



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 22

February 12, 2010

STUDENT REMINDER

ABSENCE



Please remember to phone in your child's absence (during this busy time of the Olympics) on the school call back line 604-903-3394.

***Please Note: We are obligated to call your child's contacts if we do not receive any message, and cannot get in touch with you. Thank you for your attention to this very important issue.**

GRADE 6 FIRST AID TRAINING

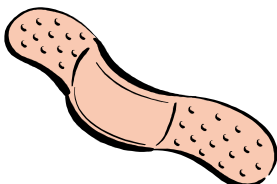
One of our annual school goals is to train all Grade 6 students in the St. John Ambulance, Basic Lifesaving First Aid Course. In addition to emergency scene management, the course teaches four of the most basic skills needed to save a life:

- What to do when breathing stops
- What to do when a person is choking
- How to control serious bleeding
- First aid for poisoning and burns

The treatment of minor wounds and first aid for shock is also included in the course.

A certificate of attendance is awarded upon completion of the course for students who attend all sessions and students receive a St. John Ambulance Pocket Guide to Emergency First Aid.

The course will take place at school, during school hours on March 15th, 22nd and 29th.

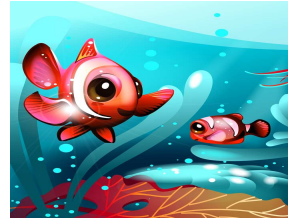


HANDSWORTH STAFF TALK TO OUR GRADE 7'S

On Thursday, February 18th at 9:00 a.m. the counseling staff from Handsworth will be at Cleveland to talk about programming for next year with our grade 7's.

AQUARIUM FIELD TRIP

On Wednesday, February 17th there will be an information meeting for the parents in the following classes; Div. E04 Simcox, Div. F04 Weller and Div. F05 McHugh/Pascuzzi. The meeting will be held in the school library at 6:30 p.m.



AN OLYMPIC EVENT? FEBRUARY 16th & 17th

Well, no not exactly but it's during that time and its Cultural too! Handsworth Secondary School is presenting a Festival of the Arts. There is so much wonderful activity in the arts in our family of schools. Our children are involved in Dance, Theatre, Visual Art, Strings, Band, and much more. Handsworth invites artists from our school to be a part of the festival. Send and email to handswortharts@gmail.com with information about what you would like to share or let your visual art teacher know that someone would like to display their art work at Handsworth.

On The evenings of February 16th and 17th students involved in music, literature, film, visual art, dance, drama and more will showcase their work in a festival format. You are invited to walk around and view artwork and enjoy short performances in a multi venue environment. Feature performances will be held by the Handsworth Jazz Program on Thursday, February 17th and the INFINITUS STRINGS TRIO (infinitusmusic.com) on Wednesday February 16th. You will not want to miss it! Look for a complete schedule to come at

<http://www.nvsd44.bc.ca/schoolsites/handsworth.aspx> .
The Olympics Games aren't the only thing happening!

MEET AN OLYMPIAN MEDALIST

Join us Monday morning before school to meet and greet two time Olympian medalist in short track speed skating Alanna Kraus. She will be giving autographs and answering questions as well as showing her medals. Thank you Alanna for taking time to visit with your busy schedule.
Go Canada Go!



SAFETY PATROL

Thank you to Susanne Tholl, Dale-Bonsall Jevning and Karen Saunders for helping with the safety pizza lunch. Special lunch days like this are just one way of keeping our safety patrol kids motivated. Another way is through prize incentives. Donations of prize incentives (items suitable for intermediate aged students)

would be greatly appreciated. Please contact Sali Chippett if you'd like to make a donation:
stchippett@yahoo.ca.

TUESDAY FOOD PROGRAM

Tuesday Food Days is one of Cleveland's major fundraisers. Not only does it provide our kids with healthy and tasty lunches every week, it gives parents a day off from making lunch!

Stacey Briggs and Dale Bonsall-Jevning have been co-coordinators of the Tuesday Food Days program for the past couple of years. They would now like to hand the program over to the next parent or parents to continue.

If interested, please submit your name and any questions to clevelandclassreps@hotmail.com. No experience necessary and now that we are online it is easy to carry forward. This is your opportunity to bring some new ideas!



GO FOR GOLD!

Annual Cheque Drive

We are now in the final phase of our major fundraising for a new and improved west playground. Together we have raised almost \$75,000 of the \$85,000 budget for the upgrade.

To help push our fundraising efforts across the finish line, our annual cheque drive began this past week. Although we are targeting to raise the remaining \$10,000 needed for the upgrade, our goal for this year's campaign is family participation. The parent board in the front foyer of the school has been turned into a downhill ski race for the month of February. For every family donation made, our Cleveland skier will move closer to the finish line. Information and donation forms were sent home last week and can be found online here:
<http://www.nvsd44.bc.ca/SchoolSites/Cleveland/Parents/CPAC/Finances%20and%20Fundraising.aspx>

COMMUNITY NEWS

OLYMPIC PERFORMANCES WEST VANCOUVER COMMUNITY CENTRE

Saturday, February, 13th 2:00 – 4:00 p.m.
Saturday, February, 27th 11:00 a.m. – 1:00 p.m.

Pro Arté Dance Centre will be among the performances, showcasing a variety of dance disciplines including jazz, lyrical, contemporary and ballet. Melissa Becker-Gedge will be performing in lyrical (13th) and ballet (27th). The celebration site is open to the public and free of charge so come on down and enjoy the festivities.

WEBSITE UPDATES

Please check the website main page for upcoming Ready, Set, Learn dates to welcome three and four year olds to the schools. There is also an upcoming workshop for parents called Calming the Storm: Managing Difficult Behaviours to check out.

WEEK AHEAD

OLYMPIC COLOUR WEEK

Monday, February 15th – Wear Blue
Tuesday, February 16th – Wear Black
Food Day Pasta & Salad
Wednesday, February 17th – Wear Red
Thursday, February 18th – Wear Yellow
Garbage Free Lunch
Friday, February 19th – Wear Green

February 2010

Health Matters

How to Eat Like an Olympic Athlete

The 2010 Winter Olympics have arrived in Vancouver! Olympic athletes are choosing foods and drinks and planning their meals and snacks to reach peak performance levels. You don't need to be an elite or Olympic athlete to get the benefits of eating well for an active lifestyle.

Get your children involved in preparing meals and snacks. Encourage your child to enrol in foods courses offered at school to help them build the skills they need to eat well.



1. **Start with Canada's Food Guide to plan your meals and snacks** - you may need more servings if you are really active
2. **Carbohydrate provides quick energy for your body and mind** - choices from the Vegetables & Fruit and Grain Products food groups are the main source of this type of fuel
3. **Drink or you will slow down** – you need more fluids with activity, especially on hot days and if you sweat a lot
4. **Eat 1-4 hours before exercise** – to provide energy and fluids and prevent hunger
5. **Refuel after activity** - choose foods with carbohydrate and protein to help your muscles recover, e.g., glass of chocolate milk and a banana
6. **Practice your meal plans during training** – you'll know what foods and drinks and the timing of meals and snacks that work well for game or event days

For more tips, visit <http://vch.eduhealth.ca> to view the "Eating for Peak Performance" or "Guidelines for Sport Concession Stands" handouts

Meal in a Pocket

½ cup (125 ml)	spinach or romaine, torn into bite-sized pieces	
¼ cup (60 ml)	English cucumber, sliced	
¼ cup (60 ml)	carrots, shredded	60 ml
1 tbsp (15 ml)	salsa	15 ml
1 tbsp (15 ml)	low fat Ranch dressing	15 ml
150 g	lean ground beef, cooked and drained	
6 ½ inch (16 cm)	whole wheat pita pocket, cut in half	

Combine vegetables with salsa and dressing and mix well. Place half of vegetable mixture and half of beef into the pocket of each pita. Serve with a glass of milk for a meal with all 4 food groups.
Serves 2

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