



ROSE VALLEY ELEMENTARY SCHOOL

1680 Westlake Road, West Kelowna, BC V1Z 3G6
Telephone: (250) 870-5146 Fax: (250) 870-5047

RVE is a collaborative learning community. We all belong, have purpose, and strive to be contributing global citizens.

- Respect – Responsibility – Kindness – Community -

Next Week's Events:

- Monday, October 8*** - Thanksgiving Day – NO SCHOOL
- Grade 4/5 Drop-In Volleyball 2:30-4pm
- Wednesday, October 10*** - PAC Hot Lunch-Pasta Day
- Cultural Performance-Hoop Dancing @ 10am
- Friday, October 12*** - PAC Hot Lunch-Pizza Day
- Reynaud/Tabbernor – Clubhouse Farm fieldtrip 9am-2:15pm
- Bus Evacuation training for Grade 1 and 3's

Upcoming Events:

- Monday, October 15*** - Grade 4/5 Drop-In Volleyball 2:30-4pm
- Rocco/Kaloti&Springer – Clubhouse Farm fieldtrip 9-2:15
- Tuesday, October 16*** - Kindergarten Vision Screening
- Wednesday, October 17*** - PAC Hot Lunch-Sushi and Bagel Day
- Friday, October 19*** - Teacher Pro-D Day – NO SCHOOL

Parents:

Please remember that school fees are now DUE. Go to our RVE website and create an account for online payments under the On Line Payment link.

Remember to phone the office at 250-870-5146 or email to report a student absence.

rve@sd23.bc.ca

**Rose Valley Elementary's -
One to One Reading Program**

We are currently looking for volunteers for our amazing school's One to One Reading Program!

This program:

- **Depends on volunteers**
- **Is a great way to be involved in our school**
- **Supports our students**
- **Doesn't require too much of a time commitment.**
- **Is flexible and fun!**

If you are interested in becoming a one to one volunteer, please contact:

Kristie Dodds (LAT)

By phone: (250) 870-5146

By email: Kristie.Dodds@sd23.bc.ca

Stop by: LAT room

Thank-you for supporting the families of Rose Valley!



Did you lose your child's shoe? It was found in the upper parking lot. Please come to the office to claim.

Farm Bag Fundraiser



Hi RVE!

I wanted to write a little note about a new healthy fundraiser for RVE that, as a dietitian and mom, I'm so excited about! Eating more fruits and vegetables and cooking our own food at home (vs pre-packaged store-bought foods) is the most impactful way to improve the health of our families.

We have an opportunity to support local farmers by bringing the Farmer's Market to you and directly purchasing their organic produce and raising money for our school (25% of the sales go back to the school): such a win-win! For three months (October-December) you will receive approximately 25 pounds of fresh local produce each month, delivered to the school, to nourish your families along with new recipe ideas and coupons.

HOW IT WORKS:

1. Sign up and remit payment ONLINE (see instructions below and on the pamphlet attached). Family, friends and colleagues can also sign up, but will need to ensure that they can pick up the produce as per below!
2. Wait for pick up instructions each month (you will receive this by email).
3. Make arrangements to come to the school at the communicated pick up day and time OR have someone pick up your bag for you. Pick up will be between 2:00-3:30pm on pick up days inside the school, and the first pick up day is Friday October 12th. There will be signs to guide you to the location at the school. Some substitutions will be made available if there is an item you wish to exchange.
4. Take the organic produce home and make something amazing! Recipes and inspiration for how to use the produce will be included. A bag will be provided.

NOTE: Please understand that we will not be able to store the bags due to the perishable nature of the produce, so it is important that you, or someone else (another parent, family member etc.), picks up the bag. We will contact anyone who does not pick up the bag but please note that bags that are not picked up by the end of the day will be donated to Mamas for Mamas, a local charity that helps moms in need in our community.

HOW TO SIGN UP: (DEADLINE IS OCTOBER 7th)

1. Sign up www.localmotive.ca before October 7th
2. Choose FARM BAG FUNDRAISER (bottom icon on the left)
3. Click SIGN UP
4. Select Rose Valley Elementary as your GROUP
5. Pay online with Paypal: the fee is \$120 (+ a 3% Paypal fee) for all three months (\$40/month) – you must pay online only and pay for all three months at once (no option to purchase single months)
6. Arrange for pick up as per above for each months' bag. Pick up dates are October 12th, November 9th and December 7th.

In good health, Tori Wesszer, RD (please direct any questions via email to farmbag@localmotive.ca)

Green Smoothie... that the kids will LOVE!



Getting your kids to eat their veggies isn't always an easy task! Here is our favourite green smoothie recipe that I hope your kids love as much as ours do!

Makes 3-4 smoothies

Ingredients:

- 2 cups tightly packed washed kale or spinach leaves
- 1 cup frozen pineapple chunks
- 1 cup frozen mango chunks
- 1 frozen banana
- 1/2 ripe avocado
- 3/4 cup plain or vanilla Greek yogurt (sub dairy-free yogurt if desired)
- 1/2 cup mango or pineapple juice
- 1 cup unsweetened almond milk or other milk of choice (or more to thin if needed)

Instructions:

Blend on the high setting until smooth and enjoy!

Recipe source: fraichenutrition.com

Norman Foote tickets for purchase for grade 1 and 2 students are available. Please use the link below to reserve tickets. Cost is \$10 per ticket.

<http://normanfoote.com/reservations.html>

The "HOWL MASQUERADE 18"



NORMAN FOOTE