

# École Braemar School News



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December 2011

## January



- Jan. 3 Schools Re-open
- Jan. 9 Pizza Lunch
- Jan. 16 Curriculum Implementation Day  
(Students not in attendance)
- Jan. 17 BPAC - 7:00 pm
- Jan. 17-18 Lice Check
- Jan. 23 Pasta Day
- Jan. 23 Registration and transfer requests for Gr. 1 – 12 begins  
Registration and Transfer forms are available at the Central Registration office or online at [www.nvsd44.bc.ca](http://www.nvsd44.bc.ca)
- Jan. 25 Late Fr. Immersion Information meeting  
7:00 p.m. at Lucas centre
- Jan. 30 Hot Dog Day

## Joyeux Noel!

We wish everyone the very best for the holiday season.

Please make your vacations safe, fun filled and memorable.

Schools reopen on Tuesday, January 3, 2012.

See you then!

### Christmas gift suggestions:

- To your enemy, forgiveness.
- To an opponent, tolerance.
- To a friend, your heart.
- To a customer, service.
- To all, charity.
- To every child, a good example.
- To yourself, respect.



Thank you to the students in Divs. F01, F01L and F02L who have greeted us many mornings in December with lovely Christmas carols.



## Please! Please!

Please respect our Braemar neighbours by not parking in their driveways or on their lawns. We hope you will add this to your list of new year's resolutions...and stick to it. Thank you from the school and from our neighbours.



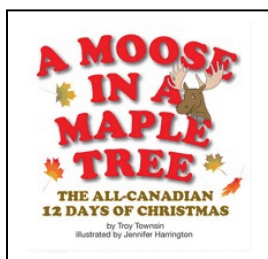
## What's New?



Come and learn more about the 'New Carson Graham' on January 30, 2012 @ 7:00 pm! Stephen Garland, Principal of Carson Graham, will share updates and improvements to the new school site for approximately 45 minutes. He will then answer any questions you may have. The presentation will take place in the activity room across from the office.

## A Moose in a Maple Tree!

Recently, Jennifer Harrington, best-selling illustrator, returned to her home town of North Vancouver and visited our school where she read from her 'Moose in a Maple Tree' children's Christmas series.

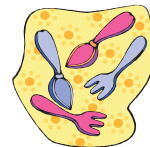


This humorous, educational series provided an opportunity for children to develop their sense of appreciation for Canada and to learn more about the beautiful country in which they live. Judging from the crowd's response, her works were a hit!

## Student Lunches

Please remember when packing your child's lunch, to give them everything they will need - a container that they can open, and a spoon or fork if required.

Thank you from our student lunch monitors and teachers!



## Reaching Out to Others

Every year at this time Braemar organizes projects to help our community. In the past, students have collected warm clothing and food for a number of different charities. This year classes continue to support these worthwhile causes by collecting items for the Christmas Bureau, Sage Transition House, the Lookout Emergency Aid Shelter and the Harvest Project. The Braemar school community is fortunate in so many ways. By extending our collective hand to assist others we can make an important difference to other families and individuals who live in the Vancouver area. Many thanks to Mme Lechleiter who initiated the project this year and to all the students who contributed to the various agencies.

## Christmas Activities



## Au Revoir! Bonjour!

Please join us in wishing Mme Amundsen a warm farewell as she takes a six month leave from Braemar in the new year. Assuming Mme Amundsen's grade 2 French Immersion assignment is Mme Hébert-Wong. Mme Hébert-Wong worked along side Mme Amundsen last year and it is with great pleasure that we welcome her back to our staff, starting January 3, 2012.

## Did You Know?

The song 'Auld Lang Syne', originally sung at the stroke of midnight to bring in the new year, was partially written by Robert Burns in the 1700's. This old Scotch tune literally means 'old long ago' or more simply put, 'the good old days'. Ahh... now it makes sense!



World WideWeb

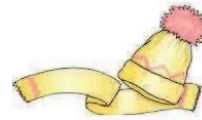
## Safety and the Internet

December 8, Braemar School invited Jesse Miller, an expert in 'social media education and awareness' to come and speak to students in grades 4-7 about navigating social media. His message that 'the web offers incredible opportunities for young people, but only if they understand the risk of them', succeeded in getting students to think about how they use the social media and how they might use it differently in the future. Suffice it to say that the many impromptu discussions following this presentation were lively, rich and definitely thought provoking. Jesse Miller clearly achieved his goal by raising awareness and empowering students with skills that that they can use to protect themselves when accessing the world online. His presentation to parents in mid November was equally captivating and well received. Thank you to the Braemar PAC for sponsoring these very worthwhile presentations.

## Lost and Found Reminder

Is your child missing a sweater, coat, pair of pants or perhaps some mitts?

All of the items that have been lost so far this year are currently on display in the mezzanine hallway. Please ask your child to look through these items to see if they can spot anything that belongs to them. By Friday, December 16<sup>th</sup>, all items will be given to good will.



## Dress for the Weather

All students and parents are to stay outside until the 8:45 am bell, so it is very important that students come to school dressed for the elements. Please ensure that your child comes to school with warm clothing, coats and boots, as most days the students do go outside for recess and lunch breaks.

A number of students come in short-sleeved shirts and sweatshirts. Should the worst happen and we actually experience an earthquake or even a fire, many students will not be prepared to remain outside for an extended period of time.



Emergency Preparedness is about expecting the unexpected and being prepared to the best of our ability. Please help us to help your child and ensure that they come to school in weather appropriate clothing.

## Cell Phones at School

Please remind your children that their cell phones are to be turned off once they are on the school property. Remind them that any contact with you will be done through the office phone. If a child is seen using their cell phone during school hours (8:45 am to 3:00 pm) it will be taken to the office for pick up at the end of the day.





Central Community Health Centre  
5<sup>th</sup> Floor, 132 West Esplanade  
North Vancouver, BC V7M 1A2

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## Staying active-Staying healthy

**Did you know** that **60 minutes of daily activity** is recommended for children by Health Canada? Being physically active at a young age can prevent high blood pressure and Type 2 diabetes later in life, just to name a few benefits.



Most days the activity level should be moderate; **3 days per week children should participate in vigorous activities.** Some



examples of moderate activity are brisk walking, skating, swimming, and playing outside. Running or any activities where children are breathing heavily are examples of vigorous activity.

It can be a challenge **finding activities to participate in during rainy cold winter days.**

Gear your kids and yourself up and take a walk in the rain. Splashing in creeks and puddles is lots of fun once you get out there. Drive up to one



of the local mountains and play in the snow, or go snowshoeing which is a vigorous activity.



Your local **Recreation Center** offers lots of drop in activities as well as classes to sign up for to help keep your kids active and entertained during the winter break.

West Vancouver Parks and Recreation:

[www.westvancouver.ca](http://www.westvancouver.ca)

North Vancouver Parks and Recreation:

[www.northvanrec.com](http://www.northvanrec.com)

For more information on Health

Canada's Activity Guide lines for children visit:

[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)



## Helen Yeung, the new School Health Dietitian

I am pleased to be starting in the position of Community Dietitian for school health and eating disorder prevention and treatment for the North Shore. I am available to consult and present to school staff, PAC's, and others to promote healthy eating and active living.

I have worked as a Community Dietitian in Vancouver for the past 18 years in the area of infant/child/youth nutrition, disordered eating prevention, and adult nutrition. I enjoy collaborating with others to reach common goals and I look forward to working with you to promote healthy eating (both behaviours and attitudes).

Feel free to contact me by email at [helen.yeung@vch.ca](mailto:helen.yeung@vch.ca) or by phone at 604-418-2139 or at 604-904-6458 to let me know what the nutrition issues and needs are and how you think I can best support your school communities.

I look forward to hearing from you and meeting you.

*Helen Yeung, MHS, RD*

For individual nutrition questions please call Health Link BC at 811 24h/day.