



Cleveland Elementary School

École élémentaire Cleveland

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The Cleveland School Mission is to provide an environment that fosters the emotional, social and physical well being and the intellectual development of all students. Cleveland School will promote a positive self concept, respect for self, respect for others, respect for the environment, fitness and health..

Issue 8

October 17, 2008

SAFETY ALERT: WATCH OUT FOR RUNNERS!

Wednesday, October 22nd, 3:45 - 4:30

Over 300 elementary school students will be running throughout the neighbourhood on Wednesday. They will be competing in a district cross country meet.

Please watch out for them! ... and cheer them on!
Thank you!

COLD RAINY DAYS

The rainy weather has arrived! We encourage students to have appropriate rainy day clothes to wear at school. Rain boots, a waterproof coat and an umbrella are items that will help protect your child from winter colds. Sometimes, despite our best warnings, students do go out into the elements wearing running shoes or no coat and then come in thoroughly soaked. Please encourage your children to use good judgement in what they wear outside at school.



THANK YOU

Thank you to all on behalf of the Harvest Project for your food donations. Your kindness is greatly appreciated.

TERRY FOX RUN

Thank you again to those students and staff members who collected pledges on behalf of the Terry Fox Foundation. In all, we collected \$3547.70. Congratulations!

CLEVELAND TO HOST CROSS COUNTRY MEET!

We will host all district elementary school cross country teams next Wednesday, October 22nd, from 3:15 - 4:30.

Lots of help is needed:

- spotters along the route
- stereo system for music on the lower field
- construction barriers for the crowds

Are you able to help? If so,...

Cross country runners brought home volunteer notices yesterday (Thursday).

Extras can be found on the Sports bulletin board.

Please return the tear-off volunteer slips to the office as soon as you can -

let's give all these elementary students an *awesome* fourth meet!

Cross County Running Tips and Techniques

These tips and strategies are well underway:

- focus
- sportsmanship
- Strong and Steady: strong start, strong

pace, strong sprint finish

These tips are next:

- keeping the body upright
- pumping with the arms
- stride development: knees up, foot kick

forward

Only two more weeks left!

GRADE 6 PARENTS & GUARDIANS

A reminder, that the grade 6 immunization forms are due back to the school by Thursday, October 23rd.

WAY TO GO CLEVELAND !

Congratulations on another successful Walking Wednesday! On a glorious, sunny morning, it was delightful to see children walking to school with family and friends.

So far, we have been treated to lots of sunshine on our Walking Wednesdays. As the fall settles in, and the rains return, we encourage one and all to dig out those rubber boots, umbrellas, and warm rain coats and keep on walking! Dressed appropriately, everyone can continue to enjoy the pleasure and benefits of a morning walk to school.

Over the next couple of weeks, we'll be looking at traffic from a child's point of view. *Research on children in traffic suggests that children perceive traffic very differently than adults.*

Traffic from a child's point of view: Part 1 – Did you know?

- There are 26 judgment skills needed to cross a street safely; this is a very complicated task, particularly in high speed, high volume traffic environments.
- Until a child is about 8 years of age, it is difficult for them to assess whether a vehicle is moving or not.
- Children have difficulty judging the speed and distance of cars.
- When a child sees an approaching car, the first thing they note is the colour of the car; they are not thinking about how fast that car is travelling
- Children assume that cars can stop instantly.
- Children think that if they can see a car, the driver can see them.
- Children perceive big cars as travelling faster than small cars.
- Children perceive wide streets as dangerous and narrow streets as safe.
- *Speaking with children about traffic rules does not lead to safer behaviours. Walking with children and negotiating neighbourhood streets with them provides an experience and opportunity to develop traffic safety awareness, and to practice safe pedestrian behaviours.*

This list has been adapted from the Pedestrian Crossing Control Manual for British Columbia and a list distributed by the Canadian Institute of Child Health.

For more information please visit the following excellent ICBC website <http://www.waytogo.icbc.bc.ca> or contact Dorli Duffy: duffrose@shaw.ca (604-980-1462) or Karen Saunders: karen.saunders@impressdigital.com (604-904-7722)

CLEVELAND GOES GREEN

We're back with this week's tips to help our environment. This week's topic is turning down the heat. During the day it is ideal to turn the heat down to 20 degrees, and in the night 17 degrees. To use less heat, close the doors to any rooms that aren't being used. If you feel cold get a blanket or a sweater instead of cranking the heat up. Remember this will also save your family money. Thanks for reading. The CGG girls.

COMMUNITY NEWS

2009-2010 KINDERGARTEN PARENT INFORMATION MEETING - Wednesday, October 22nd, 2008

Parents of children beginning Kindergarten in 2009 are welcome to this information meeting. The session will review English Half-Day, Early French Immersion and Inspirations 44 (All-Day) Kindergarten Programs and will answer parent questions on any aspect of Kindergarten in the North Vancouver School District.

Where: 2132 Hamilton Avenue (Lucas Centre)

When: 7 p.m. Wednesday, October 22nd, 2008

What to bring: Your questions about kindergarten in the coming school year.

For more information please contact 604.903.3368 or email registration@nvsd44.bc.ca

ESL TUTOR AVAILABLE-Elem/High School

Pat Mackenzie is a retired teacher who is available for ESL tutoring. For more information, please contact her directly at 604-980-5223.

HANDSWORTH COOKBOOK

Arrived: Handsworth School Cookbook. Available at 32 Books, Kidsbooks, Giftworks, Starbucks, and Basic Stock (in Edgemont Village) as well as The Cheese Man (behind Cap. Mall). Or, email your order to: handsworthschoolcookbook@gmail.com. 100 % proceeds to charity (projectHANDS.org). A great Christmas gift!

WEEK AHEAD

Tuesday, October 21st – Food Day Nobu Sushi

Thursday, October 23rd – Free the Trees

Friday, October 24th – Pro Day District Wide
School Not in Session