



HCS had a visitor in school this week: a red-sided garter snake. This little snake has won the hearts of most of the students here at HCS. Every day, they crowd around the terrarium, watching its antics. We send out a huge thank you to Korbyn Stoltenberg for sharing his find with the school.



Teachers have noticed that students frequently ask to borrow cutlery from the staff kitchen. We kindly remind parents that if your child's lunch requires cutlery, please ensure they bring it from home, as the school does not supply it. Thank you for your cooperation.

The HCS kitchen is buzzing with excitement as a shiny new KitchenAid takes center stage on the counter! Baking just got a whole lot more fabulous—and a lot more fun!



What's Happening at HCS?

October 14 - Monday

- Thanksgiving Day - No School

October 17 - Thursday

- Parent/Teacher Conferences (2 pm)
- Grad Cookie Orders Due

October 18 - Friday

- Parent/Teacher Conferences - No School

October 21 - Monday

- HCS Store Closes

October 24- Thursday

- School Picture Retakes

October 25 - Friday

- ProD Day - No School

ORDER NOW

The HCS apparel store is open until October 21st. **Please click on the t-shirt to be redirected to the HCS store.**



NEW HCS ATHLETICS FACEBOOK GROUP:

Stay in the loop with all things sports at HCS by joining our brand new HCS Athletics Facebook page! Just click on the Facebook symbol to be instantly directed to the new group. Once there, hit "join group" to be part of the excitement!



Parent/Teacher Conferences

We look forward to being able to visit with parents on October 17 and 18.

If you have not signed up yet, we encourage you to do so by clicking on this [LINK](#).

Houston
Christian
School

Fit to Flourish

Packing school snacks and lunches can feel like every parent's daily challenge. Whether it's done last-minute or the night before, the result often ends up being less nutritious than the meals your kids eat at home. It's important to teach children that sugary and salty treats are for special occasions, not everyday lunchbox staples. We can shift their mindset away from thinking snacks always have to be processed and pre-packaged. Simple, wholesome options like apples, whole grain crackers, or carrot sticks can make great snacks—especially with a tasty dip like hummus to add flavor. As you pack yet another lunch, remember you're fueling them for success! And hang in there—just 10 more months of lunch duty before you get a well-deserved break. Let's make this school year a fun, delicious adventure!

-Toronto Star (www.thestar.com)

"Sushi" Sandwich



With the exact same ingredients you normally use to make a sandwich and the aid of a simple rolling pin, you can turn a sandwich your kids already love into visually enticing "sushi".

Step 1: Cut the crusts off the slice of bread and roll out as thin as possible with a rolling pin.

Step 2: Spread the piece of bread with your chosen spread and fillings. Don't overfill!

Step 3: Starting at the side closest to you (the filled end) tightly roll the mixture and press to seal into a roll. I dab a bit of spread across the end of the roll to act as a glue sealing the roll.

Step 4: Cut the roll into even pieces and add to the lunch box or snack platter.

ELEMENTARY/MIDDLE SCHOOL SPORTS

HCS students in grades 3 to 8 had a blast this September with two amazing athletic events: the Muheim Soccer Tournament and the Elementary Cross Country Run! Our student athletes shone brightly, not just displaying their skills on the field and track but also bringing their A-game in team spirit! They cheered with enthusiasm, rooting for their classmates and all the competitors from other schools. It was an unforgettable experience filled with fun, energy, and school pride! Go HCS!



STUDENT VOTE PROGRAM FOR THE 2024 BRITISH COLUMBIA PROVINCIAL ELECTION

Students in grades 5 to 12 will have the opportunity to vote on October 17.

HCS is excited to join the Student Vote program, which will deepen students' understanding of government and elections while empowering them to become active, informed citizens. Research shows that students who participate in this program develop a stronger sense of civic responsibility and greater confidence in engaging in the electoral process.





Western Day Fun





SCOOPS COOKIE DOUGH & CHEESECAKE

*Help the HCS Grad Class of 2025
raise money by ordering
your favorite cookie dough or cheesecake.*



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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)

**ORDER
BY
OCTOBER 18**

