



Canyon Heights E-News

Our actions are **RESPECTFUL, RESPONSIBLE** and **SAFE**

January 7, 2011

Head Lice – Be Proactive and Check

The winter months bring an annual problem of head lice and this year appears to be no different. Reporting head lice to the school plays a key part in minimizing the spread of head lice. Your report generates a letter home to the class involved. From this point on, vigilance is key – if you have received a letter home indicating head lice in your child’s class, please be vigilant in checking your child’s head on a daily basis and, if necessary initiating treatment immediately. If you should find head lice on your child, please follow, thoroughly, all of the instructions which are sent home. If lice are found on a child at school, parents will be called and the student will be sent home. Once treatment has started the may return to school. We all appreciate your co-operation to tackle what seems to be a larger than normal problem this year. For more info go to: <http://www.healthlinkbc.ca/kb/list/english/all/l.html>

Gym Sense

PAC supported, Gym Sense, starts on Monday. Please ensure students are dressed appropriately for their PE days.

Kindergarten Registration

January 12, 2011 7:00 p.m.	Kindergarten Parent Information Session Lucas Centre Gymnasium 2132 Hamilton Avenue, North Vancouver BC
January 24, 2011	Registration for all kindergarten programs begins
January 31, 2011	Registration and transfer requests for Grades 1 to 12 begins

The Calendar is back ...

Our website woes have, for the most part been fixed with a recent District upgrade. A new, regularly updated calendar is no back as part of the Canyon Heights website – www.canyonhths.ca . The calendar and “This Week” are great places to check for upcoming events.

Traffic Safety – Drop Off/Pick Up

If you drive your children to Canyon Heights, **PLEASE** exercise extreme caution in our School Zone and pay attention to the following considerations:

If you must park to drop-off and/or meet your child, please park on Handsworth Road and walk to the school. If your child is not waiting for you in a drop-off/pick-up area, please drive around the block.

Please **DO NOT** park in the drop off zones or **block the parking lot entrances**. Small children in parking lots create a dangerous situation – please **do not** use the staff parking lots to pick up/drop off your children.

**Canyon Heights PAC would like to wish all Families
A Happy and Healthy 2011**

Amongst the future PAC sponsored events for our children in school this year are:

- All school performance with Lowry Olafson
- Spell-a-thon (more details below)
- Fine Arts Workshop for all grades – more details soon
- Gym Sense – A programme for all grades to learn new gymnastic skills
- Activity Day – a whole school event of fun, games and challenges

Christmas Sing-a-long was well attended by many families.

Thank you to Mr McDuffie, Dr Michael Boldt and the Glee Club for your musical skills!

January PAC meeting Monday, January 10th 7- 9 pm

The January PAC meeting will feature a presentation on using the School Wide Write to assess and assist with student writing and Barry Forward (our School Trustee) will briefly discuss the initiation of the "Project Identification Report - Construction of the New Handsworth School"

All welcome in the library. If you require babysitting please call the office by noon on the day of the meeting, so they can arrange for Grade 7 qualified Babysitters to be available at the school. Minutes from past meetings are posted on the school website under Canyon Hts PAC.

Canyon Heights Spell-a-thon Friday, January 28th

January is about spelling! Collect pledges for our Spell-a-thon and show how many of those tricky words you can spell!

All the money raised goes directly towards teacher supplies in the classroom. Look out for the word lists and pledge forms coming home on Friday, January 14th.

The Intermediate and Primary division to raise the most money will win a Pizza Lunch. Happy Spelling!

Parent Education Event Wednesday, February 9th 7- 9 pm

The Canyon Heights PAC is proud to announce an upcoming evening with Barry MacDonald:

BOY SMARTS: Effective Strategies for Parenting Boys

Barry, the founder of MentoringBoys.com and best-selling author of Boy Smarts, is an educator, counsellor, and a champion for building strong learning communities. A sought-after speaker, Barry has presented to thousands of educators and parents and was featured by The Vancouver Sun as one of the 25 Influential People to Watch for his innovative work.

Please see the school website for more details www.canyonhts.ca or order your tickets on-line at:

<http://www.nvsd44.bc.ca/SchoolSites/CanyonHeights/News/Barry%20MacDonald%20PAC%20Event.aspx>

Hurry and order your tickets soon as seating is limited and after Jan 9th tickets will also be open to our Family of Schools

Water Wizards would like to thank you for all the pennies



Remember: Every Thursday is Litterless Lunch Day

Are you new to Canyon Heights school?

Denise Brackstone, the PAC Welcome Coordinator, will be hosting a **Welcome Tea for the parents of new Canyon Heights families** at her home.

Friday, Jan. 28 from 12:45 - 2:45 p.m.

Please RSVP to Denise at jpanddenise@shaw.ca and she will provide directions.







Canyon Heights Parent Social Saturday April 9th 2011



Put the date in your diary & remember to book your baby sitter early! – details to follow soon.

NOON HOUR ACTIVITIES

Winter 2010

Canyon Heights PAC will be offering indoor activities during the noon hour with professional instruction commencing **January 17, 2011** (no classes January 31 and February 25). Online registration (www.canyonhts.ca) for these courses will begin Friday, January 7, 2011, and will be on a first come, first served basis.

<p>Chess</p> 	<p><i>Learn with Chess Master Luc Poitras. Be challenged with additional chess puzzles for all levels of experience and prepare for actual Chess Tournament. Grades 1-7.</i></p>
<p>Hip Hop Dance</p> 	<p>Megan Wilson from North Shore Academy of Dance teaches the latest moves in Hip Hop with a little Jazz and Swing. Grades 1-7</p>
<p>Artmania</p> 	<p>Let's get back to having fun with Art Mania! In this term we will explore three artists and learn from their influences on history and the present day. We will create two beautiful and original works of art -- a modernist mobile and a two dimensional jungle scene. Seven great classes, two works of art! Grades 3-7</p>
<p>Bella Ceramica</p> 	<p>Bella Ceramica will be involving the children in a wonderful class for Valentine's day where they can personalize their own project. Grades K-7</p>
<p>Kids Yoga</p> 	<p>Relax! Breathe! Stretch! Yoga is great for building strength and increasing flexibility. Get 'Down Dog' with Dhana, a certified yoga instructor. Grades 1-7. Please bring a mat if you can.</p>
<p>Mad Science</p> 	<p>Mad Science will be coming back to Canyon Heights Elementary this winter. Watch fascinating demonstrations, participate in experiments and make amazing take-homes. This course will spark the curiosity and imagination of children with fun science activities. Take an exciting look behind aerodynamics while creating your own air pockets; glide high with the Wright Brothers while you learn about flight; take a tour on the electron freeway with a stop in circuit city and experience the awesome forces of gravity and inertia. Grades 1-7.</p>

<p>Level10 Fitness</p> 	<p>Join the Team from Level 10 Fitness for a fun and exciting workout. Level 10 has worked with athletes at all levels including several Gold Medalists at the recent Winter Olympics right here in Vancouver. Join us for an up tempo workout to help improve your fitness and take your game to the next level. Grades K-7.</p>
<p>Babysitting</p> 	<p>Ready to start looking after children? Take the Red Cross babysitting course and be prepared to handle situations that could potentially arise while young children are in your care. Grades 5-7.</p>

Hot Lunch – ordering now open for February – May 2011

The Canyon Heights PAC is pleased to continue to offer Hot Lunch Days. We offer: Pasta, Burger, Pizza, Sushi and Magic Lunchbox, on a rotating basis.

Money raised through lunch days allows the PAC to purchase special items for the school and make contribution to school programs.

Lunch days will be on each Wednesday of the month. Days missed due to a class field trip or Outdoor School will be made up on another day. A notice will be sent out advising of the day via e-mail and/or a note home.

We are now accepting Hot Lunch orders for: **Feb 2, 2011 - May 25, 2011**

» [click to begin ordering online](#)

Pasta

Burgers

Pizza

Sushi

Magic Lunchbox



Money raised through the Hot Lunch Program allows the PAC to purchase special items for the school and make contributions to school programs



Grade 7 Fundraising Reminders

Bottle Drive- Thursday January 13th

Drop off is under the covered area at the South end parking lot from 7:00 – 9:30 am the day of. Bottles/cans can be arranged for pick up by calling Judy at 604-985-4534.

Cash 4 Clothes

We will be collecting bags of used clothing and linens the week of January 17 – 21st. There are extra bags in the office or you can use green garbage bags if you wish.

If you have any questions email Shannon Colpitts at shannoniancolpitts@shaw.ca

Thank you for your support!