



NIGHTHAWK NEWS

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

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Osoyoos Elementary is off to a great start! We’ve already held our Terry Fox Run, Cross Country Meet, and first soccer games. On Monday, OSS staff and students joined us for our Orange Shirt Day Assembly, honoring the National Day of Truth and Reconciliation—an event we hope becomes a yearly tradition.

We were proud to send our largest-ever team to the Cawston Cross Country Meet, with over 130 students participating! Our leadership group is actively documenting school events, and more clubs will be launching soon. Students should listen to morning announcements for updates.

As fall settles in, please ensure students dress for cooler mornings. We’re looking forward to a fantastic October at OSE!

Jason McAllister
Principal

Important Dates:

October

- 2 Cross Country Meet, Cawston Primary
- 6 PAC Meeting, 6:30 pm
- 13 Thanksgiving, No School
- 16 District Soccer Tournaments
- 17 Free Clothing & Toy Drive, 12:00—6:00 pm, Gymnasium
- 20 DEAR Day
- 20-23 Scholastic Book Fair
- 22 Early Dismissal at 12:00 pm
Family Conferences
- 23 Early Dismissal at 12:00 pm
- 24 Non-Instructional Day
- 29 Early Dismissal (TIM) at 12:00 pm
- 30 Photo Retakes
- 31 Halloween Events

November

- 3 PAC Meeting, 6:30 pm
- 6 Grade 6 Immunizations
- 10 Remembrance Day Assembly, 9:00 am
- 11 Remembrance Day, No School
- 26 Early Dismissal (TIM) at 12:00 pm



Dogs on Leash

Please remember that when on school property we ask all Nighthawk Families and community members to ensure that their dog is on leash at all times and that owners must pick up after their dogs. Not all of our students are comfortable around dogs and an off-leash dog, no matter what size, can sometimes cause students to be fearful. Thank you for your help with this.



Breakfast Program

Osoyoos Elementary School has a breakfast program every morning where Ms. Jess makes some yummy and nutritious breakfast snacks for our children.



NIGHTHAWK Daily Schedule

8:25	Meet Teacher
8:30	Classes Start
10:20 – 10:35	Recess
11:35 – 11:50	Eating Time
11:50 – 12:30	Outside Play time
2:33	Dismissal



Osoyoos Elementary PAC

The October PAC meeting will be
**October 6, 2025 at 6:30 pm in
the Learning Commons**

Office Information

Please advise the office of any absences (not just classroom teachers) if your child is going to be absent for any reason or duration of time.

Reminder to parents that need to get messages to their child(ren) to please call before 2:10 pm in order for these messages to be delivered in time.



Family Conferences

Please watch for information from your child's teacher about appointments for Fall Family Conferences on Wednesday, October 22. Parents will be given the choice of an in person conference or phone call. Early dismissal will be at 12:00 pm on October 22 and 23, 2025.



Lost and Found

Is your child(ren) missing any clothing and/or footwear? We have quite an assortment of clothing in our Lost and Found. All lost items will be donated after the Family Conferences this month.



School Bus Registration

Reminder to all parents that your child(ren) need to be registered if you are wishing them to take the bus to and/or from school. The bus registration form can be found at <https://op.sd53.bc.ca/bus/busreg.html>.



School Website

On our OSE website, www.ose.sd53.bc.ca you will find a wealth of information, including the school calendar, student/parent handbook, newsletters, school supply lists, PAC information, etc. There are links to helpful sites, and you will be able to access our school library catalog as well. Please use this site to help keep the OSE Community as informed as possible.

School Fees 2025—2026

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



Cash, cheques or e-transfers. Cheques can be made out to Osoyoos Elementary School. E-transfer to oseaccounting@sd53.bc.ca. Password: nighthawk Ensure that student(s)' name is in the message. 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.



Backpack Food Program

Thanks to the support of the Rotary Club, Osoyoos Food Bank and numerous business partners, we are pleased to announce that the Backpack Program is back at our school this year. This program ensures that children in need have food to take home every weekend. These generous donations can support up to ten children, every weekend for the full school year. If you are a family that could benefit from this program, please contact the school office.



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.

Hockey Academy

Reminder to parents that Hockey Academy fees are due now. If your child plays minor hockey, fees are \$250 and if they do not, they are \$325. Please pay by cash, cheque or e-transfer as soon as possible. E-transfers are sent to oseaccounting@sd53.bc.ca, password: nighthawk. Please ensure that you put the student's name and what the payment is for in the message.



Soccer

The District Soccer Tournaments are on Thursday, October 16th. Boys will be playing at Tuc-El-Nuit Elementary School and the girls will be playing at Osoyoos Elementary School.



Halloween Thursday, October 31st

We are looking forward to everyone dressing up for Halloween on Thursday, October 31st. Just a reminder that our costumes cannot have any weapons such as toy guns or swords.



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Terry Fox Run, Monday September 22, 2025. Great job Nighthawks!



A Special Terry Fox Assembly with Darrell Fox

Osoyoos Elementary School was honored to welcome Darrell Fox, younger brother of Canadian hero Terry Fox, during our recent Terry Fox assembly and run. Darrell's heartfelt visit brought Terry's legacy to life in a powerful and personal way. His stories and words of encouragement reminded us all of the importance of continuing Terry's mission: to raise funds for cancer research and to never give up.

Students, staff, and families were inspired by Darrell's message and the spirit of determination that Terry embodied. It was a meaningful moment for our school community, and we are deeply grateful to Darrell for taking the time to share his journey and support our efforts.

We are proud to announce that Osoyoos Elementary is aiming to raise \$3,500.00 in online donations by October 22, 2025. Every dollar brings us closer to a future without cancer, and we thank everyone who has already contributed.

To add a splash of fun to our fundraising, several brave staff members have volunteered to have a bucket of water dumped on their heads—courtesy of our top fundraisers! It's a wet and wonderful way to celebrate our progress and motivate our students to keep going.

How to Donate Online

Supporting our Terry Fox fundraising campaign is easy and secure:

Visit the Terry Fox School Run website: <https://schools.terryfox.ca>

Search for "Osoyoos Elementary School" in the school search bar.

Click on our school page and follow the instructions to make your donation.

Every contribution helps fund life-saving cancer research and honors Terry's incredible legacy. Thank you for your support!



Elementary English Language Learners

We would like to introduce ourselves. We are the Osoyoos Elementary English Language Learners (ELL) support teachers. Did you know that Punjabi, Okanagan, Spanish, Tagalog, Ukrainian, Polish, French, Japanese, Cantonese, Portugese and Hindi are languages that are spoken at home by Osoyoos Elementary Nighthawk families? If your family speaks another language at home, please let us know as we are here to support you.

Patricia Pearson



Scholastic Book Fair Osoyoos Elementary School



October 20-23, 2025

The Scholastic Book Fair is coming to OSE on **October 20-23, 2025**. The fair helps our students get excited about reading. It also it helps buy new resources for our Library Learning Commons because our school keeps about 25% of all net sales!

Each class will be assigned one day to visit the fair and make purchases. A notice with your child's date to visit the fair will be sent home.

Families are encouraged to visit and a schedule for those times will be sent out in the near future.

We need about **6 volunteers** to run the fair. Please contact Chris Lewis (Teacher Librarian) at clewis@sd53.bc.ca or call 250-485-4444 to help out. Thank you!

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

All lunches must be ordered online on the Hot Lunches website, osoyooselementary.hotlunches.net. As in the past, you may place an order for any or all of the lunch dates. Please be aware of the deadline dates for ordering. **The deadline for ordering for the week will be the Monday before the week you are ordering for.**

We will not be giving refunds for students that are away from school. This lunch will be donated to feeding one of our needy children on that day. Menus can be found on the Hot Lunches website, as well as our school website. ****All children must bring their own cutlery****



LUNCH MENU October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
6 <i>Boston Pizza</i> \$5.00 Bugs & Cheese Pasta	7 <i>Subway</i> \$5.00 6" White Sub w/ Cold Cuts & White Cheddar	8 <i>Mami's Pizza</i> 1 slice \$3 2 slices \$5	9 <i>Smitty's</i> \$5.00 Turkey Dinner	10 <i>Tim Horton's</i> \$5.00 Chili and Bun with Butter
13 Thanksgiving No School 	14 <i>Subway</i> \$5.00 6" White Sub w/ Pepperoni & White Cheddar	15 <i>Mami's Pizza</i> 1 slice \$3 2 slices \$5	16 <i>Smitty's</i> \$5.00 French Toast Sticks	17 <i>Tim Horton's</i> \$5.00 Crispy Chicken Sandwich on a White Bun
20 <i>Boston Pizza</i> \$5.00 Fettucini Alfredo w/ Chicken	21 <i>Subway</i> \$5.00 6" White Sub w/ Ham & White Cheddar	22 No Lunch EARLY DISMISSAL	23 No Lunch EARLY DISMISSAL	24 Non-Instructional Day No School
27 <i>Boston Pizza</i> \$5.00 Lasagne with Meat Sauce	28 <i>Subway</i> \$5.00 6" White Sub w/ Turkey & White Cheddar	29 No Lunch EARLY DISMISSAL	30 <i>Smitty's</i> \$5.00 Chicken Nuggets & Cubed Potatoes	31 <i>Tim Horton's</i> \$5.00 Chili and Bun with Butter



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



LUNCH MENU 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</u> with Chicken	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

📱 Social Media & Our Kids: What Every Parent Should Know

In today's digital world, more and more children are exposed to social media at younger ages. While apps like TikTok, Instagram, YouTube, and messaging platforms can be entertaining and even educational, they also come with serious concerns—especially for our elementary-aged students.

🌟 What Parents Need to Know:

- **Social Media is Not Designed for Young Kids:** Most platforms have a minimum age of 13 for a reason. Children under this age often lack the emotional regulation, critical thinking, and privacy awareness needed to navigate these spaces safely.
- **Exposure to Inappropriate Content:** Algorithms often promote viral trends, language, or images that aren't age-appropriate—even on platforms marketed as “kid-friendly.”
- **Comparison Culture:** Social media can negatively impact self-esteem. Children may compare their lives or appearances to unrealistic or filtered content they see online.
- **Screen Time & Sleep Disruption:** Excessive use of devices—especially at night—has been linked to poorer sleep, increased anxiety, and trouble focusing at school.

🌟 Let's Talk About Cyberbullying:

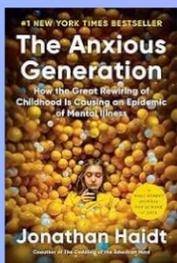
Cyberbullying happens when children use phones, games, or social media to say hurtful things or exclude others. Unlike traditional bullying, it can follow a child home and affect their mental health around the clock.

Signs your child might be experiencing cyberbullying include:

- Sudden mood changes after being online
- Avoiding school or social situations
- Hiding their screen or device from you
- Trouble sleeping or eating

👨👩 How Parents Can Help:

- ✓ **Open Communication** – Let your child know they can come to you if they see something online that upsets them. Stay calm and supportive.
- ✓ **Set Clear Boundaries** – Monitor screen time, keep devices out of bedrooms at night, and use parental controls where appropriate.
- ✓ **Model Healthy Habits** – Show your child how to use technology responsibly. Talk about kindness and respect—online and offline.
- ✓ **Know Their Apps** – Familiarize yourself with the platforms your child uses, and talk regularly about privacy, safety, and appropriate behaviour online.



If you're curious about the rising mental health challenges facing children and teens today, I highly recommend **The Anxious Generation** by psychologist Jonathan Haidt. This powerful book explores how smartphones, screen time, and the decline of real-world play are affecting our kids' emotional development. It's an eye-opening and empowering read for any parent wanting to better understand—and protect—the well-being of their child in today's digital world.



Get it, Use it, Trash it Right

FIRE PREVENTION WEEK 2025

We're excited to challenge students from Kindergarten to Grade 7 to learn the skills they need to be community safety conscious, promote fire prevention, and help protect our community.

Students - submit for a chance to win:

- One of two Nintendo Switch™ OLED consoles for BC students
- One Nintendo Switch™ OLED console for students from FPOABC's Zone 6 (Alberta, Saskatchewan, Manitoba, Yukon & Northwest Territories).

No purchase required, must be a student in kindergarten to grade 7 to qualify. To enter, ensure all questions in section 3 are complete. Contest runs from September 29th to November 1st. Draw date: November 15th. Only the winner will be contacted.

Let's make safety fun and keep our community safe together!



Enter to Win!



ACCEPTING DONATIONS NOW!

FREE **Kids** **Clothing** **& Toy** **Drive**



Accepting new and gently used clothing, toys, and books for children. All seasons and styles are welcome.

Donation items:

- Clean, gently used clothes ages 0-18
- Books & lightly used toys
- Sporting goods

Donate:

Sept 29 - Oct 16, 2025

Locations

Osoyoos Elementary

8507 68 Ave
Osoyoos, BC V0H 1V0

8:00 - 8:30 am

2:15 - 3:00 pm

Kobau Lanes

8404 97th St
Osoyoos, BC V0H 1V5

10:00 am - 9:00pm



For More Information



communityswap53@gmail.com

FREE Kids Clothing & Toy Drive

Friday, Oct 17, 2025

12pm-6pm

Osoyoos Elementary Gymnasium

All clothes and admission are free

Gently used kids items (ages 0-18)

Please bring your own bag



For More Information



communityswap53@gmail.com



Fire Prevention Week is October 5-11, 2025, and the theme is, “Charge into Fire Safety: Lithium-ion batteries in your home.” The campaign’s goal is to educate people about the importance of buying, charging and recycling lithium-ion batteries safely.

Ways to get involved:

- The Office of the Fire Commissioner has resources and information on their website at www.gov.bc.ca/FirePreventionWeek.
- The National Fire Protection Association has resources for fire departments and communities, as well as student activities at www.nfpa.org/events/fire-prevention-week.
- The BC Professional Firefighters’ Burn Fund is holding a poster contest for students of all ages. For details on how to enter and the prizes available, [click here](#) or scan the QR code:
- The Fire Prevention Officers’ Association of BC is running an online fire safety survey for students. Students can enter for a chance to win prizes by [clicking here](#) or scanning the QR code:



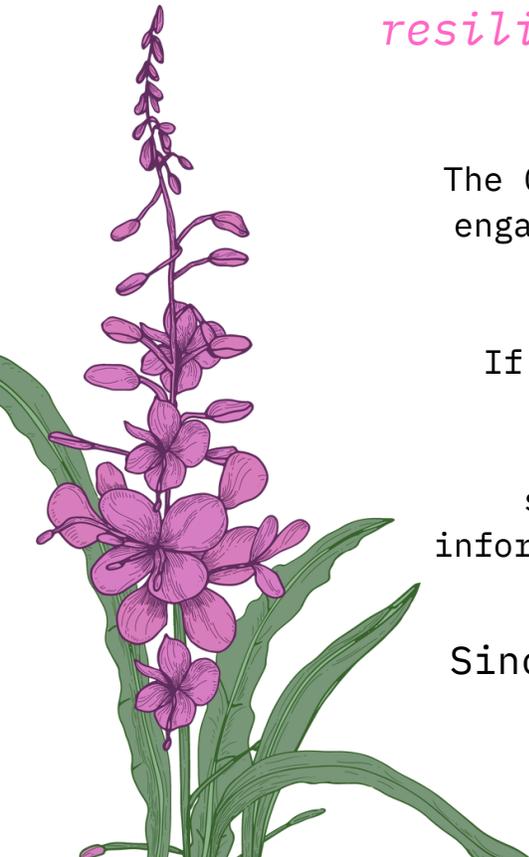


Why fireweed? ...with its ability to thrive in disturbed areas, long blooming season, and wind dispersed seeds, fireweed is a stunning symbol of rejuvenation and new growth after destructive events. Its beauty and resilience are truly remarkable

The Collective is a multi-age group who meets monthly to engage in nature based, social activities. The purpose of 'being around others who just get it'.

If your child has experienced the death of a parent, caregiver, or sibling, please reach out to your school's Administrator if you would like further information or to register your child/teen for the group.

Sincerely, The District Counselling Team, ICY & Healthy Schools





HALLOWEEN **HOWLER** **Dance!!!**



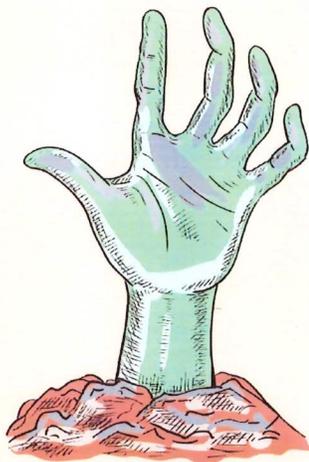
Friday October 24th
at the

Sonora Community Centre

5:30-7PM KINDERGARTEN-GRADE 3

7-8:30PM GRADES 4-7

\$2 admission or food donation per body ☺



Expect costume and dance prizes!!
With DJ, strobe lights* and fog machine*
Snacks and drinks with purchase

Children 9 and under must be accompanied with an adult



Osoyoos Thrift Shop
**HALLOWEEN
SALE**

Costumes and decorations

begins October 14

SPECIAL HOURS! 9:30 - noon
Tues - Friday, last day Oct 21

In the basement,
below the shop
Cash only

