



SIKH ACADEMY
Elementary & Middle School

November 2025 Newsletter

Dear Sikh Academy Families,

Welcome to November! As the colder season settles in, we're excited to bring you a month filled with enriching activities, academic support, and community events.

At Sikh Academy, the well-being of our school community remains our top priority. With flu season upon us, we are placing special emphasis on health and hygiene practices to ensure a safe and vibrant learning environment for all students and staff. We look forward to working together to make this month a positive and productive time for our students.

Thank you for your continued support and partnership in fostering a healthy, happy, and thriving school community.

Warm regards,
Sikh Academy



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🌸 Happy Gurburab – November 5 🌸

Dear Sikh Academy Families,

We warmly invite you to join us on Tuesday, November 5, as we celebrate the Parkash Gurburab of Guru Nanak Dev Ji. There will be an extended Kirtan followed by Langar.

Let us come together to honor Guru Nanak Dev Ji's teachings of peace, equality, and compassion.

Warm regards,
Sikh Academy

Stay Up to Date

Visit our website www.sikhacademy.ca for important resources, the latest information, and updates. You can also explore our Instagram [@sikhacademybc](https://www.instagram.com/sikhacademybc) to view student performances and events.



Important Dates

Nov 3 Mon	Handwriting Contest (All grades)
Nov 4 Tue	Earthquake Drill
Nov 5 Wed	Guru Nanak Dev Ji's Birthday (Gurupurab)
Nov 7 Fri	Remembrance Day Assembly
Nov 10 Mon	Professional Development Day (No School)
Nov 11 Tue	Remembrance Day (No School)
Nov 12 Wed	Photo Retake Day
Nov 17 Mon	Weave a story (Grade 4 - 8)
Nov 21 Fri	Photo Retake Day (Last Chance)
Nov 27 Thurs	Student Self Assessment Issue
Nov 28 Fri	Student -led Conference (Early Dismissal)

Traffic Safety

NO PARKING IN FRONT OF THE SCHOOL – Please maintain school zone speed while driving in front of the school. Due to the high volume of vehicles during the start and end of the school day, and to ensure the safety of everyone, do not stop in front of the school. Please park your car on the east side of Nishaan Sahib and walk to drop off or pick up your child from the school.

November Health Tip: Flu Prevention

- Stay healthy and strong this flu season with these simple tips:
- Sleep Well: Quality rest boosts your immune system.
- Wash Hands: Wash hands frequently to prevent the spread of germs.
- Stay Hydrated: Drink plenty of water throughout the day.
- Eat Healthy: Include vitamin C-rich foods like oranges, kiwi, and berries.
- Consider a Flu Shot: The flu vaccine can help reduce your risk of illness.

Let's work together to keep our Sikh Academy community healthy and safe this November!



Hot Meal Schedule

Monday	Veggie Sandwich & Fries – \$5
Tuesday	Free Hot Lunch for All Students
Wednesday	Veggie Burger & Fries – \$6
Thursday	Pasta with Garlic Bread – \$5
Friday	Pizza (Veggie or Cheese) – 2 Slices for \$5

Everyday Snacks & Drinks

Available daily in the cafeteria:

- Popcorn
- Milkshakes (Chocolate, Mango, Blueberry, Strawberry)
- Chips
- Crackers
- Veggie Straws

All meals are vegetarian and prepared fresh on site. Please encourage your child to bring exact change when purchasing meals or snacks.

Donations are welcome

Donations are welcome and greatly appreciated to support upcoming school events and student initiatives.

Uniform Information

Uniforms can be purchased from the school. Students will wear their regular uniform on Monday, Tuesday, Thursday and Friday. Please ensure children are coming to school with their rumals, as they visit the Gurdwara daily.

PAC Meeting - November 13

All parents are encouraged to attend our upcoming PAC Meeting on Thursday, November 13, at 3:30 PM in the Langar Hall.

Your participation and ideas play a vital role in strengthening our school community.

We look forward to seeing you there!

Remembrance Day Assembly – November 7

Parents are invited to attend our Remembrance Day Assembly on Friday, November 7, from 10:00 AM to 11:30 AM in the school gymnasium.

Students will present poems, songs, and reflections to honour the brave men and women who have served and sacrificed for our country.

Please join us in observing a moment of silence at 11:00 AM.

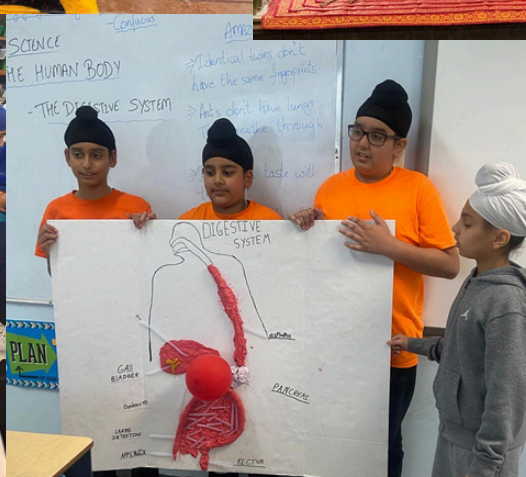
October Highlights

October was a lively and joy-filled month at Sikh Academy!

We celebrated extended Kirtan sessions, a fun-filled Halloween Movie Night organized by our PAC, and creative costumes and decorations throughout the school.

Our Spirit Week added extra excitement with themed dress-up days, and classroom projects reflected wonderful learning, teamwork, and creativity.

A heartfelt thank-you to all teachers, parents, and students who contributed to making October a vibrant and memorable month!



Halloween Movie Night – a thank you message from PAC. Thank you to all parents and staff for their support, participation and assistance in making this event a huge success!

