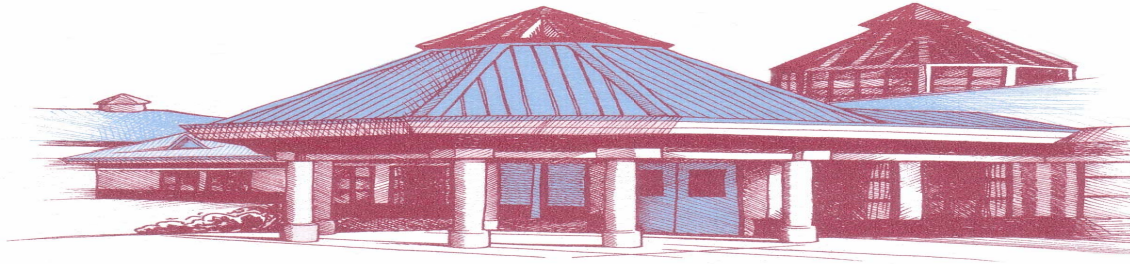


# Cove Cliff Elementary



Newsletter 3

November 30, 2011

## Principal's Message

It is truly amazing how quickly the school year goes by. We are nearing the end of the first term and December is almost here. The halls are ringing with the sounds of Christmas carols as students prepare for the Primary Christmas Concert (**a reminder that we are holding our primary concert in December and will be presenting an intermediate concert in February**). I would like to thank all of our students for an excellent first term. The daily respectful interaction with peers and adults is greatly appreciated and contributes to the wonderful culture that is such an important part of our school.

We have just concluded our Parent-Teacher Conferences and we would like to thank all of our parents for taking the time to be so involved in the education of your children. This is a wonderful time to engage in discussions with your child(ren) about their progress. Please take the time to celebrate the positives and reflect upon the areas that require further improvement.

Lastly, on November 10<sup>th</sup> we held our Remembrance Day Ceremony at Cove Cliff. The Remembrance Day service is a very important event at our school and the respect demonstrated every year by our students is truly remarkable. Once again the student performances were incredibly moving and we thank Mrs. Smith and Mrs. Lund for their continued hard work. We would like to offer a very big "thank you" to our choir, for their amazing performance.

Wayne Mitchell, Principal

## Cove Cliff Student Shopping Day Thursday, December 15<sup>th</sup>

**\$1 a gift!!**

On Thursday, December 15<sup>th</sup> our Gr. 7's will be hosting our school wide student shopping day. Students will go into the gym with their buddy class and shop for a Christmas gift for a family member. They will also wrap the gift. Students will be guaranteed the purchase of 1 gift (\$1). Students may bring more money to purchase further gifts if quantities allow. All proceeds from the sale will go to the Empty Stocking Fund. Leftover items will be sent to the Salvation Army.



### Request for donations!

**When:** December 1st – December 14<sup>th</sup>

**Where:** Drop off in main hall outside Kindergarten room

### What we would like: NEW OR NEARLY NEW ITEMS

Children's books/puzzles/games  
Children's toys  
DVD'S / CD'S  
Kitchen items and house wares  
Bath and spa/beauty/candles  
Frames  
Jewelry  
Stationary  
Christmas giftware  
Ribbon, tissue paper, wrapping paper  
Gift bags & gift boxes

**\*\* PLEASE NO FOOTWEAR, CLOTHING OR FOOD**

Questions? Contact Mrs. Hoath, 604-903-3420.

## Music

Pick Up  
Your Tickets



Our **December Primary Concert** always draws a large audience and we need your assistance in making it possible for everyone to enjoy the performance in comfort.

Div. 8-14 families have been allotted 2 complimentary tickets per family for the Primary concert. Tickets must be picked up from the school office from **December 5th to December 9th**. Please make arrangements to pick up your tickets by **December 9th**. If you are unable to pick-up tickets yourself, please write a note indicating your child will be picking up your family's tickets. To avoid disappointment please make sure that you pick up your tickets before **December 9th** otherwise the extra tickets will be made available on a first come, first serve basis to anyone who needs extras. These extra tickets will be available in the school office on Monday, **December 12th** starting at 8:30 am. These extra tickets will be limited to two per family. Families with special circumstances, please speak to Mr. Mitchell directly.

Again, tickets are **FREE**, but in order to comply with seating capacity regulations, audience members **MUST HAVE TICKETS** for the evening performance. Anyone is welcome to attend our Dress Rehearsal Dec. 14<sup>th</sup> at 1:30 in the afternoon. Tickets are **NOT** required for afternoon dress rehearsal performances.

### PRIMARY CONCERT - Divisions 8 - 14

Dress Rehearsal – Wednesday December 14th at 1:30 pm  
Evening Concert – Wednesday December 14th at 7:00 pm

### INTERMEDIATE CONCERT – DIVISIONS 1 – 7

Dress Rehearsal – Thursday February 16th at 1:30 pm  
Evening Concert – Thursday February 16th at 7:00 pm

### BAND CONCERT

Dress rehearsal -Friday December 9th 1:45 pm  
(at Cove Cliff)  
Evening concert- Friday December 9th 7:00 pm  
(at Centennial Theatre \$10/adult \$5/student  
Performers free. Tickets available week of concert  
at Centennial Theatre or at the door on Dec. 9<sup>th</sup>.

### **Schools can also be affected by heavy snowfall:**

In the event of a major snowfall, local area schools may be closed. Please check the following website during a snow event for more information regarding possible school closures:

North Vancouver School District: [www.nvsd44.bc.ca](http://www.nvsd44.bc.ca)

## Vancouver Coastal Health

### Immunization Update



The first round of grade 6 and grade 9 immunizations are now complete. Thank you to students, parents, and school staff for making these fall clinics a success.

#### Reminders:

- Kindergarten students - between 4-6 years of age require a booster dose of Diphtheria, Tetanus, Pertussis and Polio is recommended. Please contact public health or your family doctor to book an appointment.
- Always keep a copy of your child's immunizations records. This information is often needed for college, travel, etc and may be difficult to find. Now is the time to make sure the immunization record is complete.

## Extra Curricular

Cove Cliff's **Basketball Teams** have completed a very successful season. Boys and Girls from grade seven formed two teams this year. All students have developed their basketball skills throughout the season and have demonstrated great sportsmanship and spirit. We are proud of their efforts! A huge thanks to Coaches, sponsors and parents, who volunteered many hours of their time.



## Pumpkin Run

On Monday, October 31st, the students at Cove Cliff participated in the annual Pumpkin Run. The students ran or walked with their buddies and returned to the school for a draw of over 80 carved pumpkins.



## Clean up Club



Daly, Mikayla, Jordan and Taylor have started a Clean Up Club. It is for Grades 1 – 5. What we are doing is cleaning the school and then we are doing art and games. It is on Wednesdays and Fridays at the portable at lunch. See you there!

## Cove Kids Care Club update

The Cove Kids Care club has had an active fall. There has been an average of 60 members (students as young as grade one) attending each meeting. Meetings are held twice a month with a specific focus on how we can make a little difference for others in our community and around the world. Some of the worthwhile activities that have been undertaken so far by the club:

- ~attendance at WE DAY
- ~making of sandwiches for the homeless at Thanksgiving
- ~participation in the Vow of Silence (November 30) to acknowledge those children around the world who do not have voice and are lacking any control over their own little lives
- ~donation collection for the Lookout Society Emergency Shelter for the homeless
- ~Christmas hampers for two North Shore families

A great big thank you to:

- ~all the little people of Cove Cliff who continue to participate in all of the club's meaningful activities, showing empathy, thoughtfulness, and mindfulness for those less fortunate in our community, and our world.
- ~all the parents who support the Cove Kids Care club
- ~all the families of the Cove Cliff community for their continued support
- ~all the teachers and staff at the school who allow for the activities to be such an enormous success

I am so proud to be a part of this amazing club! Happy giving this holiday season!

Ms. Leoni

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## Student Leadership

We would like to acknowledge all of our student volunteers who support our community by giving of their time and energy in helping to make our school a better place.

Many of our Intermediate students are involved in supporting our school through volunteering: as lunch monitors who support primary students in their classrooms from 12:00 – 12:20 pm; ball monitors that provide equipment for recess and lunch activity and our Gr. 5 student recycle teams. A special thanks to all of our older students who offer help and assistance to our younger students.

## What to wear...



It's time to dig out those warm winter jackets and boots...we want all our children to be warm and dry during our cold, wet and sometimes blustery days! Our goal is to have students out in the fresh air during their breaks and to have them comfortable for working in the classroom during the afternoon. Dressing appropriately for the weather and possible changes has a positive impact for all. If you have a child who "has difficulty" staying dry, you might want to send along a set of emergency clothes to be kept in the classroom for those days when "accidental puddle slips" happen!



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## Community News

### Grade 4 & 5 Snow Pass

It is time once again for the Grade 4 & 5 Snow Pass! Now in its 15<sup>th</sup> year, families across Canada continue to embrace the opportunity for their children to ski and snowboard for FREE! (there is a \$16 administration fee). Offered by the Canadian Ski Council and the Canada West Ski Area Association, every nine and ten year old will have the chance to ski and board for free this winter! The snow pass holder can ski at each of 32 participating ski areas in BC three times for free during the 20011/12 season (Seymour and Grouse included). Brochures and applications are available at the following website [www.snowpass.ca](http://www.snowpass.ca) where they can be downloaded.



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## Injury Prevention

**CHILD CAR RESTRAINTS** It is now law that children 40 pounds (18 kilograms) must be in a booster seat until they are 9 years old or 4'9" (156 centimeters) tall, every time they travel by car.



There are many types of booster seats available to choose from. For more information see:

[www.childseatinfo.ca](http://www.childseatinfo.ca)



~ December 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>4</b> Pick up tickets for Primary Concert at school office this week Monday to Friday</p>				<p><b>1</b></p>	<p><b>2</b> Hot Dog Lunch</p>	<p><b>3</b></p>
				<p><b>5</b> MLB Lunch PAC Meeting 7:00 pm in the Library</p>	<p><b>6</b></p>	<p><b>7</b> Div. 14 to North Van. Museum 9:00-11:15  Choir to Park Royal 9:55 - 11:30  PAC Lice Check 3:00 in Gym</p>
<p><b>11</b></p>	<p><b>12</b> Bread Garden Lunch</p>	<p><b>13</b></p>	<p><b>14</b> Primary Concert  Dress Rehearsal 1:30 pm Evening Concert 7:00 pm</p>	<p><b>15</b> P.J. Day  Christmas Shopping Day</p>	<p><b>16</b> Subway Lunch</p>	<p><b>17</b> Christmas Vacation Begins </p>
<p><b>18</b></p>	<p><b>19</b> Winter Break </p>	<p><b>20</b> Winter Break </p>	<p><b>21</b> Winter Break </p>	<p><b>22</b> Winter Break </p>	<p><b>23</b> Winter Break </p>	<p><b>24</b></p>
<p><b>25</b></p>	<p><b>26</b> Winter Break </p>	<p><b>27</b> Winter Break </p>	<p><b>28</b> Winter Break </p>	<p><b>29</b> Winter Break </p>	<p><b>30</b> Winter Break </p>	<p><b>31</b> Classes resume Tuesday, January 3<sup>rd</sup>.</p>

Merry Christmas



## **Kindergarten Registration 2012-2013 School Year**

A parent/guardian can register their child for kindergarten if, on or before December 31<sup>st</sup> of that school year the student will have reached the age of 5 years. For example, for the 2012-2013 school year, the student must reach 5 years of age prior to December 31, 2012.

**Where:** Central Registration  
102 - 2132 Hamilton Avenue  
604-903-3368

Hours of operation:  
8:00 a.m. – 4:00 p.m. (Mon to Fri)

**When:** November 7, 2011 to December 16, 2011

### **What to bring:**

- Completed registration form
- Proof of age & legal name (birth certificate or passport)
- Proof of residence (BC Hydro bill, Purchase agreement, or Tenancy agreement)
- If not born in Canada - Passport and Permanent Residence card or Canadian Citizenship card

Please bring **original** documents. Staff at the Central Registration office will make copies.

Registration Forms will be available at all schools, at the Central Registration office and at [www.nvsg44.bc.ca](http://www.nvsg44.bc.ca) starting November 1, 2011. All registration forms and related documents must be submitted in person to the Central Registration office.

### **Programs**

#### **English Full Day Kindergarten program**

This is a full-day program with limited space at all schools

#### **French Immersion Full Day Kindergarten program**

This is a District Program with limited space at selected sites.

The following schools will be offering French Immersion in 2011-2012:

- Braemar (1 class)
- Cleveland (2 classes)
- Dorothy Lynas (1 class)
- Larson (2 classes)
- Ross Road (2 classes)
- Sherwood Park (2 classes)

## **Placement Procedures**

Registrations received prior to the deadline (on/or before December 16, 2011) will be placed according to priority placement criteria - please see below.

Effective date of registration is entered when all required documentation has been received. A registration without all required documentations will be pending until all the required documentations are submitted.

Registrations received following the deadline (after December 16, 2011) will be placed according to space and facilities availability.

### **Priority for placement of students in Full Day English program.**

Priority 1 – In Catchment area

Priority 2 – Out of Catchment area with sibling already attending same school/program

Priority 3 – Out of Catchment

Priority 4 – Out of District

### **Priority for placement of students in Full Day French Immersion (District Program)**

Priority 1 – Siblings of French Immersion students (same program, same school)

Priority 2 – Lottery for the remaining students - classes are filled by lottery order respecting the parents 1<sup>st</sup> and 2<sup>nd</sup> choices.

Priority 3 – Out of district – placed at the end of the process

Students not placed in the French Immersion program are placed in the kindergarten program at their catchment area school or at a school of their choice (if indicated on their registration form). These students are also placed on a waitlist according to their placement in the lottery, and their first and second choice of schools. The staff at Central Registration will be in contact with the students (families) on the waitlist when the space becomes available. Once a spot is offered, the students (families) have one (1) business day to respond or the spot will be offered to the next student on the waitlist.

The kindergarten placement information should be mailed to the parents prior to the school district's Spring Break which begins on March 9, 2012.

For further information, please contact: [registration@nvsd44.bc.ca](mailto:registration@nvsd44.bc.ca)

OR

Visit the School District's website: [www.nvsd44.bc.ca](http://www.nvsd44.bc.ca)

## Staying active-Staying healthy

**Did you know** that **60 minutes of daily activity** is recommended for children by Health Canada? Being physically active at a young age can prevent high blood pressure and Type 2 diabetes later in life, just to name a few benefits.



Most days the activity level should be moderate; **3 days per week children should participate in vigorous activities.** Some



examples of moderate activity are brisk walking, skating, swimming, and playing outside. Running or any activities where children are breathing heavily are examples of vigorous activity.

It can be a challenge **finding activities to participate in during rainy cold winter days.**

Gear your kids and yourself up and take a walk in the rain. Splashing in creeks and puddles is lots of fun once you get out there. Drive up to one



of the local mountains and play in the snow, or go snowshoeing which is a vigorous activity.



Your local **Recreation Center** offers lots of drop in activities as well as classes to sign up for to help keep your kids active and entertained during the winter break.

West Vancouver Parks and Recreation:  
[www.westvancouver.ca](http://www.westvancouver.ca)

North Vancouver Parks and Recreation:  
[www.northvanrec.com](http://www.northvanrec.com)

For more information on Health Canada's Activity Guide lines for children visit:  
[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)



### Helen Yeung, the new School Health Dietitian

I am pleased to be starting in the position of Community Dietitian for school health and eating disorder prevention and treatment for the North Shore. I am available to consult and present to school staff, PAC's, and others to promote healthy eating and active living.

I have worked as a Community Dietitian in Vancouver for the past 18 years in the area of infant/child/youth nutrition, disordered eating prevention, and adult nutrition. I enjoy collaborating with others to reach common goals and I look forward to working with you to promote healthy eating (both behaviours and attitudes).

Feel free to contact me by email at [helen.yeung@vch.ca](mailto:helen.yeung@vch.ca) or by phone at 604-418-2139 or at 604-904-6458 to let me know what the nutrition issues and needs are and how you think I can best support your school communities.

I look forward to hearing from you and meeting you.

*Helen Yeung, MHSc, RD*

For individual nutrition questions please call Health Link BC at 811 24h/day.