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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.

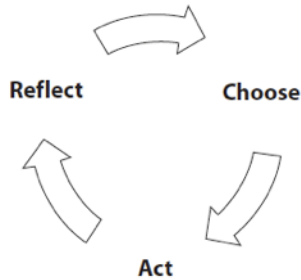
Vision Statement

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.

Reflect - Choose - Act

The I.B. Action Cycle was developed to help students demonstrate their learning in a deeper and more meaningful way.

Students are encouraged to **reflect** on what they are learning in class and think about how it relates to the world around them. Next, they can **choose** to make a difference through activism, awareness or aid. Finally, students can **act** on their plan.



A recent example of this action cycle was carried out today. Four of our grade 4 students reflected on how they had pets from the SPCA and chose to organize a bake sale to raise funds to support this charity.



What's Happening In October:

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| Oct. | 29 | Family Photo Day (9:00 a.m. - 5:00 p.m.) |
| Oct. | 31 | Halloween (students may wear costumes, <u>without</u> pretend weapons or masks) |
| Nov. | 3 | Kindergarten Pre-registration Tour 9:15 (please call to confirm attendance) |
| Nov. | 4 | Hot Lunch - Japanese (pre-ordered) |
| Nov. | 7 | Kindergarten registration starts (2012-13) |
| Nov. | 8 | PAC Meeting (7:00 p.m.) |
| Nov. | 9 | Fruit & Vegetable Program |
| Nov. | 10 | School-based Professional Day (students do not attend) |
| Nov. | 11 | Remembrance Day (school closed) |
| Nov. | 14 | Photo Re-takes |
| Nov. | 18 | Hot Lunch - Hot Dog Day (pre-ordered) |
| Nov. | 24 | Fruit & Vegetable Program |
| Nov. | 25 | Hot Lunch - Pizza Day (pre-ordered) |
| Dec. | 2 | Newsletter sent home |
| Dec. | 5 | Holiday Market |

Halloween At Capilano

Halloween is an exciting time for students, and at Capilano we enjoy celebrating this special day with students. Many classes have special activities planned. For students who are intending to wear their costume to school, we ask that costumes worn are appropriate for elementary school aged children (not adult oriented). Please consider that we have many very young students at the school who can easily become afraid of costumes with masks or components that are overly frightening. For this reason, and for safety reasons, we ask that face masks are not worn and that any replica knives, guns, or other weapons associated with costumes be left at home.

Fireworks Regulations in North Vancouver

If you choose to celebrate Halloween with fireworks, please enjoy them safely and responsibly, and to make sure you keep District fireworks regulations in mind. To purchase, possess, or discharge fireworks you must obtain a permit from the District and you must be at least 18 years old. Permits are available from fireworks vendors on the North Shore or from the Fire Department. Please note fireworks may not be discharged on public land and that District fireworks permits are not valid in the City of North Vancouver or in the District of West Vancouver. Residents are reminded that the Fire Department and the RCMP have the authority to seize fireworks and to fine for violations. Please remember that fireworks should only be discharged on October 31 from 6 p.m. to midnight. For more information on safety precautions, permits or applicable fines, call 604-990-7575.” For more information visit the [DNV website](#).

Please be proactive in keeping our communities safe by reporting incidents of unlawful use of or “playing” with fireworks, to the R.C.M.P.

Halloween Safety

Costumes:

- Children should wear bright and reflective costumes to be easily seen at night. (Reflective tape and or glow lights can be added to any costume).
- The costumes should fit the children and be short enough they will not trip. (No longer than the child’s ankles).
- All costume accessories such a sword or knives should be made of soft flexible material.
- When buying a costume, make sure it is labelled “flame resistant”.
- Children should wear masks that do not interfere with vision. Better yet, they can avoid masks by wearing makeup.

Additional Safety Tips:

- Adults should accompany young children.
- Street safety is paramount when crossing streets! Remember to Stop, Look, Listen and Walk.
- Children should stay in well lit areas and should only visit homes that have some form of outside lights turned on.
- All candies should be inspected to make sure that no one has tampered with it. Discard anything that looks suspicious.
- Children should trick or treat in a well-known area and not in unknown neighbourhoods.



It Takes A Village Contributed by: Jennifer McKenzie

Capilano parents Dani McDonald and Jennifer McKenzie, pictured at right, are two of many Capilano parents who are supporting Capilano students' and teachers' earth-friendly habits. Recently, they visited classes to remind students how to reduce the garbage in their lunches and how to recycle whatever they can. Here is a sample of the many projects Capilano's Green Team has taken on in the school:



Waste reduction

Hot Lunch Coordinators have chosen specific food vendors who provide recyclable containers; parent volunteers sort recyclable hot lunch waste and send it to the Pacific Mobile Depot and Encorp; parents send utensils and napkins on hot lunch days (most of the time!).

Curbside Recycling

Capilano remains one of the few public schools in NV that collects curbside recycling in the hallways. Thanks to our grade 5 classes for transferring it to the curb each week!

Gardening

Donations from past grade 7 classes and PAC have helped established a student garden. This provides a hands-on opportunity for a Kindergarten and Grade 1 class to sow their own seeds.

Party Supplies: PAC purchased re-usable cups, plates, and beverage containers for use by classes during their parties. No juice boxes required!

Student Projects with an Impact: Last year grade 3 students demonstrated their inquiry and reflective skills as they explored the topic of juice boxes. In the end they challenged other students to reduce or eliminate juice boxes from Capilano.

Summer Reading Club

Congratulations to students who completed the Summer Reading Program at the public library this summer. These students showed commitment and enthusiasm to read each day during the summer - well done!

Photo Re-takes

A reminder to all students who missed getting their pictures taken on photo day, re-takes will be taken on Monday, November 14th.



Discovery Education

Concerts this Month:



Fred Fox

On October 3, students in grades three through seven were visited by Terry Fox's brother, Fred Fox. Students heard what it was like growing up with Terry Fox. They also learned more about his relentless drive and "never give up" attitude.



Boris Sichon

On October 11th, students were given a tour of musical instruments from around the world. Ukrainian-born musician, Boris Sichon, shared his love of music and vast collection of interesting and unique instruments. For example, students saw and heard traditional first nation's drums, celtic drums, and



african drums. With his unique knowledge of instruments, Boris Sichon had the audience clapping rhythms, while he played.

Capilano's Cross Country Team

Capilano's Cross Country coaches, Mrs. Hughes and Ms. Wilson, would like to congratulate all the students who have been participating in Capilano's Cross Country running practices and meets. The team, consisting of 40 dedicated athletes from grades 3,4,5, and 6 have had a fantastic season, running the Bowser trail on Tuesdays and Fridays for practices and participating in the District meets at Cates Park, Inter River Park, and Carisbrooke School. We would like to thank all the parents who have volunteered their time to run with the students at practices, transport students to and from meets. A huge thank you goes out to parent Sandra Tweed, for leading our runners on the Friday practices, and to Laurie Oseen (and the PAC) who made sure our runners looked amazing by providing them with very nice NEW Capilano team uniforms. A special thanks also to all those who cheered our runners on as they crossed the finish line!



Capilano “Kilometer Klub”

Since the Capilano Cross Country members have been such an enthusiastic bunch, Capilano parent Sandra Tweed has offered to provide the opportunity for runners to continue their training by starting up the afterschool Kilometre Klub again. It will be held on Fridays from 3:05 until 3:45, as long as it is NOT raining. Younger students will stay on the school grounds for their run and older students (if enough parent volunteers) will run a route around the neighbourhood. If you are able to help out by supervising either on the school grounds or running with students, please contact Sandra at sandra@prestonmatthews.com with an expression of your interest and availability.

Welcome UBC & Deakin University Students

As usual, teachers at Capilano are continuing to “give back” to their profession by mentoring student teachers. This year we will have three UBC student teachers: Sarah Okada (working with Division 19), Ceilidh Scott (working with Division 20), and Danile Hunt (working with Division 13). These student teachers will be working in their sponsor teachers’ classrooms on Tuesdays until the end of October. They will return in January for a 2-week practicum, completing their teaching practice in a long term practicum that begins after the March Break and continues until June. Along with our UBC students, we also have two student teachers from Deakin University in Melbourne, Australia: Krystal Holzer (working with division 1) and Chloe Mitchell (working with division 13) also doing their teaching practicums. Please join us in welcoming them to our school and recognizing the Capilano teachers for the important work they will be doing as the sponsor teachers.

PAC Greeting Card Project

We are very excited to announce that the Parent Advisory Council will, once again, be running the Card Project at Capilano in time for the holiday season. Many of you will remember from last year, that your children's art is turned into unique, personalized greeting cards. Classes have been busy this month creating the art. The Card Project will use these works of art to make a sample card for every child with their own art on the front and their name on the back! The children will bring home their sample cards in November. You will be able to order more cards through the PAC with a portion of the funds going back to the school. Stay tuned for more information on this creative project.

IB Report

Recently, Capilano sent one primary teacher (Mrs. Murray) and one intermediate teacher (Mrs. Farrell) to attend Level 2 International Baccalaureate training on the topic of assessment. Over the next several months, Mrs. Murray and Mrs. Farrell will be sharing what they learned with the remainder of the staff. During the afternoons when students are dismissed early on Wednesdays, teachers meet to discuss new strategies, teaching techniques, or fulfill IB administrative requirements. Last week, teachers got a taste of what they will be focusing on when Mrs. Murray and Mrs. Farrell summarized what they had learned at their training. In the future, teachers hope to delve further into how best to use Inquiry Walls (Wonder Walls), creating strong summative assessments, developing a scope and sequence for specific IB skills, such as the Learner Profile, and much more.

On Friday, November 10, the Capilano staff will be taking part in a workshop on how to increase inquiry in all learning engagements. The workshop will be presented by Washington-based IBO trainer Ellen Alquist, one of the original authors of the IB Primary Years Programme. We are very excited to have such a knowledgeable, dynamic workshop leader helping us.

Grade 7 Farewell Fundraiser

The Grade 7 Parent Committee would like all Capilano parents to know that they have set up an account at the North Shore Bottle Depot to generate funds for the Grade 7 Farewell (to fund items like the Grade 7 yearbook and a celebratory event for the Grade 7 students). When dropping off recycling, just mention that you would like the refund to go to Capilano Elementary school (or say the Grade 7 Farewell at Capilano).

Link for the recycling depot location: [HERE](#)

Parent Workshop Information

Workshop Title: Revolutionary Strategies for Nurturing the Developing Minds of Children

Presenter: Daniel Siegel

Description: On November 16 and 17, Dr. Daniel Siegel will be in Vancouver for two days of discussion on parenting and child development. Dr. Siegel is a neuropsychiatrist, educator, and award-winning author and the Executive Director of the Mindsight Institute. Dr. Siegel participated in the 2009 Vancouver Peace Summit with the Dalai Lama as well as in previous Speakers Series events, including Mindsight: Brain Science and Transformation for You and Your Relationships on May 10 2011.

Tickets: For tickets or more information please connect to this [website](#).

DEAR Day

October was Canadian library month, and to celebrate Capilano staff and students participated in a province-wide reading challenge. On Monday, October 24, twice during the day at designated times, everyone in the building – staff and students - dropped everything and read for 10 minutes.



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.

Bighouse: Two Perspectives



At Bighouse this year, the class got to roast bannock and we got to make a fire. There were different groups and the groups were: cedar bark, wood workers, fishing and hunting, and wool weavers.

By Grade 4 student T & J

I would like to write about my class trip to Big House. The reason why we were studying First Nations people. The day before we left, we were split into 5 family groups. Weavers, Wood Workers, Cedar Bark Workers, Hunters, and Fishers and Gatherers. It was lunchtime when we arrived so the first thing we learned was how to roast Bannock over the fire. Bannock is a type of bread and if you put honey in it, it's a real treat! I was in the Cedar Bark group and our



chore was to beat cedar bark with an elk bone. We learned that cedar bark is stripped in spring and it is used to make clothes, baskets and other things. Before bed time, we went on a night nature walk to look for Capcapsay which is a type of bat. When we came back, we got into our sleeping bags, talked a little while, then fell asleep. For breakfast, we had oatmeal and hot chocolate. For lunch, we all prepared soup. We cut potatoes, carrots, and boiled water with hot lava rocks. After a great meal, it was time to go home. Visiting Big House was great!

By Grade 4 students L. & K.



DEAR Day

We came in PJ's to school. Before recess we heard “ding-ding” and then the announcements said, “drop everything and read.” Then, everybody read for ten minutes. In the afternoon, when we were going to the gym, we heard “ding-ding-ding” and Ms. Trish said, “go to the gym and then you can just read.”

By Grade 2 students R. & E.