








# Hawk Nest News

Hudson Road  
Elementary

Sept. 19—23, 2022

Mon., Sept. 19	Tues., Sept. 20	Wed., Sept. 21	Thurs. Sept. 22	Fri. Sept. 23
Gaga Ball—Grade 1	Gaga Ball—Grade 2	Gaga Ball-Grade 3	Gaga Ball—Grade 4	Gaga Ball—Grade 5
National Day of Mourning Schools Closed  	Strong Start Re-Opens  			Myra Canyon Field Trip Cornell / Friesen / Bertoia / Goughnour  Popcorn Sale \$2 / Bag
<b>Terry Fox Coin Drive Collections</b>				

## Upcoming Events...

Mon., Sept. 26	Tues., Sept. 27	Wed., Sept. 28	Thurs. Sept. 29	Fri. Sept. 30
Gaga Ball—Grade 1	Gaga Ball—Grade 2	Gaga Ball-Grade 3	Gaga Ball—Grade 4	Gaga Ball—Grade 5
Terry Fox Run 10:00 am—11:00 am  		Mission Creek Field Trip Mitchell / Hill / Segec  PAC Meeting 6:30 pm	Mission Creek Field Trip— French / Babichuk  	National Day of Truth & Reconciliation Schools Closed  



## 2022 Fall Program

EcoCooks Club is an afterschool program consisting of 8 fun-filled sessions. Youth (grades 4-7) are immersed in this science-based environmental cooking program which creates a strong foundation to develop lifelong healthy and planet-positive eating habits.



**Two  
program  
options!**

Tuesdays | September 27 – November 15 or  
Wednesdays | September 28 – November 16

Time | 4:15pm to 6:30pm

Location | Salvation Army Sutherland Church, Kelowna

Cost | \$20 total for all 8 sessions

To register, please visit:

[www.ecocooks.org/club-registration](http://www.ecocooks.org/club-registration)

For more information, please contact:

Anna at [awebster@unfc.ca](mailto:awebster@unfc.ca)



Institute of  
Child Psychology

# CHILDHOOD ANXIETY

## HELPING CHILDREN HEAL

FULL DAY  
WORKSHOP  
**\$97**



PARENTS ● EDUCATORS ● CAREGIVERS ●  
CHILDCARE & MENTAL HEALTH PROFESSIONALS

**OCTOBER 22, 2022**  
**9:00 AM - 5:00 PM**

## DETAILS

*Anxiety has many faces, and at this workshop parents, caregivers, and professionals will learn about the psychological and physiological roots of anxiety, why it is on the rise in our children, and what to do to help children better manage it. You will leave with an entire toolkit of concrete strategies and the most up-to-date research.*

**INCLUDED:** Workbooks, certificates of completion (with continuing education credits) & beverage service.

**GROUP DISCOUNT:** We are happy to provide a 20% discount to your *group of 5 or more participants*



## IN PERSON OR LIVE STREAMED

Coast Capri Hotel, Kelowna, BC

IN PERSON OR LIVE STREAMED  
THROUGH ZOOM

\*\*\*ALL PARTICIPANTS WILL RECEIVE ACCESS TO A RECORDING OF THE EVENT AVAILABLE FOR 30 DAYS AFTER THE PRESENTATION



INSTRUCTOR

**TANIA JOHNSON, R. PSYCH**

CO-FOUNDER, INSTITUTE OF CHILD PSYCHOLOGY

**FREE GIFT**  
3 HOUR E-COURSE





# PAC NEWS

Our **PAC Hot Lunch Fundraiser** will begin on October 4<sup>th</sup>. Please visit this link to place your orders. The cut-off date for the first order is September 28<sup>th</sup>.



[PAC Hot Lunch Program](#)



**Ecole Hudson Road Elementary**

## **Scholastic Fall Book Fair**

Our PAC will be hosting our **Scholastic Book Fair from October 3<sup>rd</sup> – 6<sup>th</sup>**. They are currently looking for parent volunteers to help with the Fair. Please click the link to sign up.

[Book Fair Volunteer Sign-Up](#)