



## Skeena Middle School

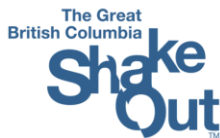
3411 Munroe Street Terrace, B.C. V8G – 3C1  
1-250-635-9136 (phone) 1-888-655-0523 (fax)

Relationships - Respect - Honesty - Responsibility - Perseverance

# This Week at SMS - Oct. 14 to Oct. 18

### “Great British Columbia Shake Out”

On Thursday, October 17<sup>th</sup> beginning at 10:17 AM, the students and staff at Skeena Middle School along with more than 500,000 people in BC (including over 3,000 on the North Coast of BC) are scheduled to participate in the “Great British Columbia Shake Out” Earthquake drill. More information about the “Great British Columbia Shake Out” is available at [Earthquake Preparedness BC](http://EarthquakePreparednessBC.ca) | [The Great British Columbia ShakeOut \(shakeoutbc.ca\)](http://TheGreatBritishColumbiaShakeOut.ca)



### Band Fundraiser

Our Band Program is currently doing a Scoops Gourmet Cookie Dough Fundraiser. All orders are due back to the school by Friday, November 15<sup>th</sup> with orders ready for pick-up by Friday, December 6<sup>th</sup>. Please see the attached order form. Orders may be dropped off in the Band Room.



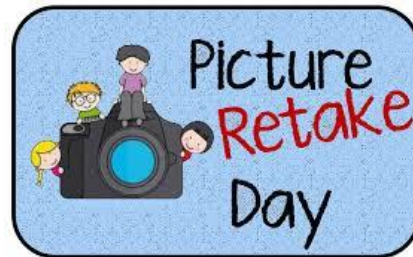
### SMS Website

Please visit our updated website at <http://skeena.cmsd.bc.ca>.



### Photo Re-takes

On Wednesday, Oct. 9, we had our Photo Day. We will be having our retakes on Thursday, November 14<sup>th</sup>.



### Caffeinated Energy Drinks at SMS

While at this time, Skeena Middle School does not have an official policy specific to Energy Drinks at school, we **strongly discourage** students from having these types of drinks at school.

Health Canada recommends that children and teenagers **not use** energy drinks. The best way for children and teenagers to improve energy is through a balanced diet. Getting enough sleep also can help keep energy levels up. One reason that Energy Drinks are not recommended for students is that the main ingredient in energy drinks is caffeine.

All students are encouraged to bring a water bottle to school and use our water bottle fill stations throughout the school. More information is available at [Caffeinated Energy Drinks](#) | [HealthLink BC](#) and [Energy and Sports Drinks](#) | [HealthLink BC](#)

## Updating Student Information

**It is of the utmost importance that our records at school are accurate.**

Medical information needs to be accurate; if your child has had a change in their medical profile (eg. onset of asthma, allergies, seizures, etc.), we may not be aware unless the information is updated with the office. Students with life threatening medical concerns (e.g. allergies) will have a Care Plan that is updated annually; if your child has a life threatening illness please contact the school to ensure that it is accurately reflected in our records.

Please call 250-635-9136 and speak to a secretary. Thank you for your attention to this important matter

## Foundation Skills Assessment (FSA)

From October 1 to November 8, 2024, all the Grade 7 students at Skeena Middle School, along with all Grade 4 and Grade 7 students throughout British Columbia, will complete the Foundation Skills Assessment (FSA). The Foundation Skills Assessment is an annual province-wide assessment of all B.C. students' academic skills in grades 4 and 7, and provides parents, teachers, schools, school districts and the ministry with important information on how well students are progressing in the foundation skills of Literacy and Numeracy.

## PRO-D Day – Oct. 25

There will be **NO** school for students on Friday, October 25<sup>th</sup>. This a PRO-D day for teachers.



## Emergency Procedures

Throughout the school year, all the students and staff at Skeena Middle School will practice our emergency procedures with each class and the school. The emergency procedures that we practice throughout the year include fire drills, intruder alerts, and earthquake drills.

We have an Earthquake Drill planned for this week. We take the development and practice of these school safety procedures very seriously and will practice all our procedures multiple times throughout the year.

**As part of our safety efforts, all parents, caregivers, and guests to the school are required to check in at the office before going elsewhere in the school.**

We encourage all of our parents and caregivers to speak to their child about our emergency procedures and discuss these procedures at home. If you have any questions/concerns about any of our Emergency Procedures, please contact the school.



## Block Rotation - Oct. 14 to Oct. 18

Mon., Oct. 14 – No School  
Tues., Oct. 15 – 8-1-2-3-4  
Wed., Oct. 16 – 5-6-7-8-1  
Thurs., Oct. 17 – 2-3-4-5-6  
Fri., Oct. 18 – 7-8-1-2-3

## Lost and Found

We have begun to collect a number of items in our Lost and Found Bin. If your child is missing a jacket or a hoodie, please ask them to have a look in our lost and found. It is located in the gym between the bleachers.