



NOVEMBER 2024

RES NOVEMBER UPDATE



Dear Raymond Elementary School Families,

As we continue our journey together this school year, we want to take a moment to focus on an essential part of our students' success: health and wellness. At Raymond Elementary, we believe that wellness encompasses both physical and emotional well-being, and we are committed to supporting our students and their families in both areas.

Our school motto, COMETS – Curiosity, Ownership, Mindfulness, Empowerment, Tenacity, and Safety – guides us in creating a supportive and healthy environment for all. Each aspect of COMETS plays a role in promoting wellness:

Curiosity inspires students to learn about healthy habits, exploring ways to stay active, eat well, and build resilience. Ownership encourages students to take responsibility for their well-being, recognizing the importance of balanced nutrition, regular exercise, and restful sleep. Mindfulness teaches us to be present, reduce stress, and recognize and process emotions in positive ways. Empowerment gives students the confidence to make healthy choices and ask for support when they need it. Tenacity reminds us that building healthy habits takes time and persistence, encouraging students to stay motivated in their wellness journeys. Safety remains at the heart of our community, as we work together to create a safe and welcoming environment that supports everyone's well-being.

We encourage all families to engage in conversations about wellness at home. Take time to exercise as a family, explore new nutritious foods, and talk openly about feelings. Let's all take steps to keep our school community healthy, happy, and resilient!

Together, we can nurture a culture of health and wellness that will empower our students now and into the future.



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NOVEMBER DATES TO REMEMBER

- NOV 6 - DAIRY QUEEN LUNCH (GRADE 1, 2 & 3)
- NOV 7 - DAIRY QUEEN LUNCH (GRADE 4, 5 & 6)
- NOV 7 - REMEMBRANCE DAY ASSEMBLY 10AM
- NOV 8 - WELLNESS DAY - NO SCHOOL
- NOV 11 - REMEMBRANCE DAY - NO SCHOOL
- NOV 12 - PICTURE RETAKES
- NOV 13 - SUBWAY LUNCH (GRADES 1, 2 & 3)
- NOV 14 - SUBWAY LUNCH (GRADES 4, 5 & 6)
- NOV 14 - BEACH DAY
- NOV 20 - A1 PIZZA DAY (GRADES 1, 2 & 3)
- NOV 21 - A1 PIZZA DAY (GRADES 4, 5 & 6)
- NOV 25 - HOT LUNCH FORM CLOSES @ NOON
- NOV 26 - HOT LUNCH FORM OPENS @ NOON
- NOV 27 - CRAZY HAT DAY
- NOV 27 - BURGER BARON (GRADES 1, 2 & 3)
- NOV 28 - BURGER BARON (GRADES 4, 5 & 6)
- NOV 28 - CHOIR AT SYMPHONY
- NOV 29 - INCLUSIVE PLAYGROUND RAFFLE CLOSES



**COMING
SOON**

**WE'VE REBRANDED
OUR RES LOGO.
NEW MERCH COMING SOON!**