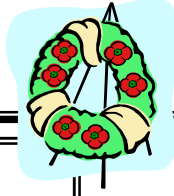




BROOKSBANK BANNER

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.

November- 2010



Principal: Arlene Martin
Vice Principal: Marilyn McVey

Brooksbank Calendar Update

Nov. 17 – Gymnastics begins
Nov. 24 – School tour 9:30 am
Nov. 25 – PAC Hot Lunch
Nov. 26 - Report Cards home
Nov. 30 & Dec. 2 – **Early dismissal 2:00**
Parent Teacher interviews
Dec. 1 – PAC meeting 7:00 pm
Dec. 6 – Band Concert 7:00 pm at Brooksbank
Dec. 8 - PAC Jingle Mingle Event 6:00 – 8:00 pm
Dec. 9 – Choir performs at Lynn Valley - 11:00
Dec. 10 – Jingle Walk to distribute flyers
Dec. 13 – Jingle Walk to pick up donations
Dec. 14 – Centennial Theatre Presentation
Dec. 18 – Last day before Winter Break
Jan. 4 – School opens after Winter Break

Welcome to our Brooksbank PAC 2010-2011 Executive:

Chair: Lisa Stirling
Vice Chair: Catherine Williams
Secretary: Lisa Forrest
Treasurer: Lisa Kramer
Members-at-Large:
Allyson Helgason
Lisa MacDonald
Nancy Munro
Lisa Yahav
DPAC Rep:
Past Chair: Jacquie Engel

Reports and Parent-Teacher Conferences

Parent-teacher conferences will take place on Tuesday, November 30th and Thursday, December 2nd. Students will be **dismissed at 2:00 pm** on those days. As in previous years, sign-up sheets for all teachers will be posted in the main hallway on Monday, November 22nd. Parents are asked to stop by the school to sign up and fill out a conference reminder slip. Kindergarten parents will receive a separate notice about conferences.

We believe the parent-teacher conference is an opportunity for:

- Parents to share information and insights about their child's development at home
- Teachers to share information and insights about student development at school
- Setting goals for the child's learning
- Making plans to support the child's learning

The first formal report card of this school year will be sent home on Friday, November 26th. Please remember that formal reporting is only one part of a continuous dialogue amongst students, parents, teachers, and administrators. We all want the same thing for our students - to help them achieve their personal best and to assist them in becoming life-long learners.

For The Safety of Children

Just a reminder to please respect the "Staff Parking Only – no student drop off or pick up" sign at the entrance to the paved parking lot. By disregarding the sign and driving into the parking lot, parents are putting the safety of children at risk. Children cannot see or hear cars that are using the lot.

Please use the gravel lane beside the lot, the designated part of the laneway beside the preschool, the designated area of 14th or drop your child off on Drayton St. at the south end of the playing field. Also please do not park and wait for your child in the turn around at the end of 13th St. Another way of avoiding the drop off traffic is to walk to school.

Safety * Respect * Responsibility

School Telephone: 604-903-3280

Callback Telephone: 604-903-3285

School Grounds

Please be reminded that our school grounds must be a safe place for everyone. For safety reason, students who ride their bikes to school must dismount and walk their bikes when on school grounds. Scooters, bikes and skateboards are not allowed on the school grounds from 8:00am to 3:20pm during school days. We appreciate your cooperation in keeping everyone safe.

Dressing for the Weather

We ask that all students come to school with appropriate rainy/cold weather clothes. Most days students will go outside, even on wet/cold days so it is important that they are dressed for the winter weather. Rain boots, a waterproof coat and an umbrella will make your child much more comfortable both when they are outside and when they come back in (warm and dry). When the weather is **very** inclement we will call for an inside day and students will be asked to play quietly inside the school. With the weather being so unpredictable here in the Lower Mainland, your children should always be prepared for wet and blustery weather at this time of the year. **In the event of a crisis that requires us to evacuate the building, your child needs to have clothing at school that would ensure their warmth and comfort.**

After School Dismissal

When dismissed each day, students are encouraged to leave the school grounds promptly, unless they are involved in a supervised activity at the school. No formal supervision is provided at the school. All students are instructed to report home immediately after school. Please review with your children the importance of letting you know where they are going after school and to say "NO" to and avoid strangers on their way home. Parents who pick their children up after school are encouraged to arrange a designated meeting spot. If parents do not arrive at the arranged time, students are asked to report to the office. Parents who see a child waiting alone on the grounds could ask the child to report to the office.



Please remember that electronic devices such as Ipods - MP3 players, cameras, Gameboy or Nintendo DS are not to be brought to school. Some students have cell phones that they use to communicate with parents **after** school. This is perfectly OK. However, from 8:50 to 3:00, the phones must be off. Also, if the cell phone has a camera function, the students do not have permission to take pictures. There have been serious issues at other elementary schools where unauthorized pictures have been taken at school and posted without permission to websites with nasty and damaging remarks attached.

All Visitors

Please remember that if you are volunteering in the school you must have completed a Volunteer Form and sign in at the office. Volunteers are required to wear visitor badges so that students and staff know that you are in the building in case of an emergency.

School Planning Council

The election of three parent representatives for Brooksbank's School Planning Council (SPC) took place at the PAC Meeting on November 3, 2010. The following parents will sit on the SPC this coming year: Lisa Stirling, Charlene Duncan. The SPC is chaired by Mrs. Martin and Mrs. McVey is the alternate administrative representative.

Improving Mathematics is one of the 3 goals that we have in our school plan.

What is Mathematics?

Mathematics is much more than computation. It is a way of thinking and exploring. It is a language that helps us communicate about specific aspects of our world. It is a tool that we use in our daily lives to solve problems.

Our goal is for students to develop a lifelong understanding of mathematics. Students need to be able to apply the skills they learn in school to everyday situations at home and in the workplace. "From the very beginning, children should be

exposed to a variety of mathematical ideas, not just arithmetic. As they get older, their understanding of these ideas will grow and deepen.” (NCTM Principles and Standards for School Mathematics, 2000)

Mathematics is All Around Us.

In everyday life, we are bombarded with data that must be absorbed, sorted, organized, and used to make decisions. We use mathematics to make purchases, choose insurance policies, and plan for retirement. The business world needs workers who solve problems, explain their thinking to others, identify and analyze trends in data, and use modern technology

Doing Mathematics Together

- Estimate costs, quantities, distances, time...
- Count everything and anything
- Practice classifying toys into sets – *Which is larger? Which is smaller? Do you have more ___ than ___?*
- Set the table. Fold napkins in triangle shapes one day, rectangles the next.
- Sort the laundry.
- Count money and make change
- Use sharing to reinforce division and fraction concepts. *How many cookies will each person get?*
- Incorporate measuring into everyday activities...cooking, gardening, crafts, home improvement projects. *Use rulers, tape measures, measuring cups, a scale*
- Use the kitchen to reinforce math concepts. *Sort the groceries, help cook meals, adjusting ingredients...*
- Look for numbers all around...in the environment (*addresses, sports stats, stock market, weather forecast, license plates*)
- Keep charts or graphs to help organize information (*ie; tracking allowance..How much \$ do you have? How much more do you need to buy ___? Predict how long it will take to save a certain amount of money.*)
- Play board games, set up a lemonade stand

Resources: www.nctm.org/families, www.figurethis.org.

Purdy's Chocolate Group Purchases

Thank you to all who ordered the Purdy's Chocolates. What a great way to get some holiday shopping done ahead of time and save 25% at the same time! Orders should be ready to pick up from the office on Nov. 23rd.

Cross Country Running

The Cross Country Running season is now over. The Brooksbank team was made up of students from grade 3 to 6 who ran on local trails, rain or shine. Congratulations to all the students who ran for Brooksbank. Thank you to Mrs. Batista, Ms. Reichert and Miss. Beleski for helping to coach these athletes.

Remember to check our Lost & Found for those missing items! Please make sure all clothing is marked with your child's name before being sent to school. Items will be removed and donated to charity Dec. 16, 2010



Friday Dec. 10, 2010 Brooksbank students will be going out in the community to hand out the "Jingle Bell Walk" flyers. These notices will ask for food donations to be left out on Monday Dec. 13, 2010, for students to pick up. Look for the notice and let your neighbors know to listen for the "Jingle"!



Health Matters

BRAIN BOOSTERS

Boost your brain power by giving it fuel, physical activity and a good night's sleep.

Exercise is the single most powerful tool you have to improve your brain function at any age. Try some of these brain boosters:

- **Play catch** – hand-eye coordination is a key brain builder
- **Throw and catch bean bags**, on your own, with a twist –try turning around, clapping hands, or touching the ground in-between throws
- **Cross Laterals** – a move found in dances or workouts by touching opposite elbows, shoulders, knees and hips
- **Barn-Storming** – clasp hands in front; swing left and right, high and low, making horizontal figure eights

For more visit www.actionschoolsbc.ca.



Cross Laterals

Breakfast Wrap: Start with a whole-grain tortilla and fill with scrambled egg, cheese and tomato. You can also fill with peanut butter, fruit and granola or your favourite cereal for crunch if there aren't any nut allergies in your home or your child's class.

Grab & Go Breakfast: Combine your favourite whole grain cereal, some dried fruit and some nuts or dried roasted soy nuts in a container.



Your brain needs a regular source of fuel throughout the day. Try these ideas:

- ✓ Enjoy 3 meals a day and healthy snacks
- ✓ Include protein-rich foods (milk & alternatives, meat & alternatives) at meals and snacks
- ✓ Start your day with breakfast, it helps your mind wake-up
- ✓ Eat lots of fruit and veggies - bright green and orange ones each day
- ✓ Reach for whole grain foods (barley, brown rice, oats, quinoa)
- ✓ Drink water regularly throughout the day, which may help prevent headaches
- ✓ Reduce sugar and caffeine (coffee, energy drinks, chocolate, some pop)
- ✓ Enjoy foods rich in omega-3 (salmon, sardines, trout, edamame or soybeans, walnuts, flaxseed) and other healthy fats (canola, olive and soybean oil)
- ✓ Choose foods that are less processed –learn how to cook 10 meals, visit www.bettertogetherbc.ca for recipes and to view videos of families having fun cooking together

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.

PREVENTION STARTS WITH YOU

What do you think a family dinner has to do with keeping your child off drugs? Well the answer is, a lot! A simple family meal 3-5 times a week can reduce the chances of your child using marijuana, alcohol or prescription medications by almost 1.5 times. Almost 75% of surveyed youth stated that these same family dinners were “important” to them. Why is that? When you sit down with your child to share a meal and ask about their day, you show interest in your child's life and create stronger family ties. Ask questions, and then just listen. Kids are more likely to talk to their parents about what is going on if they have already established a pattern of sharing and know they are being heard. It's helpful to know that positive relationships with parents have the potential to be the single most protective factor influencing your child's choices regarding substance use or other risky behaviour. Sometimes actions speak louder than words - “Prevention starts with you”. Think about your own relationship with alcohol or other substances. What are you demonstrating to your child? Clarify your own beliefs and know where you stand on underage drinking or giving your child alcohol in the home. Be proactive, so that when the discussion comes up, you can be confident in sharing your values and beliefs with your

child. Strengthening family ties and demonstrating clear healthy boundaries around drugs and alcohol is a recipe for successful prevention. Take action and make it part of your daily life.

HELPFUL LINKS

<http://www.gordonneufeld.com/home>,
<http://www.theantidrug.com/>

REFLECTION QUESTIONS



Family – Frequent, relaxed conversations with my child are important

- How can I create more opportunities to connect with my child?
- What do I need to do to make sure my child feels comfortable approaching me if there is a problem?



Role Modeling – Positive role modeling is a powerful influence in my child's life

- Do I drink in front of my child routinely?
- Is alcohol openly displayed in my home?



Values – My child benefits from knowing where I stand on important issues

- How do I let my child know what my beliefs and rules are on this issue?
- How do I follow-up with my child when those rules are broken?

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

Information From Your Brooksbank PAC

Hot Lunch – how to order:

Step 1: Register Family Account (easy, 30 seconds) - First time users must create an account. After registering, you will be taken to the *My Children* page to add children to your family account. You can indicate any food allergies here.

Step 2: Order Lunch! Next, click *Order Lunch*, select your child's name and press the "next" button. You will be shown the available Menus (nothing to do here, just press "next"). Select lunch items from the menu options for each lunch day. (Note: if you wish to skip a day, just click "next menu" without adding any food items.) Repeat these steps for each of your children. If you require assistance please contact: BrooksbankHotLunch@gmail.com

Step 3: Payment - Payment can be made on-line by credit card, or by cheque handed into the office. Cheques should be made out to **Brooksbank PAC**

Step 4: Volunteer - If you're interested in helping out at one or more of the lunch days click on the *Volunteer* tab and select the dates you're available. The lunch coordinator will get in touch with you to confirm.

**Family Fun with Christmas at Brooksbank
Annual Brooksbank Mingle Jingle
Wednesday, December 8, 2010 6pm – 8pm
Bring your friends and family, bring your neighbours!**

There are festivities in the main gym including crafts for kids, games, sing-a-long, raffle baskets and with enough wishing, Santa may even make an appearance!! Kids enjoy shopping for Christmas gifts at the "kids only" Jingle Shop where "allowance priced" gifts can be purchased for family and friends – including free gift wrapping!

A Parent's ABC's

There are alphabets posted in every classroom for our students. Here is one for parents to be posted on your fridge (if there is enough room!)



Always ask him/her what went well at school today;

Boast about the good things he/she tells me;

Celebrate his/her mistakes 'cause everybody learns that way (but never criticize);

Do a diary together, recounting family gatherings, outings, letters, and messages;

Encourage him/her to be himself/herself and expect the very best;

Forget the adult worries and remember that he/she is just a little child;

Gather, go get, experiences galore!—because out of doing comes learning;

Hug my child often—at least once every day (even when he/she is older);

Invite him/her to be the greatest, smartest, happiest, child in the world. Tell him/her that and treat him/her that way;

Join in when he/she is reading or studying, realizing that my actions speak louder than anything I can say;

Keep on learning myself—all that I can see, do and be—living life to its fullest;

Listen to my child when he/she is troubled and laugh with him when he/she is joyous;

Make the difference in his/her days by mentioning that we really care;

Notice that his/her hair is combed (at least when he/she comes down to breakfast);

Offer him/her opportunities to decide things for himself/herself, what to wear, when to do his/her chores; give him/her power over his/her life (within reason, of course) with all the risks that that entails;

Put up artwork, tests, writings, heroes, photographs for all the family to enjoy and call up Grandma sometimes to remind her of his/her latest accomplishments;

Question his/her teacher and his/her coaches often about how he/she is doing at school and on the team;

Relax and enjoy his/her childhood. Read to him/her often—remember how fleeting are the childhood years;

Squeeze praise into every day's time slots. Save a private moment for sharing what he/she chooses to share;

Turn the TV off sometimes to talk together: at the dinner table, before he/she goes to bed, when he/she comes in from play;

Use his/her talents to the fullest—helping out with the garbage, the dishes, the cooking, in the community, so that he/she realizes that his/her presence makes the difference to others;

Volunteer when needed! Be that model of helpfulness in school demonstrating that learning is his/her and my most important business;

Wait patiently for him/her. He/she may be a late bloomer—a deep thinker—a slow mover;

Xtra, extra, extra! That's what moms and dads are all about;

Yes, I'm the one who counts. He/she will imitate my values and strengths;

Zoom ahead together in life, aware and confident that my child is a unique gift to me.

