



Phoenix School
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October 27, 2025

Notes from the Office

Halloween Dance-A-Thon

Thank you for supporting our Halloween Dance-A-Thon taking place on Oct. 31, 2025. We are so excited for this school wide event. Please watch for Pledge Forms and Parent/Guardian Information letters being sent home with the oldest child in each Phoenix family.



All students are invited to take part in the school Dance-A-Thon. Students are encouraged to collect donations to support their dance session in the gym! We are hoping this is a fun way for students to raise funds to help pay for important school experiences such as field trips, guest performances and specialized learning materials.

All pledge forms with funds collected -need to be returned by Oct.30, 2025.

Halloween Costumes:

- Students are invited to wear their costumes to school.
- Students are reminded to be mindful when choosing their costumes that they are not overly scary as we want all students to feel comfortable during the day.
- Please do not send toys, weapons or props as these types of items can be accidentally misplaced or broken during the day.

Halloween Safety Tips



Trick-or-Treating Tips

- Stick to the sidewalks.
- Plan a route ahead of time.
- Cross the street at intersections or crosswalks and look both ways for cars.
- Carry a flashlight to help see and be seen.
- Always accompany young children on their neighborhood rounds.
- Older children should travel in groups and create a "buddy system" to get each other home safely.

Candy Safety

- Accept treats at the door only—never enter strangers' homes or cars.
- Avoid eating candy until it's inspected by an adult at home.
- Avoid consuming treats if the packaging is already opened.
- Remove choking hazards (such as hard candies, chewy/sticky candies, popcorn, nuts, and marshmallows) from candy hauls if you are trick-or-treating with young children, especially babies and toddlers. (Soft chocolate bars without nuts or hard fillings, and chocolate wafers are a great safer option for little ones).
- Always supervise young children while they're enjoying their Halloween goodies to ensure a safe and fun holiday!

Halloween Safety for Pets

- Consider keeping pets indoors or in a quiet, secure room to avoid the noise and stress of visitors.
- Have your pet on a leash if they are joining the trick-or-treating adventure.
- Ensure your pet's costume is comfortable and safe with no small parts that could be swallowed.

Picture Retakes:

Nov. 6, 2025

Parent Advisory Council

The next Parent Advisory Council is scheduled for Nov. 19, 2025, at 6:00 PM. Parents interested in attending the meeting are requested to RSVP their attendance at phoenix@sjasd.net

Breathing Exercises: A Simple Tool for Calm Bodies

Deep breathing is often one of the first techniques adults turn to when we need to manage stress or tension. Just a few slow, deep breaths can help us feel more grounded and in control.

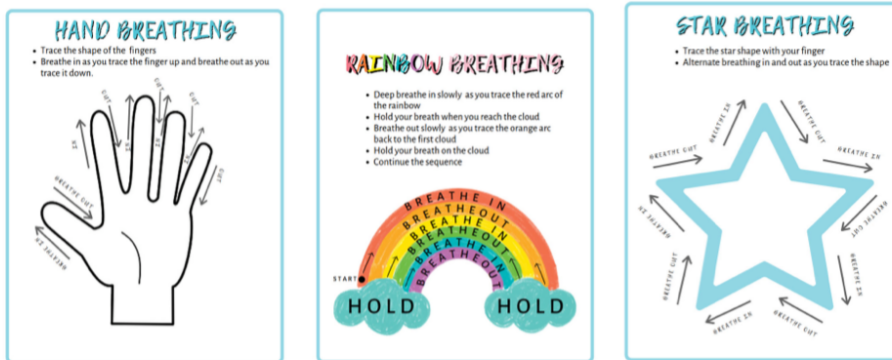
But while we know how powerful this tool can be, we often forget to teach it to our children—or we try once and give up when it doesn't seem to work.

Here's the secret: breathing exercises *do* work for kids, but only if we introduce them the right way.

Practice when calm: Teach your child breathing techniques when they're relaxed and happy—not in the middle of a meltdown. This helps them build the skill so they can use it when they really need it.

Make it fun: Turn breathing into a game! Try blowing bubbles, pretending to blow up a balloon, or using a “breathing buddy” (a stuffed animal that rises and falls on their belly). When it's playful, kids are more likely to engage.

Breathing exercises are quick, free, and effective—and with a little practice, they can become a go-to tool for your child to manage big feelings. Below are some fun ways to practice.



Wellness Wednesdays

Every Wednesday, to begin the afternoon, all classes come together virtually, to explore different ideas around diversity, equity, and positive mental health. The virtual assembly is held via TEAMS and facilitated by Mrs. Gallo, our amazing Guidance Counselor. There is always meaningful, insightful conversation from students and staff strengthening the belief that Phoenix is **Our** school.

Happy Diwali

Phoenix staff and students would like to wish all a Happy Diwali, the Festival of Light, to all those who celebrated last week.

Remembrance Day Assembly

Thank you for taking time to reflect on this very important day for Canada. Phoenix School will be having an assembly on Nov. 10 at 10:00 AM at the school. As space is extremely limited in the gym, families are encouraged to join the assembly virtually by livestream. Details regarding the livestream will be shared closer to the assembly date.