



Phoenix School  
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September 22, 2025

## Notes from the Office

**Truth and Reconciliation Week Sept. 22-26**

# National Day for Truth and Reconciliation



In observance of **Orange Shirt Day** and the **National Day for Truth and Reconciliation**, we invite everyone to wear orange on **Monday, September 29th**.

**National Day for Truth and Reconciliation** is Tuesday, September 30<sup>th</sup>. There is no school that day.



## **Staying Well Session – Understanding ADHD and Dyslexia in Girls and Women**

Dear Phoenix Families,

You are invited to our upcoming virtual Staying Well Session – Understanding ADHD and Dyslexia in Girls and Women **Tuesday, October 28<sup>th</sup> at 6:15pm. If interested, please register for the virtual session at this link:**

<https://events.teams.microsoft.com/event/15c61c7a-2419-485f-b7ef-dc474fb6b678@57e2d773-4dcc-4850-8717-73b1db41984a>

More information about the session can be found at the above link.

## **Flourishing for Families 2.0 (October 15, 2025, 6 to 7 pm CST/ 7 to 8 pm EST)**

In today's complex world, simplicity feels rare. But what if simple skills could transform your parenting and help your family thrive? Join this practical workshop to learn how to nurture your child's resilience, autonomy, and self-regulation, the very strengths essential for lifelong well-being.

*Learning Objectives:*

- Develop a basic understanding of emotions and behaviour
- Learn how to positively influence emotions and, in turn, behaviour

If interested in joining this virtual opportunity please save this email with the link below, and rsvp to Debbie Neufeld at [Debbie.neufeld@sjasd.ca](mailto:Debbie.neufeld@sjasd.ca) if you plan to attend.

## **Student Supplies**

The School Cash system is now open to Phoenix families for payment of student supply fees. Families may access the School Cash system at the following link:

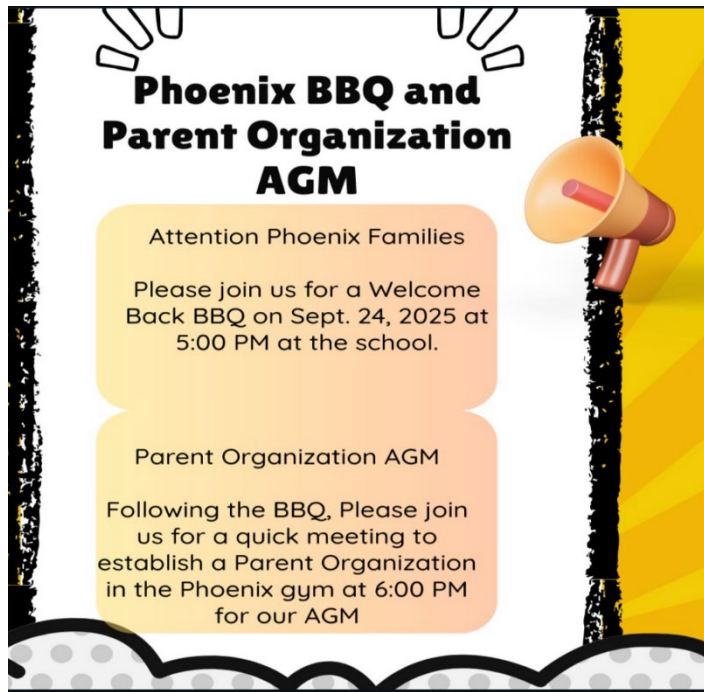
[School Cash Online - Phoenix School \(sjasd.ca\)](https://sjasd.ca/school-cash)

## **Lunch program**

Thank you to our amazing lunch supervisors for their dedication and support of Phoenix students each day over the lunch hour.

**WE NEED YOUR HELP!**

Phoenix school *needs* additional lunch supervisors to support this valuable program. Please contact the school at 204-889-5053 or [phoenix@sjasd.ca](mailto:phoenix@sjasd.ca) for more information about this paid position



## Terry Fox Run

Hello Phoenix Families!

This is a reminder that our Terry Fox Run will be on **Thursday, Sept. 25**. Phoenix School is on board with over 9,000 schools coast to coast to coast to help continue Terry's dream of a world without cancer.

The Terry Fox Foundation needs our support. We kindly ask each family to consider donating and to share the link below with family, friends, and neighbours.

<https://schools.terryfox.ca/PhoenixSchoolHeadingley>

Thank you to everyone that has already donated, as your support and generosity is greatly appreciated! We are over one third of the way to meeting our goal of \$3800 and have a few days left to reach it. We hope you will help us meet our goal by donating and sharing the link above with family, friends and neighbours.

Thank you!

## Lost and Found

Families are encouraged to clearly label your child's name on personal items. This will help return any clothing etc. that has found its way to the lost and found.