

École Braemar School News



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January 2012

Principal's Message

Welcome to 2012 – a year full of promise and fresh starts! We hope that everyone had a happy, healthy break and found some time to ‘recharge’ in preparation for the coming months.

The start of a new year often brings a sense of renewal and good intention. I am going to tap that spirit by reminding everyone of the importance of regular school attendance. Here are some thoughts that were outlined in an article posted at:

www.direct.gov.uk/en/Parents/Schoolslearninganddevelopment

To begin with, let's remember that when encouraging regular attendance small steps are the most productive.

- Going to school unprepared can be a major worry for children. Parents can assist them at home by checking schoolbags the night before, asking for newsletters, field trip information etc. and keeping an eye on the completion of homework.
- Tired children can find it hard to learn. Ensure that your child has a sensible and regular bedtime.
- Make time for a healthy breakfast so there is no need for ‘fast food’ stops where children can get sidetracked on the way to school.

- Children can become unsettled if they arrive late to class. Getting children to school in time allows them time to socialize with others and lets them hear directly from the teacher how that day is going to unfold.
- Have a calendar or memory board at home (month at a glance?) on which to note special events such as school trips. This encourages children to develop time management skills through visual representation and allows them to plan and prepare their own time.

School absence, which might at first be relatively infrequent, can rapidly accumulate. Naturally, if a child is ill, he/she should remain at home, but generally, parents are encouraged to be strict on even infrequent absence. By remaining firm parents are showing their children that they value school and, by extension, their child's education. How important is that...?

Our warmest wishes to you for a wonderful year ahead and thank you, again, for your ongoing and valued support of our school community. It makes a big difference in the lives of our students.

Heather McTaggart

“Small deeds done are better than great deeds planned.”

Peter Marshall





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 and the date that 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 diseases.

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

Should the school find it necessary to send your child home because of illness, please ensure you have made alternate arrangements if you are not available. Please inform your school of these arrangements.

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

We appreciate your cooperation in helping to make our classroom environments healthy for all students.

Gr. 7 Parent Meeting Re: Fundraiser

The meeting will be on Jan. 25th from 7:00 to 9:00 pm in the Activity Room. The purpose of this meeting is to review our fundraising initiatives to date and align them with expected costs for special events this year. At that time Gr. 7 parents will plan the next fundraiser, selling cookie dough.

Braemar PAC Invitation to Movie Night

The PAC would like to invite you to a special screening of Marmaduke, Wednesday, February 8th, from 6pm to 8pm. Children must be accompanied by an adult. This is not a drop off event. Refreshments provided with donations gratefully accepted for the popcorn. Please bring a bottle/cup for refreshments. Also, remember your pillows and blankets and wear your pyjamas if you like. HAVE A GREAT TIME!

Allergen Aware...

This is a reminder that we have several students with severe peanut allergies. If you can pack peanut free lunches and snacks, it would be greatly appreciated. All students are reminded to thoroughly wash their hands and desktops after eating so that everyone stays healthy.



January/February

- 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
- Jan. 25 Late Fr. Immersion information meeting 7:00 p.m. at Leo Marshall Centre
- Jan. 30 Hot Dog Day
- Jan. 30 Presentation to Braemar parents re: Opening of new Carson Graham Sec. School (Braemar Activity Room)
- Jan. 30-Feb.17 Foundation Skills Assessment (FSA) period for Gr. 4's & 7's
- Feb. 1 Carson Graham counsellors to visit English Gr. 7 class
- Feb. 6 Wok Box 3
- Feb. 7 Gr. 7 Eng. Programming Night @ North Campus (Balmoral)
- Feb. 13 Pizza 5
- Feb. 14 Valentine's Day
- Feb. 20 Magic Lunch Box 5
- Feb. 21 Water Conservation Play (K-7)
- Feb. 21 Handsworth counsellors to visit Gr. 7 French students
- Feb. 24 District Pro-D Day
- Feb. 27 Hot Dog Day



Student Registration for 2012-2013 School Year

Procedures and deadlines for school registration and transfer requests are in effect for the 2012-2013 school year. These procedures are consistent with the North Vancouver District Policy 605: Admissions of Students to Schools.

Priorities for student placement are dependent upon place of residence as well as meeting registration and transfer deadlines. Please note the following dates with regard to Grades 1-12.

- January 23, 2012 Registration and transfer requests for grades 1-12 begins
- January 25, 2012 Late French Immersion Parent Information Meeting 7:00 p.m. Leo Marshall Curriculum Centre
- March 9, 2012 Deadline for priority placement consideration for New Registrations, Grade 1-12 and Transfer requests

(Note: 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.

All transfer forms must be submitted in person to the Central Registration Office at 2132 Hamilton Ave., room 102, North Vancouver (North of Capilano Mall). Please bring proof of new address. Transfer forms are available at all school offices and at the NVSD Central Registration Office.

For further and complete information regarding K-12 registration for the 2012-13 school year, please refer to the NVSD website or contact registration@nvsd44.bc.ca or call 604-903-3368.

Following March 9, 2012 no transfer requests will be accepted unless the student has moved into the requested catchment area. Please refer to the link 'School Catchment Areas' on the NVSD website to contact registration@nvsd44.bc.ca or call 604-903-3368.

Income Tax Receipts

The receipts are ready for 2011 Tax Return and can be picked up in the office .

Crazy Hat & Hair Day Wed., Jan 18th

Our Student Council organized Crazy Hat and Hair Day. What a fun day! Everyone looked great. Let's do it again. Thanks Student Council.



January 2012

Raising Smoke Free Children on the North Shore

Parents and family members can and do influence whether their children smoke. Of all the people who influence your children about smoking, you have the greatest impact. You and your child may already be aware of some of the negative facts about smoking; however, every day youth on the North Shore become addicted to tobacco even though our communities have some of the lowest smoking rates in Canada.



How Can We Help Our Children Make the **Healthy Choice** on Smoking?

Give Them the Facts



- **Smoking is still the #1 cause of preventable disease and death in Canada!**
- Smoking is more addictive and causes more deaths than other drugs - many of which are **ILLEGAL**.
- One study reported that only 5% of adolescent smokers expected to be smoking in 5 years, while the rate of those who still smoke after 5 years is actually close to 75%.

We know kids are exposed to smoking in movies, but music too?

- In a recent study youth found that 50% of their favorite songs contained references to smoking or tobacco use.
- The same study revealed that 50% of the music videos from the top 80 played songs featured smoking imagery.
- Youth are highly influenced by lyrics, behaviors and images of their favorite performing artists, and they are much more likely to start smoking after being exposed to such imagery.

Smoke-Free Spaces

The District of North Vancouver and the District of West Vancouver now have Smoke-Free beaches, parks, and sporting fields!

What if my partner and/or I smoke?

- Limit children's exposure to second-hand smoke - Remember that there is no safe level of exposure to second hand smoke and even brief exposure raises blood pressure and heart rate and can trigger asthma attacks.
- Let your children/partner/family know that nagging does not help you quit.
- Need help? QuitNow offers free telephone, web, and text support www.quitnow.ca or call 8-1-1 and ask to speak to a QuitNow Care Coach.
- The B.C. government's Smoking Cessation Program helps eligible B.C. residents stop smoking or stop using other tobacco products by assisting them with the cost of smoking cessation aids such as prescription drugs or nicotine replacement therapy.
- For free nicotine patches or nicotine gum call 8-1-1 and have your CareCard ready
- For prescription stop-smoking meds talk to your family physician to see if you are eligible for coverage.



For more information or resources on tobacco reduction initiatives contact Vancouver Coastal Health Tobacco Reduction Coordinator, Lindsay MacDonald
lindsay.macdonald2@vch.ca