



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.

December - 2010

Principal: Arlene Martin

Vice Principal: Marilyn McVey

Brooksbank Calendar Update

Dec 17 – Last Day before Winter Break
Jan. 4 – School reopens after Winter Break
Jan 5 – PAC meeting at 7:15 pm
Jan 6 – PAC Hot Lunch: Wok Box
Jan 10 – Tennis lessons for K –Gr. 7 start
Jan. 13 – PAC Hot Lunch: My Tiffen
Jan 20 – PAC Hot Lunch: Subway
Jan 24 – Recognition Assembly 2:15 pm
Jan 27 – PAC Hot Lunch: Wrap Zone
Jan 31 – Brooksbank Professional Day **no school**
Feb 2 – PAC meeting at 7:15 pm
Feb 18 – Recognition Assembly 2:15 pm
Feb 25 – District Professional Day **no school**

Lates and Absences

Important: Students are expected to be at school at 8:50 am to begin the school day. If your child is going to be absent or late, please call the school at 604-903-3285. Please note that this number is available to take a message 24 hours a day, 7 days a week. Also, please remember to advise the office of any changes in your contact information ie. new cell phone numbers, new work phone numbers as well as emergency contacts. If you are going away for a vacation, please make sure you give the dates of absence to the office as well as the classroom teacher.

The past few weeks at Brooksbank have been delightfully busy with students and teachers involved in a variety of seasonal activities. Thank you to Mr. Karr and all of the staff for their hard work and many extra hours in practice time for the Kindergarten to Grade 7 music presentation. The children practiced hard to prepare for the band concert that was held on December 6th here at Brooksbank. The Holiday Choir performed magnificently at Park Royal and the Jingle Mingle. Thanks to all the families who contributed to the Harvest Project through our Jingle Bell Walk. The caring and generous attitude that was shown will ensure that families in need will have a brighter Christmas.

On behalf of all of us at Brooksbank, may I express our appreciation to you for your continued support and cooperation. I would like to wish you the best that the season has to offer: the gifts of Peace, Hope and Love and the chance to meet with friends and family. I trust that your holiday will be a safe and restful time.

Code of Conduct

Parents are reminded that there is no formal supervision before or after school. We do ask parents to review the School Code of Conduct with their children and to reinforce that this Code is in effect before, during and after school.

A weather reminder – if we have snow in January please remind your children that there is **No** snow throwing on the school grounds. Please make sure that children are dressed for the weather as they do go outside at recess and lunch!



Safety * Respect * Responsibility

School Telephone: 604-903-3280

Callback Telephone: 604-903-3285

Winter weather ahead!

All schools in the North Vancouver School district will remain OPEN, if at all possible during the winter weather, including snowfalls. Any district- wide closure will be decided by 6:30 am at the latest and will be announced via CKNW AM 980 radio, News AM 1130 radio, CHMJ AM 730 radio, CBC AM 690 radio, Fairchild AM 1470 radio, CHQM FM 103.5 radio, CBC television, BCTV, City TV and CTV BC.

Individual school closures due to unique circumstances (e.g., power outages) will be announced as early as possible in the same manner. **No announcements will be made saying that schools are open. Only closures will be announced.**



Thank you to our PAC!

Thanks to the kindhearted people who continually donate their time and energy to help organize special events for the PAC and the school. The Jingle Mingle was very well attended and delightfully busy; many great gifts were wrapped and wonderful time had by all!

Seasonal Literacy Activities

At this busy time of year it can be hard to get your children to focus on such things as homework and the three R's. But development of their literacy skills does not have to wait until school re-opens in January. You can keep minds and vocabularies growing by:

- Holding a family reading night where every family member gets to hear and/or share their favourite seasonal story or poem.
- Being creative with seasonal chores; those pesky items with "Some Assembly Required" can be the start of a great problem-solving challenge, with lots of opportunities for reading, listening, and speaking.
- Shopping trips can create great opportunities to alphabetize (lists), strategize (routes), and categorize (foods, gift items).
- Using travel time wisely: books, puzzles, and word games can turn those car trips and airport waits into valuable learning time.

While these incidental learning activities are easy "to build in" and "to build on", the most important learning for your children will be that their learning is worth the investment of your time. And that, of course, in this season of giving, will be the best gift of all!

Congratulations Brooksbank Bobcats!!!!

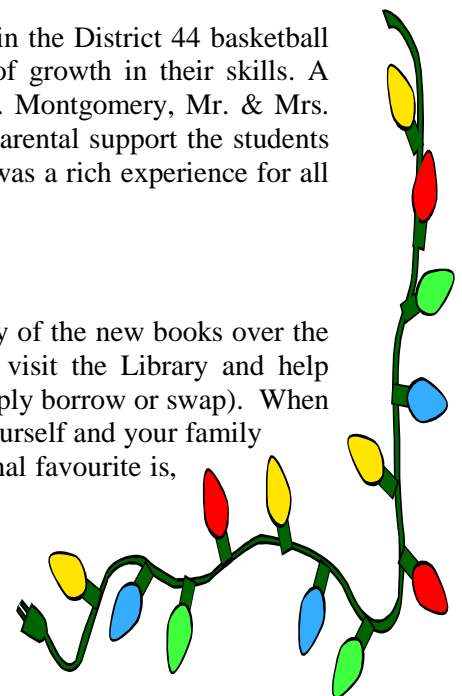
Over the past 6 weeks many of our Grade 6 and 7 students have been participating in the District 44 basketball league. All of our teams demonstrated outstanding sportsmanship and a plethora of growth in their skills. A special thank you goes out to all the coaches: Mr. Gatto, Mrs. Obst, Mr. Karr, Mr. Montgomery, Mr. & Mrs. McKay, Mrs. McVey and all the staff sponsors. As well, thank you for all of the parental support the students have received this season. Judging by everyone's commitment, we think the season was a rich experience for all who participated. Well done!



Notes from our Librarian:

Hopefully all students are enjoying our Library and reading many of the new books over the Christmas Holidays. Please come in when you a moment to visit the Library and help yourself to some great reads from our parent and staff section (simply borrow or swap). When (or if) you get a few quiet moments during the Christmas break, treat yourself and your family to one of the lovely Christmas stores on display in the Library. A personal favourite is, and always will be, The Polar Express by Chris van Allsburg.

Happy Holidays
Mrs. Fairbank





Volleyball Season!

The Volleyball season is coming in January! If you are interested in helping to coach girls and/or boys, please let the office know. Leave your name at the office!

Volunteers and Volunteer Drivers

If you would like to volunteer and/or be a volunteer driver for field trips, etc., please come to the office and fill out our volunteer forms. Also, as reminder to all volunteer drivers about the booster seat law. Booster seats must be used for children up to their 9th birthday or 145 cm (4'9") tall, whichever comes first.



ARTISTS FOR KIDS AFTER SCHOOL ART CLASSES - WINTER SESSION REGISTER NOW! REGISTER EARLY!

The next session of our very popular after school art classes will begin the week of January 17, 2011. Artists For Kids is again offering an amazing variety of classes: Cartooning Art For Small Hands, Primary Pottery, Clay Creations, Adventures in Drawing, Artastic Adventures, Wonderful Watercolours, Primarily painting. Visit our website at www.artists4kids.com to also view all the exciting programming details. To register call our Artists For kids office at 604-903-3798 or fax in your registrations at 604-903-3778. For more information on courses: http://www.artists4kids.com/documents/after_school_winter_2011.pdf

Keeping Youth Cyber-Safe

With winter break about to begin, it's likely your children will be spending more time online. They may be at an increased risk of exposure to cyber bullying, which could adversely affect their emotional and physical health and school performance.



According to Nancy A. Willard, author of [Cyberbullying and Cyberthreats](#), "It is possible that the harm caused by cyber bullying may be even greater than harm caused by traditional bullying." Some of Willard's reasons for this statement are that victims can't escape from the bullying because the Internet is available all the time, it is difficult to remove material from the Internet once it's posted, it is possible to distribute harmful material worldwide, and it is possible to bully anonymously.

Cyber bullying can range from threats, embarrassing or cruel rumors, harassment, and stalking to posting derogatory digital photos. According to a 2006 survey of 1,000 kids by Fight Crime: Invest in Kids, one-sixth of all children between the ages of 6 and 11 had mean, threatening, or embarrassing things said about them online. The good news is that you can help them become cyber-safe.

How Parents Can Help Children Become "Cyber-Safe"

Talk about Internet safety

Children need to be just as careful about opening a "cyber door" as they are about opening the front door to strangers. They should never:

- Give out personal information online without a parent or guardian's permission
- Respond to messages that are suggestive, belligerent, threatening, or make them feel uncomfortable
- Click on any links in an email from someone they do not know

Explain cyber bullying and what they can do to prevent it

Help children understand that mean people on the Internet can hurt them with words, but that they can be safer if they:

- Don't respond to or forward emails or messages that are mean or spread rumors
- Don't open emails or messages from someone they know bullies others
- Block messages from anyone who cyber bullies
- Save or print all bullying messages
- Show the messages to an adult they trust—like a parent or a teacher—and ask for help
- Never arrange to meet someone who is bullying them online

Registration & Transfers For 2011 – 2012 School Year

New Registrations and Transfer requests for grades 1- 12 will be accepted at the Central Registration office (2132 Hamilton Ave.) starting on January 31, 2011. For priority placement in your catchment area school, all new registrations & transfer requests must be submitted on or before April 1, 2011.

Documents required when registering/transferring

- Students birth certificate (if not born in Canada bring proof of citizenship)
- Proof of current residence (Hydro bill, purchase agreement or rental agreement)

Registration and Transfer forms will be available at all schools, at the Central Registration office or online at <http://www.nvsd44.bc.ca/Schools/StudentRegistration/20112012.aspx>

The deadline for priority placement for Kindergarten programs, including: Early French Immersion will be March 11, 2011. There are limited spaces available in the Kindergarten French Immersion program. Please contact: registration@nvsd44.bc.ca if you have further questions.

Helping Your Child Learn to Cope with Worries and Anxiety

Children and teens can worry about many different situations: academic responsibilities, teachers, friends, fitting in, new experiences, and/or being away from their parents. They may also experience anxiety. This can occur when worries remain unresolved or recur repeatedly without really going away. “Worry” comes and goes; and is often about a short term situation. Anxiety on the other hand is experienced as a constant, low-lying unease that exists for days or weeks at a time. It is often heightened when normal stressful situations occur. As parents, you can support your child by recognizing and coping with these discomforts in healthy ways.

Symptoms of Anxiety:



1. **Physical:** Stomach ache, sweating, heart racing, dizziness or lightheadedness.
2. **Mental:** What children say to themselves, e.g. “I am not good enough to ride the bike”.
3. **Behavioural:** What children do, e.g. excuses to get out of a situation or activity.



Strategies for working through anxiety and worries:

- ❖ **Talk with your child:** Create safe ways to encourage your child to express concerns and feelings.
- ❖ **Educate:** Let your child know that they are not alone and that worries and anxiety can be part of life.
- ❖ **Build skills:** Create opportunities to coach (role play, plan ahead) your child so that they know how to cope with situations as they come up.
- ❖ **Focus on the positives:** Ask your child to talk about what went well today.
- ❖ **Be prepared:** Minimize anxiety provoking situations at home by planning ahead and informing your child of those plans.
- ❖ **Look after the basics:** Meet your child’s nutritional needs; ensure they receive enough sleep, down-time and physical exercise.
- ❖ **Build in regular routines:** Bedtime, waking time, getting to school, family meals.
- ❖ **Model healthy coping strategies:** If appropriate, let your child know when you are worried or anxious about something and then share with them how you are coping in a healthy way.

Adapted from: Anxiety BC

BE MINDFUL & KEEP SAFE during the Holidays! For more information please call the On-Call Nurse for the Child & Youth Team at 604-983-6714. **Helpful Resources:** www.anxietybc.com
www.heretohelp.com

Written by VCH Public Health Nursing Team, Lawrie Graham, Alcohol and Drug Prevention Educator for North Vancouver VCH & Kerrie Watt, Prevention Consultant for West Vancouver District, West Vancouver School Board VCH

Head-to-Toe Stretching at No Cost

Dynamic stretches are performed with slow, controlled, and continuous movements. Repeat stretches 5 to 10 times while breathing in through the nose and out through mouth. This will result in increased mobility and enhanced blood flow contributing to positive mental health.



- **Neck Rotation** - Drop chin towards chest and slowly rotate neck bringing left ear towards left shoulder. Return to centre and repeat on right side. Keep shoulders relaxed.
- **Back and Chest Stretch** - Cross (hug) arms in front of chest then slowly extend both arms wide and back slightly past shoulders. Extend finger tips. Return to hug and repeat.
- **Ankle Rotation** - Stand and rotate one ankle on the ball of the foot. Circle one way 10 times, then the other. Repeat with opposite foot.



For more visit www.actionschoolsbc.ca.



The holiday season is often a time for gathering together and sharing food. It is a time of plenty, but for some, access to food may be more difficult. If you are able to share with others or you need help, you can contact the Directory of North Shore Agencies and Organizations at 604-985-7138 for local food and meal assistance programs. You can help by dropping off non-perishable food items at your local chain grocery stores, fire halls, or at your local food bank. Food items needed most include canned meat, poultry or fish, peanut butter, whole wheat pasta or rice, pasta sauce, canned fruit or vegetables, cereal, and baby food or formula. Other ways you can share this holiday season include volunteering your time at various charitable groups or providing cash donations to your favourite local charity.

Holiday Cous Cous

1. Boil 1¼ cups (300 ml) water with 1 tsp (5 ml) chicken or vegetable bouillon. Remove from heat and add 1 cup (250 ml) cous cous. Cover for 5-7 minutes. Fluff and let cool.
2. Whisk together ¼ cup (60 ml) olive oil, 3 tbsp (45 ml) lemon juice, 1 tbsp (15 ml) lemon zest and 1 tsp (5 ml) cinnamon.
3. Add a 19 oz. (540 ml) can chickpeas, drained; 1 cup (250 ml) of fresh, chopped vegetables (e.g., tomatoes, cucumbers, peppers); ¾ cup (175 ml) dried fruit (e.g., cranberries, raisins) and ½ cup (125 ml) chopped, green onions.
4. Drizzle dressing on top and season to taste. Serves 6

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or Kathy.Romses@vch.ca. If you have general nutrition questions, call **Health Link at 811** and ask to speak to a dietitian or visit www.HealthLinkBC.ca.



Christmas Tree Chip-Up & Bottle Drop!
When: January 8 & 9th
10:00 am – 4:00 pm
Where: Boulevard Park (Off 13th Street)
Cost: By Donation



Why: Fundraiser for 6th St. Agnes Scouts

ATTENTION: Grade 5, 6 & 7 Students
Afterschool Chillin' Club

When: Wednesdays, Jan 12-March 9
After school 2:25-4:30pm

Where: Meet in the Brooksbank Gym

What: Hang out with your friends and really cool leaders. Enjoy a delicious snack. Have tons of fun and try out a variety of awesome activities:

- **Play a variety of sports, orienteering and other games.**
- **Discover your inner artist – ceramics, painting, other crafts, face painting, knitting and more.**
- **Gardening projects.**
- **Step out and dance to the latest music.**
- **Learn how to make sushi and other healthy delicious snacks.**
- **Or just chill....**

Please register now at www.northvanrec.com (will need Playcard number) or call 604-987-Play (7529) with Visa or MasterCard or register in person at any northvanrec facility with the following information:

Brooksbank Preteen Chillin' Club Grades 5,6 & 7
264748 W Jan 12-Mar 11 2:25-5:00pm
Club Membership \$30

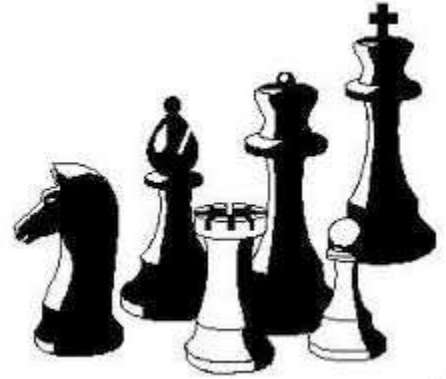


northvanrec.com

BROOKSBANK CHESS CLUB

Join the Brooksbank Chess Club!

When? Tuesdays beginning January 11
Time? Lunchtime... bring your lunch!
Where? In the Library
Who? Students in grades 1 through 7
Cost? \$28 for 6 weeks



The Chess Club is run by a Chess Master from *Westcoast Junior Chess*.

For further information, please contact Luc Poitras 778-846-0496 or lucque@shaw.ca

Space will be limited, so register now to reserve a spot. Just complete the form below and return with payment to the main office by Friday, January 14, 2011. Cheques for \$28 are payable to ***Westcoast Junior Chess***.

BROOKSBANK CHESS CLUB REGISTRATION

Student Name: _____ **Grade:** _____ **Division:**

Parent Name: _____ **email:**

Phone Number: _____