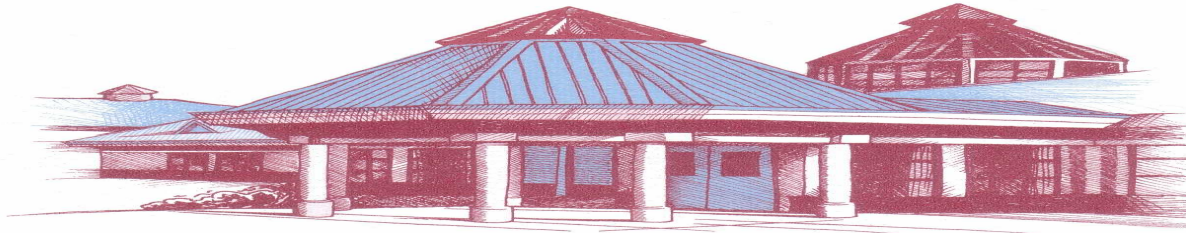


Cove Cliff Elementary



Newsletter 1

September 30, 2011

Another Great Start Up

I'd like to thank all of our teachers, students and parents for all contributing to a very smooth start up –again!! September is always such a busy month. Completing forms, classroom routines, special events, team building and just getting up to speed, in general, keeps all of us moving very quickly. Once again, we are very full this year and welcome a small group of new students and two full kindergarten classes. It is nice to see that our school community continues to grow and flourish.

We are pleased to announce that we are running a cross country team this year and we thank Mrs. Teegan for her dedication to the program. We will also have two Grade 7 basketball teams (boys and girls) and although there isn't a Grade 6 league this year we are running intramural basketball for both Grade 6 boys and girls. Lastly, our Terry Fox Run was a big success once again. I would like to thank our Grade 7 students for doing such a wonderful job organizing and running this very important event.

I would also like to thank our parents for responding so well to the parking notice that was sent out to all parents last week. We have really grown as a school, but our little parking lot is still the same size. We really encourage families to have a "pick up" plan that allows for avoiding our front parking lot as much as possible (especially on those rainy days that we know are inevitable this time of the year).

Sincerely,

Wayne Mitchell
Principal

TERRY FOX RUN

We ran for a great cause on September 30, 2011.

In 1980, Terry Fox had a dream to raise at least \$1 from every Canadian. To raise money for the Terry Fox Foundation, Cove Cliff held a Loonie Toonie day. We raised \$575.71. Wow!

THANKSGIVING FOOD DRIVE

Help us help The Harvest Project

Please send donations of canned or dried goods to school with your child between October 3rd – October 7th. High priority items include canned fruit and vegetables, canned meat and fish, soups, pastas, rice and hygiene products, (toothpaste, diaper, etc.)



THANK YOU!

FAMILY PHOTO NIGHT

**October 24th & 25th 5:00 pm
– 9:00 pm**

For more information or to book a sitting, call Carol Lynn at 604-929-7945 or carolcheney@shaw.ca.



VOLUNTEERS MAKE A DIFFERENCE

We thank everyone for their enthusiastic interest in volunteering in our school. If you are interested in volunteering in your child's classroom or being a volunteer driver, please make sure that you have completed the volunteer forms that were sent home on the first day of school. There are extra forms available at the Main Office. Becoming a parent volunteer requires that you attend one volunteer meeting at the school. The first meeting which took place on September 26th was very well attended; the next one will be offered on Wednesday, October 12th from 3:30 pm – 4:00 pm. Please RSVP the Main Office to let us know if you are coming.

Information on North Vancouver School District's Volunteer Policy is found on our District Website at www.nvdsd44.bc.ca

SPORTS



Basketball

Basketball season has started for interested Grade 6/7 students.

For more information, please contact Mr. Mitchell.

OFFICE

Thank you to all those parents who have turned in their forms packages. If you have not already done so, please hand in all Permission forms and Emergency Preparedness forms to the office and student comfort kits to your child's classroom teacher as soon as possible.



Throughout the year, please ensure that the office is made aware of any changes in student contact information. In the case of sick or injured children, it is important that we have the latest address, phone numbers and emergency contact numbers.

Cove Cliff School issues numerous reminders, notices and newsletters (approximately the 3rd

week of each month) to parents via e-mail. We encourage you to check your e-mail account regularly to read and stay informed about the many activities in our school. If you have made recent changes to your e-mail address please let us know in the school office so that we can update our files. Finally, please remember that our regular newsletters are also posted on our school website covecliff.ca.

SUMMER READING CLUB

The following students on the attached list have completed 50 days of reading over the summer in this year's provincial Summer Reading Club "Reading Rocks". Congratulations to all!

Colin B.	Noam B.
Isla B.	Thomas B.
Luciano B.	Vincenza B.
Paige B.	Alysha B.
Manon G.	Cristina C.
Sean C.	Kate C.
Anneke d.	Sophia d.
Elsa D.	Arianna E.
Tatiana E.	Ian E.
Alisha H.	Gavin H.
Shane H.	Luca J.
Elizabeth J.	Emma J.
Nathaniel J.	Nina J.
Rowan J.	Senya K.
Paris M.	Ruby M.
Angus M.	Siobhan M.
Anna M.	Iain M.
Holly O.	Lily O.
Emmajo P.	Ava R.
Georgia R.	Lucy R.
Brianna T.	Claire T.
Taylor W.	

ARTISTS FOR KIDS AFTER SCHOOL ART CLASSES

There is a wide array of after school art courses for young artists ages 5-18 throughout the school year. Each of our courses are taught by art teachers at various school locations and are designed to extend and enrich school art with age appropriate experiences. FALL SESSION begins the week of Oct. 11th.

REGISTRATION began on Sept. 21st. To register please call **The Artists For Kids** Office at 604-903-3798. Visit our website at www.artists4kids.com to view all the exciting programming details.

HEALTH NEWS

The Public Health Nurse contact for our school this year is Donna Coates. The Nurse works outside of our school on a multidisciplinary team to promote communicable disease control, healthy eating, active living, tobacco reduction, dental health and optimal growth and development. If you have any questions, please call Donna Coates, Public Health Nurse, Child & Youth Team at 604-983-6700.

WHEN TO KEEP SICK CHILDREN HOME

Keep your child at home if he/she has any of the following symptoms:

- ✳ Fever
- ✳ Cough, sore throat
- ✳ Body aches
- ✳ Headaches
- ✳ Chills and fatigue
- ✳ Vomiting or diarrhea
- ✳ Constant runny nose
- ✳ A suspected or known communicable disease

Consider the following:

- ✳ The illness can spread to other children, their families and school staff
- ✳ Recovery can be delayed without adequate rest
- ✳ The school's inability to care for a child when he/she is sick

HEAD LICE

Reminder to families that head lice is a common issue among school-aged children and one that can affect the entire family.

Facts on head Lice:

- They are tiny insects about the size of a sesame seed and live only on the human head.
- They are not caused by being dirty. Anyone who has hair can get head lice.
- Head lice bites can make the scalp itchy but they do not cause disease.
- You cannot get rid of head lice with a hair brush or hair dryer.
- Lice are wingless - they do not jump or fly but rather spread by crawling from one head to another.
- Lice spread through DIRECT head-to-head contact as well as through sharing personal articles such as hats, combs, brushes, helmets, scarves etc.

The best way to reduce the risk of getting head lice is to:

- Check each family member's head EVERY week. Make this a family routine Sunday night.
- Provide individual combs and brushes for each family member.

- Teach children to avoid sharing items that come in contact with their head or neck (towels, helmets, hats, scarves etc).
- Tie long hair back.

If you discover that your child has head lice please report this to the school office so that reminders can go home to all families in your child's classroom. The office can also provide you with information regarding treatment options. Children with head lice may remain in school during the treatment period.

ACTIVE KIDS

Action Packed Ideas

Canada received a failing grade for physical activity levels noting that only 12% of children and youth are meeting Canada's guidelines of 90 minutes of physical activity per day (Active Healthy Kids Canada Report Card, 2010). We Can Help Our Community's Kids Adopt an Active Lifestyle. Living on the North Shore provides the ideal environment year round for regular participation in physical activities. Here are a few simple ideas from Action Schools! BC:

SUPPORT healthy, active events and activities (e.g. sport or physical activity programs, birthday parties at the pool or gym, refereeing or coaching) and fuel these activities with vegetable and fruit snacks (e.g. berries, dried apricots, vegetable sushi).

PLAY badminton, bocci, disc golf, frisbee, table tennis in the yard, hockey or basketball. Bike or walk to school, to get groceries, a DVD or library book whenever possible - even 5 minutes is "hearthealth" worthy. Play on the playground equipment before, after school and on weekends.

CREATE an action bin and place it by the door filled with balls, skipping ropes, chalk, racquets, birdies, hockey sticks, bike helmets, etc. making it easier for everyone in your home to be active.

Choir

Choir is starting! Rehearsals are at 7:55 a.m. every Tuesday and Thursday starting on October 4th. Students in Grade 4 – 7 are invited to be a part of this musical experience.



CYBERBULLYING

Bullying is not new but thanks due to the Internet, teens are now being bullied at home. Online harassment, more often called cyberbullying, is a serious problem. When bullying comes home via the Internet it can leave victims feeling helpless and overwhelmed.

What is Cyberbullying?

Cyberbullying is any harassment that occurs via the Internet. Vicious forum posts, name calling in chat rooms, posting fake profiles on web sites, and mean or cruel email messages are all ways of cyberbullying.

What Can Be Done About Cyberbullying?

There are many things that can be done to combat cyberbullying. The most important thing a victim of cyberbullying can do is not respond to the bully. Do not play in to the bully's games. Do not answer emails, do not respond to posts, do not engage in a chat room exchange, and do not copy what the bully is doing. Ignore the bullying and get help from parents and teachers.

While ignoring the bully be sure to save the evidence so that school officials, Internet providers and even the police can properly deal with the bully. Cyberbullying may give bullies anonymity but it always leaves evidence.

Can Cyberbullying Be Stopped?

Schools take all types of bullying seriously. As soon as the cyberbullying starts go to parents and school officials for help. Cyberbullying is often an extension or escalation of bullying that is already happening at school.

ALLERGEN AWARE...SEVERE PEANUT/FOOD ALLERGIES



Reminder to Cove Cliff families

Letters were sent home to parents of students in Divisions 1, 2, 4, 5, 6, 8,10, 12 & 13 regarding food allergies in their classrooms. Check the "Allergen

Aware" signs posted on classroom doors and windows. Please comply with the school's request to avoid sending lunches to school with the specified allergens. We appreciate your cooperation in helping to make our classroom environments healthy for all students. All students are reminded to thoroughly wash their hands and desktops after eating so that everyone stays healthy.



BEAR AWARE

As you already know bears continue to make frequent visits to our neighbourhood. We remain vigilant about checking our playground areas and appreciate receiving phone calls from you when there are bear sightings close to the school. Please advise your children to use extra caution when travelling to and from school.

For more information you can contact the North Shore Black Bear Network at (604) 990-2327

2012/2013 Registration and Transfer Requests

These procedures for registration and transfer requests are in effect for the 2012/2013 school year. These procedures are consistent with the North Vancouver School District Policy 605: Admissions of Students to Schools.

Priorities for student placement are dependent upon place of residence as well as meeting registration and transfer deadlines. Please refer to School Catchment Areas to determine the school catchment area for your place of residence.

The following dates are in effect for the 2012/2013 school year.

October 19, 2011 Kindergarten Parent Information session held at Lucas Gym, 7-9 p.m.

November 7, 2011 Registration begins for new kindergarten students

December 16, 2011 Deadline for priority placement consideration for New Kindergarten Registrations

January 23, 2012 Registration and transfer requests for grades 1 - 12 begins

January 25, 2012 LFI Parent Information Meeting, 7:00 p.m. at LMCC

March 9, 2012 Deadline for priority placement consideration for New Registrations, Grade 1 - Grade 12 and Transfer Request



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Food Collection PAC Meeting 7:00 pm	4 Food Collection Grade 3 Fire & Safety Presentation 1:00 pm Early Dismissal 1:45 for Staff Child Abuse Training	5 Food Collection	6 Food Collection	7 Food Collection Hot Dog Lunch	8
9	10 Thanksgiving Day No School 	11	12  Parent Volunteer Meeting 3:30 – 4:00 pm	13	14 Student Photo Day  Pizza Lunch	15
16	17 Magic Lunch Box	18	19	20	21 Province-Wide Non-Instructional Day Students not in attendance	22
23	24 Outdoor School Grade 6 Family Photo Night 5:00 – 7:00 pm Bread Garden Lunch	25 Outdoor School Grade 6 Family Photo Night 5:00 – 7:00 pm	26 Outdoor School Grade 6	27 Outdoor School Grade 6	28 Outdoor School Grade 6 Subway Lunch	29
30	31 Wok Bok Lunch					

COVE CLIFF SCHOOL CALENDAR 2011/2012	2011/2012
Days in session	193
Minimum number of days of instruction	186
Maximum number of non-instructional days	6
Schools open	Tuesday, September 6, 2011
Early Dismissal at 1:45 pm	Tuesday, October 4, 2011
Thanksgiving Day Statutory Holiday	Monday, October 10, 2011
Province-wide non-instructional day	Friday, October 21, 2011
Remembrance Day Statutory Holiday	Friday, November 11, 2011
School Professional Day	Monday, November 14, 2011
Parent/Teacher Interviews Early Dismissal at 1:50 pm	November 22/23/24, 2011
Schools close for Winter vacation	Friday, December 16, 2011
Winter vacation period	December 19, 2011 to January 2, 2012
Schools reopen after Winter vacation	Tuesday, January 3, 2012
District non-instructional day (Curriculum Implementation)	Monday, January 16, 2012
School Professional Day	Monday, January 30, 2012
District non-instructional day	Friday, February 24, 2012
Parent/Teacher Interviews Early Dismissal 1:50 pm	Wednesday, March 7, 2012
Spring vacation period	March 12 to 23, 2012
Schools reopen after Spring vacation	Monday, March 26, 2012
Good Friday Statutory Holiday	Friday, April 6, 2012
Easter Monday Statutory Holiday	Monday, April 9, 2012
District non-instructional day	Friday, May 4, 2012
Victoria Day Statutory Holiday	Monday, May 21, 2012
Activity Day (1:00 pm Dismissal)	Friday, June 15, 2012
Last day of school for students (8:50 – 10:20 am)	Thursday, June 28, 2012
Administrative Day	Friday, June 29, 2012

SCHOOL PHOTO DAY

Friday, October 14

More information will be sent home closer to the date.



Early Dismissal

There will be an early dismissal on October 4th at 1:45 pm for the Cove Cliff Staff to train in Child Abuse Protocols.

OCTOBER 2011

PEDESTRIAN SAFETY TIPS



Under the age of 9, children are developmentally not able to judge when it is safe to cross the street, and therefore need supervision when crossing the street.

After age 9, children have better peripheral vision, are less impulsive, are more aware of risks, and can handle many pieces of information at one time.

Please review and model these 5 important steps with your child:

1. Stop
2. Look both ways
3. Listen for traffic
4. Make eye contact with drivers
5. Cross only when street is clear and all traffic has stopped

For more information go to:

www.safekidscanada.ca



GRADE 6 IMMUNIZATIONS!



Over the next 2 month, all grade 6 students will be bringing home immunization consent forms. Please fill out the form and return to school by the deadline indicated in the package.

“INTERNATIONAL WALK TO SCHOOL WEEK”

OCTOBER 3-7



The purpose of this week is to:

- ✓ Encourage active living
- ✓ Decrease traffic congestion around schools
- ✓ Decrease pollution from cars and the risk of car and pedestrian accidents

WHEN TO KEEP SICK CHILDREN HOME?

Keep your child at home if he/she:

- ☼ Has symptoms such as persistent cough or sore throat, a constant runny nose, vomiting or diarrhea, a rash of unknown origin, or a fever
- ☼ Is too sick or lethargic to participate in normal school activities

Consider:

- ☼ The illness can spread to other children, their families and school staff
- ☼ Your child's recovery can be delayed without adequate rest
- ☼ The school's inability to care for an ill child

For more information call:

Public Health at 604-983-6700, your family Doctor or Health Link BC 24 hours a day at 811

Sneezes and Diseases, a resource book about childhood illnesses

<http://www.vch.ca/media/SneezesDiseases.pdf>

BC Health Guide/files online:

www.bchealthguide.org/healthfiles

If you have any questions, please call the On-Call Nurse for the Child & Youth Team at 604-983-6714