

Ruth King Elementary

2764 Jacklin Road, Victoria,

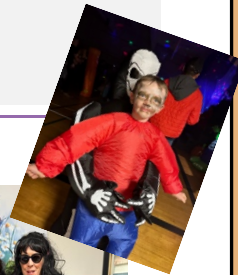
Website: ruthking.sd62.bc.ca Ph:250-478-8368



Hello Families,

This past week was filled with some exciting events including the annual Halloween Dance which is sponsored by the PAC every year. Thank you to all the parents who volunteered their time to make this event happen again this year. It did not disappoint!!

Tuesday is Halloween! Students can come dress up if they like. Please try not to send junk food to school with your child. Save the treats for at home!



Twin/Triplet Day was super fun! Thank you to everyone who participated!



Important:

Please fill out the online consents (including media consent for photos so that I can include your child in our newsletters. Click here: <https://consent.sd62.bc.ca/apps/OnlineConsent>



Upcoming Events

October 30

Monday Morning Meeting – 8:45am

October 31

Halloween – Orange & Black Day or Costumes

November 9

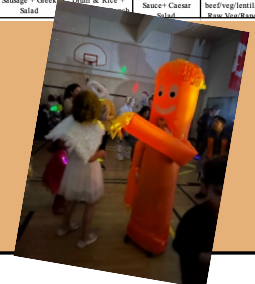
Photo Retake Day

November 10

Remembrance Day Assembly – 10:45am



FLOURISH! MENU - NOVEMBER 2023					
Oct/Nov 30-3	Monday	Tuesday	Wednesday	Thursday	Friday
	30	31	1	2	3
Breakfast	Out Power Squares + Yogurt Cups	Pumpkin Spice Cookie + Fruit	Blackberry Breakfast Bar	Oatmeal Cookie + Fruit	Morning Glory Muffin
Lunch - Secondary	Beef Bolognese + Caesar Salad	Roasted Chicken Breast + Bolognese Sauce + Caesar Salad	Roasted Chicken Breast + Bolognese + Fresh Salad	Chickpea & Veg Quinoa + Greek Salad	Pork & Pork Slop + Chicken + Roasted Potatoes + Raw Veg/Ranch
Lunch - Elementary	Roasted Pans + Bolognese Sauce + Caesar Salad	Roasted Chicken Breast + Bolognese + Fresh Salad	Cheese Quasidilla + Greek Salad	Pork & Pork Slop + Chicken + Green Salad/Ranch	Meat & Pork + Chicken + Roasted Potatoes + Raw Veg/Ranch
Nov 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
	6	7	8	9	10
Breakfast	Parfait (granola, yogurt, dried fruit)	Blueberry Smoothie + Fruit	Cheese Combread	Banana Bread + Fruit	Oatmeal Cookie
Lunch - Secondary	Pergies & Sausage + Greek Salad	Roasted Chicken Drum & Rice + Green Salad/Ranch	Wieners + Roasted Potatoes + Caesar Salad	Cauliflower Mac & Cheese + Raw Veg & Hummus	Scalloped Potatoes, Ham & Pea Caesero + Pasta Salad
Lunch - Elementary	Pergies & Sausage + Greek Salad	Roasted Chicken Drum & Rice + Green Salad/Ranch	Wieners + Roasted Potatoes + Caesar Salad	Mac & Cheese + Raw Veg & Hummus	Scalloped Potatoes & Peas + Ham + Pasta Salad
Nov 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	17
Breakfast	STAT	Granola Bar + Yogurt Cups	Banana Bread	Blackberry Breakfast Bar	Morning Glory Muffin
Lunch - Secondary		Beef Bolognese + Caesar Salad	Chickpea & Veg Quinoa + Greek Salad	Feta Chicken, Vegetables & Rice + Green Salad/Ranch	Pulled Pork + Smashed Potatoes + Caesar Salad
Lunch - Elementary		Roasted Pans + Bolognese + Caesar Salad	Cheese Quasidilla + Greek Salad	Vegetables & Rice + Green Salad/Ranch	Pulled Pork + Smashed Potatoes + Caesar Salad
Nov 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
	20	21	22	23	24
Breakfast	Out Power Squares + Yogurt Cups	Pumpkin Spice Cookie + Fruit	Banana Bread	Parfait (granola, yogurt, dried fruit)	NOV INSTRUCTIONAL DAY
Lunch - Secondary	Pergies & Sausage + Greek Salad	Roasted Chicken Drum & Rice + Green Salad/Ranch	Veggie Lasagna + Caesar Salad	Shepherd's Pie + Raw Veg/Ranch	
Lunch - Elementary	Pergies & Sausage + Greek Salad	Roasted Chicken Drum & Rice + Green Salad/Ranch	Roasted Pans + Veg Tomato Sauce + Caesar Salad	Smashed Potatoes + Sautéed beef/veggies + Raw Veg/Ranch	



Looking toward the Future...

November

- 10 White Spot Lunch - PAC
- 13 Remembrance Day(observed) – No School
- 14 PAC Meeting – 6:30pm (virtual)
- 15 Fire Drill @ 1:30pm
- 17 – 23 Scholastic Book Fair in the Library
- 17 Crazy Hair/Hat Day
- 18 Ruth King Craft Fair (Saturday)
- 20 Morning Meeting 8:45am (gym)
- 23 Early Dismissal @ 11:23am – Informal reporting
- 24 Pro D - Non-Instructional Day – No School
- 28 Board Meeting - 7:00pm



December

- 1 White Spot Lunch - PAC
- 5 Lock Down Drill @ 11:00am
- 4 Morning Meeting 8:45am (gym)
- 15 First Term Reports will be sent out
- 15 Pizza Day -PAC
- 15 & 18 RK Christmas Store
- 18 Morning Meeting 8:45am (gym)
- 22 Santa's Pancake Breakfast – Whole School
- 22 Holiday Wear/Sweaters/Dress up (last day before Winter break)
- 23rd -Jan 7th Winter Vacation Break



Christmas Hamper Time

RK will be working with some local donors in the coming months. Please let us know if your family will need support. We will be trying to support families who we have not supported in the last couple of years, as the need is high and the number of donors is limited.



Important Reminders:

-please do not park in the staff parking spaces on Matson Road.

-please plan to have someone at the school to pick up your child at 2:23pm. The staff are usually busy with meetings or planning for the following day once they dismiss their class. Much appreciated!

-attendance at school is important, please try to arrive just before the first bell at 8:25am. When students miss even the first 15 minutes, it impacts their day and impedes their learning.

-send your child to school with indoor shoes and appropriate outer wear for the rainy weather. We have some winter coats in the foyer.

-if you need support with buying gym shoes for your child, please email Ms. Ives. We are trying to keep the school/gym clean and some children have not brought runners to school.

Thank you

Ms. van der Leeden's class took a field trip to Goldstream Park



