



Branches

a school to home newsletter

September 27, 2024

JR. BOYS VOLLEYBALL
 @Houston Christian School

SATURDAY  SEPTEMBER 28

BVCS v HCS - 10:30
HCS v ECRS - 11:30



What's Happening at HCS?

September 27 - Friday

- Directories went home with students this week

September 28 - Saturday

- Jr. Boys Volleyball playday at HCS

Come out and cheer them on!

September 30 - Monday

- Day for Truth and Reconciliation
- No School

October 10 - Thursday

- Spirit Day - Western Day
- Thanksgiving Assembly

Elementary School Supplies

We are still waiting for payment for some children's school supplies. For parents of elementary-grade children, the school supplies cost \$40 per student. Parents who have not yet paid are asked to come in and make the payment. Payments can be made in person at the office with a check or cash. Alternatively, an e-transfer can be sent to kim.vanb@houstonchristianschool.ca (please remember to include "school supplies" in the memo). Thank you for your cooperation.



THANK YOU

HCS was thrilled to receive a beautiful donation of artwork from Mrs. Metcalf that showcases this year's school theme.

Proper Outdoor Clothing for Elementary Students

Parents are reminded to send their elementary children to school with proper outdoor clothing for the season. On days when rain is predicted, a waterproof coat and rain boots will help your child enjoy time outside.



ELEMENTARY SPORTS

Sign-up sheets went home with students this week who are eligible to participate in two great sports activities. If you have a child between the ages of 8 and 12, they have the opportunity to participate in the Elementary Cross Country Run in Smithers on October 10th. Children in grades 4-7 can play in the Muheim Soccer tournament in Smithers on October 4th. This event is all about having a blast with soccer, and students of all skill levels are encouraged to join in the fun. If you have elementary-aged children at HCS and have not received your permission form, contact the office, and we will be happy to supply you with another.

HCS FIT TO FLOURISH >>>

Research clearly shows that we need a new approach to movement that looks at all the ways we move throughout the day, rather than focusing on separate activities. The updated guidelines encourage children and youth to find a good balance of "Sweat, Step, Sleep, and Sit" for a healthy 24 hours.



A healthy 24 hours includes:

SWEAT

Moderate to vigorous physical activity

★ An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

STEP

Light physical activity

★ Several hours of a variety of structured and unstructured light physical activities;

SLEEP

Sleep

★ Uninterrupted 9 to 11 hours of sleep per night for those aged 5-13 years and 8 to 10 hours per night for those aged 14-17 years, with consistent bed and wake-up times;

SEDENTARY BEHAVIOUR

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★ No more than 2 hours per day of recreational screen time;
★ Limited sitting for extended periods.





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OR

Fill out a paper form

- ✓ Print out the form on the next page or visit the office for a printed form
- ✓ Pay by cash, cheque (written to HCS), or e-transfer to kim.vanb@houstonchristianschool.ca (your name and 'scoops' in the memo)

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BY
OCTOBER 18**