



NIGHTHAWK NEWS

“Everything that you do today will make a difference in our world tomorrow.”

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Osoyoos, BC, Canada
V0H 1V0

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Principal’s Message

We are again busy here at Osoyoos Elementary! After a very busy week with Halloween activities, we are gearing up for our Remembrance Day Ceremony next week. We want to say a huge thank you to our leadership crew for helping plan for these events. They have been doing a fantastic job led by Ms. Dias and Mr. Lewis. Volleyball season is also underway, and all players are encouraged to come out for serving practice in the morning.

On another note, we have noticed the increase in the number of our students on e-scooters and e-bikes. We are concerned by the number of riders we see without helmets and little awareness for the road. Please carefully consider your child's readiness when purchasing these vehicles as we have seen numerous significant injuries to our students during 2025.

Jason McAllister
Principal



Important Dates:

November

- 3 PAC Meeting, 6:30 pm in Learning Commons
- 6 Grade 6 Immunizations
- 10 Remembrance Day Assembly, 9:00 am
- 11 Remembrance Day Stat (School Closed)
- 21 PAC Movie Night, 6:30 pm
- 26 Early Dismissal, 12:00 pm

December

- 4 District Volleyball Tournaments
- 10 Concert Dress Rehearsal
- 11 Christmas Concert, 6:00 pm Sonora Centre
- 18 House Team Event
- 19 Christmas Sing Along, 1:30 pm
- 19 Last Day of Classes before Winter Break
- 20 to January 4—Winter Break



NIGHTHAWK Daily Schedule

8:25	Meet Teacher
8:30	Classes Start
10:20—10:35	Recess
11:35—12:30	Lunch
2:33	Dismissal



Traffic Safety—Drop-off and Pick-up

Just a reminder, the **red** zone means no drop-off or pick-up and to keep moving to the front of the line. The **yellow** marked area in front of the school is for active loading or unloading only and drivers are asked to move forward as much as possible before doing so. Parking in the **yellow** zone stops the flow of traffic and is therefore not allowed. Please use the crosswalks to get to and from the school safely. Thank you to our Crossing Guards - Mrs. Hewitt, Mrs. Atwal and Miss Van Der Hoeven.



Osoyoos StrongStart

This is a free drop-in, early learning centre, for children 0-5 years of age. It is located in our school next to the Office, and is open from 8:30-11:30 am during school days. Please drop by to pick up a calendar of events and to meet our facilitator, Cindy Garnham.



School Fees 2025-2026

Just a reminder if you haven't already paid your school fees, they are now due and can be paid in the office

Kindergarten: **\$80** — Includes school supplies, t-shirt, activity fee, planner and magnet

Grades 1, 2, and 3: **\$70** — Includes school supplies, activity fee, planner and magnet

Grades 4 and 5: **\$70** — Includes school supplies, activity fee, planner and magnet

Grades 6 and 7: **\$55** — Includes school supplies, planner and magnet

Payments can be made at the office by cheque or cash or by e-transfer to:

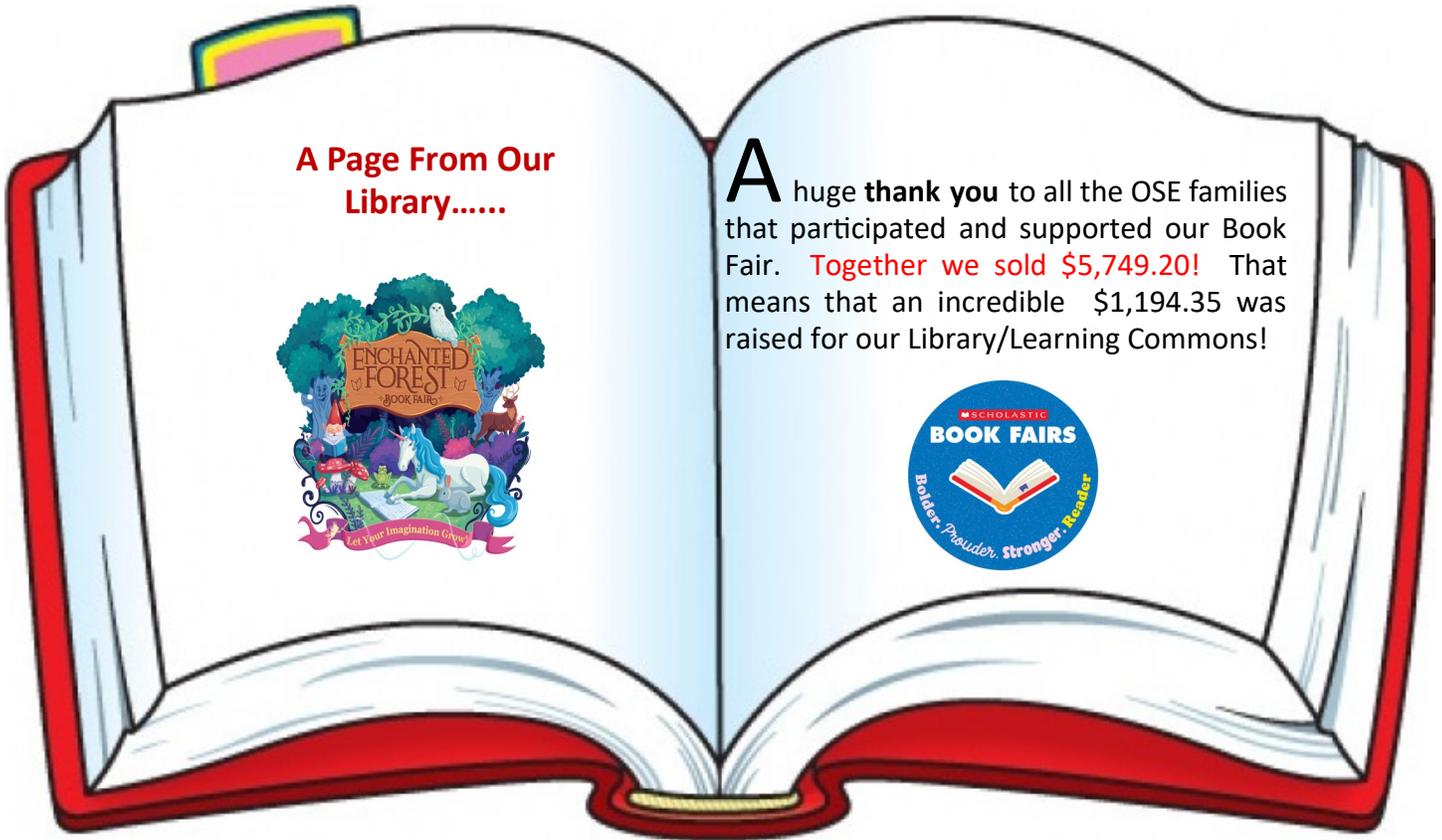
oseaccounting@sd53.bc.ca Password: nighthawk.

(If you are unable to pay fees due to financial hardship, please contact Mr. McAllister at jmcallis@sd53.bc.ca or 250-485-4444, and a payment plan can be arranged)

Important Notice Regarding Bus Permission Slips

If your child is riding home on the bus with a friend for the day and they are not a regular bus student, they must come to the office the day before and get a Bus Permission Slip. The Bus Permission Slip must be taken home, signed by a parent/guardian, returned to school the next day, and given to the office staff who will approve the slip. Slips are then given to the bus driver for the day they are valid for. No one will be allowed on the bus without one (if they are not a regular bus student), and *regular bus students are not allowed to get off at a stop other than their own, without a permission slip*. It is important for us to know who is on which bus, and when and where they get off for our student's safety. Bus slips are available in the office.





DISCOUNTED NIGHTHAWK SPIRIT WEAR

We have an overstock of spirit wear that we are selling at a discount. Items are displayed in our trophy case by the office. Only the colours shown in the display case are available and random sizes. While supplies last.

Toques	\$5
Hats	\$5
Short-sleeve t-shirt	\$5
Long-sleeve shirts	\$10
Hoodies	\$20

Get yours before they are sold out!



Kids Clothing & Toy Drive

The clothing drive held in our school gym on Friday, October 17th was a huge success. We would like to thank all of the parent volunteers who made this happen. It was well attended and created such an amazing function for our community.




Nighthawk Fall Sports

November 2025 December

Osoyoos Nighthawk Boys and Girls Volleyball Schedule
Lunch hour practices 11:55–12:30
After school practices 2:45–3:45
*TIM 12:00–12:45



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Morning Serving Practice 8-8:25 am Boys VB Practice 2:45-3:45	4 Morning Serving Practice 8-8:25 am Girls VB Practice 2:45-3:45	5 Morning Serving Practice 8-8:25 am Boys VB Practice 11:55-12:30	6 Morning Serving Practice 8-8:25 am	7 Girls VB Practice 11:55-12:30	1/8
9	10 Morning Serving Practice 8-8:25 am Boys VB Practice 2:45-3:45	11 Remembrance Day (No School)	12 Morning Serving Practice 8-8:25 am Boys VB Practice 11:55-12:30	13 Morning Serving Practice 8-8:25 am	14 Girls VB Practice 11:55-12:30	15
16	17 Morning Serving Practice 8-8:25 am Boys VB Practice 2:45-3:45	18 Morning Serving Practice 8-8:25 am Girls VB Practice 2:45-3:45	19 Morning Serving Practice 8-8:25 am Boys VB Practice 11:55-12:30	20 Morning Serving Practice 8-8:25 am	21 Girls VB Practice 11:55-12:30	22 
23/30	24 Morning Serving Practice 8-8:25 am Boys VB Practice 2:45-3:45	25 Morning Serving Practice 8-8:25 am Girls VB Practice 2:45-3:45	26 Morning Serving Practice 8-8:25 am Early Dismissal 12:00 pm TIM *Boys VB practice 12:00-12:45*	27 Morning Serving Practice 8-8:25 am	28 Girls VB Practice 11:55-12:30	29
1 (December)	2 Morning Serving Practice 8-8:25 am Girls VB Practice 11:55-12:30 Boys VB Practice 2:45-3:45	3 Morning Serving Practice 8-8:25 am Girls VB Practice 2:45-3:45	4 Morning Serving Practice 8-8:25 am Boys VB Practice 11:55-12:30	5 District Volleyball Tournaments Girls Osoyoos Elem./ Sonora Ctr/ Osoyoos Sec. Boys Keremeas SESS	6 Teacher vs Student VB Game? 11:55-12:30	7



Volleyball

Our boys' and girls' volleyball teams have just gotten started, under the coaching direction of Mrs. Pearson, Ms. Clark, Mrs. Chase, Ms. Johnston, Ms. Champagne and Mr. Miller. There will be exhibition games before the District tournament on December 4 and those game dates will be announced once they are confirmed. The boys will travel to SESS for the district tournament and the girls are hosting the district tournament at our school and the Sonora Centre. Let's go Nighthawks!

Soccer

Congratulations to our boys' and girls' soccer teams! Our Girls A team finished second and the Girls B team finished first here at Osoyoos Elementary, while the boys earned a first for the A team and a fifth place finish for the B team at Tuc-El-Nuit Elementary. Both teams worked hard and had a great time. Thank you to Mr. Palmer, Mr. Miller, Mrs. Pearson and Ms. Eaton for coaching our teams.

Pumpkin Painting Contest

Each class had the opportunity to decorate pumpkins last week. The school staff then judged the pumpkins on three categories and these are the results:

Spooky—Div 12 Eaton

Creative—Div 1/2 Bayda/Kunz

Cute—Div 5 Martin



Pumpkin Roll Contest

On Halloween, the decorated pumpkins were rolled down the hill by our Leadership Group. The fastest pumpkin was Division 13—Ward.





Halloween Fun





LUNCH MENU

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 <i>Boston Pizza</i> \$5.00 Spaghetti with Meatballs	4 <i>Subway</i> \$5.00 6" White Sub with Cold Cuts and White Cheddar	5 <i>Mami's Pizza</i> 1 slice \$3 2 slices \$5	6 <i>Smitty's</i> \$5.00 Chicken Alfredo	7 <i>Tim Horton's</i> \$5.00 Roast Beef Sandwich on a White Bun
10 <i>Boston Pizza</i> \$5.00 Lasagne with Meat Sauce	11 Remembrance Day No School	12 <i>Mami's Pizza</i> 1 slice \$3 2 slices \$5	13 <i>Smitty's</i> \$5.00 Chicken Nuggets and Chunky Potatoes	14 <i>Tim Horton's</i> \$5.00 Ham and Cheddar Sandwich on a White Bun
17 <i>Boston Pizza</i> \$5.00 Chicken Caesar Wrap	18 <i>Subway</i> \$5.00 6" White Sub with Ham and White Cheddar	19 <i>Mami's Pizza</i> 1 slice \$3 2 slices \$5	20 <i>Smitty's</i> \$5.00 Hotcakes and Fruit	21 <i>Tim Horton's</i> \$5.00 Chili and Bun with Butter
24 <i>Boston Pizza</i> \$5.00 <u>Fettucini Alfredo</u>	25 <i>Subway</i> \$5.00 6" White Sub with Ham and White Cheddar	26 No Lunch EARLY DISMISSAL	27 <i>Smitty's</i> \$5.00 Spaghetti	28 <i>Tim Horton's</i> \$5.00 Turkey Bacon Club on a White Bun

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>Boston Pizza</i> \$5.00 Bugs and Cheese Pasta	2 <i>Subway</i> \$5.00 6" White Sub with Turkey and White Cheddar	3 <i>Mami's Pizza</i> 1 slice \$3 2 slices \$5	4 <i>Smitty's</i> \$5.00 Burgers and Chunky Potatoes	5 <i>Tim Horton's</i> \$5.00 Chicken Strips and Potato Wedges
8 <i>Boston Pizza</i> \$5.00 <u>Fettucini Alfredo with Chicken</u>	9 <i>Subway</i> \$5.00 6" White Sub with Cold Cuts and White Cheddar	10 <i>Mami's Pizza</i> 1 slice \$3 2 slices \$5	11 <i>Smitty's</i> \$5.00 Pepperoni Pizza Rollups	12 <i>Tim Horton's</i> \$5.00 Crispy Chicken Sandwich on a White Bun
15 <i>Boston Pizza</i> \$5.00 Spaghetti with Meat Sauce	16 <i>Subway</i> \$5.00 6" White Sub with Pepperoni and White Cheddar	17 <i>Mami's Pizza</i> 1 slice \$3 2 slices \$5	18 <i>Smitty's</i> \$5.00 Chicken Nuggets and Chunky Potatoes	19 <i>Tim Horton's</i> \$5.00 Grilled Cheese and Chicken Noodle Soup

Osoyoos Elementary Lunch Program

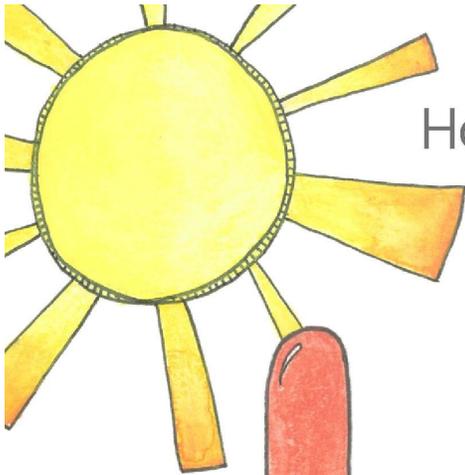
Mondays with Boston Pizza Tuesdays with Subway

Wednesday is Pizza Day with Mami's Pizza

Thursdays with Smitty's Family Restaurant Fridays with Tim Horton's

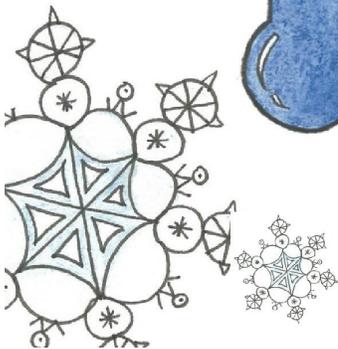
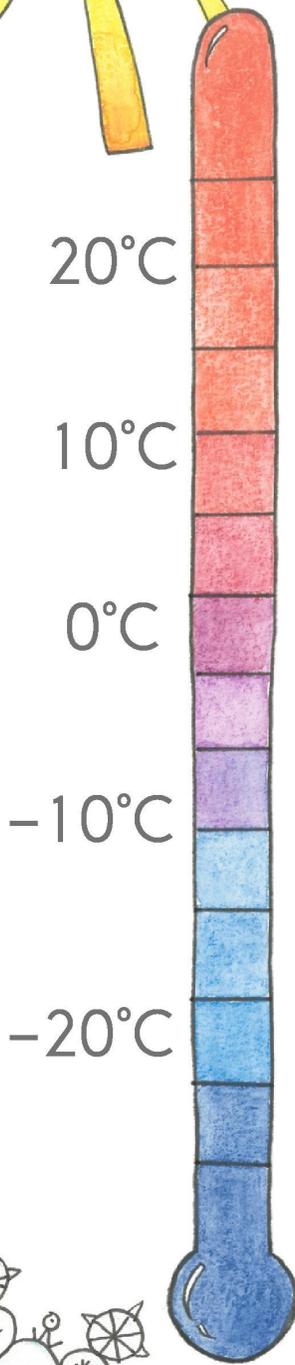


Purchase the days of your choice for the week on Mondays, or by the month at the beginning of a new month.



How to Dress for the Weather Guide

Outdoor play is a great way to support healthy growth and development. Opening the doors to outdoor play in all kinds of weather provides children and adults with opportunities to spark their curiosity, leading to wonder, exploration and learning. When children have the right clothing for the season it contributes to them having positive, rich outdoor play experiences that just can't happen indoors. Get outside, be curious, let children lead and have fun!



Supporting Outdoor Play Year Round



www.getoutsideandplay.ca



www.befitforlife.ca



OSOYOOS FUTSAL

WINTER SEASON 1: NOV 14 - DEC 19, 2025

WINTER SEASON 2: JAN 9 - FEB 27, 2026

Join our brand new **PFC Community Futsal** program supported by PFC technical and coaching staff.

Futsal is played on a small indoor court with a low-bounce ball, creating a fast-paced environment where players improve their ball control, passing, movement, and creativity. Fun for all ages and no experience necessary!

- » Boys and Girls U4 - U10+
- » One session per week
- » PFC training shirt included
- » \$100-\$125 per season OR \$200 for all 14 weeks of indoor fun!

**LIMITED SPOTS
AVAILABLE!**

Location: Osoyoos Elementary School gym

FULL DETAILS AND REGISTER AT
PINNACLESFC.CA/WINTER-PROGRAM





November: Big Emotions & Self-Regulation



As we settle into the school year, many children begin to show signs of emotional fatigue—sometimes in the form of big feelings, meltdowns, or outbursts. These emotional moments can feel overwhelming for both kids and parents, but they are a natural part of development.

When children struggle to manage their emotions, it's often because they are dysregulated. This means their brain and body are having a hard time calming down on their own. And that's where we come in—with support, not punishment.

♥ What Helps:

- Co-regulation, not punishment: Stay calm, offer comfort, and breathe together. Your calm helps them calm.
- Try a calm-down corner: A cozy space with books, fidgets, or music can help regulate big feelings.
- Use simple words: “You’re having a hard time. I’m here.”

🧠 Behaviour = Communication

Before reacting, ask:

What is my child trying to tell me?

Often, the root is tiredness, stress, or sensory overload—not defiance.

🌱 With connection, co-regulation, and a few simple tools, you are helping your child build lifelong emotional skills. You're doing important work—one deep breath at a time.

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

October 2025

LEGAL SUBSTANCES AND YOUTH HARM REDUCTION

Poster Contest

Youth in grades 6-12 across the [Interior Health region](#) are invited to submit an original form of artwork that shares their views on the impacts of tobacco, cannabis, vaping and alcohol use in this year's Beyond the Buzz 2.0 – Youth's Voices on Substance Use. The contest opens on **October 15th** and will have prizes for the winning posters that are judged by our YOUTHWISE peer advisory group.

Find out more at: [Beyond the Buzz Youth Poster Contest](#)



MENTAL HEALTH



New! Mental health resources for families

New videos and information are available by mental health experts at BC Children's Hospital who share your culture and language.

- Resources are available in many languages to support diverse families, including Arabic, Cantonese, English, Mandarin, Punjabi, Spanish, Tagalog, Tamil, Ukrainian, and for Black communities.
- Topics include anxiety, substance use, family transitions, and more.

When it comes to your child's mental health, you are not alone. Check out these multi-language mental health resources [here](#). New content will roll out until late Fall 2025.

This campaign is a partnership between BC Children's Health Bridge, BC Children's Kelty Mental Health Resource Centre, and Our Kids' Health.



NEURODIVERSITY

Resources

For Parents and Caregivers:

[Attention-Deficit / Hyperactivity Disorder \(ADHD\) | Kelty Mental Health](#)

For Parents and Caregivers- Webinar (multiple sessions available):

[ADHD – The Real Deal | Kelty Mental Health](#)

October 7: 6:30pm-8:00pm PST

October 21: 12:00-1:00pm PST

October 28: 6:30-8:00pm PST



SCREEN USE

Looking for Parents, Caregivers, and Youth to Participate in Discussion Groups

Ministry of Health is conducting a provincial needs assessment on screen use among children and youth. As part of this work, they are engaging parents and caregivers of children aged 5–12 to better understand their experiences managing screen time, as well as identify what supports or resources might be missing.

They've partnered with BC Children's Hospital's [Health Bridge](#) to host a series of online parent discussion groups.

The [Health Bridge newsletter link](#) includes details on how families can sign up. There are also additional opportunities for both parents and youth to get involved in other health-related discussions. Health Bridge provides compensation for participants' time.



Oliver Mini-Ball 2026. Season 3rd is here. Let's Go!!

Oliver Mini-Ball Dates:

January 4,11,18,25

February 1,8, Semi Finals 22

March 1, Finals

***All sessions will be at SOSS Main Gym**

Divisions:

Rookie Division:	Boys & Girls Grades 2-3
Pro Division:	Boys & Girls Grades 4-5
All Stars:	Boys & Girls Grades 6-7

Times:

Rookies	1:00 pm- 2:30 pm
Pros	2:45 pm- 4:15 pm
All Stars	4:30 pm- 6:00 pm

Costs: \$200 per player. Deadline to register is December 19th, 2025.

Cost includes:

- 1. 8 WEEKS OF ORGANIZED BASKETBALL with Oliver hoops legend SPENCER MCKAY!**
- 2. Each session will be 1 hour of skill development, followed by 30 min. games**
- 3. Oliver Mini-Ball reversible uniform.**
- 4. Minimum 1-2 coaches per team.**

***ALL PARTICIPANTS MUST BRING A BASKETBALL TO EACH SESSION. League cost DOES NOT include a basketball. Basketballs can be purchased from NBN for \$25.00.**

Players should bring a water bottle and must wear proper indoor shoes and shorts to each session.

Limited space!! Each division has a maximum of 40 players (4 teams of 10). Divisions will fill up quickly, so we will create a wait list for late registrants.

Release form: In consideration of the acceptance of this application for registration. I, intending, parent/guardian to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I sustained and suffered by me in connection with my association with or entry into this league and which may arise out of my traveling to, participating in or returning from the league. We are unaware of any illness or injury that would prevent full participation in the league.

The NBN Staff reserves the right to send a player home without a refund if he/she is in violation of league rules and regulations after the second week of the league.

Name of Player: _____ Birthdate: _____

Grade: _____ Male or Female

School: _____

Parent/Guardian: _____ Contact#: _____

email: _____

Please check correct Division: Rookie: Grades 2-3 _____

Pro: Grades 4-5 _____

Allstars: Grade 6-7 _____

Need a basketball: Yes___ No ___ (if YES, please add \$25 to the registration fee).

Need a reversible: Yes___ No___ (if Yes please add \$25 to the registration fee).

Please check your reversible size: Youth S____M____ L____

Adult S____ M____

Make Cheque Payable to NBN Basketball: Drop off at Oliver Elementary school, Tuc El Nuit, or Sen Pok Chin Schools. Or you can e-transfer to smckay15@gmail.com please make a note in the message in the e-transfer as to who the payment is for and the league they will be in.

***Receipts for this activity can be used as a Canada Income Tax deduction*



HALF-DAY HANGOUT: GET YOUR GAME ON

An Afternoon of Games and Fun

Tired of boring afternoons? Get ready for a gaming extravaganza! Our Half-Day Hangout after school is packed with your favorite board games, high-energy group games, and unexpected activities. Make new friends, laugh until your sides hurt, and make this the best afternoon of the week!

November
26

WEDNESDAY

Start **1:00 pm**
End **2:30 pm**

Cost **FREE** Age **SCHOOL AGE**

Program **REGISTRATION REQUIRED**

25-1273-Half-Day Hangout Get Your Game On



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8505 68th Avenue
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