



BROOKSBANK BANNER

At Brooksbank we care for the safety of everyone.
We treat everyone and everything with courtesy, kindness and consideration.
We are responsible for our learning and our actions.

Principal: Arlene Martin

Vice Principal: Marilyn McVey

April - 2011

Brooksbank Calendar Update:

Apr. 22 – **Good Friday – No school**
Apr. 25 – **Easter Monday – No School**
Apr. 28 – PAC Hot Lunch
Apr. 28 – Recognition Assembly 2:15
May 3 – Class Photos
May 4 – PAC meeting 7:00 pm in the Library
May 5 – PAC Hot Lunch
May 6 – **District Professional – No School**
May 12 – PAC Hot Lunch
May 14 – Recognition Assembly 1:15
May 17 – Handsworth Track Meet 12 pm - 4 pm
May 20 – Fun Day 12:30 Dismissal
May 23 – **Victoria Day – No School**
May 25 – Grades 5/6/7 Coffee House 6:30 -7:30 pm
May 27 – Recognition Assembly 9:45
May 30 – **District Professional – No School**
May 31 – Gr. 1 & 2 Author Night 6:30 – 7:30 pm
June 7 – Track & Field meet at Swangaard
June 29 – Last day of School - 10:30 Dismissal

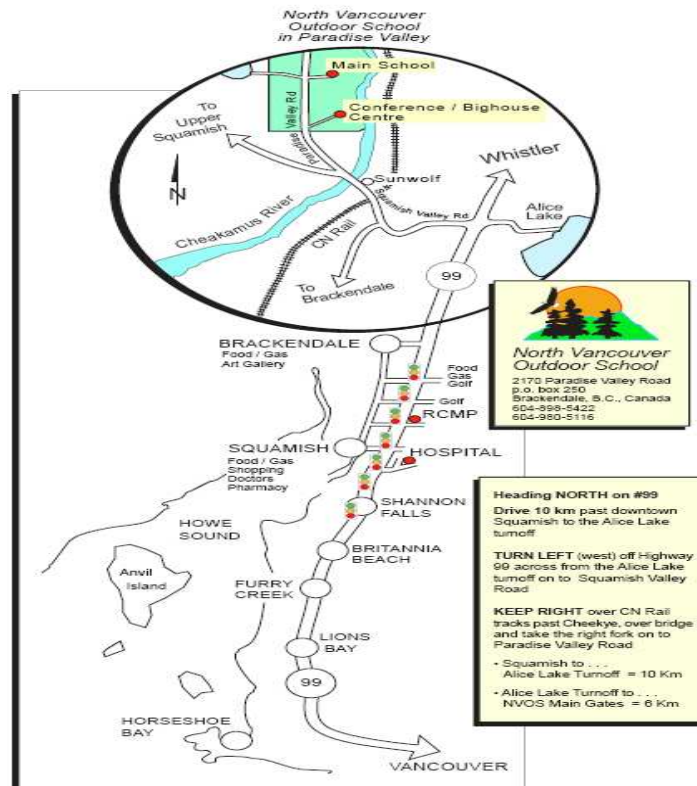


With the warmer weather, many of our students are enjoying outside activities and spending time outdoors. Perhaps this is an appropriate time to review safety rules with your child. Many children are playing at the school in the late afternoon and early evening. It is important for parents to know where and with whom their children are playing. We encourage all students to go home after school to check-in before embarking on after school activities. Please remember that there is no formal supervision before and after school.

Partners in Paradise - OPEN HOUSE

Sunday May 1, 2011 10:30am – 3:30pm
North Vancouver Outdoor School

Family fun and natural experiences: Salmon Hatchery, Farm, Salish Bighouse, Archery, Forest Lab, Paper Making, Microscope Studies, Canoeing, Forest Walks, Crafts and a NVOSAS Silent Auction. Please remember that pets are not allowed at Outdoor School.



Our Kids Who Care coin drive to encourage global awareness was a great success! We managed to collect \$435.00 to donate to Africa. The students chose to purchase a supply kit for an entire classroom, clean water for a family of seven, mosquito netting, and three hens and a rooster for a village. We all enjoyed learning about the Gifts of Hope program and would like to thank all the families that contributed to our campaign.



Safety * Respect * Responsibility

School Telephone: 604-903-3280

Callback Telephone: 604-903-3285

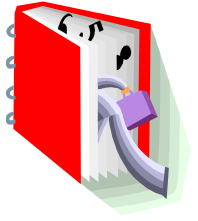
Reading is the most important skill children can learn.

It allows them to develop imagination and intelligence and empowers them with a knowledge that enriches their entire lives. A love of reading is one of the finest gifts parents can give their children. The recipe for creating a lifelong reader is wonderfully simple.

Read... Make books and reading a part of your children's lives right from the start. Set aside a regular time to read to your children from infancy to adolescence.

Lead the Way... Make regular visits to your local library and bookstore to help your children find the best books available.

and Set an Example... When children see adults enjoying a good book they get a very important message-you never outgrow books!



School Planning Council

The School Planning Council has chosen the following three goals for the 2010-2011 school plan:

- To improve student achievement in the area of non-fiction literacy
- To improve student achievement in mathematical computation
- To improve student awareness of social responsibility

The plan needs to be completed and submitted to the School Board office by April 30. If you have any questions about the school plan, please contact a member of the School Planning Council: Lisa Stirling, Charlene Duncan, or Allyson Helgason.

Band Registration

The North Vancouver School District in cooperation with the District 44 Band and Strings Parents' Association offers elementary school children the opportunity to learn to play a band or strings instruments one of the varied educational experiences offered in our schools. This program is one of British Columbia's finest and has been made possible by the support of a large number of dedicated parents, staff and administrators.



The band program is available in all schools for students in grades 5, 6 and 7. (The strings program is available in Canyon Heights, Cleveland, Highlands, Montroyal, Braemar, Dorothy Lynas, Larson and Ross Road for students in grades 4, 5, 6 and 7). Grade 4 students had an opportunity to see and hear some of the instruments on April 13. Grade 4 students were provided with registration information explaining the purpose and features of the program. Parents of beginners are encouraged to take a few minutes to read it and consider this excellent opportunity. The band and strings program is not part of the normal school curriculum, and the costs to provide the program are totally funded by the registration fees. Registration forms must be submitted by May 6, 2011 to allow time to ensure adequate staffing for the program starting in September. Students are required to provide their own instrument, or alternatively, to rent one. Bursaries are no longer available for this program.

Kilometer Club Starts!



Kilometer Club began on April 6 for the K – Gr. 7 students. We will be running the club for students in K to Gr. 3 on Mon., Wed. and Fri. Students in Gr.'s 4 - 7 will be participating in their Kilometer Club on Mon., Tues. & Fri. Students will need to dress appropriately as we will be running/walking rain or shine!

Fun Day is on Friday, May 20 - RAIN or SHINE. Events will take place until 12:40 at which time students will be dismissed! This year's theme is: The Beach! As this is a day full of fun activities, please note that a PAC Hot Lunch Fundraiser is part of this day. Students will be eating their lunches in the classroom with their teacher. If you have not pre-ordered a lunch remember to bring a packed lunch!



Track and Field

Track and Field season is upon us! We are looking for parents to assist with coaching. We will, of course, be grateful for all who offer to help, but those parents who may happen to have expertise with shot put and relays will be particularly welcomed. As a parent coach, your duties are simple: help out as our students practice their various events. Track and Field is open to students in grades 4 through 7. It is a great way to get younger students involved in athletic pursuits. If you can help, please phone the school office: 604-903-3280, and leave a message. We'll get back to you.

North Vancouver Summer School 2011

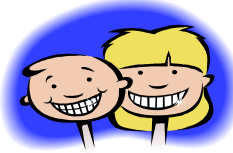
Full Credit Summer School will be at Handsworth from July 5th to Aug. 11th. Registration for Full Credit High school courses begins on May 16/10. Remedial will be at Sutherland from July 6th to July 28th. Registration for High School remedial courses begins on June 20/11. Elementary programs will be at Carisbrooke from July 5th to July 28th. Registration for Elementary programs begins on May 16/11.

Please see the North Vancouver School District website: www.nvsd44.bc.ca/Programs/Summer%20Programs.aspx for further information or changes to dates.



Children's Oral Health: Tips for Parents

Children start losing their baby teeth at around 6 years of age. The last teeth to fall out are usually the baby molars (back teeth) at around 12 years of age. It is important to keep baby teeth healthy because children need them for:



- Speech development
- Chewing food and getting proper nutrition
- Spacing for permanent teeth
- Smiling and self-esteem

Children need your help to keep their teeth healthy. Here's how you can help:

- Brush and floss your children's teeth until they can handwrite their name (around 8 years of age).
- Use a small amount of fluoride toothpaste twice a day. Nighttime brushing is especially important.
- Limit sugary snacks and drinks. Encourage your children to drink water when they are thirsty.
- Provide healthy snacks. (See snacking & sipping tips below).
- Start regular dental check-ups and cleanings by age one (twice yearly).
- Have sealants applied to erupting permanent molars.
- Be a role model for your child and establish good oral hygiene and eating habits for yourself.



Snacking and Sipping Tips:

Snacks are an important part of a child's food intake, and not just a "treat" between meals. Beware that frequent nibbling or sipping on foods and drinks that are high in sugar increases a child's risk for cavities. There are many factors involved in tooth decay, including how often food and sugary drinks are consumed and how long it stays on the teeth. Children who eat healthy snacks and drink fewer sugary drinks have more energy and will learn better. Choose healthy snacks for your children and save "treats" for special occasions after meals.



For a healthy snack, choose foods from at least 2 of the 4 food groups in "Canada's Food Guide to Healthy Eating." Limit the number of snacks to 2 to 3 per day to avoid nibbling and sipping all day. Change the snacks

often to provide variety and keep children interested in healthy foods. Offer water to sip on between meals to keep hydrated. Refer to Sip Smart! BC www.bcpeds.ca for sugar content in popular drinks.

Snack Suggestions:

- Pieces of fruit and yogurt for dip.
- Pieces of raw vegetables and hummus dip.
- Cut up pieces of pita bread or whole grain bagel and hummus dip.
- Hard-boiled egg and slices of cheese.

Establishing good oral hygiene habits at an early age will ensure your child has healthier teeth and a healthier body for a lifetime!

Source: BC Dental Hygienists’ Association www.bcdha.ca

For more information, please visit www.vch.ca/dentalhealth or call **Carole Charbonneau**, Community Dental Hygienist for Vancouver Coastal Health, North Shore at (604) 904-6200.

Do It Yourself Chinese Jump Rope

Chinese Jump Rope is a universal game also known as elastics or skip tape. It is typically played by 3 jumpers and begins with following a jump pattern, at a low level first, and is often accompanied by a song or a chant.

Make Your Own: Tie 4.8m (3 arms lengths) of sewing elastic into a loop.

Basic Steps: Two participants stand facing each other with their feet shoulder-width apart and the rope around their ankles and back away from each other far enough to stretch the elastic. The skipper begins by standing outside the



elastic, facing either participant. The lines in the diagrams represent the two parallel elastics of the rope.

Names and Words: Using basic jumps, the skippers can spell their names (one letter per jump) or other words and jump out when finished. To make it more challenging, move the elastics up the leg a little at a time and/or try half turns between jumps.



For more information on outdoor playground games review the Action Pages! under the Quick Links on www.actionschoolsbc.ca

Shake the Salt Habit



Canadians eat too much sodium or salt, which can increase blood pressure. One out of three Canadians has high blood pressure and children are also at risk. More than 75% of the sodium is from processed foods and restaurant or take out foods.

To decrease salt:

- Read the Nutrition Facts table on food packages and choose foods with less than 15% Daily Value for sodium
- Choose less of the foods that are high in salt – pizza, sandwiches, submarines, hot dogs, hamburgers, sauces and soups
- Reduce the amount of salt you use in cooking or at the table
- Buy fresh, frozen or unprocessed foods more often
- Use low sodium seasoning or herbs and spices instead of salt

For more information, visit www.lowersodium.ca or www.sodium101.ca

No Salt Seasoning

- | | | |
|-------|---|---------|
| 15 ml | each dried mustard, paprika, garlic powder, onion powder | 1 tbsp |
| 7 ml | black pepper | 1 ½ tsp |
| 5 ml | each dried basil, dried thyme | 1 tsp |



Combine ingredients in a bowl and store in a sealed container. Use instead of salt.



Immunization Reminders!

The last Grade 6 and 9 school immunization clinics for this school year will start after Spring Break. Please check your school calendar for the exact date.

We would like to thank all the students, parents and school staff for making the prior clinics a success!

For those wishing immunizations out of school or needing update of other shots, or are off schedule from the school clinics, please contact Public Health at 604-983-6700 or your family doctor to make an appointment.

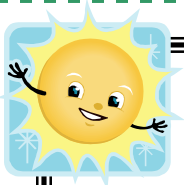
Reminders:

- **Kindergarten students** - between 4-6 years of age a booster dose of Diphtheria, Tetanus, Pertussis and Polio is recommended. Please contact Public Health (604-983-6700) or your family doctor to book an appointment.
- Always **keep a copy** of your child's immunizations records. This information is often needed for college and travel. Now is a great time to make sure the immunization record is complete.
- **Parents & adults**– Have you had a Td (tetanus, diphtheria) booster in the last 10 years?? No? If not, you are due! This is a free vaccination. Please contact your family doctor.



For the latest immunization schedules and updated information please visit the following resources:

1. Visit www.immunizebc.ca
2. Contact a Vancouver Coastal Health Public Health Nurse on-call at 604-983-6700
3. Call Healthlink at 811



980 13th Street East
North Vancouver, BC
(Portable at Brooksbank Elementary)

“Fun with a purpose”
For 3 & 4 year olds

Our enriching program allows preschoolers to explore and learn about themselves and their world through developmentally appropriate play. We offer activities in many curriculum areas that foster social, emotional, cognitive and physical growth. We include fieldtrips, special visitors and theme days.

Sunshine Preschool offers 2, 3 and 4 day/week classes.

Open house dates are:

Thursday, May 12 from 5:30 – 7:00 and Saturday, May 14 from 10:30 – 12:00

For information and registration contact
Andrea or Darlene at 604-987-8229

