



École Élémentaire Casorso Elementary School

Weekly Howl – November 14th, 2025

250-870-5135

School Web Site – <https://cas.sd23.bc.ca/>



WEEK OF November 17th, 2025

MONDAY 17th

- PAC Coffee Fundraiser all this week!
- 6:30 pm - PAC Meeting in the Library

TUESDAY 18th

- 10:00 am Fruit & Vegetable Delivery
- 10:45 am – Grade 5 Volleyball Practice

WEDNESDAY 19th

- 10:00 am – Primary Multi-cultural Fair
- 11:51 am – Intermediate Multi-cultural Fair
- 1:45 pm – Roots of Empathy visits Casorso

THURSDAY 20th

- All Day – Harmony Day

FRIDAY 21th

- PAC Coffee Fundraiser Last Day to Order
- Coyote Friday - Wear Your T-Shirt!



SAFE DROP OFF & PICK UP TIMES

Supervision Begins: 8:10 am
Supervision Ends: 2:45 pm

OFFICE HOURS

8:00 am- 3:00 pm



Our office, *and therefore the school*, is accessible and open, between these times. During these hours, office staff are available to assist both students and families as necessary.



HARMONY DAY

To celebrate **Harmony Day** and **Multicultural Week** we will be having a school wide cultural picnic on **Wednesday, November 19th**. The students are invited to contribute a nut free food item to share that represents their culture. ***Please remember a reusable dish and fork for your student.***

COYOTE SWAG PICK UP

If you ordered Coyote Swag earlier on this fall, it should be available later November or early December. Please watch for details.

“CAS – Putting Our Paws Together To Make A Difference!”

Harmony Day/ Multicultural Picnic

To: Families of Ecole Casorso Elementary
From: CAS Staff
Re: HARMONY DAY — School-Wide Cultural Picnic



Wednesday, November 19th, 2025

We invite our students to participate in Harmony Day/ Multicultural Week by:

- wearing cultural clothing that represents
 - family heritage OR
 - Red and white for Canada
- contribute a food item to a school-wide multicultural potluck picnic
- attending the "Harmony Day Multicultural Picnic": gr. K - 3 (a.m.) or gr. 4 - 6 (p.m.)
- bringing a reusable **dish and fork** to use during the picnic
- Having family volunteer to help with the event

We are asking each family to contribute one nut-free dish to the potluck (if possible!) — the item can be from any country/culture. **Please send serving utensils and put your child's name and teacher's name on everything (dish/pot/bowl/pan/spoons). We are not able to re-heat food, so please plan accordingly.**

Every year we have had plenty of food to go around, however, please be sure to send your child some regular snacks and a small lunch in case they didn't eat enough. If your child has serious allergies, it may be wise to pack them a special lunch of their own, as we would still love for all students to participate in our Harmony Day celebration.

And finally, we need volunteers to help with setting-up, serving, and cleaning-up. It's a fun time and the students will be excited to try new food and contribute to the potluck! Please fill in the info below & return it to your child's teacher by **Thursday, November 13th**.

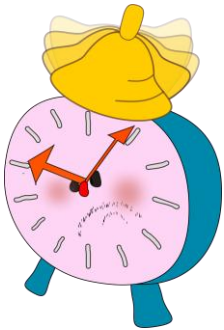
Jared Birkeland, Principal

Natalie Morin, Vice-Principal

GRADE 6 CAMP 2026: THIS YEAR AT GREEN BAY!

Last week we met with Grade 6 parents and provided information regarding this year's camp. This year, the Grade 6 camp will be May 26th - 27th, 2026 at Green Bay in West Kelowna! For more information, please visit our Casorso website and go to the **NEWS** page to view the slideshow: [Grade 6 yearend celebration at Green Bay Camp](#). All Grade 6 students are encouraged to attend the year-end camp, regardless of their financial means. We are asking parents / guardians of Grade 6 students to please sign up to help with fundraising [here](#). If you are interested in being a chaperone, please sign up [here](#).

Our camp planning team is asking families to pay a \$50.00 deposit, due before December 1st, 2025 - please use school cash online: <https://centralokanagan.schoolcashonline.com/>



IN SUPPORT OF BEING ON TIME

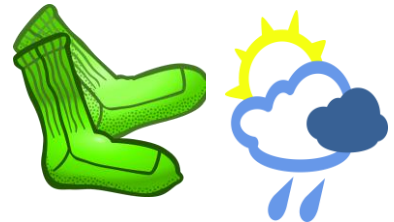
Our school places an emphasis on being on time. It is very helpful and adds success to each child's day when all students are seated by the second bell and classroom instruction can begin without interruption. Arriving on time sets up all our students for success. Thank you in advance for your support and cooperation with this goal. If your child arrives late, please ensure that they report in at the Office before going to their classroom.

Please also remember school ends at 2:30pm and there is supervision in the playground until 2:45pm. If there is a later pick-up, please have your child wait at the front of the school or in the waiting area by the office.

Hello, Casorso Families,

Our seasons are rapidly changing in our beautiful Okanagan Valley. Cooler, wet weather has arrived along with a dip in temperatures. Please ensure that your children bring that extra sweater or coat so that they can enjoy the outdoors on our school play area at lunch and recess. Also, an extra pair of dry pants and dry socks would be appreciated.... for all our students!

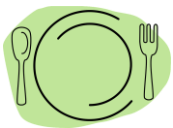
Thank you!



We have been noticing that some of our students are coming to the office to let us know that they are still hungry after they have finished eating their lunch. Now that the colder weather has arrived, we ask that you and your child pack a few extra healthy snacks each day to keep their growing bodies fueled! This includes fun lunch or hot lunch days as well...thank you!



REMINDER: CUTLERY FOR LUNCHES



Parents, please remember to pack a spoon/fork with your child's lunch when it is required, as we are unable to provide utensils at school. Thank you!



A gentle reminder that our school is making every effort to be a **PEANUT / NUT AWARE** environment. We have students with life threatening nut sensitivities. Thank you in advance for your help by not sending peanut / nut products to school to keep everyone as safe as possible.

PARENT ADVISORY COUNCIL NEWS

Website: <https://casorsofamilies.weebly.com/> Email: cas.pac@sd23.bc.ca

HAPPY FALL!

If you are missing your Fall Fair Pictures, please contact the school office (250-870-5135) - we will pass your information along to the Photo Booth Photographer.

The Casorso PAC is hosting the next general meeting on **Monday, November 17th**, from **6:30 to 8:00 pm**, in the Casorso Library. All parents/guardians are welcome and encouraged to attend. Childcare and snacks will be provided.

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The PAC is made up of all parents and guardians of Casorso students. Get involved by joining our meetings, volunteering, or simply donating. Together, we can help Casorso Elementary thrive. Let's make our school the best it can be! Watch this 1-minute video to learn how you can support our children's education at Casorso by supporting the PAC:

<https://vimeo.com/1072237238/386ea62f43>

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The Casorso PAC has an ongoing fundraiser with the **Columbia Bottle Depot**. Bring your returnable items in a transparent plastic bag. Print a label using our PAC account **ID #BBP7X** to raise money for our school.

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Coming Up: PAC COFFEE FUNDRAISER!

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Wake up, smell the fundraiser.

Casorso's PAC Coffee Fundraiser is officially brewing! [Twin Sparks Coffee Roasters](#) (AKA proud Coyote parents) have created custom whole-bean blends and a cozy hot chocolate mix to help support our school community. Orders can be picked up at the school on Dec 9 & 11, at the cafe Dec 9 - 12, or shipped the week of Dec 4 for out-of-towners.

A cozy cup, a good cause, and a little Coyote spirit — the perfect way to start the day.

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COPAC News:

Virtual parent education opportunity on Wednesday November 19th at 6:30 pm with Samantha Woods of Kaizen Education on ADHD & Executive Function Skills. We will be sharing more details about that event in early November.

Geering-UP UBC-O runs Saturday programming through the Winter. See attached a digital poster for Saturday Clubs as well as a digital poster for the Junior Instructor Volunteer Opportunity.

PLEASE SEE BROCHURES BELOW FOR ADDITIONAL INFORMATION

"CAS – Putting Our Paws Together To Make A Difference!"

ORDER BY NOVEMBER 21

25% OF SALES TO THE PAC



CASORSO PAC COFFEE FUNDRAISER



PROUDLY ROASTED BY TWIN SPARKS COFFEE ROASTERS

CHOOSE FROM:



DARK ROAST



MEDIUM ROAST



DECAF



HOT CHOCOLATE

**SIP IT.
SHARE IT.
SUPPORT THE PAC.**



QUESTIONS? CONTACT ERIN WOLTER AT 250 809-5869.

"CAS – Putting Our Paws Together To Make A Difference!"

Information for Parents and Caregivers

Resources to support you and your child



Register for free training

Tips to protect children
and youth online



Have a conversation

Talk with children and
youth about things they
may be experiencing

What kind of information can I find on erase.gov.bc.ca?

- **Practical guidance** to help you support your child's safety and well-being
- **Resources and information about:**
 - Diversity and inclusion
 - Mental health and substance use
 - School and online safety
- **Free training sessions** to help you keep your child safe online
- **Videos** explaining erase, the Report It Tool, and safe, caring and inclusive schools
- **Tips** for bringing concerns to your child's school

What is the Report It Tool?

Report It is an **anonymous online tool** for **students** to report anything concerning to their school safety team—whether it happens at school, online, or somewhere else. Find it at erase.gov.bc.ca.

Questions? Reach out to your school to learn more.



Ministry of
Education and
Child Care




**COPAC
PRESENTS**

**SAMANTHA
WOODS**



FREE VIRTUAL PARENT EDUCATION EVENT

NOVEMBER 19 - 6:30PM
MEETING LINK SHARED VIA SCHOOLMESSENGER

UNDERSTANDING ADOLESCENTS FROM THE INSIDE-OUT

We all rely on our executive functions in our daily lives, from planning out our day, remembering to pack our lunch, or mapping out our next road trip. Unfortunately, adults often take these learned skills for granted, assuming that our students will “naturally learn” how to organize, stay on task, attend to a boring task, and/or prepare and plan.

Weaker executive skills can be the root cause of stress, anxiety, shame, and frustration both at home and at school. Youngsters with weak executive skills often exhibit disorganization, forgetfulness, difficulty initiating tasks, emotional regulation challenges, and a tendency to get distracted easily. For a child with ADHD, the development of these skills is significantly delayed, creating a noticeable gap in social, academic and emotional maturity compared to their peers. The promising news is that these skills are both teachable and learnable! With patience, practice, persistence, and most importantly, positivity, adults can foster the development of these executive functioning skills in their children and students.

Join Samantha Woods, a former teacher, seasoned executive brain functioning coach, and founder of Kaizen Education Services, as well as a parent to two dudes, to learn more about the brain's self-management system and how parents can help their children practice and develop these essential skills for learning and life.

You will learn:

- What skills are included in executive functioning?
- Some key insights from neuroscience include where executive functions reside in the brain and how they develop.
- Why students diagnosed with ADHD need an abundance of support in developing these skills.
- Learn simple and practical parent coaching tips that can support executive functioning development in children (and adults!) of all ages. No diagnosis required!

Samantha founded Kaizen Education Services to transform traditional education. For over 28 years, she has explored how brain science intersects with learning, behavior, and mental health. She has built a movement around one radical idea: executive functioning skills aren't optional - they're essential. Through her signature program, The Brain Hub Academy, Samantha helps educators and parents move from frustration to clarity by teaching the real-life, brain-based skills that drive academic success, emotional regulation, mental health, well-being, and, most importantly, resilience.

Her workshops and coaching sessions are known for being practical, energizing, and rooted in lived experience, not just theory. She believes educators can't pour from an empty cup and that schools need more than referrals - they need solutions that actually work in the classroom. Samantha is now sharing her neuroscience research and program with corporate groups who recognize that neurodiverse children become neurodiverse adults whose tremendous potential frequently goes unexplored in workplace settings. Samantha is a self-proclaimed Brain Nerd and Positive Disruptor who is rewriting the narrative on school and workplace success. Her mantra? Small changes lead to big improvements. Her mission? To make executive skills education accessible, inclusive, and empowering for everyone; no diagnosis required

“CAS – Putting Our Paws Together To Make A Difference!”



THE UNIVERSITY
OF BRITISH COLUMBIA

iSTAND
for Diversity in STEM

WINTER STEM CAMP

Looking for some fun during the Winter Break?

Join the WWEST team for a fun-filled, Science, Technology, Engineering and Math (STEM) based camp! This camp will engage youth aged 5-10, in winter-STEM themed activities ranging from technology to neuroscience, alongside indoor and outdoor movement breaks!

Daily registration means you can choose 1, 2, 3, or all 4 days of camp!

December 29, 2025-January 2, 2026

*(no camp on January 1, 2026)

8:30am-3:30pm

UBC Okanagan

ARTS Building 1147 Research Road

\$55/youth/day



TO REGISTER VISIT: wwest-cwse.ca
or scan the QR code

