



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 26

March 6, 2009

PERSONAL SAFETY – KEEPING CHILDREN SAFE

Due to recent concerns about child safety I believe it is timely for parents to talk to their children about personal safety.

Prevention – Keeping children safe

Whether you're a parent, family member, neighbour or friend, the best way to protect a child from abuse is to have a good, open relationship with them. That means spending time with them, letting them know you care and, above all, listening to what they have to say.

It's important that they understand that they can talk to you about anything – no matter how disturbing or uncomfortable.

- Encourage the children in your life to talk to you about their day, every day (or as often as you see them).
- Teach them to tell you if an older person ever asks them to keep a secret.
- Make sure they know the difference between good touching (like a pat on the back or a quick hug for something done well) and bad touching, which is any touching that makes a child uncomfortable.
- Be sure they know it's okay to say "no" to an older person – even if that person is someone they know and trust. Because the tragic truth is, most children who are abused are victims of people they know.

There are also a number of things you can teach your child to help them deal safely with strangers on their own.

- As soon as they're old enough, teach them their name, address, phone number and parents' names.
- Teach them to shout, "You're not my mother!" or "You're not my father!" if someone tries to take them away.
- Teach them to go to a sales clerk if they're separated from you in a store.
- Teach them to go to a police officer if they're in trouble and one is nearby. Never frighten your child by threatening to call the police if they do something wrong.
- Give your child a code word for emergencies. That way a stranger who doesn't know the word won't get far, even if they say something like, "Come with me to the hospital, your father has been hurt."
- Teach your child to say "no" firmly. Practice shouting it with them. Give them permission to scream it if they're in trouble.

NO CHANGE TO THE SCHOOL CALENDAR FOR THE OLYMPIC YEAR 2009 - 2010

At their February 24th public meeting, the North Vancouver Board of Education voted in favour of no change to the Ministry standard school calendar for the 2009/2010 school year. The Board appreciates the complexity of planning a school calendar in an Olympic year, and is aware of the many variables that include staffing, costs to the School District, inconvenience to families, childcare issues, and how to make up the mandatory instruction time. In light of these many considerations, the Board felt the most prudent course was to maintain the standard school calendar and affirm that Spring Break in 2010 will be a one-week period spanning March 8th through March 12th.

Roots of Empathy



Roots of Empathy
Racines de l'empathie

BABY ZOEY

This month Zoey has taught the grade 6/7 class about sleep. Mostly, we heard how Zoey needs lots of sleep and Mom doesn't have any. Aidan, Saboura and Elise were able to cradle her in their arms. We learned that empathy has a lot to do with mirroring others.

CHESS-AT-LUNCH SPRING SESSION

Chess will begin again on Thursday March 26th for six sessions. It's fantastic to have such keen chess players – the class filled in two days! Apologies to students who missed out on a space. More sessions will be offered in the future if there is sufficient interest. Registration confirmations will be sent via email and the list of registered students will be posted on the bulletin board outside the big gym. If you have any questions/ comments/ ideas regarding the program, please contact Su Mei Woo at woosumei@xuede.com. Thank you for supporting our chess program!

StAnd-uP STorYteLliNg

at Cleveland School
Thursday, April 30th
6:30 p.m. – 8:30 p.m.
More information to follow

PURDY'S CHOCOLATES FOR EASTER

Easter is just around the corner. As part of their fundraising initiatives, the Grade 7's will be selling Purdy's chocolates. Order your special Easter treats from the comfort of your home and help support the Grade 7 fundraising efforts. Order deadline is March 13th, 2009, with goodies arriving on April 3rd, 2009. Thank you for your support!

BABYSITTING AT CLEVELAND

Take advantage of babysitting services provided by grade 7 students during the March 11th early dismissal day.

March 11th, 2009 between 2:00 p.m. – 5:30 p.m. in the small gym ~ \$5.00 per hour.

Book now while space is still available.

Contact Lisa at bbsittingcleveland@gmail.com

STRINGS EXTRAVAGANZA ~ will be held on March 12th.

This is the annual showcase for all strings students at our school, Handsworth and the other elementary schools in the Handsworth area!

All strings students are practicing their selections. Come out and support our strings students with the whole family and bring your friends. Featured guests are professional musicians, Infinitus Strings Trio, who will also team up with the Handsworth Toccati Strings.

Tickets are available at lower rates of \$7.00 students/seniors, and \$10.00 adults from Mr. Van Ooyen. Make cheques payable to the "Royal Strings" and leave at the school office. After March 9th, all tickets will only be available at the Centennial Theatre with an added surcharge.

Parents of Strings Students:

Performers do not need to have a purchased ticket.

Students are required to be at the Centennial Theatre at 2300 Lonsdale Ave. from 3:30- 4:45pm on March 12th after school for an important staging rehearsal. Use the back stage door down the ramp of the front east side of the building.

Please arrange carpools for children from school that afternoon. If you need to know who else is in the school strings program to catch a ride, email Mr. Van Ooyen at pvanooyen@gmail.com and I will send you a list (your child also should know).

CLEVELAND GOES GREEN

Hey, Cleveland, we're back. We haven't written in a while but we have some cool new facts. This week we're talking about how you can reduce your amount of plastic bag usage. Did you know that One trillion plastic bags are used and discarded every year. These will take decades to decompose. Now that most stores make you buy your plastic bags doesn't it make more sense to spend that extra dollar on a few cloth bags. Not only will this save you money and the environment, they are much stronger and double as lunch bags. So next time you are at the super market go green and think reusable.

CPAC NEWS

CPAC TREASURY UPDATE

Our new 'Hands-On Learning' resources have started to arrive. Over the past two weeks we received many new math manipulatives for the primaries (\$1036), Int. Drama Skits (\$64) and Strategy Challenge Games (\$433). More Hands-On Learning resources are on their way. We also purchased the new Political World Maps on this year's "Teacher's Wish List" (\$506) with event and hot lunch proceeds. Thank you to all Cleveland families for making these wonderful resource purchases possible.

WALKING WEDNESDAY

Tired of your kids complaining that there's nothing interesting for breakfast? Here's a recipe that not only tastes good, it will also give you and your family the energy you need for a brisk walk to school.

Walking Wednesdays Hot Cereal

½ cup Red River Cereal (sold in a box in the hot cereal section of the grocery store)

1 ¾ cups water (approximate)

½ - 1 diced apple

½ tsp cinnamon

pinch of salt

Combine all ingredients in a large microwavable bowl. Cook uncovered in the microwave on HIGH power for 5 minutes.

Stir and cook another 3 – 5 minutes until all the liquid is absorbed and cereal is fairly soft. Depending on the juiciness of the apple, you may need to add more water and cook the cereal a little longer. Stir, cover and let stand 3 minutes. Serve with milk and brown sugar if desired.

May be prepared the night before and reheated.

Variations: Use drained pineapple chunks in place of apples and dried cranberries in place of raisins.

CLEVELAND PLAYGROUND CHALLENGE CONTINUES!

Students are reminded that we need your input for our proposed new West Playground. Check out some playgrounds during your weekly travels, fill out the Cleveland Playground Challenge Survey form, and enter to win one of three entry passes to the Edge Climbing Centre. The survey form can be found on the school website at

<http://www.nv44.bc.ca/SchoolSites/Cleveland/Parent%20Information/CPAC/New%20Playground%20Updates.aspx>

Students know best!

CALLING ALL GRADE ONE DANCING LEPRECHAUNS!

Don't forget to wear a little green to the Grade 1 Friendship Dance if you want to, in honour of St. Patrick's Day. Who knows what we may find at the end of the rainbow....a pot of gold.... or perhaps a great group of friends doing a jig! See you Tuesday March 10th, 2009 at 6:30 p.m. in the small gym.

WEEK AHEAD

Monday, March 9th – Friday, March 13th

Grade 6's to Outdoor School

Tuesday, March 10th – Food Day Subway

Wednesday, March 11th – Parent Teacher Conferences

2:00 p.m. dismissal

French Immersion & English Kindergarten a.m. class

10:40 a.m. dismissal

Thursday, March 12th – Strings Extravaganza

Centennial Theatre 7:00 p.m.