



# 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..*

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Issue 4

September 19, 2008

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### HEAD LICE ALERT

A few of our classes have received reports of head lice. Information has gone home with all of the students in these classes on how to eliminate this pest. I believe it would be prudent for all parents to check the hair of their children to hopefully eliminate the spread of head lice.

Step 1: Find a comfortable well-lit spot

Step 2: Check the hair from the scalp to the end of the hair strand. First look at the hair at the back of the neck, behind the ears and above the forehead. Then, check the rest of the head.

Step 3: You are looking for live lice and/or nits. Nits (eggs) are attached to the hair close to the scalp. Nits are white to light brown in color and may be confused with dandruff. Nits are firmly attached to the hair and do not move unless you slide them down the hair strand. Adult lice are difficult to see as they move quickly. They are the size of a sesame seed and are tan to greyish white.

Step 4: If you find a louse or nit, check all household members. Treat only those who have head lice or nits.

Step 5: Let the school know if your child has head lice or nits.

To find head lice early, it is a good idea to check your child/children once a week for head lice.

If you find head lice on your child please let the school know and we can advise you of a method to eliminate this pest.

### NEWSLETTER CHANGE

Starting on Friday, October 3<sup>rd</sup>, 2008 our school newsletter will no longer be distributed in hard copy to each student. In an effort to save on duplication costs and lessen our environmental impact our newsletter will be posted each Friday on the school's website ([www.clevelandelementary.ca](http://www.clevelandelementary.ca)) under the heading – Newsletter. Please check out our website each Friday afternoon for your copy of the newsletter (add the site to your favourite list). The office will keep about 30 newsletter hard copies in the office for students who do

not have a computer in their home to pick up each Friday afternoon.

### CROSS COUNTRY – OFF AND RUNNING!

The Cleveland Cross Country Team held its first practices this week. The turnout of runners from grades 3 to 7 and parent volunteer leaders was excellent!

Everyone was positive and the effort was great!

**Permission forms:** A package of permission forms went home with all participating runners today. In order to continue with practices and/or attend meets these forms need to be completed by parents and returned to the

**Cross Country box in the office** no later than Tuesday, September 23<sup>rd</sup>. Please note extra notices may always be found on the Sports bulletin board outside the large gym.

**Jersey distribution:** Team jerseys will be distributed on **Monday, September 30<sup>th</sup>, at recess** only. A twenty-five dollar deposit cheque made out to Cleveland School is required.

Thank you to all the staff and parents who are helping with Cross Country this year!

### TERRY FOX RUN

Final preparations are underway for this year's Terry Fox National School Run Day, which will take place on Friday, September 26<sup>th</sup>. Thank you to those parents who have already volunteered to encourage and direct runners along the route.

We will also require parents to run along with each class to help supervise students during the event. If you are available to walk/run with us next Friday, please let your child's teacher know as soon as possible. (Both the intermediate and primary routes are "stroller friendly" and siblings are welcome to participate).

- 1:15 Assembly in the gym
- 2:00 Warm-up on the field/begin the run

Families who wish to donate money to The Terry Fox Foundation are asked to do so on-line at [www.terryfoxrun.org](http://www.terryfoxrun.org) and under the Terry Fox National School Run Day section, selecting "donate here," and typing in our school name or by completing and returning the attached pledge forms. Thank you for your support!



## BASKETBALL PRACTICE SCHEDULE

Grade 7 girls Monday & Wednesday 7:00 a.m.  
Grade 7 boys Wednesday 12:15 p.m.  
Grade 6 girls Tuesday 12:15 p.m.  
Grade 6 boys Thursday 12:15 p.m.

## WAY TO GO CLEVELAND!!

Congratulations to the many children and parents who helped kick off our new **“Walking Wednesdays”** program by walking, biking and scootering to school this week. We hope you enjoyed getting some exercise and visiting with other Cleveland families while “going green”.

If you'd like to walk next Wednesday, but live too far from the school to walk the entire distance, consider joining us en route. Meet us at one of the 6 “Walking Wednesday” departure points that were published in last week's newsletter and are posted on the Parent Information Board in the main hallway. We'll be walking every Wednesday, rain or shine, so please dress for the weather.

*Need a reason to walk to school? Consider the fact that kids today spend hundreds of hours watching television, using computers and playing video games. Our children's health and fitness are negatively affected by passive play activities and an unnecessary reliance on cars for short distance travel. Establishing a day to day habit of walking or biking to school improves a child's immediate level of fitness and promotes a lifelong healthy attitude towards daily exercise.*

If you would like to participate on Walking Wednesdays, would like to propose a new route or would like more information, please contact Dorli Duffy: [duffrose@shaw.ca](mailto:duffrose@shaw.ca) (604-980-1462) or Karen Saunders: [karen.saunders@impressdigital.com](mailto:karen.saunders@impressdigital.com) (604-904-7722)

## CLEVELAND GOES GREEN

In our efforts towards sustainability, Cleveland School reminds all parents and students that **REDUCE, REUSE, RECYCLE** is our mantra towards bringing awareness to ways we can help our environment. We will feature weekly tips that remind people that small actions can make a big difference if we all pitch in and do our best. Our first tip: bring your juice boxes home for recycling. Better still, if you can, buy a **REUSABLE** zippy cup. This way, you are reducing the use of juice boxes and you are also reusing a juice container.

## CPAC NEWS

### WELCOME BACK EVENT A SUCCESS!

What a way to start off the year! Thank you very much to those who brought in baked goods and to those who attended, making the evening a success. Thank you to all the volunteers and to Nicky Delmotte and Stephanie Jordan for organizing such a fun event.

If you didn't get a chance to see the new Cleveland Spirit Wear Thursday night, it will be on display in the main hall till October 10th. Order yours today!! (see attached order form) A big thank you to Stacey Briggs for all her work in launching this sporty new line!

### COBS DOUGH RAISER PROGRAM

Thank you to all the families who helped us raise **\$481.80 for library books** last year through the Cobs Dough Raiser Program! This was despite the fact that new cards were not available for part of the year while Cobs evaluated the program nation-wide. Fortunately for us, Cobs is now re-launching the program. For those of you who don't yet have a card, simply stop by Cobs Edgemont Village and ask for a Dough Raiser Card for Cleveland. Cobs will take your information (name, address, school) and issue you a card right away. The card works like a re-loadable gift card and 5% of purchases made on the card come back to Cleveland for our library. Card holders also receive free Cobs bread products for reaching various spending thresh-holds.

### WEEK AHEAD

**Monday, September 22<sup>nd</sup>** – School Based Pro D  
School Not in Session  
**Thursday, September 25<sup>th</sup>** – Grade 7 Parent Meeting  
7:00 p.m. small gym  
**Friday, September 26<sup>th</sup>** – Grade 7 Pizza Lunch  
Terry Fox Run  
**Monday, September 29<sup>th</sup>** – Individual Photos