



October 9th, 2026

Happy Friday greetings, everyone,

One of the best things about working in a school is being reminded how often people choose to invest themselves in things whose outcomes they can't possibly know.

Earlier this week, students had the opportunity to meet **Fred Fox** and learn more about the legacy of his little brother, Terry. Looking back, it is tempting to see Terry Fox's story as inevitable: a national hero, household name, an enduring legacy. But at the outset, none of those things were certain. What existed was Terry's conviction that the effort itself was worthwhile.



That idea surfaced repeatedly this week, as staff met to discuss classroom needs, potential supports, and the month ahead. Families began the process of our IEP meetings with Ms. Ferris and Ms. Calla, and our SFU Student Teachers have continued their journey into the profession. Each of these stories are investments in a future we can't yet clearly see. They are as yet "just" plans, and *hope*, an idea I also returned to throughout the week.

The Czech writer and statesman [Václav Havel](#) wrote that ***"Hope is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out."***

Schools are full of that kind of hope. Every lesson. Every act of encouragement. Every plan made on behalf of a child. Every conversation about what might help a student succeed. We might not know exactly how the story will unfold, but we show up. We invest. We care. And in doing so help create the conditions where growth becomes possible.

Earlier this week, Fred Fox reminded us that Terry never got to see the full impact of what he started. Much of what matters most in life begins this way. A seed planted, lesson taught, or friendship formed. A child encouraged. We rarely know where those stories will ultimately lead.

As autumn settles in around us, that feels like a worthwhile reminder. Many of the most important things in life unfold gradually: learning, friendship, confidence, trust, and community.

Hope, perhaps, is choosing to tend these things anyway.

Wishing everyone a wonderful Thanksgiving weekend. As ever,

Bryan Jackson

Principal | Anmore Elementary

brjackson@sd43.bc.ca

Reminders

- **CHEQ Survey for Kindergarten Families** – Please see log in information and an introduction to the CHEQ survey to complete this brief survey before October 31st (sent home in Communication Folders last Friday).
- **Please complete all forms (on paper or in School Cash Online as required)** (if you are receiving reminders, we still need them!)

Need to Know?

[School Website](#)

[Frequently Asked Questions](#)

[Absence Report](#)

[Parent Forms](#)

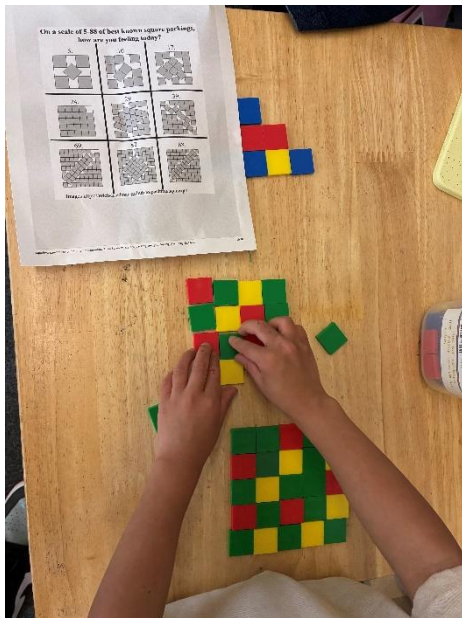
On the Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
12 th Thanksgiving Day (No School)	13 th Volleyball Practice (8am) Mountain Biking & Basketball After School Programs	14 th Soccer After School Program	15 th Volleyball Game (at Heritage Mountain Elementary 3pm)	16 th
Artist Nikki Lewis, Environmental Art Project				
19 th	20 th Volleyball Practice (8am) Mountain Biking & Basketball After School Programs	21 st Soccer After School Program	22 nd Divisions 4 & 5 to Alder Acres Farm	23 rd Pro-D Day (No School)



Anmore Moments

For more, follow us @ www.instagram.com/AnmoreSD43



STAY IN THE LOOP WITH THE SD43 APP

Families can receive school and district news, updates and announcements in one convenient place with the SD43 Coquitlam app.

- **News and updates:** See school and district announcements as they are published.
- **Event reminders:** Keep upcoming events and important dates at a glance.
- **One app, every school:** Follow each of your children's schools, as well as the district.

Download the SD43 Coquitlam app from the Apple App Store or Google Play. Once installed, turn on notifications so you do not miss an update. **Stay tuned for more information!** A more robust app is coming, with student attendance and schedule information and other features to help families stay connected.

ELECTIONS

We are one of 60 public school districts in BC, each governed by an elected board of school trustees. SD43 trustees represent our community and our students. As the October 17 municipal election approaches, we encourage all eligible voters to remember that school trustees are also on the ballot. Trustees serve as members of the Board of Education and help guide important decisions about district priorities, budgets, policies and strategic direction. Strong public education benefits our entire community. Please take some time to learn about the candidates and make your voice heard by voting on October 17.

Read more: [Local School Trustee Elections 2026](#)

COMMUNICATION

The best outcomes for students happen when families, students, and school staff work together in a spirit of trust, respect, and partnership.

Communication is more than simply sharing information. It is an ongoing conversation where families feel heard, students have a voice, and educators work collaboratively to understand each student's strengths, needs, and circumstances.

When questions, worries, or concerns arise about a situation or interaction with a staff member, we encourage families to begin the conversation with the staff member directly involved. In most cases, that person knows the student and their educational program well and is best positioned to listen, provide context, and work together with the family toward a positive resolution. When additional support is needed, the school principal or vice-principal can become involved, followed, when appropriate, by district staff and the Assistant Superintendent who oversees the school.

Read more: [Administrative Procedure 380 - Resolution of Student or Parent School Concerns](#)

Nadine Tambellini

SD43 Superintendent and CEO



Anmore PAC

Ways to Support our School



Fundraisers

Local and Online Fundraisers
that give back a percentage
to the PAC.



Community Partners

Support local students.
Reach local families.



Donations

Direct donations of any size
are always appreciated.



Prefer not to use a QR code?

anmorepac.weebly.com



School & Wellness Nursing Team

Our team operates at the individual school level. Schools K to 12 in a neighbourhood are assigned to School and Wellness Public Health Nurse(s).

What we do

1. Immunization and Communicable Disease

- Immunize children against vaccine-preventable diseases
- Respond to outbreaks of disease/s

2. General Health Consultations

- Support students, families, and school staff access health resources

3. Health Education/Capacity Building

- Provide online resources for school staff to support students with medical conditions such as anaphylaxis, seizures, and diabetes

4. Health Promotion Messaging

- Provide health promotion messaging

School Health Resource

Visit our School Health web resource for:
Health Information for students 5 to 18 years old,
Tips for parents and school staff.



Scan the QR code or visit
fraserhealth.ca/schoolhealth

Healthlink BC

Health questions? Call 8-1-1 anytime 24/7 or visit www.healthlinkbc.ca for free access to non-emergency health information and advice from a nurse, dietitian, exercise professional or pharmacist.



Contact Us

You can contact your Public Health School and Wellness Nursing team via phone or email:

Email: SchoolNurseTricities@fraserhealth.ca

Abbotsford Tel: 604-864-3400	Agassiz Tel: 604-793-7160	Burnaby Tel: 604-918-7605	Chilliwack Tel: 604-702-4900	Cloverdale, Surrey Tel: 604-575-5100	Guildford, Surrey Tel: 604-587-4750
Hope Tel: 604-860-7630	Langley Tel: 604-539-2900	Maple Ridge Tel: 604-476-7000	Mission Tel: 604-814-5500	New Westminster Tel: 604-777-6740	Tri-Cities, Port Moody Tel: 604-949-7200
Newton, Surrey Tel: 604-592-2000	North Delta Tel: 604-507-5400	North Surrey Tel: 604-587-7900	South Delta Tel: 604-952-3550	White Rock Tel: 604-542-4000	



Revised: April 24, 2023