

Capilano Elementary Newsletter



Principal: J. Wilson
Vice Principal: J. Harris
Administrative Assistant: K. Roberts

Telephone: 604-903-3370
Callback: 604-903-3370
Fax: 604-903-3371

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Mission Statement

The Capilano School Community will work together to provide learning opportunities that will enable students to develop as creative and inquiring individuals who are inspired to be lifelong learners and globally responsible citizens.

Vision Statement

We provide a supportive learning environment that values diversity, promotes success and personal growth, and inspires students to become global citizens who accept responsibility for their learning.

Balance

February's focus at Capilano is "Balance." Balance is an important part of the IB Learner Profile. Teachers and staff encourage students to understand the importance of intellectual, physical, and emotional balance to achieve personal well-being for themselves and others.

This month students will hear a great deal about being physically balanced. The Jump Rope for Heart fundraiser, beginning on February 7th, focuses on healthy exercise to maintain a healthy heart, and during the week of February 14th students are encouraged to participate in the Eat Well Play Well Challenge where healthy eating will be the focus.

Follow up at home and make February a month of balance in your family. Show your children how to balance work, play, exercise, and healthy eating!

Happy Retirement!

Bob Jackson, our long time afternoon custodian, retired on January 4th. He was very much a part of the Capilano School community and will be missed. We wish him all the best in this exciting "next chapter" of life!



What's Happening Next Month:

- Jan 31 - FSAs start (2 week period)
- Feb. 3 - Fruit & Vegetable Program: Fuji Apples
- Feb. 4 - Hot Lunch (Japanese Lunch) -pre-ordered
- Feb. 7 - Jump Rope for Heart Assembly 2:30
- Feb. 8 - CPAC Meeting 7:00 p.m. in Library
- Feb. 11 - Hot Lunch Day (Pizza) - pre-ordered
- Feb. 11 - Jump Rope For Heart Day
- Feb. 14 - Eat Well Play Well Week
- Feb. 14 - Valentine's Day
- Feb. 18 - Jump Rope fund-raising envelopes due back
- Feb. 18 - Hot Lunch Day (Soup) - pre-ordered
- Feb. 21 - UNESCO First Language Day
- Feb. 23 - Anti-Bullying Pink Shirt day
- Feb. 25 - NV Professional Development Day
- Mar. 11 - Kindergarten Registration closes
- Mar. 11 - Last day of school before 2 week break

School Reminders:

Please remember to use sidewalks around the school and discourage children from walking through staff parking lots.

We have also noticed a large number of students arriving late to school. This can be very disruptive to classrooms and student learning, so please make every effort to have your children at school and in their classrooms on time.

Jump Rope For Heart - Friday February 11th

The *Heart and Stroke Foundation* is a volunteer-based charity that focuses on raising funds for research and promoting healthy living in an effort to reduce and hopefully eliminate the incidences of heart disease and stroke. The Heart and Stroke Foundation of Canada is a federation of 10 provincial Foundations, led and supported by more than 140,000 volunteers.

On **Friday, February 11th**, Capilano school will be holding a *Heart and Stroke Jump Rope For Heart* fundraising event for the *Heart and Stroke Foundation*. Throughout the day all students will participate in 15-20 minutes of skipping and fitness activities in the gym. Students will need to dress in comfortable clothing for exercising, and wear running shoes to school.

Prior to the event, students will be given the opportunity to raise funds for the *Heart and Stroke Foundation* by collecting donations. We suggest that donations be collected (using the donation collection envelope, sent home on Monday, February 7th) from family, friends, and familiar neighbours only. For safety reasons we suggest that students **DO NOT** go door-to-door approaching strangers to solicit donations. Students who collect as little as \$14.00 in donations will qualify for prizes to reward them for their efforts (see the donation collection envelope for details). Please return the donation envelopes, **EVEN IF NOT USED**, by Friday, February 18th.

Donations can also be made ONLINE or click on <http://www.jumpropeforheart.ca/> then click on "Start Fundraising" enter **Capilano** and then click on the "register" button, then click "I agree" on the waiver. You will end up on a page where the student registers themselves for our event. After registering, students will be able to send off information to relatives anywhere in the world, and donations made on line through their page will be linked directly to our school!!

This is also an important fundraising event for our school as we receive "heart smart points" to spend on teaching resources!

For general information about healthy lifestyle choices click [HERE](#) or [HERE](#).

Eat Well Play Well Challenge - February 14th to 18th

Capilano students will be encouraged to participate in the **Eat Well Play Well Challenge** sponsored by Vancouver Coastal Health and the Active North Shore Network.

Rationale:

Most BC students do not consume the minimum number of servings from the Milk and Alternatives or Vegetables and Fruit food groups. Over half of Canadian children and youth are not active enough for optimal growth and development. This event will help teachers to meet the learning outcomes for the healthy living section of the Health and Career Education curriculum.

Game Plan:

- * Students will receive an 'eat well' point each day for bringing a food to school that fits into the Milk Products or Vegetables and Fruit food groups from 'Canada's Food Guide'.
- * Students will receive a 'play well' point each day for being involved in ½ hour of physical activity outside of school hours.

Goal:

More kids will choose milk products, vegetables and fruits, more often and will be more active, more often.

Standardized Assessments

Foundation Skills Assessment:

The Grades 4 and 7 will complete the Ministry of Education's Foundation Skills Assessment (FSA) during the first two weeks of February and the results will be recorded in our Capilano School Plan. Staff will analyse the results to inform their instruction. Parents should note that there is currently a BCTF campaign running against the FSA and they may receive, or have received, a brochure from the local union. Parents should note that Principals do not have the legal authority to exempt students from Ministry exams via a letter from a parent.

Satisfaction Surveys:

Between now and April, the students in Grade 4 and 7, and their parents, will be asked to complete the Ministry of Education Satisfaction Survey (on-line). The results of the survey will indicate our effectiveness in areas such as student attitudes toward their learning, behaviour expectations, feeling safe at school, and awareness of our goals of improvement.

Kindergarten TOPA Tests:

The Kindergarten Test of Phonological Awareness (TOPA), was administered to all kindergarten students at Capilano this week. It is a District assessment that includes a picture / language activity designed to determine if the children can distinguish between different beginning sounds in oral speech. The TOPA is a means of identifying those children who may be at risk of having difficulties with reading later on. As a result of this process we are able to identify students who may need additional assistance.

Additional learning support will be provided for those students who need it, based on the results of the assessment. The Kindergarten's will also participate in a Numeracy assessment, again screening for students who need additional support.



Grade 3 CCAT Tests:

The CCAT, the Canadian Cognitive Abilities Test, for students in grade 3, will take place this term. This test is a what the District uses as an initial screening tool for giftedness. Instead of all students taking the test, students will be referred for testing. Referrals will be made through the school-based resource team or by parent request with input from the student's current teacher(s) and last-year's teacher(s).

The Great BC Shakeout

Over 440,000 people practiced their "Drop, Cover, and Hold On" at 10 a.m. on January 26th. This date marks the 311th anniversary of the last magnitude 9 earthquake in British Columbia. The goal of the ShakeOut BC drill is to build awareness of the earthquake risk in BC, practice safety techniques to protect ourselves, and learn more about emergency preparedness!

Students at Capilano responded well to the drill. All students and staff practiced the "Drop, Cover, Hold" and discussed why it is important to practice for earthquakes.

If you would like to learn more about what you can do to participate in next year's Shakeout or prepare your family, please visit the [Great BC Shakeout](http://www.greatbcshakeout.ca) website.

IB Report

Our authorization visit took place on December 9th and 10th. Two IBO representatives visited our school (one from Calgary and one from Mulgrave School in West Vancouver) to observe the school and interview teachers. The oral report they gave us was very positive. They are responsible for writing a report reflecting our progress as an IB school which they will then send to an authorization committee who will provide us official feedback. Thank you very much for all the parent support and for the treats that have been delivered to the school. They certainly make our meetings more enjoyable!!

In other news, teachers have started new units, so use information that comes home describing the units to guide you with follow-up discussions with your child.



Mad Science



We currently have two sessions of Mad Science happening, one on Mondays and another on Tuesdays after school. This is a very popular program and we are lucky to have been able to add the extra sessions to accommodate interest.

Volleyball



Volleyball Season has begun. We have two grade 6 teams and one grade 7 team this year. These teams will compete against other Elementary school teams in our District. Thank-you to the teachers who volunteer their time to coach these teams. Check the webpage for more details



The Wheat in the Barley



The Wheat in the Barley Performing Group visited Capilano on Tuesday, January 20th at 1:30 p.m.. This musical group combines folk, world, jazz, a little funk, reggae and Cajun sounds in their music. Their creative arrangements were full of surprises, featuring trilling penny-whistles, rhythmic accordion, bluesy mouth-harp, passionate violin, searing saxophone and more! Teachers greatly appreciate the PAC's commitment to making it so we are able to have performing artists in our school.

Capilano Kids Communicate

As part of the IB program, students at Capilano are consistently given opportunities to practice being “communicators.” People who are good communicators understand and express ideas confidently and creatively in a variety of ways. Here is what is going on at our school in the words of our students.

Grade 6 Outdoor School



The grade 6 class went to outdoor school from the week of January 10th to 14th. We were there for five days and four nights. Once we got off the bus, we went into the auditorium and met the kids from Ross Road. We did many activities with Ross Road, as well as our classmates. We went eagle watching, did archery, played a game called predator-prey, and there were many other activities, but these were just some examples. Some of the counsellors names were Catz, Kit Kat, Snack Wrap, Widget, Java, Don't, The Situation, Mini, and Zaboo. The counsellors helped teach and participate in the activities. We slept in cabins with kids from both schools. We ate in the dining hall and before we could eat we had to sing “Johnny Apple Seed.”

By Grade 6 students G & K

The “Six” Party



The party theme was: We Are 6!!! For a short period of time all the kids in Mrs. Murray's class are six, from December 27 to January 17. We planned it like Norouz: We had 6 types of food on the table (Norouz has 7), invited 6 adult guests to the party and played 6 games. We decorated the classroom with 6 bouquets of 6 balloons each and lots of purple streamers. It was fun and cool. The best part was the gifts.

By Grade 1 students M & J & H

Where We Are In Place and Time



This week division 6 has been spotted doing more of their unit of inquiry on Where We Are In Place and Time and on explorers. Everyone has been making a life-sized doll on the explorer they researched. Life-sized dolls include Amelia Earhart, Henry Hudson, and many other explorers. The life-sized dolls are almost as big as a giant poster board! A lot of people will be presenting their doll and explorer to the class.

By Grade 4 student EJ

I.B. ACTION

A Message From Division 8

(Mrs. Gliener's Grade 3 Class):

We have been learning about how communities make decisions. The first step in decision-making is to want to make a change. In our class, juice boxes are a problem that most of us want to change. Next, we tried to find out how the rest of the school felt about it so we interviewed students, teachers, parents and the custodian. We thought everybody would want to keep juice boxes because they were used to having them at lunch and recess, but actually there were different opinions:

- Many people do not like them because they get moldy, smell bad, are bad for teeth, gather fruit flies and sometimes end up on the playground.
- Many people do like them because they can be healthy (as long as there's no extra sugar added), they are yummy, the boxes are easy to bring to school and they can be recycled.

The next step was to tell everyone what we found out and see what they want to do. So we took the information to the classes, gave them some choices, and took a vote. The final totals were 30% wanted to keep them, 46% wanted to not keep them, 12% wanted to keep them but take home the empties, and 13% wanted to have them on Mondays only.

So what should we do? Our class thinks the time for change has come. Most of us aren't bringing juice boxes to school anymore and a few of us are taking our empty juice boxes home for recycling. But we want harmony in the community too. That's why we want everybody to voluntarily make the change with us, instead of making a school rule.

Think about what your family can do about this problem. Please come to the school and look at our bulletin board in the lobby to learn more. We hope that this will make your decision easier.

THANK YOU.

From Division 8

www.capilanoschool.ca



Twelve Tips for Parenting Boys

From: <http://www.mentoringboys.com/parenting.html> by Barry MacDonald, author of *Boy Smarts* and *Boys on Target*.

1. **Love the son you've got**

When you enjoy time and space together, the invisible bond between you gets stronger and stronger.

2. **Let him see multiple versions of masculinity**

Offer a balance of activities for boys to participate in so that they can see reflected back to them a broad range of possibilities about what it means to be male.

3. **Acknowledge your son's feelings**

Once your son feels heard, you and he may be able to collaborate in thinking of ways he can avoid similar problems in the future.

4. **Listen to what is not being said**

Given that about seventy-five percent of communication is non-verbal, how we respond to non-verbal messages - silence in particular - is critical.

5. **Action-Talk**

Many boys can talk more easily when they are moving and engaging in activity.

6. **Talk about verbal and physical violence**

Use every opportunity to reinforce that verbal and physical violence has absolutely no place in a relationship.

7. **Open up conversations about motivation**

Parents who use external rewards to inspire goals on the playing field or grades at school might be surprised to learn they may be impeding their son's potential for real learning.

8. **Teach stress management**

Take time to explore with your son the options he has to express his own frustration and anger—and what is out of bounds.

9. **Lead by example**

We all learn to live fully not by ourselves, but through relationships with others.

10. **Encourage autonomy and independence**

Knowing we are capable is the true source of self-esteem.

11. **Use respectful and positive methods of discipline**

Lectures and punishments rarely work, at least not over the long haul, and they don't teach self-discipline.

12. **Promote safety inside and outside the home**

Showing interest in his electronic world will help you connect with your son, and will also place you in a better position to discuss limits and other sensitive issues about the ideas and cultures presented within games.

For more information click [HERE](#)

How To Get Better Grades in School

Parents may be interested in this upcoming seminar presented by Terry Small. Learn what it takes to be a superior student and many tips to help children succeed. Parents and students (gr. 4-12) can attend this seminar together on Feb. 10 (7-8:30 p.m.) at the Riverside Education Center. The cost is \$45 per family. To register call 604-466-6555 or visit www.terrysmall.com

www.capilanoschool.ca

January 2011

Raising Smoke Free Children on the North Shore

As parents, our job of raising children includes great joys and challenges. It's filled with pride and worries and uncertainty. We help our children learn that their actions have consequences and teach them the skills to make healthy choices. But, they may choose to do something that has lifelong implications: they may choose to experiment with cigarettes. 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 - 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.

- Cigarettes contain thousands of chemicals that no one would otherwise choose to put in their body, such as those found in rat poison, moth balls, batteries and toilet bowl cleansers.
- The number of people who die from smoking is five times the number of deaths attributed to AIDS, traffic accidents, suicide, murder, fires and accidental poisoning combined
- Four out of five lung cancers and one in three other cancers are caused by smoking

Flavoured or Filtered Doesn't Mean Safer



- Your child may not know that smoking flavoured cigarillos or a hookah water pipe are not safer choices than smoking cigarettes even though these are available in candy and fruit flavours which increase their

appeal to youth

- The smoke from a hookah is cooled by the water but not filtered and a single one hour session of hookah smoking can deliver as much tar as a pack of cigarettes

For more information or resources on tobacco reduction initiatives contact Vancouver Coastal Health Tobacco Reduction Coordinator, Marcia Lewis marcia.lewis@vch.ca

Lights, Camera, Action!

- It may be news to you and your children that the movie industry is influencing their choices about smoking
- Major movie characters, including animated stars, are three times more likely to smoke than people in real life and the more frequently children see smoking on screen, the more likely they are to become smokers
- Ratings for this week's movies are available on the Smoke Free Movies website <http://www.smokefreemovies.ucsf.edu/>



Second Hand Smoke



- 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
- Smoke Free community spaces and businesses protect your family

And just when you think they are grown up

- Young adults aged 20-24 have the highest smoking rates of all age groups
- The transition from high school to post secondary schools or the workplace may place your teen in situations and communities where smoking is more common
- Information and support for smoking cessation is available by phone or online

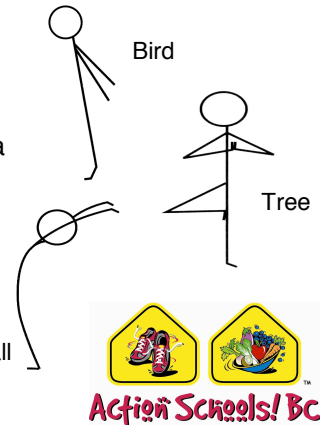
quitnow.ca
 1-877-455-2233

January 2011

Yoga Moves at Home

Yoga is a system of total body movements that incorporates stretching and poses with breath, relaxation and imagery. Yoga develops body awareness and improves flexibility, strength, balance and mental focus. Perform these simple yoga moves first thing in the morning, after a busy day, while watching TV, or just before bed. Hold the pose for 30 seconds to a minute while breathing deeply in through the nose and out through the mouth.

Adapted from *Yoga Kit for Kids*. For this resource or more yoga resources please refer to the Action Pages! At www.actionschoolsbc.ca



Kids in the Kitchen



Cooking is a family affair. Involving your kids in the cooking process will help them learn about healthy eating. They will be more interested in the food they eat and will be more likely to try new foods. Cooking with your kids is also a fun way to spend time together.

Here are some tips to help you involve your kids in the kitchen:



- Include family members in the planning of meals.
- Go grocery shopping with your kids. They can also help by writing the grocery list.
- Be ready to share the kitchen and expect spills and some mess. This is part of the learning and experience.
- Be food safe. Make sure everyone washes their hands before preparing food.
- Review recipes and introduce any new cooking terms, utensils or food.
- Get your kids started with cooking by letting them help with simple tasks like washing, stirring and measuring.

For more tips on planning, cooking, and eating together with your kids, visit www.bettertogetherbc.ca. Jamie Oliver fans can visit www.jamieoliver.com/jamies-30-minutes-meals/ for 30 minute meal ideas.

Mini Pizzas

| | | |
|-------|----------------------------------|--------|
| 3 | small 6" whole-wheat pita breads | 3 |
| 1 cup | pasta sauce | 250 ml |
| 1 cup | grated cheese (e.g. mozzarella) | 250 ml |



Assorted pizza toppings: sliced sweet pepper, fresh tomatoes, sliced mushrooms, sliced zucchini, canned pineapple tidbits

1. Place pita bread on cookie sheet.
2. Add 1/3 cup (80 ml) pasta sauce and 1/3 cup (80 ml) cheese to each pita bread.
3. Add toppings.
4. Broil in a preheated oven at 400°F oven for 5 minutes or until bubbly.
5. Let cool for 2-3 minutes.
6. Slice pizza into quarters and enjoy. 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. Contact Action Schools! BC for how you can support health promotion in the schools.

School's Out, Fun's In

March Break at Capilano University Continuing Education



LEGO Robotics

Ages 8-12

Designed for first timers, in this amazing week of discovery you will be working with LEGO Dacta products, Macintosh computers and programming LEGO Dacta creations. You will build such things as dinosaurs, elevators, cranes, dentist chairs (ouch!), bumper cars, bugs, alligators, ferris wheels, a monorail, an intelligent house and much more. Motorized models will be programmed using computers.

Mon - Fri
9 am - Noon
10033

Mar 14 - 18
D. Brear
\$195

Mon - Fri
12:45 - 3:45 pm
10034

Mar 14 - 18
D. Brear
\$195

Mon - Fri
9 am - Noon
10035

Mar 21 - 25
D. Brear
\$195

Mon - Fri
12:45 - 3:45 pm
10036

Mar 21 - 25
D. Brear
\$195



What's Up Doc

Ages 6-9

So you want to be a doctor? Join us in the lab and put on a stethoscope to hear your heart beat and your lungs breathe. Use thermometers, reflex hammers and much more in this informative and fun camp. Check out what gives our body shape as you meet Skeleton Sam and examine his x-rays to diagnose any problems. Explore your five senses and how they work as you make a model eye and ear drum. Learn what germs are and how we can keep our bodies strong and healthy. You'll be ready for your MD in no time after these interactive and educational activities.

Mon - Fri
12:45 - 3:45 pm
10040

Mar 14 - 18
High Touch High Tech
\$165



Alphabet Soup Science

Ages 6-9

Join us for hands-on fun and explore science across the alphabet. Experiment with colours, marbles, rockets and more. Learn the ABCs of making water fly using tuning forks, putting your finger through a bubble without popping it and much more.

Mon - Fri
9 am - Noon
10039

Mar 14 - 18
High Touch High Tech
\$165

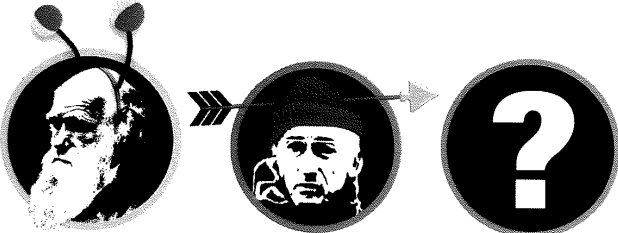
MORE -->

What Serious Fun is in store this summer?

Watch for our summer camps calendar (and our new face) in late March. It'll be packed with our wildly intelligent, brilliantly fun summer camps for kids and teens. If you didn't receive your calendar last March, call 604.984.4901 to get on our mailing list!

CHECK THE WEB!

Our camps are usually posted on our website before the calendar is mailed. It's a good idea to check www.capilanou.ca/summercamps for updates beginning late February.



Capilano University | 2055 Purcell Way, North Vancouver
www.capilanou.ca/ce/north-shore/youth

