



Millstream Newsletter

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Principal: Julia Sahota jsahota@sd62.bc.ca

Vice Principal: Cory Meausette cmeausette@sd62.bc.ca

Secretary: Taryn Treloar ttreloar@sd62.bc.ca

Website: <http://millstream.sd62.bc.ca/>

VOLUME 4 - ISSUE TWO

It's the Place to Be!

OCTOBER 2016

SLIMED 800+ TIMES



Julia Sahota,
Principal

October is always a busy and fun month. Our cross country students did a great job representing our school with one student even coming in first place, which is a HUGE accomplishment! Congratulations Simone!

We had a wonderful performance by local Mime Trent Arterberry October 7th which had all of us laughing and enjoying our Friday

afternoon. Thanks to PAC for supporting our guest performers this year. In November we have an amazing group "Zarevka Ballet" to perform for us on November 16th at 1:15pm. As usual parents are welcome to attend the show.

The most fun moment of my month was "Slime the Principal". It was so crazy but such a good fundraiser for our Ms. Treloar and her son Declan who are leaving on

December 9th to go to the Philippines to work with an impoverished village school. We are excited to say that with everyone's support, Ms. Treloar has exceeded her funding goal of \$5,000 with the "Sliming" raising \$800.00.

Our Annual Remembrance Ceremony will take place on Thursday November 10th at 10:45. Parents are welcome to attend. Mr. Meausette/Papineau class will organize the day.

We will have our first Parent/Student Interviews on November 24th from 1-7. Appointments are to be set up on-line. Ms. Treloar will send you a link closer to the day. November 25th is a Pro-D day.

The children will start Holiday concert rehearsal with Jesse Roper on November 21st in preparation for our concert on December 8th. Exciting times ahead.

For Your Information...



*"Don't cry because it is over,
smile because it happened."*



Dr. Seuss Quotes

~Dr. Seuss

MARK YOUR CALENDARS

CALENDAR of EVENTS

"Movember" 2016

- 10th Photo Retake Day (morning)
- 10th Remembrance Day Assembly
- 11th Remembrance Day (no school)
- 16th Zaryevka Ballet - 1:15pm
- 18th Hot Lunch
- 18th MOUSTACHE DAY - \$2
- 18th WACKY Hair Day
- 18th Hold and Secure Drill 1:15pm
- 19th Craft Fair at Millstream 10-3
- 24th Early Dismissal - 11:30 am
- 24th Parent-Teacher conferences 1-7
- 25th Non Instructional Day
- 29th PAC Meeting

OCTOBER

ADMINISTRATION

Julia Sahota, Principal/Librarian
Cory Meausette, Vice-Principal

TEACHERS

Cory Meausette - Div. 1 (Gr.4/5)
Nevada Papineau - Div. 1 (Gr.4/5)
Steve Deichmann - Div. 2 (Gr. 3/4)
Sylvia Devenport - Div. 3 (Gr. 2/3)
Catherine Alpha - Div. 4 (Gr. 1/2)
Michelle King - Div. 5 (Gr. 1)
Leah Satterfield - Div. 6 (Gr. K)
Thera de Greef - Div. 7 (Gr. 2/3F)
Allison Whicher - Div. 8 (Gr. 1/2F)
Caitlin Tates - Div. 9 (K)
Carla Marcoux - Div. 10 (K)
Nevada Papineau - Music
Wendy Mann - LS/IS
Betsy Clarke - LS/IS
Jayne Struch - LS/IS - French
Michaella Carter - Counsellor

SUPPORT STAFF

Taryn Treloar - School Secretary
Laura Tinker - Education Assistant
Charro Woodford - Education Assistant
Lindsay Park - Education Assistant
Colette McFarland - Library Assistant
Lisa Miller - Strong Start
Rena Nagel - Lunch Supervisor
Arlene Klatt - Lunch Supervisor
J. Scott - Lunch Supervisor
Catrina Snook - ESD Support
Rosaland Wilkinson - Aboriginal Support
Al Beekman - Head Custodian
Sandra Martell - Speech & Language
Paula Twamley - Occupational Therapist
Carolyn Zanichelli - ELL

PAC EXECUTIVE

Sarah Ramsbottom - President
Taryn Treloar - Vice President
Dale Breese - Secretary
Krista Bekkema - Treasurer
Jessica Bell - Fundraising
Sarah Ramsbottom - Hot Lunch
Heather Bewsher - Hot Lunch
Jim Knutsen - SPEAC
Layla Bhalla - Popcorn
Mike Donselaar - Emergency
Tracy Raven & Mark Ralph - Sign
Cendra Beaton - CFP Representative

Island Health Presents



BC Healthy Kids Program

KINDERGARTEN HEARING SCREENING

Children may have unknown hearing loss when they start school. Slight hearing loss or hearing loss in just one ear is hard to notice. Yet, these losses can cause school problems that are preventable. Each year, kindergarten children have their hearing checked at school by Community Health Vision and Hearing Screeners. Each year, the "Kindergarten Hearing Screening Program" helps find children with hearing loss. If a child does not pass the hearing screening, a letter is sent home to parents. If you receive a letter, it is important to make an appointment to have your child's hearing tested at the Hearing Clinic. Many hearing problems can be treated if identified early.

KINDERGARTEN VISION SCREENING

Children may have unknown vision problems that can lead to difficulty with reading and/

or writing when they start school. During the school year, Public Health Screeners help find children with possible vision concerns by checking kindergarten children's vision. Letters are sent home to parents before the screening with information about screening, and after, with the results. If your child is referred, it is important that you take them for a complete eye exam with an eye doctor.

British Columbia's Medical Services Plan provides some coverage for eye exams for children under the age of 18, and The Healthy Kids Program provides limited funds once in a twelve-month period for prescription eyewear for children 0 - 18 years living in low-income families.

HEALTHY SNACKS

Snacks are part of healthy eating for children. Offer 2-3 healthy snacks a day as well as 3 meals spaced through the day to provide the

nutrients and energy children need to learn and grow. Allowing a child to snack all day long increases the risk for tooth decay and children may not be hungry at meal times.

Tips for healthy snacking:

- ★ Healthy snacks include foods from at least 2 of the 4 food groups from Canada's Food Guide.
- ★ Check food labels before you buy packaged snack foods. Look for snack foods that are low in sugar and high in nutrients such as fibre and calcium.
- ★ Sticky foods like crackers, raisins and granola bars cling to the teeth and increase the risk of tooth decay. Encourage children to rinse well with water after these snacks.

Keep these easy, healthy snacks on hand:

- ★ Cut-up vegetables or fruit with salad dressing or yogurt dip
- ★ Crackers and cheese
- ★ Hummus and pita
- ★ Yogurt and whole

grain bread sticks

- ★ Small muffin and fruit
- ★ Whole grain cereal and milk
- ★ Half a sandwich

Need more healthy snack ideas? Check out *Snack Attack!/Breakfast the Right Way to Start Your Day*, available at your school and Public Health Unit.

HANDWASHING FOR HEALTH

Germs spread easily in a classroom. Handwashing is the best way to stop the spread of germs that cause colds, influenza (flu), diarrhea and other sicknesses. It is important that children learn how and when to wash their hands to lower their risk of getting sick.

How to Wash Hands:

- ★ Wet hands under warm running water
- ★ Scrub with plain soap for a count of 20, all over hands and between fingers
- ★ Rinse under running water for a count of 10
- ★ Dry hands with a clean paper towel

For more information on any of the above, please contact:

Health Units: West Shore: 250-519-3490 VIHA Child, Youth and Family Community Health Dental: Victoria: 250-519-5100 or 1-800-663-7867, Registered Dietitian or www.healthlinkbc.ca/eahtheating/, HealthLink BC File #100 Severe Food Allergies in Children: www.healthlinkbc.ca/health-files/hfile100a.stm Anaphylaxis Canada www.anaphylaxis.ca/ Your doctor, Your pharmacist ~ HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or www.healthlinkbc.ca/healthyeating/ www.sexualityandu.ca

Halloween at Millstream



Halloween at Millstream



PAC Information...

WHO IS THE PAC? YOU ARE!

WHAT IS PAC?

Ecole Millstream Elementary's Parent Advisory Council is a committee made up of all the parents of the students that attend Ecole Millstream Elementary school. Your child's attendance at Ecole Millstream Elementary automatically makes you a member of our schools PAC. You're the voice of your child and as a collective group we're the voice of the student body.

WHAT IS THE PURPOSE OF PAC?

The purpose of PAC is to be the voice of our pres-

ent student body and provide support, feedback and advice to the school administration.

WHAT DOES PAC DO?

PAC hosts many events and fundraisers throughout the school year to support our student's learning by providing our school with cultural & community events, field trips, technology, books, musical instruments, sports equipment and other initiatives that increase the betterment of our students learning environment.

WHY IS PAC NEEDED?

PAC is needed to help bolster the funding provided to our school to improve the resources available and the children's experience of education.

HOW CAN YOU HELP?

Parent volunteers are always needed! Even if you work full time or have littles at home we can work within your time constraints and use your talent on our PAC.

We are always looking

for donations of food and goods for BBQ's, hot lunches, breakfasts and auction items. We need volunteers for set up, take down and the organizing and running of events.

Once a month we will need fresh baked goods to help celebrate our teachers and administrators hard work. To participate in this all you need to do is drop off a delicious plate of baked goods to the office on the last Wednesday of every month!

See the other side for more ways you can help!

ONGOING 'FREE' FUNDRAISERS

HELP THE SCHOOL ENORMOUSLY WITHOUT ACTUALLY PAYING ANYTHING

Alpine Bottle Depot:

Do you have unwanted empties? Just drop them off at Alpine Bottle Depot and mention Millstream Elementary and leave the sorting and counting to them.

Cobs Bakery:

Fresh baked bread tastes better when you know it's helping raise money for Ecole Millstream Elementary School! Mention Ecole Millstream Elementary School at COBS BREAD and they will donate a percentage of your purchase back to your school.

Canadian Tire Money:

Please bring in any extra or unwanted Canadian Tire money and help fill our box. All monies will go to purchasing items for our school!

Co-op Number:

13999 Please share our membership number whenever you make a purchase from Peninsula Co-op or SaveOn Gas. At the end of the year, our organization will earn a rebate, based on the amount of purchases our members have made throughout the year. Thank you for your participation in advance

Thrifty's Smile Card:

Thrifty Foods will donate an amount equal to 5% of the amount you load on your Smile Card to the fundraising group. There is absolutely no cost to you. Ask the cashier to load any amount you wish onto the card before having your grocery order rung through. Pay for the card load with cash, debit card or credit card. Ring the grocery order through and pay for the order with your Smile Card!

PAC - DID YOU KNOW?!

Where does school funding come from?

The Government only gives the School District some funding...

What does our PAC pay for?

In 2015/16 the PAC RAISED \$26,000 for the 2016-2017 School Year!

This is what the money will be used for this year:

- ★ \$5,800 on Cultural events at Millstream (including Bonhomme)
- ★ \$5,375 for Fieldtrips (\$20/Student) (including the year end fieldtrip)
- ★ \$3,600 iPads for Classroom (School will have 12 total)
- ★ \$3,500 - Classroom supplies (\$15.50/Student) - Art supplies/crafts
- ★ \$2,000 Smart Board (replacement of bulbs etc.)
- ★ \$1,000 Free Field Sound System (microphone for classroom teacher)
- ★ \$1,000 Bursary for former Millstream students
- ★ \$750 Sports Equipment
- ★ \$500 Grad Shirts for our Grade 5 students
- ★ \$500 for Musical instruments

Remainder

- ★ Office supplies
- ★ Emergency supplies
- ★ Support LS/IS/
- ★ Lunch monitor pizza party



*Come out to the next
PAC Meeting*

*We have such a fun
group and would LOVE
to have your input!*

November 29

6:30

Did you know...

One bus to Galey Farms costs \$155 out of a teacher's field trip funds - doesn't leave much left for the year does it?!

Did you know...

Most resources and costs for the classroom are paid out of the teacher's OWN pocket...

Millstream PAC Executive

President

Sarah Ramsbottom

Vice President

Taryn Treloar

Secretary

Dale Breese

Treasurer

Krista Bekkham

Fundraising Coordinator

Jessica Bell

Past President

Dionne Buckham

CPF Representative

Cendra Beaton

SPEAK Representative

Jim Knutsen

Popcorn

Layla Bhalla

Hot Lunch

Sarah Ramsbottom &

Heather Bewsher -

Mansfield

Emergency Preparedness

Mike Donselaar

Sign

Mark Ralph

Tracy Raven

If you would like to join

the Executive email

ttreloar@sd62.bc.ca

Millstream PAC is where's it's AT!

CURRENT PAC FUNDRAISERS:

No 06911

Night of LIGHTS

Sunday, November 20, 2016 • 6-9:30 pm

\$500
PER TICKET

ENTER FOR YOUR CHANCE TO WIN THE **GRAND PRIZE!**
A TRIP FOR 4 TO **DISNEYLAND**

As a ticket holder enjoy in-store specials/discounts, food, entertainment and over 100 fabulous door prizes!

Night of Lights

ALL of the \$5.00 proceeds go back to Millstream Elementary

WHAT DO YOU GET?

- ★ Admittance into Hillside's special evening
- ★ fab in-store discounts
- ★ tasty treats
- ★ live entertainment
- ★ chance to win one of over 100 door prizes
- ★ GRAND PRIZE TRIP FOR 4 TO DISNEYLAND.
- ★ Great night out with friends

Exciting Fundraising Event!!



Millstream Elementary:

Royals Tickets will be in the office for the **November 19th game!**

\$12 per ticket.

This was a great fundraiser last month. We raised over \$2800 at the game in October from 50/50 tickets
All unsold tickets need to be returned to the office by November 18th

Millstream PAC is where's it's AT!

French Lessons for Parents

Registration NOW
OPEN!

Your Sooke District Chapter of Canadian Parents for French is holding French Lessons for Parents again this year. These Lessons will be at a Beginners Level of French and will consist of 6 classes of 2 hours each, once a week, for 12 hours of instruction in total. These Lessons are a great tool in assisting you with your children's homework or reading books at home.

The interactive class setting that these lessons provide will help you build the skills for a basic conversation in French.

All adults are welcomed from the Sooke School District area. We will be holding the Lessons at École Poirier starting November 10th, 2016 from 6pm-8pm in Classroom 1158, every Thursday, and ending on December 15th, 2016.

CONTACT MISS
TRELOAR

FOR MORE INFO
TTRELOAR@SD62.
BC.CA



Millstream PAC

has a **FACEBOOK** page!!



Get the most up-to-date info from
the Millstream Admin team and
the PAC by joining our group!



Presents

PAC 101 NIGHT

& Foods That Fit

ROYAL BAY SECONDARY
Thursday, November 24, 2016
6:00PM -8:30PM

Come join us for an evening of discussion and guidance. This evening is designed for all PAC members, whether you are new to your role or have been around for a while.

Meet and sample local hot lunch and snack providers, and share ideas with our community of PAC members from across SD62 District.

Please RSVP to <https://goo.gl/PMOKTk>



Millstream Elementary School Craft Fair

November 19, 2016

Registration Form

Exhibitor Name: _____

Phone number: _____

E-Mail address: _____

Description of craft: _____

Please check one. \$35.00 Table

\$20.00 half table

Please indicate if you need electricity as it is limited.

All vendors are asked to donate one small item of more than \$5 for the hourly draw.

Tables are provided but please provide your own table skirting and table cloth.

Vendors will be asked to not take down table until 3pm when the fair will be over and to be set up and ready to sell by 10am.

Doors will open at 8am so vendors can start setting up and there will be coffee and food to purchase.

Please drop **Applications and payments** off at school or mail : 626 Hoylake Ave, Victoria, BC V9B 3P7

or email it to jsahota@sd62.bc.ca. If you email application payment must be sent ASAP to confirm place in fair.

Millstream PAC is where's it's AT!

Millstream Craft Fair

When: Saturday, November 19th

Where: Millstream Elementary - 626 Hoylake Road

Time: 10:00am - 3:00pm

Entrance is FREE



Features:

- * Photos with Santa
- * School Bake Table
- * Kids Craft Table



Proceeds from these tables go to Millstream Elementary

Vendors are Selling:

- * Tupperware
- * Leggings And Apparel
- * Beaded Jewellery
- * Xmas Ornaments
- * Tea Cup Candles
- * Spa In A Jar
- * Silk Chiffon Scarves
- * Cards
- * Sweet Treats
- * Essential Oils
- * Scentsy
- * Dish Cloths/Tea Towels
- * Christmas Wreaths
- * Coffee Sleeves
- * Kleenex Pouches
- * Children's hats
- * Fabric Gift Bags
- * Reusable hand warmers
- * Clay Charm necklaces
- * Wool Wrist Warmers
- * Vinyl Creations - socks, ornaments, pillowcases, towels t-shirts
- * Paper Mache Paintings, Bowls and Mirrors
- * Magnets and Shoe Charms
- * Vintage Jewellery
- * Hairclips and Bows
- * Bath Bombs/Essentials

Support our local artists, culinary creators, small businesses and our community neighborhood elementary school!

Millstream Newsletter

Boys and Girls Clubs of Canada
Parents in the Know Info



Boys & Girls Club
Services of Greater Victoria
A good place to be

Parents in the Know

HELPING PARENTS AND TEENS GROW TOGETHER

The Boys and Girls Clubs of Canada – Parents in the Know program is a 10-week education and group support program for parents of teens who are feeling challenged in their parenting. This is a brief overview of the Parents in the Know program.

COMING TO A GROUP

Many parents feel unsure about attending a parenting group. Parenting is a very personal experience and it can be difficult to come to a group and share our personal stories. Know that you will never have to share anything you are uncomfortable with and that confidentiality is imperative within Parents in the Know.

Parents in the Know is a place to come and explore your parenting, learn about adolescent development, learn how to better communicate with your teen, and how to take care of your own needs while parenting a teen.

THE CURRICULUM WILL COVER THE FOLLOWING AREAS:

Note: PITK uses local guest speakers to further connect parents to their community.

1. Introduction and Parents in the Know concepts
2. Communication
3. Adolescent Development
4. Boundaries
5. Taking Responsibility for Our Lives
6. Exploring Our Parenting (and Teen Sexuality)
7. Adolescent Mental Health
8. Substance Use and Teens
9. Living With Our Teen
10. The Path Ahead

For more information please contact, Mike Schmalz/Miriam Miller at 250-384-9133 ext.222
mschmalz@bgcvic.org or mmiller@bgcvic.org

The Parents in the Know program is a copyrighted program of the Boys and Girls Clubs of Canada and is generously funded by the Ministry of Children and Family Development.

**Miss Treloar and Declan
thank you for your bottle and slime donations!! We raised \$480 in our bottle drive and almost \$800 in slimes for our Philippines Fundraiser!!!**

The #1 ranked Children's Enrichment Program Bricks 4 Kidz® has arrived.

We offer engaging camps, classes and in-school workshops that engage children ages 3-12+. With an emphasis on STEM (Science, Technology, Engineering and Math) education we are successfully introducing children globally to the exciting world of learning by building and playing with LEGO® Bricks.

Bricks 4 Kidz® programs provide a unique approach to educational play using LEGO® Bricks, motors and remote controls. Kids explore and collaborate using our unique lessons, proprietary model plans, themed learning units and motorized project kits. Designed and created by teachers, architects and engineering professionals, our hands-on curriculum introduces children to concepts based on STEM education. Themes such as Robotics, Comic Creator, Space, Inventions and Oceanic Contraptions providing hundreds of projects, ensuring a high level of enthusiasm for all.

Our camps, classes and in-school workshops are designed to allow students to construct robots, buildings, motorized models and more. Bricks 4 Kidz classes are taught in multi-week sessions for one hour each week, where children naturally build their self-esteem while problem solving in a collaborative setting.

We welcome the opportunity to share the benefits of our award winning programs with you. Please feel free to contact me at any time.

CURRICULUM/INSTRUCTIONAL CONTENT:

- Students will work in a lab-type setting using LEGO® components such as gears, axles and beams.
- Instructional content is multi-disciplinary and designed by educators to increase student's general knowledge and introduce STEM concepts related to the day's model.
- Lessons are designed around students' interests, with themes like animals, space, transportation and sports.
- The material covered each session will vary depending on students' ages, experience, and skill level.
- All materials will be provided.



SEX & DRUGS

WHEN
November 9, 2016
7:00—8:30 pm

WHERE
Belmont Secondary School
3041 Langford Lake Road

FEATURING • Jennifer Gibson aka "The Sex Lady" • Has her MA and is a professional sexual health educator with Island Sexual Health • Cindy Andrew • Centre for Addictions of BC at UVIC and is a program consultant in addressing substance use with young people •

EVENT FOR PARENTS & CAREGIVERS

CHILD MINDING
FREE—COMPLIMENTS OF
SPEAC—RSVP

RSVP

Please **RSVP** here
OR type address below
<https://www.eventbrite.ca/e/sex-drugs-tickets-27924710561>

SPONSORS
SPEAC—SD62 D-PAC

HIGHLIGHTS

Have teens or soon will?
Join us for up-to-date important info that you need to support them in today's world. We'll talk about the BIG issues facing today's youth including: consent, sexuality, drugs, and decision making.



Sooke Parents' Education Advisory Council

2016-17 SPEAC Meetings and Events Schedule

Time	Event	Location
7:15-9:15 pm	Healthy Schools Committee	SBO
7 pm	SPEAC Meeting	SBO
TBD	Parent Education Night Mental Health and Resiliency in Kids	Royal Bay
7 pm	SPEAC Meeting	John Stubbs
7 pm	PAC101 & Foods that Fit	Royal Bay
TBD	Parent Education Night Sex and Drugs	Royal Bay
7 pm	SPEAC Meeting	Sangster
7:15-9:15 pm	Healthy Schools Committee	SBO
7 – 8:30 pm	All SD62 PAC Presidents, Vice-Presidents, and SPEAC Representatives' Dinner	SBO
7 pm	Special SPEAC Meeting – No Reports - BCCPAC Resolutions	Axe & Barrel
7:15-9:15 pm	Healthy Schools Committee	SBO
7 pm	SPEAC Meeting	SBO
7 pm	SPEAC Meeting – No reports - Special Presentation: Kathleen King-Hunt	Ruth King
7 pm	SPEAC Meeting	Happy Valley
TBD	BCCPAC AGM - Discuss resolutions and elections	TBD

Community Events

Bring your pre-schooler to Strong Start at Millstream Elementary!

Lisa Miller
Strong Start
Coordinator

StrongStart BC early learning programs provide school-based early learning services for adults and their young children, aged **0-5years**, at no cost to families.

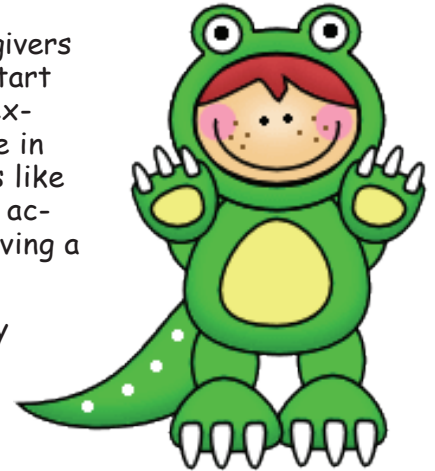
Both children and

adults can benefit from StrongStart BC early learning programs - children have access to high-quality learning environments and benefit from social interactions while the adults who accompany them learn new ways to support learning, both at the program and at home.

Parents and caregivers attending StrongStart BC programs can expect to participate in organized sessions like story time, in play activities, and in serving a healthy snack.

★ Monday to Friday
Room 504

★ 9:15-12:15pm



MILLSTREAM ELEMENTARY STRONG START



Website: millstream.sd62.bc.ca
Phone: (250) 478-8348



Daily Program Schedule:

9:15AM Center Activities including Art

10:30 AM Clean Up

10:40 AM Circle Time

10:55 AM Snack Time

11:00 AM Free Play Time

11:45 AM Clean Up

11:50 AM Story Time

12:00 Good Bye Song/Stickers



November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		TURTLES	GYM 9:15-10:15	GIRAFFES	CLOSED FOR TOY CLEANING	
6	7	8	9	10	11	12
	PLAYDOUGH	SHEEP	GYM 9:15-10:15 ERIN SFRS VISIT	POPPIES	REMEMBRANCE DAY PROGRAM CLOSED	
13	14	15	16	17	18	19
	OCTOPUS	SWAN	GYM 9:15-10:15	FISH	GYM 9:15-10:15	
20	21	22	23	24	25	26
	ANIMAL MASKS	ALLIGATORS	GYM 9:15-10:15 ERIN SFRS VISIT	FROGS	PRO D DAY PROGRAM CLOSED	
27	28	29	30			
	PIGS	MONKEYS	GYM 9:15-10:15			

This is a Guardian Participation Program:

ATTENTION:

Children must be registered by their second visit to attend Strong Start Birth Certificate is **REQUIRED**.



WAYS TO ASSIST:

- Being quiet at circle time
- Help prepare snacks
- Help clean dishes
- Dry dishes
- Put away dishes
- Put away art supplies
- Assist with toy clean up duties
- Sit with your child at circle time
- Guide & assist child with art activities
- Have children assist with clean up time

SPECIAL NOTE:

SFRS Sooke Family Resource Society will visit every other Wednesday. Please ask if you have any questions.