Gwa'sala-'Nakwaxda'xw School

NEWSLETTER



OCTOBER 2026

Gilakas'la,

October has been another busy and exciting month at Gwa'sala-'Nakwaxda'xw School! Our students and staff have enjoyed a variety of learning opportunities, cultural experiences, and special events throughout the month.

We participated in the Great BC ShakeOut, practising our earthquake safety procedures and reminding students of the importance of being prepared for emergencies. We also welcomed the Scholastic Book Fair, which was a wonderful opportunity to encourage a love of reading among our students and families.

One of the highlights of the month was our Grade 7 cultural trip to Hada, where students had the opportunity to connect with their culture, learn on the land, and deepen their understanding of their traditional territories. Experiences like these are an important part of the learning we value at our school.

Our staff also participated in Professional Development Days, taking time to collaborate, reflect, and strengthen their teaching practices to better support our students.

We wrapped up October with some fun Halloween activities, including costumes, celebrations, and plenty of excitement throughout the school!

As we head into November, I want to thank our dedicated staff, supportive families, and community members who continue to make our school such a special place to learn and grow.

Stay connected with everything happening at our school by following our school Facebook page or visiting our website.

We look forward to another great month ahead!

Reed Allen
Principal

News from VP Karen

Yo, Parents and Guardians,

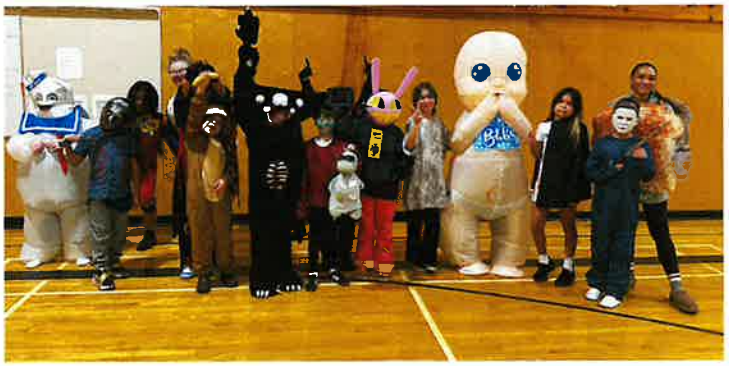
October is over, and the kids are learning so much. Between reading and math, students have had opportunities with Science Venture, participating in the cross-country run, swimming and having fun at our annual Halloween parade!















Thomas's Grade 7 Class

This month in Division 1, our focus was twofold. First and foremost, we spent a great amount of time and space in being who we are as Bakwam people, and immersed ourselves in cultural experiences. These consisted of singing/dancing, listening to stories, processing fish, and then we embarked for a life-changing, week-long experience at Hada. The kids built their confidence more and more as the days passed, with a focus on learning conversational Kwak'wala and the values upheld by our ancestors, as well as experiencing life as one (living together, eating together, learning from the elders, dancing together).

Secondly, another focus of ours was working on the FSA (Foundational Skills Assessment), which is province-wide, and tests both Literacy and Mathematics. We are just closing up with this assessment throughout the first week of November.









Deb's Grade 5/6 Class

October was a very full month of learning and exploring!

Students have settled in nicely to the school routine and have been enjoying our school programming, lunch activities, and swimming!

We have been fortunate to enjoy the extended fall weather outdoors. We visited the Quatse River to observe spawning salmon and explored the forest at Stories Beach, where we also enjoyed playing games!



In class, we have continued our studies of echolocation, moving from marine animals to bats. Students have been enjoying researching local animal life! A big highlight for the students was visiting the Pre-K class and helping the younger students make a Halloween craft!







Allyson's Grade 4/5 Class

October was a busy and exciting month in our classroom! We spent time helping out with metsola (jarring fish), completed our Geographic Regions Book Creator projects, and began exploring natural resources and energy. In Math, we worked on estimating and operations, while in Art, we put our creativity to work designing miniature 3D rooms and furniture for our dream treehouse.

A highlight for students was music and movement, learning new dances and songs in Culture class, where voices at the log are growing stronger each day. We enjoyed settling in with some wonderful new books and our writers got into the Halloween spirit by creating spooky stories and even a story about finding some hedgehogs and letting them loose in dad's room!!

Outside the classroom, Ryker and Lola proudly represented our class at the cross-country meet, and we celebrated Phoenix C and Lola's birthdays. We finished off the month with some fantastic Halloween costumes and plenty of Halloween fun! Bring on November!

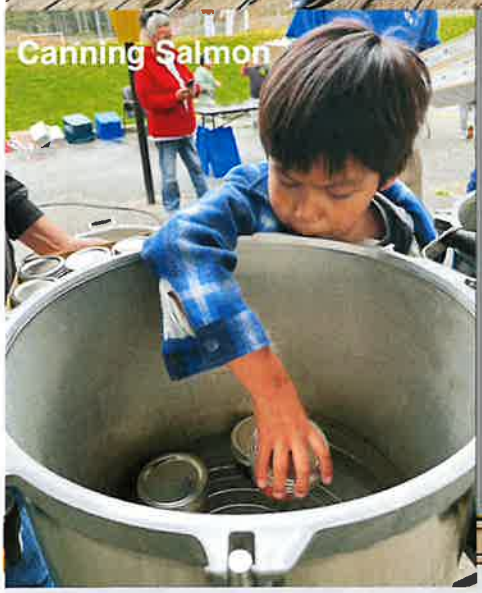







Jen's Grade 2/3 Class





And just like that October has passed. So grateful for this amazing group of students who enjoy all learning opportunities in school. This month we processed fish with our elders, went on two great hikes, went to the hatchery for a field trip, watched salmon returning and spawning, the cross country run, Halloween fun, the book fair, and all our regular school day activities. Looking forward to our Soccer Tournament and seeing our families in the gym watching the games! Happy November!











Jackie's Grade 2/3 Class







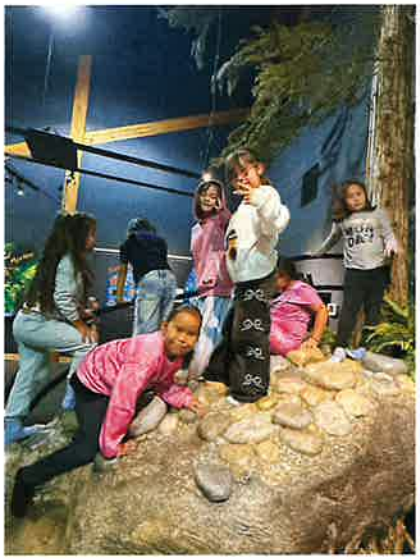


What a wonderful month of learning and exploring! Along with becoming familiar with our classroom and school routines, students have been working hard to strengthen their reading and math skills.

As the National Reading Panel highlights, repetition is an important part of becoming a successful reader. I'm so proud of our students for reading their Read Well homework to a staff member three times! When they bring home a bundle of completed readings, they have the opportunity to share their reading with a family member for a fourth time. This is a great way to celebrate their progress, strengthen their skills, and build confidence as readers.

We also enjoyed several outdoor adventures this month, exploring the Estuary, Cougar Trail, and Quatse Fish Hatchery. Along the way, students discovered different varieties of mushrooms, compared deer ferns and sword ferns, practiced navigating the forest floor, and developed their balance and stamina as they explored the woods. So much learning happens outside the classroom!

We wrapped up the month with some Halloween fun! Students enjoyed dressing up for our costume parade, trick-or-treating around the school, and celebrating together at our classroom party!







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. On Friday, we had fun celebrating Halloween at school! The students had a blast showing off their amazing costumes during our parade and trick-or-treating. 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 leading up to Halloween. The children are settling into school routines and really enjoy the friendships they have built in school. This month we read stories and did activities focused on gratitude, autumn and Halloween. We had our first adventure out at Tayagu̓ł (Storey's beach) and the kiddos enjoyed making leaf creations. Kids were able to experience salmon and Bakwa̓mkala during fish camp week. We walked to Little Tsulquate River to watch the salmon spawning and also learned about the salmon life cycle at the Quatse Hatchery. In January we will receive our gi'ni (salmon eggs) to watch the salmon life cycle first hand. We were also lucky to have Science Ventures come and to learn about X-Rays and bones.





Pumpkin Pie

Tayagu̓ł









We love you Auda!



Fish Camp







X-ray Techs











Happy Halloween





Michelle's Pre K Class



kikaali'ma = something scary **This is as scary as we get!**



October was filled with fall sunshine and fun. The gangananam enjoyed playing in the atli and taking in the sounds of the forest. We welcomed Grayson into our class in time for Halloween activities and he has become a fast friend to everyone. The grade 5/6 class joined us to create a crawling spider craft and the students are building connections with grannies by practicing their Bakwamkala. Of course, the Halloween excitement was the highlight of the month and we spent a lot of time with "u'mas" and "amabidu'" pumpkins by painting, washing, drying and opening them.







amabidu' **dlu** **u'mas**



G̱ilakasda'x̱w'la!

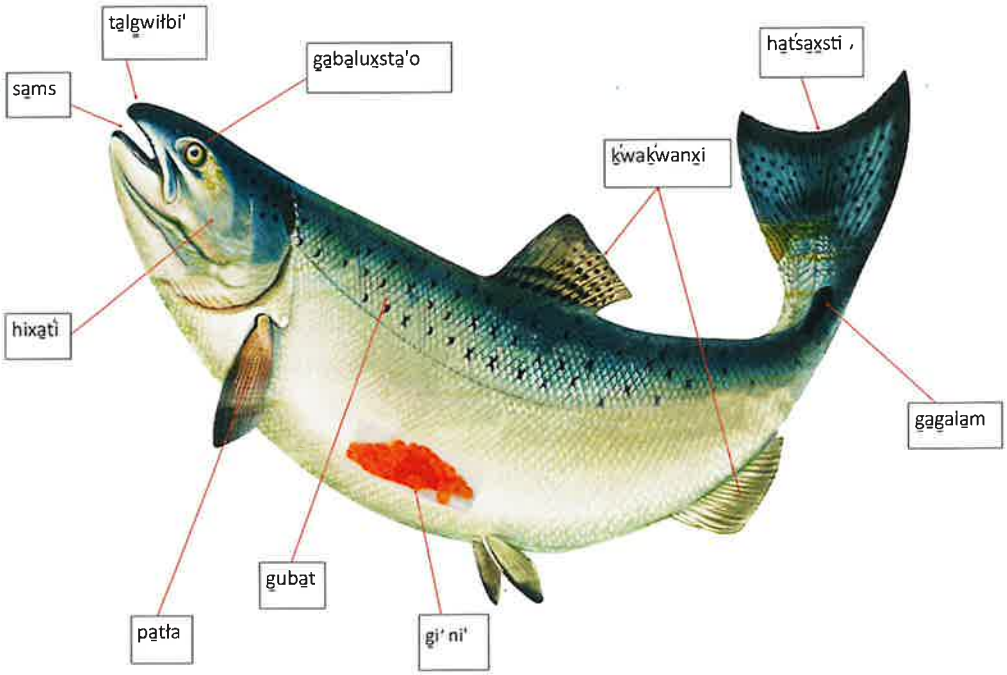
This month our big event was Fish Camp! Students had the opportunity to learn how to cut, clean, and jar mał̓ik (sockeye salmon). We had Elders join us to share their knowledge and teach students the different steps involved in preparing and preserving the fish.

Students learned how to dzupa (jarring fish) and helped us make 15 cases of 'met̓sola (jarred rish) which we will be using for our school's Yayuma later this year.

In the days leading up to Fish Camp, students were also learning Bak̓wa̱mḵ̓ala words for different fish species and parts of the fish. It was great to be able to bring the language into our Fish Camp and use it while we were working with the 'me (fish).

A big gilakas'la to our Elders, Mary Johnson and Maggie Rufus, for coming out and sharing their knowledge with our students. It was a great few days of learning, working together, and spending time with our traditional foods!

Below are some pictures from Fish Camp, along with a poster showing the Bak̓wa̱mḵ̓ala words for the different parts of the fish.











Sara's PE

Congratulations to our Cross Country team on a fantastic meet! We are so proud of the way our students represented our school, showing great sportsmanship, teamwork, determination, and school spirit. You should all feel proud of your efforts and the way you represented our school!



Up Next: Our Annual Soccer Tournament! We can't wait for our next big event! We hope to see lots of families and friends there cheering on our kids and helping make it a fun and memorable day. Let's keep that school spirit going!













News from Heather
Student Services



Self-esteem Word Search





Boost your self-esteem with this uplifting word search! Dive into the puzzle and discover empowering words hidden in all directions—forward, backward, up, down, or diagonal. Circle each word you find and cross it off the list to celebrate your progress!

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

ACCEPTANCE
ACHIEVEMENT
APPRECIATION
BELIEVE
BRAVE
CONFIDENCE
COURAGE
COURAGEOUS
DETERMINATION
EMPOWER
FRIENDSHIP
GRATITUDE
GROWTH
HAPPY
KINDNESS
LOVE
MOTIVATION
OPTIMISM
PERSEVERANCE
POSITIVE
PROUD
RESILIENT
SELF-ESTEEM
SELF-WORTH
SMART
SMILE
STRENGTH
SUCCESS
SUPPORT
UNIQUE







HAPPY FALL Y'ALL!!!

Enjoy this word search to boost you and your students' self-esteem :) Take turns finding words with a loved one and chat about what each word means to you and who you think about when you consider the meaning of each word :)

At my desk, I continue to teach reading and math small groups; I am working on writing IEP reports; coordinating counselling opportunities; organizing our Speech and Language, OT, COHI, and Jordan's Principle supports.

Connect with me if you're looking for extra supports for your child: 250-949-7743



What's cooking this month?

As the days get colder, our menu will feature warm and comforting meals, including:

- Hearty soups and stews
- Warm homemade meals
- Fresh fruit and nutritious snacks

Eating a variety of healthy foods helps students stay focused, active and ready to learn. Thank you for your continued support of our school cafeteria program. Take care.

Sharon

Good Food

Kind Hearths

Strong Communities





News from Myra







Rainy days and inside recess = a lot of fun, games and hands-on learning! There's so much for the gangananam to explore in the library.







Public Works Jr. Department helping to assemble a new chair for the library…



…remembering that the best part of something new is playing with the box it comes in :)



School Activities



Sewing club kids made snuggly reading blankets for the pre-k class



Learning to sew regalia





Fish camp

Birthdays

Happy October birthdays to Nathaniel, Oaklynn, Ophellia, Philip, Lola, Eve, Lazarus, Cyprus, Phoenix C and Devaya!











GWA'SALA-'NAKWAXDA'XW SCHOOL

INDOOR SOCCER TOURNAMENT



WEDNESDAY, NOVEMBER 4
GRADE 2/3

THURSDAY, NOVEMBER 5
GRADE 4/5

FRIDAY, NOVEMBER 6
GRADE 6/7

CONCESSION AVAILABLE

NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Div 1 Thomas Div 2 Deb Div 3 Allyson Div 4 Jen Div 5 Jackie Div 6 Melanie Div 7 Sheri An Div 8 Michelle	2	3 Preschool/K Swimming *Happy Birthday Cristian*	4 SOCCER TOURNAMENT Grades 2-7& Concession & Bake Sale every day	5 Div 8 Quatse Hatchery PM	6 *Happy Birthday Avery*	7
8 Indigenous Veterans Day	9 Photo Retakes at PHSS @ 2:00-230	10 Preschool/K Swimming	11 REMEMBRANCE DAY Lest We Forget Remembrance Day - School Closed	12	13 Swimming All Classes	14
15	16 Science World Presentation for School PM *Happy Birthday Phoenix B*	17 LOCKDOWN ALERT DRILL Preschool/K Swimming Family Breakfast	18 Div 4/5 Commuter Trail PM	19	20 Swimming All Classes Pre K to Strong Start 10:45	21
22 *Happy Birthday Illiyanna* *Happy Birthday Silva*	23 Div 1/2/3 Outdoor ed PM *Happy Birthday Aziel*	24 Preschool/K Swimming *Happy Birthday Robin R*	25 Div 6/7 Skating PM	26 *Happy Birthday Clay*	27 Professional Development Day No School for Students	28
29	30 Div 1/2/3 Outdoor ed PM					