

Friday, February 3rd, 2012



Volume 1, Issue 1

Blueridge Elementary School

Dear Parents,

As part of our Safe and Caring Schools focus, our school counsellor, Ms. Jennifer Muller, trained a new group of Grade 6 students as peer counsellors. Peer counsellors are easily identified on the playground by their bright red jackets. They will work mostly with primary children, encouraging positive friendly behaviour and acting as guides and problem solvers. The peer counselling program involves training in communication and leadership skills - skills which the Grade 6's will then take into Grade 7 and on into high school. This program involves a commitment of time and energy, and we would like to thank these students for successfully becoming leaders in our school.

Important information regarding student registration and transfer requests

has been included in this newsletter.

Any parent who is considering a transfer for their child, any Grade 7 parent who wishes their child to attend a secondary school other than Windsor, or any parent who wants their child to return to their catchment area school must complete an application for transfer to the preferred school. Please read the enclosed information carefully with regard to specific details and transfer deadlines.

Term 2 continues to be busy with Extra-Curricular activities and Academics.

Please continue to support the staff by keeping in contact with the teachers about your child's progress.

We have many staff who volunteer to

provide Extra-Curricular Activities for your children. This term we have :

-the Salmonoid tanks being run by Ms. McGucken and Mrs. Bates

-Volleyball sponsored by Mr. Davis, Mr. Wyatt, Mrs. Bates, Mrs. Madill, Ms. McGucken and Mr. Sutherland.

-the choir is preparing for the Music Festivals, sponsored by Mrs. Denny and Mrs. Bates.

Thank you to all the staff for their commitment to the children at Blueridge.

Ms. Kee and Mr. Sutherland

Special points of interest:

- Tuesday Feb. 7—Early Dismissal @ 2:00 for interviews
- Friday Feb. 17—Ski Program for Gr. 6/7
- Grade 3s to Outdoor School Tuesday Feb. 21-23.
- Feb. 24—District Professional Day
- Pink Shirt Day—February 29, 2012. Wear pink in support of anti-bullying.

SEE OTHER PAGES FOR MORE CALENDAR INFORMATION



Blueridge Code of Conduct

Be Safe, Be Kind
Make up your mind
No matter what the weather
Work and play together



Blueridge School Calendar 2011 - 2012

Food Day	F. Feb. 3/12	BPAC Meeting	W. May 30/12
Interviews Early Dismissal 2:00	T. Feb. 7/12	Swangard	T. June 5/12
Food Day	F. Feb. 17/12	High Jump Rain Out	Th. June 7/12
Ski Program - Grades 6 & 7	F. Feb. 17/12	Food Day	F. June 8/12
Outdoor School - Grade 3's	T.-Th. Feb. 21 - 23/12	Fun Day Dismissal 12:30	F. June 15/12
District-Wide Professional Day	F. Feb. 24/12	Grade 7 Farewell Assembly - 1:00 p.m.	F. June 22/12
BPAC Meeting	W. Feb. 29/12	Last Full Day Of Classes	T. June 26/12
Ski Program - Grades 6 & 7	Th. Mar. 1/12	Final Assembly - Dismissal 10:30	W. June 27/12
Food Day	F. Mar. 2/12	Blueridge Professional Day	Th. June 28/12
Report Cards Home	Th. Mar. 8/12	Administrative Day	F. June 29/12
School Closes (Spring Vacation)	F. Mar. 9/12	School Closes	F. June 30/12
Spring Vacation (No School)	Mar. 10 - 25/12		
School Reopens (After Spring Vacation)	M. Mar. 26/12		
BPAC Meeting	W. Mar. 28/12		
Food Day	F. Mar. 30/12		
Good Friday	F. Apr. 6/12		
Easter Monday	M. Apr. 9/12		
Food Day	F. Apr. 13/12		
Grade 6 Vaccines - 10:40 a.m.	T. Apr. 24/12		
BPAC Meeting	W. Apr. 25/12		
Food Day	F. Apr. 27/12		
District-Wide Professional Day	F. May 4/12		
Food Day	F. May 11/12		
Victoria Day	M. May 21/12		
Food Day	F. May 25/12		



Medications at School



Parents are reminded that medications cannot be given at school without written medical and parental authorization. Please check with the school office to ensure the consent form is on file. In emergency situations, and with no writ-

ten consent form on file, parents will need to come to the school themselves to administer medication to their child(ren). School employees cannot legally perform this task without the proper paperwork in place. Parents should also be aware that sending any medication

in a lunch kit to school for their child to take on their own poses safety risks for other students in the classroom should the medications be left unattended. All medications, permanent & temporary, should be administered through the school office. Thank you.



Leaving Blueridge In June?

If you know that your child will not be returning to Blueridge in September 2012, please inform the school office as soon as possible. You will need to fill out a **Transfer Form** if you are moving within the School District or a **Withdrawal Form** if you are moving outside the School District. **Transfer Forms** need to be submitted by March 9th, 2012.



Thank you to the following parents who helped with Extra-Curricular Activities in Term One:



Basketball - Donna Yamamoto



Cross Country - Lydia Forssander-Song, Gonzalo Ledezma, Mike Pruner, Oliver Steffen & Terri Thompson



Mountain Biking - Bruce Bourdon, Gonzalo Ledezma, Mike Pruner, Jonathan & Terri Thompson



Lateness

Our school day begins at 8:40 a.m. with a warning bell. At that time, students should be hanging up coats, organizing books and materials and reporting to their desk or carpet area. All students should be at school by 8:40 a.m. for our 8:45 a.m. start. Lunch begins at 11:55 a.m. and the bell rings at 12:45 p.m. Afternoon classes begin promptly at 12:50 p.m. This is an important reminder to parents that students may not go to another child's house for lunch without written permission from their parent.

What did you teach me today?



When you pick me up in the bus zone

In a hurry to be on your way

Or tell me to jaywalk across the street

What did you teach me today?

When you stop your car in the middle of the street

So I'm on time for school that day

And disregard the school patrollers

What did you teach me today?

When you park in the handicap stall

To get "the parking spot of the day"

And disrespect the person who needs it

What did you teach me today?

I know that you truly care about me

And the other kids on their way

But when you break the traffic laws

What did you teach me today?



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WHEN YOUR CHILD IS SICK

Vancouver Coastal Health reminds you to report any student absences due to illness to your school. Please include symptoms (fever, cough, vomiting, diarrhea, etc) as well as the date the symptoms started. This information helps us monitor common seasonal illness in our community. It also enables us to give accurate information to students and staff in order to prevent the spread of communicable disease.

Public Health recommends that persons who are ill **remain at home avoiding public events (school, sporting events, etc) until the symptoms have stopped.**

Symptomatic individuals should practice frequent, thorough hand washing and refrain from food preparation.

If you have any questions please contact the **Public Health Nurse** for your school or the **ON-CALL Public Health Nurse**, for the Child and Youth team at **604-983-6700**.

We appreciate your cooperation and your commitment to a healthier community.



THE **ECO** EDGE WOULD LIKE TO SHARE WITH YOU SOME HELPFUL TIPS FOR STAYING WARM IN COLD WEATHER!

- ◆ Do not wear cotton or polyester/cotton fabrics next to your skin. Cotton absorbs moisture and therefore will get cold lying against your skin. This will lead to rapid loss of heat which could cause hypothermia in very cold weather. A good investment is a fleece vest as it will keep the heart and body warm which results in warmer blood being sent out to the body's extremities. Fleece is very good as it "wicks" moisture away from your skin quickly. Down jackets are great insulators if they do not get wet. But **WOOL** is the best by far! It traps warm, dry air next to your skin keeping air from moving across your body.
- ◆ Always dress in layers. Several thin layers are warmer than one heavy layer. You can always remove or add on layers as you need and therefore you can better regulate your core body temperature.
- ◆ You can lose a lot of body heat through your head so it is important to wear a hat and one that can cover your ears if needed.
- ◆ Wearing a scarf will warm the air before you breathe it in.
- ◆ Wearing mittens (instead of gloves) and long thick wool or polypropylene socks will protect your hands and feet from the cold. Hands and feet are the hardest places to keep warm blood flowing to.
- ◆ Keep hydrated and make sure you eat a healthy diet so your body temperature stays at a normal level. Dehydration affects your body's ability to regulate body heat and increases risk of frostbite. Water is just as important in the winter as it is in the summer.
- ◆ If you get wet remove clothes immediately and warm the core body temperature with a blanket and warm fluids (soup or hot apple cider). Do not drink caffeine or alcohol as they are diuretics and increases heat loss.

For more information on The **ECO** Edge check out our website @ www.theecoedge.com

All the best as you work those chills away. Be safe and have fun!



CHILDREN'S HEART
NETWORK

Heart Day Walk – Sunday, February 12th

The Children's Heart Network and Blueridge's Harding Family will be hosting its 3rd Annual "Heart Day Walk" at Cates Park in North Vancouver on February 12th, 2012. This is a small community event that invites heart families and friends to come out for a short walk to bring awareness of being healthy and active. February 7th – 14th is also Congenital Heart Disease Awareness Week.

Where: Cates Park, North Vancouver

When: (new starting location then last year) Meet at Cates Park by the First Nations canoe at 10:30 a.m. This year we will walk along a gravel trail to Little Cates Park and loop our way back to Cates Park. Rain or Shine.

Cookies and hot chocolate will be served at the end of the walk at Cates Park by the picnic tables.

Wear red, pink or purple!

If you are planning on attending you can RSVP Kerry Harding at hardings@shaw.ca

The CHN is a non-profit charitable organization that helps support children and their families throughout BC who are coping with congenital and acquired heart disease. One baby in one hundred is born with heart disease.



A reminder about respecting student privacy with film and photography

With the season of holiday school concerts just passed, and a busy spring of school activities ahead, we offer this consideration around the exchange of student photographs and videotapes of student events.

Parents are welcome to photograph and videotape school events. However, the potential promotion and exchange of student images raises privacy issues that are important to be aware of.

We recommend that a parent wishing to film or photograph students and then post these images to a website *should have the signed permission of the students before posting their photos*. To do so without signed permission may be a violation of student privacy.

We feel it's important to remind all parents to respect the privacy of other students and their families. While it's understandable that many families would appreciate being able to exchange photographs or videotapes of school events, privacy concerns must take precedence. Thank you for your understanding.

Registration and Transfer Requests for the 2012/13 School Year



Please be advised of the following registration dates and deadlines:

January 23, 2012

Registration and transfer requests for Grades 1-12 begins

March 9, 2012

Deadline for priority placement consideration of registrations for Grade 1 to Grade 12

March 9, 2012

Deadline for transfer requests for Grades 1-12

North Vancouver School District is still accepting **Kindergarten Registrations** for the 2012-2013 school year. At this point in time students will be placed according to available space.



**North Vancouver
School District**
the natural place to learn®

www.nvsd44.bc.ca

All children new to North Vancouver (not currently attending a North Vancouver School District school) must register at:

**Central Registration Office
William Lucas Centre
Room 102-2132 Hamilton Avenue
Hours: 8 am—4 pm**

All registrations require:

- the student's original birth certificate, (if not born in Canada, bring proof of citizenship, passport and Permanent Resident Card);
- proof of current residence at the date of application, (BC Hydro bill, purchase agreement, or tenancy agreement); and
- a copy of the report card from the student's previous school.

Call **604.903.3368**

Email registration@nvsd44.bc.ca

Visit www.nvsd44.bc.ca



Healthy Together



A MONTHLY NEWSLETTER

4 FOOD GROUPS: Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives

Brain Boosting Food

Brains need fuel throughout the day.

Try to include:

- three meals a day and healthy snacks
- protein-rich foods (e.g. milk and alternatives, meat and alternatives)
- breakfast to help wake up your mind
- vegetables and fruit – bright green and orange ones each day
- whole grain foods – barley, brown rice, oats, quinoa, etc.
- water regularly throughout the day – may help prevent headaches too
- omega-3 rich food – salmon, sardines, trout, edamame or soybeans, walnuts, flaxseed and other healthy fats – canola, olive and soybean oil

Reduce:

- sugar and caffeine (e.g. coffee, energy drinks, chocolate, some pop)
- processed food

Visit *Healthy Eating* at www.healthyfamiliesbc.ca for food facts, recipes, games and more.

Brain Boosting Muesli

This tasty breakfast or snack recipe has all four food groups. Let everyone choose their favourite fruit, nuts and seeds.

- 500 ml (2 cups) rolled oats
- 500 ml (2 cups) plain yogurt
- 250 ml (1 cup) milk
- 45 ml (2 tbsps) sugar or honey
- 2 apples, peeled, cored & grated
- 250 ml (1 cup) berries or dried fruit (avoid apple and banana chips and raisins)
- 125 ml (1/2 cup) nuts or seeds (e.g. pumpkin, sunflower, sesame)

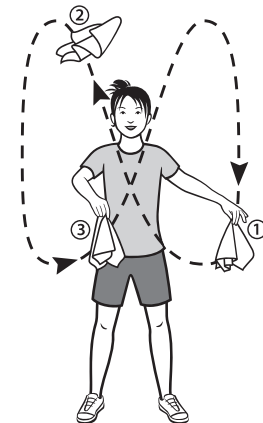
Combine all ingredients except nuts or seeds in a bowl and refrigerate overnight. Serve topped with nuts or seeds. Makes 4 servings.

WE KNOW ... Physical activity is one of the most powerful tools to improve brain function at any age.

Brain Boosting Juggling

Try juggling at home to enhance cross-lateral brain activity. Use bean bags, scarves, dish towels, or tennis balls. Once comfortable juggling two items, try three:

- Hold one scarf in each hand and a third scarf in the fingertips of one hand: this is the scarf you will throw first.
- When #1 gets to the top, throw #2 from the other hand.
- As the hand comes down from throwing #2, it catches #1.
- When #2 gets to the top, throw #3. It goes across on the same path as #1.
- As the hand comes down from throwing #3, it catches #2, and you throw #4 (which is #1 coming around again).
- Keep alternating hands.
- Say cues "1, 2, 1, 2, left, right, left, right!"



For school based healthy eating or physical activity information visit www.actionschoolsbc.ca. For general nutrition information call HealthLink BC at 811 and speak to a dietitian, or visit www.healthlinkbc.ca.

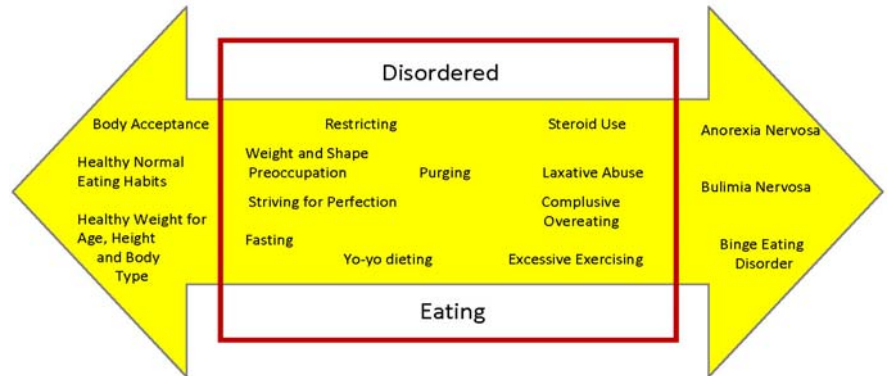


Provincial Eating Disorder Awareness Week

February 5th to 11th 2012 is Provincial Eating Disorder Awareness Week (PEDAW). Help tackle disordered eating by raising your awareness about this important issue.

What is Disordered Eating?

Disordered eating refers to the wide range of abnormal behaviours, thoughts and feelings associated with eating and body image. It includes but is not limited to dieting, over-exercising, abusing laxatives, diuretics or steroids, binge eating, compulsively weighing oneself, and having feelings of shame and disgust towards one's body. These symptoms may not be extreme or frequent enough to classify as a clinical eating disorder (i.e., anorexia, bulimia, or binge eating disorder), but this does not make disordered eating any less important. Individuals engage in disordered eating as a means to cope with mental health issues such as depression, anxiety, and stress. It is important to approach disordered eating from a place of compassion and seriousness.



Who does it affect? Disordered eating does not discriminate. It is a major mental health issue that affects both females and males, preschool-aged children through to the elderly, and individuals of all other diverse backgrounds.

The numbers!

Research tells us that elementary-aged school children are especially vulnerable:

- Almost all females over the age of 11 have engaged in disordered eating.
- 81% of 10 year olds are fearful of being fat.
- 98% of females are unhappy with their bodies.
- By the time they enter high school, 50% of girls and 33% of boys have engaged in some sort of unhealthy weight control behaviour.
- For references and to learn about other studies please visit www.nedic.ca.

Risk factors

Certain genetic and social factors put children and youth at greater risk for engaging in disordered eating. These include genetic predispositions; having a family member who struggles with disordered eating, a history of trauma (i.e. abuse, bullying), mental illness, personality factors such as perfectionism or impulsivity, unhealthy attachment to caregivers, feeling silenced or unheard, cultural pressures to look a certain way, shame or embarrassment during puberty, having peers who engage in disordered eating, and internalizing unhealthy family and societal values around food, weight and body shape.



Tips for preventing disordered eating:

- Allow your child to express feelings of sadness, anger and shame without judgment or punishment.
- Focus encouraging comments on your child's personality and individuality, as opposed to their appearance.
- Reflect on your child's inner progress.
- Conceptualize the body as a gift - especially for those who are able-bodied. Practice gratefulness and body acceptance.
- Refrain from judging your body and eating habits in front of your child. Instead, model a healthy and balanced relationship to food and exercise.
- Reflect on whether you may be sending your child harmful weight-biased messages (do you believe that people who look a certain way are "better" than others?).
- Teach your child how to think critically about the media and its unhealthy messages.
- Learn about and discuss the dangers of disordered eating.

How parents can help

Parents play an integral role in preventing and helping their children recover from disorder eating.



What to do if your child is struggling:

Seek help before it worsens. Contact Vancouver Coastal Health's Be Real Eating Disorders Clinic for medical, nutritional and psychological support: (604) 992-4814.

Interested in learning more? Check out these wonderful Canadian resources:

Jessie's Legacy: www.familyservices.bc.ca/professionals-a-educators/jessies-legacy

Kelty Mental Health Resource Centre: www.keltyeatingdisorders.ca

National Eating Disorder Information Centre: www.nedic.ca

Chicken Pox Vaccination Update!

The National Advisory Committee on Immunization recommends children 12 years and younger to receive two doses of Chicken Pox (Varicella) vaccine.

The provincial government is now offering a **free second dose** of Chicken Pox vaccine to **children 4-6 years** of age.

There is no free catch-up program for children 7 and older.

For more information please call the On-Call Nurse for the Child & Youth Team at 604-983-6714 or visit www.immunizebc.ca

