

Ruth King Elementary

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Hello Families,

This past week was very busy with Halloween on Tuesday, Oct.31st and of course the announcement of the new modular prefab build for Ruth King Elementary School in September 2024. We are all very excited at the new possibilities. If you have any questions, please let us know and you are all invited to the PAC meeting on November 14th where this project will be discussed.



Field Trip to Goldstream Park

Three classes participated in this annual trip to see the salmon run. Thank you to Ms. Trish for helping out with the logistics and for facilitating a drumming circle to welcome everyone. Fun was had by all!!



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. Email Jodi Ward at jward@sd62.bc.ca



Ms. Tonkin's Grade K/1 pumpkin craving

Upcoming Events

November 8

Indigenous Remembrance Day

November 9

Photo Retake Day

November 10

Remembrance Day Assembly – 10:45am

November 10

White Spot Lunch – sponsored by the PAC

| | FLOURISH! MENU – NOVEMBER 2023 | | | | |
|---------------------------|--|---|--|---|--|
| Oct/Nov 30-31 | Monday 30 | Tuesday 31 | Wednesday 1 | Thursday 2 | Friday 3 |
| Breakfast | Out Power Squares + Yogurt Cups | Pumpkin Spice Cookie + Fruit | Blackberry Breakfast Bar | Oatmeal Cookie + Fruit | Morning Glory Muffin |
| Lunch - Secondary | Beef Bulgogae + Caesar Salad | Roasted Chicken Breast + Potato + Roasted Cauliflower + Parsi Salad | Chickpea + Veg Quinoa + Greek Salad | Pasta + Lent Soup + Chicken + Green Side Ranch | Mashed Potatoes + Chicken + Roasted Potatoes + Parsi Veg Ranch |
| Lunch - Elementary | Roasted Pork + Bulgogae + Caesar Salad | Roasted Chicken Breast + Roasted Potatoes + Parsi Salad | Cheese Quesadilla + Greek Salad | Pasta + Lent Soup + Chicken + Green Side Ranch | Mashed Potatoes + Chicken + Roasted Potatoes + Parsi Veg Ranch |
| Nov 6-10 | Monday 7 | Tuesday 8 | Wednesday 9 | Thursday 10 | Friday 11 |
| Breakfast | Parfait (granola, yogurt, sewed fruit) | Blueberry Scones + Fruit | Cheese Cornbread | Banana Bread + Fruit | Oatmeal Cookie |
| Lunch - Secondary | Pergoles + Sausage + Greek Salad | Roasted Chicken Drum & Rice + Green Salad/Ranch | Weiners + Roasted Potatoes + Caesar Salad | Cauliflower Mac + Cheese + Raw Veg + Hummus | Scalloped Potatoes, Ham & Pa Casserole + Parsi Salad |
| Lunch - Elementary | Pergoles + Sausage + Greek Salad | Roasted Chicken Drum & Rice + Green Salad/Ranch | Weiners + Roasted Potatoes + Caesar Salad | Mac + Cheese + Raw Veg + Hummus | Scalloped Potatoes + Parsi + Ham + Parsi Salad |
| Nov 13-17 | Monday 13 | Tuesday 14 | Wednesday 15 | Thursday 16 | Friday 17 |
| Breakfast | STAT | Greek Bar + Yogurt Cups | Banana Bread | Blackberry Breakfast Bar | Morning Glory Muffin |
| Lunch - Secondary | | Beef Bulgogae + Caesar Salad | Chickpea + Veg Quinoa + Greek Salad | Yogurt Chicken, Vegetables + Rice + Green Side Ranch | Pulled Pork + Smashed Potatoes + Caesar Salad |
| Lunch - Elementary | | Roasted Pork + Bulgogae + Caesar Salad | Cheese Quesadilla + Greek Salad | Yogurt Chicken, Vegetables + Rice + Green Side Ranch | Pulled Pork + Smashed Potatoes + Caesar Salad |
| Nov 20-24 | Monday 20 | Tuesday 21 | Wednesday 22 | Thursday 23 | Friday 24 |
| Breakfast | Out Power Squares + Yogurt Cups | Pumpkin Spice Cookie + Fruit | Banana Bread | Parfait (granola, yogurt, sewed fruit) | NON INSTRUCTIONAL DAY |
| Lunch - Secondary | Pergoles + Sausage + Greek Salad | Roasted Chicken Drum & Rice + Green Salad/Ranch | Veggie Lasagna + Caesar Salad | Shepherd Pie + Raw Veg/Ranch | |
| Lunch - Elementary | Pergoles + Sausage + Greek Salad | Roasted Chicken Drum & Rice + Green Salad/Ranch | Roasted Pork + Veg Tomato Sauce + Caesar Salad | Smashed Potatoes + Sausage beef/w/lettuce + Raw Veg/Ranch | |

Events in the Coming Months...

November

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

Important Reminders:

-please do not park in the staff parking spaces on Matson Road during morning drop off.

-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

Communicating Student Learning

All teachers at Ruth King should be communicating with families regarding the types of reporting that they will be doing for this year. **Additional information can be found here:** [K-12 Student Reporting Information | Sooke School District \(sd62.bc.ca\)](https://www.sd62.bc.ca) If you have any questions, please do not hesitate to reach out. My email is vives@sd62.bc.ca



Minister of Education and Childcare, Rachna Singh, along with MLA, Ravi Parmar and Trustee (Board Chair), Amanda Dowhy made the announcement for the modular build at Ruth King. Thank you to Amber Bourbonnais (PAC SPEAC representative) for the photos of the event.