Happy Friday to all of our Jaguar families!  Here we are at the end of our Halloween week, and the energy dial has definitely been on high!  I owe a huge thank you to the adults in our building, as those post Halloween days can be challenging.  To the credit of our Jaguars, however, they have worked diligently to remain calm, kind, honest and respectful.  Well done to all!

It was definitely an action-packed week, full of fun and excitement.  Coach B was back in tennis action with our students, which is always a wonderful addition to our Physical Education program.  He will be bringing his serve and volley game to John Muir for a few more weeks of intense action, and we completely appreciate his efforts with our students.  If you are interested in continuing with some tennis for your child, please just reach out to me and I will pass on the pertinent details.

The great day of Halloween arrived as planned on Wednesday, and we had a blast here at John Muir.  As per our tradition, the festivities kicked off at 9:20 with our annual costume parade.  This allows each of our students the chance to celebrate their costume creations with their fellow Jaguars.  As usual, we had so many outstanding costumes on display throughout our school with both staff and students bringing their 'A' game again this year.  Although the weather was on the inclement side, we battled the elements and enjoyed some fresh air during our recess times.  Our Halloween festivities continued at 11:00am, as we enjoyed a variety of center activities around the school, and a groove-inducing Sock Hop in the gymnasium.  These whole-school activities are highlights for many of us, and this particular one did not disappoint!  I had the pleasure of overseeing the Sock Hop in the gym with Mrs. Blatchford and a few other adults, and I can only attest to the amazing dance moves inherent to our Jaguars!  We had an absolute blast in there, getting our dance on to tunes from today and yesteryear.  All in all, it was a fantastic Halloween, celebrated with that typical John Muir flair!

In addition to some tired little Jaguars, Thursday and Friday marked our first school swims for 2018/19.  At John Muir we take two trips, spreading our school participation over the two days.  Past experience has brought us to this decision, as the change rooms are not large at Seaparc, and the extra space in the pool is appreciated by all.  Thank you to those of you able to send in a twoonie to offset the cost of the swims.  After seeing all those soaked, tired and satisfied little faces returning from the pool, I could see that our swims were a roaring success.

I have chosen to include an interesting attachment to this version of our Jaguar weekly.  With the current mental health trends in today's society, there has indeed been a reflective and philosophical alteration in the world of education.  Cases of anxiety are prevalent for our younger generation and we, as the adults, need to be properly prepared to assist our little ones.  Please take a read of the attached list, as it outlines several simple phrases to calm an anxious child.

**Attached to the Weekly are the following:**

\* '72 Phrases to Calm an Anxious Child'     [72\_Phrases\_to\_Calm\_an\_Anxious\_Child.pdf](http://track.spe.schoolmessenger.com/f/a/cJ4GpmQgfEw2ewy2igTSxA~~/AAAAAQA~/RgRdvgzlP0R0aHR0cHM6Ly9tc2cuc2Nob29sbWVzc2VuZ2VyLmNhL20vP3M9bVduSThsTjlqdkEmbWFsPWZmMThjYWM0M2U5Yzk3MDVlZTI2YzA5ZDk2Zjc1OGNjNTZjNTYyNDRjNWIyZjAxZjFmYmVjM2VhNmRjMmY1MTFXB3NjaG9vbG1CCgAAZdncW_3OUApSE2dqb2huc29uQHNkNjIuYmMuY2FYBAAAAAI~)

\* Sooke Lion's Breakfast with Santa             [Santa Flyer Dec. 1.jpg](http://track.spe.schoolmessenger.com/f/a/igbPJnOc3pA8qag_qCeMVw~~/AAAAAQA~/RgRdvgzlP0R0aHR0cHM6Ly9tc2cuc2Nob29sbWVzc2VuZ2VyLmNhL20vP3M9bVduSThsTjlqdkEmbWFsPTY0MTIzNmE1ZTc4MDQ3Mjk1MjY3OWVjYjZmMmRlMjAxZDI2MWIxMjYyZjkxNWU1OTA1NTAzZTQxOTk4NTVhMjBXB3NjaG9vbG1CCgAAZdncW_3OUApSE2dqb2huc29uQHNkNjIuYmMuY2FYBAAAAAI~)

\* Sooke Hockey Bottle Drive          [bottle drive.png](http://track.spe.schoolmessenger.com/f/a/gCP5oeo4t3FY1QRtt2cLGw~~/AAAAAQA~/RgRdvgzlP0R0aHR0cHM6Ly9tc2cuc2Nob29sbWVzc2VuZ2VyLmNhL20vP3M9bVduSThsTjlqdkEmbWFsPWEzZmE5ZWIxMmQ2MzdhMDlhMTRhMTA5ZGMwOGE1NDRiMzVlYjM2MjRkOWU0ZTQ0ODNiY2ViYTgwNDk1MjBiMjBXB3NjaG9vbG1CCgAAZdncW_3OUApSE2dqb2huc29uQHNkNjIuYmMuY2FYBAAAAAI~)

Please Note the Following Dates on your Calendars:

\* Wed, Nov 7           Michael Mitchell Performance      1:30 pm

\* Fri, Nov 9             Remembrance Day Assembly        11:00 am

\* Mon, Nov 12         Remembrance Day                        No School

\* Thu, Nov 15          Learning Tours                              3:00--7:00pm

\* Nov 15, 16 & 19   Book Fair

You will notice above in our attachments that Sooke Hockey is hosting a bottle drive.  This involves many of our Jaguars, and I'm sure that they would appreciate your support!

Although it is hard to believe, we are now full steam ahead into November.  The time between now and Christmas break will be full of activities and a fast pace, so please be sure to take the necessary time to care for yourself and your family.  It is all too easy to get 'caught up' in the busy-ness of our world, but please remember that our occupations are essentially a means-to-an-end--that being our family and those we are fortunate to be close to in this world.  I often need to heed my own advice on this accord, as it is all to easy to lose sight of those things that truly matter.

I wish you the best of weekends, full of time with loved ones and those activities which truly bring a smile to your being.  Thank you for your ongoing support of all that is John Muir.  We are so lucky to be part of such a caring community.

Take care.

Gord