepening our understanding of the land and her stewards. On our way back from the wa, we found some **plantain** and learned how their **leaves** can be used as a natural remedy for **blisters and bee stings** and even as a **blood coagulant**.

Students have been creating **data sets** with their bedtimes, and wake up times, working hard on **multiplying by two-digit numbers** and representing their thinking with diagrams and cubes, building confidence with multi-step problems.



This month we focused on **spelling patterns**—including syllables, digraphs, and blends to build our independence in writing—and continued reading about **Maddie and her quest for survival**, practicing our prediction, inferring, and discussion skills along the way.

Students also began **weaving projects**, using colour, texture, and patience to create unique and meaningful pieces.



Deb's Grade 4/5 Class



October has brought us beautiful weather, allowing us to continue our outdoor learning! We've spent time along the Quastii River Trail observing salmon spawning and even had the amazing opportunity to watch eagles teaching their young to fish. We are very fortunate to have Latishsa continue sharing and teaching the Bakwamkala language with us on the land, and we've also enjoyed having Julie and Corey join our learning experiences.



In the classroom, students have been working hard on Kenya research projects and recently sent their return letters to their pen pals. Our STEM activities have kept students busy exploring math and science through LEGO-themed challenges, and our art projects have been filled with fall and Halloween creativity. In culture students have working hard practicing the dances!



I'm looking forward to seeing everyone's costumes and hearing all about their Halloween adventures!



Jen's Grade 2/3/4 Class



October highlights - Halloween, pumpkin carving in ADST, preschool visits, outdoor learning, puzzles in bakwamkala', dancing in culture, library time, music, art with Sara, spooky story writing, reading groups, and hands on math!



October Quotes
 "Sprinkle kindness like confetti"
 "We rise by uplifting others"
 "I am responsible for my own actions, you are responsible for yours!"
 "Kindness is like a boomerang."

Jackie's Grade 2/3 Class



What a fun-filled month of learning!

In addition to learning our classroom and school routines, students have been working hard to develop their reading and math skills. According to the National Reading Panel, one of the keys to successful reading is *repetition, repetition, repetition!* I'm so proud that every student reads their *Read Well* homework to a staff member three times! When they bring home a bundle of completed readings, they can share it with a family member for a *fourth* time — a wonderful way to celebrate their progress and build confidence.

This month, we also explored the Cougar Trail and the Beaver Lake Trail. Students discovered a variety of mushrooms, compared deer ferns and sword ferns, practiced navigating the forest floor, and built their sense of balance and stamina while exploring the woods.

To wrap up the month, we celebrated Hallowe'en with a costume parade, trick-or-treating with the elders, a dance party, and a fun mummy-wrapping activity!



Melanie's Grade 1 Class

What a wonderful October in Grade One!

We've been learning and having so much fun! In October, we explored the signs of autumn by learning all about pumpkins, leaves, and spawning salmon. We even got to see our learning come to life during our visits to the Quatse Stewardship Centre, the Tsulquate River, and Storey's Beach. Last week, we had a spooktacular time celebrating Halloween at school! The students had a blast showing off their amazing costumes during our parade and trick-or-treating with our elders. We're really settling into our learning routines now, and many of the kids are starting to read. I'm so proud of all their hard work and excitement for learning every day!



Sheri-An's Kindergarten Class

Gilakas'la! I cannot believe November is upon us. October was a month of fun and excitement gearing up for Halloween. The children are working on building classroom routines and friendships. The children learned about leaves and pumpkins this month. We also read stories about, and did activities focused on being thankful. We were able to go to the Quatse hatchery to learn about the salmon life cycle. We walked to Little Tsulquate river and watched salmon spawning. Halloween was a fun filled time with songs, dance, stories and crafts throughout our days.



Quatse Hatchery



Halakas'la Kingsey!



Pumpkin Pie



Witches' Brew



Pumpkin Fun



Michelle's Pre-K Class

October has been a full and exciting month! The fall sunshine provided some beautiful days to play outside, visit the garden and make a field trip to the Quatse Hatchery! Each child was able to see some coho spawners in the river and have loads of fun playing with the hands-on displays. The ganganānām are learning animal names in Bakwāmkala and interacting with our kind and loving elders. The students seem so proud to know and use new words that we learn through play and song. We ended the month with a fun-filled Halloween week of pumpkins and the sweetest group of trick-or-treaters. Happy October Birthday to our newest 4 year old, Devaya!



Halloween 2025



Sweeter than candy!

Robin's Bakwamkala Class

Gilakasda'xw'la. October was a busy and exciting month filled with learning, creativity, and community connection! It was wonderful to see so many families come together at our Welcome Back Dinner. Sharing a meal and reconnecting after the summer was such a great way to start the school year. During the evening, we were proud to share our new Jarring Fish video, which highlights Bakwamkala language around preparing and preserving fish. Be sure to check it out on the school's YouTube page if you haven't seen it yet!

Later in the month, we hosted a Youth Camp where students had the opportunity to learn how to integrate language learning with claymation. It was amazing to see their creativity shine as they worked together to bring their words to life through animation. Everyone had a lot of fun, and it was inspiring to see how language and art can come together in new ways.

I've included some photos from the day so you can see the great work and energy from our youth!



Latisha's Culture Class

Gilakasda'xw'la Łi'la_xwal,

Over the past few weeks, the g_in_in_am have continued learning about the dances of the Tseka and their origin and have been studying the meaning of certain dances and connecting it to the teachings shared in class.

They've also been dancing! It's been awesome to see their confidence grow with each class and to watch how steadily they're becoming more comfortable with the movements and songs. The g_in_in_am have also been learning the meaning of each hand movement of the songs we're learning.

The g_in_in_am have been learning with Lyam, their Grade 6–7 teacher, at the tamidzu. He's been sharing his knowledge and experience as a singer at the log, helping the students understand the rhythm, responsibility, and meaning that come with that role.

Gilakas'la,



Sara's P.E. Class

The grade 5, 6, and 7's worked together to complete a relay race using the tandem skis. Above you'll see the pairing teams of Simone and Bailey, Illiyanna and Irene, and Darryl and Ta'nis.



For the month of October students have been focusing on a range of skills. We started off the month with touching on dance and rhythm using the old school game of dance dance revolution. The students also used skipping ropes and learned the techniques of juggling to practice their coordination and rhythm. Every Tuesday of the week is dedicated to working on core competency skills like communication, critical thinking , and personal awareness. Activities like parachute and relay races help foster a space to practice those skills. We also have been focusing our energy towards soccer as the Annual Gwa'sala-'Nakwaxda'xw Soccer Tournament is approaching! We are excited to see a full gym cheering everyone on!



Legend building his strength during a station rotation day!



Gage supporting Laz during an injury in soccer.



Kaiya, Devaya, and Christine hiding in a Halloween game of hide-and-seek!

News from Heather

Whatever
you do, do it
with love!



Healthy Foods word search

S I B Y F U S Z R V X H G O Q S Z K E R E S V O
N E G H X R C F I B L I S P P Q H V O B V C O I
K U U H C Z X Y Y C A D E S E E H C U F R U I T
A K V W P Z F G Q L I N Y W K O I K Y G P E O C
U H N E Z H O H K G R L A B L U E B E R R I E S
N S S Y F D P B S S D C Y N O K N B Y S L I L K
V E T T A E M A E A X G Q G A U P M R P H Z N F
O R K U O F D U P U G X K D R L W F I E C J K N
X E V C N R F Z Q P G H A E S A A A G L A W O W
Y S D G I A R L L Y L T W N S W N R A S K D L K
A A T O C H E A W Q Y E E E H A A O M C K T R Q
Z B A R B S C P C T C E O U A X H H L F E B W K
M J X J A K J Q W J R T S O Z L V Y Y A H K A L
T P E F T W Z M O G A E A E Q Q M H M T A S T H
R S U R I I B Y N M K Z G P P R D O C Q X Z E W
P E S U B L E E O Z V S D G R A G K N R I Q R N
Y O A G V O M T R G W X N T S O R E N D A G M G
D T L W G C H B Y R R V V I R W T G G U S S E I
U A A C I C O S R X I Z B W A U E E V N J P L N
O T D L F O D M I W S E A L L R G V I C A O O A
S O H W G R W M A Z Z T S G K V G O O N Z R N E
Y P G O W B O A D P E Q K W X L V W Y D Z K O N
P E J A Q W S A H R D C H E R R I E S Z Z V L G
R B L S T I D O N H Z A J N D I W S N N F I S H



Fish
Greens
Broccoli
Cherries
Potatoes
Bread

Peanuts
Orange
Protein
Strawberries
Granola
Water

Almonds
Blueberries
Fruit
Grapes
Yogurt
Carrots

Chicken
Banana
Dairy
Salad
Grains
Cheese

Eggs
Apple
Watermelon
Tomatoes
Meat
Milk



6 WAYS TO FIGHT THE FLU

How to fight the flu this holiday season:



Get your flu shot



Wash your
hands



Avoid touching
your face



Eat healthy
foods



Sneeze/cough
into your elbow



Stay home if
you're sick

Welcome to November!!

As we enter the colder and darker months, it is important to stick to the easy principles that keep us healthy and happy!

Drink your water, move your body, sleep for 8 hours (at least) and get together with your family and friends!

Keep the germs away by washing your hands often, covering your coughs and staying at home if you are not well.

Before we know it the Christmas holidays will be here!

Stay healthy,
Love Heather!

News from Chef Sharon

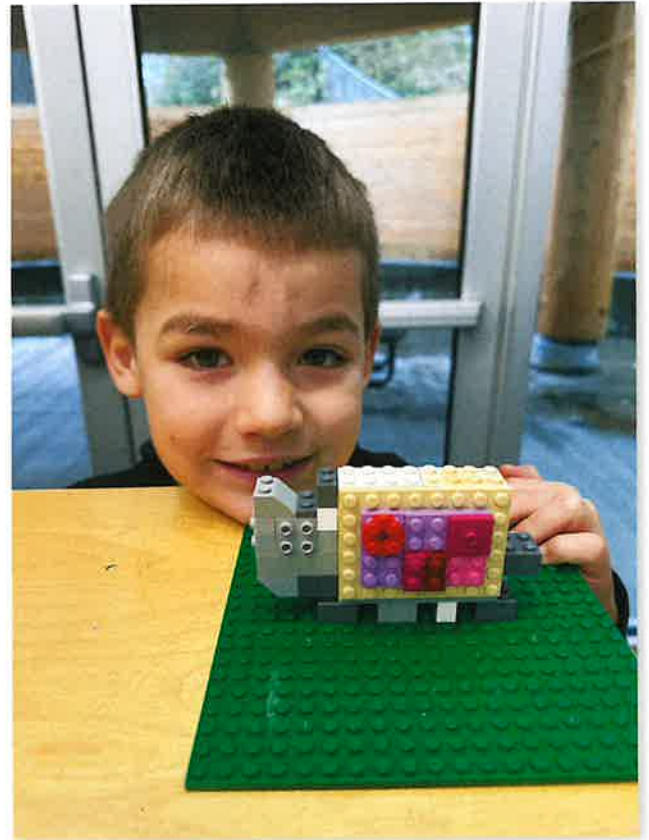
Happy November!

The days are getting colder and fall is in full swing and our cafeteria is ready with warm, nutritious meals for the students. Homemade soups, dinner buns, pastas, pizzas and many more favourites. The cafeteria staff would like to give a big thank you to the students and staff who help keep clean and running smoothly every day. Great teamwork!! Also a big shout out to all our amazing students who use good manners in the breakfast and lunch line each day. It makes our day a bit more special! Don't forget the Soccer Tournament November 12/13/14th. Lots of great food! See you there.

Sharon



School Activities



Halloween



October Birthdays

Happy October Birthdays to: Nathaniel, Oaklynn, Ophelia, Philip, Lola, Quinten, Eve, Lazarus, Phoenix C and Devaya.





GWA'SALA-NAKWAXDA'XW SCHOOL INDOOR SOCCER TOURNAMENT

**NOVEMBER 12:
GRADE 2/3**

**NOVEMBER 13:
GRADE 4/5**

**NOVEMBER 14
GRADE 6/7**



**CONCESSION
AVAILABLE**



NOVEMBER 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Div 1 Lyam Div 2 Allyson Div 3 Deb Div 4 Jen Div 5 Jackie Div 6 Melanie Div 7 Sheri An Div 8 Michelle						1
2 Daylight Savings Time ends TURN YOUR CLOCKS BACK	3 Div 1/2 Outdoor Learning PM Happy Birthday Cristian Hunt	4	5 District Cross Country Run - Sointula - Leave @ 9:00	6 Happy Birthday Avery Hunt	7 Skating All Classes	8 Indigenous Veterans Day
9	10 Div 1/2 Outdoor Learning 12:50 Div 5 Outdoor Learning PM - Cluxewe Sand Pit	11 REMEMBRANCE DAY <i>Let We Forget</i> Remembrance Day - School Closed	12 Div 6/7 Outdoor Learning PM	13	14 	15 SOC CER TOURNAMENT Grades 2-7
16 Happy Birthday Phoenix Buchanan	17 Div 1/2 Outdoor Learning PM	18 Preschool/K Swimming LOCKDOWN ALERT DRILL	19 Div 3 Outdoor Learning PM	20	21 Swimming All Classes	22 Happy Birthday Illianna Dawson Happy Birthday Silva Brouwer
23/30 Happy Birthday Aziel Walkus Jackson	24 Div 1/2 Outdoor Learning PM Div 5 - Georgia Lake - All day Happy Birthday Robin Rosborough	25 Preschool Swimming	26 Div 6/7 Skating Happy Birthday Clay Charlie Happy Birthday Konner Walkus	27 Literacy Evening 5 - 7 pm	28 Professional Development Day No School for Students	29 Happy Birthday Perry Charlie Jr.