

Northridge Family Update for...

October 19-23, 2026

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Dear Northridge Families,

Please see below and attached for the weekly update. Have a wonderful weekend!

The Week Ahead

Monday	
Tuesday	
Wednesday	
Thursday	PAC Hot Lunch - order deadline is TODAY (Oct 16.)
Friday	Professional Development Day – no school for students

Looking Further Ahead

- Monday, Oct. 26 – Deadline to order Grade 5 Hoodies
- Friday, Oct. 30
 - Wear Black & Orange Day at school
 - PAC Halloween Dance, 6:00 – 8:00 PM, costumes welcome
- Sunday, November 1 – Deadline to order Northridge Spirit Wear

Free Workshop for Families – Supporting Your Growing Eater

The Public Health Nutrition team will be hosting a free 1.5 hour virtual workshop designed for parents and caregivers of children aged 6-12 on November 18 from 10:00 AM-11:30 AM. You can register via the Parent Support Services Society of BC: [PSS Parenting Workshop Registration \(2026-2027\)](#)

Supporting Your Growing Eater

Parenting Workshop

Supporting Your Growing Eater

WEDNESDAY, NOV. 18, 2026 | 10AM-11:30AM | ONLINE

Struggling with mealtimes? Join Registered Dietitians for a free 1.5 hour virtual workshop designed for parents/caregivers of children aged 6-12.

In this workshop we'll discuss:

- Understanding your role vs your child's role in feeding
- Supporting children to have a positive relationship with food
- Managing common mealtime behaviours like food refusal, pushback, and uneaten school lunches

Wed., Nov. 18, 2026
10AM - 11:30AM
Online via Zoom

Register Now

Messages from the PAC Executive

VOLUNTEERS NEEDED FOR THE HALLOWEEN DANCE

Get your costumes ready, our Halloween Dance will be happening on Oct 30th, 6:00 - 8:00pm! We need volunteers to help make this happen! If you have an hour to spare, please sign up [HERE!](#)

FINAL DAYS TO COMPLETE SURVEY

Thank you to everyone who has already filled out the parent education survey, if you haven't already done it, please take a moment to complete it [HERE](#) and let us know what you might be interested in learning about this year!

NORTHRIDGE SPIRIT WEAR NOW ON SALE

Looking for some Northridge swag? The Merch store is now [OPEN](#) until the end of the month. There is a table set up outside the school office with samples for sizing. Orders will be delivered to the school in November.

MUNICIPAL ELECTION THIS SATURDAY!

Ahead of the municipal election, the VCPAC asked all SD61 School Board Trustee candidates to answer a short questionnaire to help parents better understand each candidates' perspectives on various issues. Their responses received can be read [HERE](#) Note: in Saanich, your ballot will only ask you to vote for two SD61 trustees from the Saanich Trustee Electoral Area (TEA), so you only need to read responses from those four candidates! You can also watch a video of the Saanich candidates conversation [HERE](#)

The weekly PAC Newsletter is attached.