



HIGHLANDS ELEMENTARY SCHOOL



Friday, February 3, 2012

We continue to use the Virtues to frame our conversations about Social Responsibility and introduce each new virtue with an assembly at the beginning of the month. At January's assembly, Courtesy was featured in a lively dance rendition of Rockin' around with "Courtesy"! Wednesday's assembly by Divisions 2 and 3 presented the February virtue of Tolerance through picture books, words of wisdom and powerful personal statements by students about how they were different from the others in their class. We look forward to building the students' ability to demonstrate tolerance in this month of Valentines and Pink Shirt Day.

One of the highlights of January was a visit by BC Lion, Angus Reid, with the Grey Cup. He gave us a history of the cup and spoke about the Lions journey this year from being the least successful team to becoming the Grey Cup Champions. He deftly linked the Lions accomplishment to the core values (virtues) of hard work, determination, team work and goal setting. The students left the gym excited but also confident that success is within their reach in all aspects of their lives through dedication and persistence.

Your School Planning Council members Anna Archer, Kathy Bright and Cynthia Ellacott, recently attended a refresher session with us in a Family of Schools setting at Handsworth. The SPC will continue to meet in the weeks ahead to fine tune the plan for the 2012-13 school year.

The Ministry of Education conducts a satisfaction survey every year with students in Grades 4, 7, 10, and 12, their parents and staff. The purpose of the survey is described in the following excerpt provided by the Ministry:

Objectives: The Satisfaction Survey is intended to provide a source of information to identify and celebrate current strengths, as well as to determine where schools may need to focus improvement. The survey has been kept brief and is understood as a starting point for more detailed examination and dialogue within schools.

Some of the topic areas covered by the Satisfaction Survey include: Achievement, School climate, Healthy living, and Safety. The student survey will be conducted in class electronically. The parents of students in grade 4 and 7 will be receiving a letter with directions on how to complete the survey online. Each family will be provided with a special code that will allow access on the Ministry of Education website to the survey.

Lastly, be sure to take a peek at our chum salmon eggs in the tank in the main hall. Mrs. Chan's K's, Mrs. Knight's Gr. 1's and Ms. Sherlock's Gr. 4's are raising the eggs for release on Earth Day.

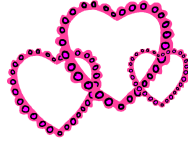
Sincerely,

Mrs. Arlie Thompson
Principal

Mr. Blair Martin
Vice Principal



Calendar



Feb. 14 Grade 6/7 Dance
Feb. 22 HPAC Meeting
Feb. 23 Grade 7 Parent meeting at Handsworth 6:15pm
Feb. 23 Talent Show
Feb. 24 District Pro Day – **Students do not attend**
Feb. 29 Pink Shirt Day
Feb. 29 Justice Theatre (gr. 4-7)
Mar. 5 & 6 **Early Dismissal at 2:00pm** (Conferences)
Mar. 7 – 9 Outdoor School Grade 3's
Mar. 7 – 9 Intermediate Music Festival
Mar. 8 & 9 Band & Strings Festival
Mar. 12 – 23 Spring Break
March 30 Reports Home



Talent Show

The Talent Show is February 23rd. To cover the costs of equipment rental we would appreciate a small donation (suggested donation would be a toonie).

Highlands Internet Use Protocol:

Parent Information



Students are responsible for appropriate behaviour on the school's computer network just as they are in a classroom or on the school grounds.

Communications on the network are often public in nature and general school rules for behaviour and communication applies. It is expected that all students will comply with district standards and our specific rules regarding privacy, respectful language, plagiarism avoidance, and care of machinery. The use of the network is a privilege, not a right, and may be revoked if abused. The user is personally responsible for his/her actions in accessing and utilizing the school's computer resources. Students are advised never to access, keep or send anything that they would not want their parents or teachers to see.

It should be noted that students will only have access to the Internet during scheduled instructional activities, whenever a staff member can be present.

Lates

We are encouraged that the number of lates continues to decline on a comparison with the same months last year.

Lates & Vacations

In January, 41 students took vacations during school for a total of 178.5 missed days of school.

Lates

<u># Lates</u> <u>by month</u>	<u>Sept.</u>	<u>Oct.</u>	<u>Nov.</u>
10 – 11	218	399	501
11 – 12	226	256	455

<u># Lates</u> <u>by month</u>	<u>Dec.</u>	<u>Jan.</u>
10 – 11	372	519
11 – 12	282	387



Jump Rope for Heart

FROM GOOD HEARTS, TO GOOD HEARTS

Highlands has sponsored the B.C. Heart and Stroke Foundation's "Jump Rope for Heart" program every second year, and it is now that time of year again! Your children received their information and fundraising package last Friday, and we will conclude the event with a skipping day on Thursday, February 23rd.

Although we encourage your children to support this worthwhile campaign, we do not endorse "door-to-door canvassing", but rather would have them fundraise within their family. A great way to widen the fundraising potential is to register on-line, which allows students to contact family and friends who may live outside the immediate community.

Jump Rope for Heart offers a number of individual prizes for each individual fundraiser, but we also would like to stress the point that rather than focus on the extrinsic value of the activity, we encourage our children, through discussion, to understand the intrinsic value of supporting a wonderful organization such as the B.C. Heart and Stroke Foundation, and all of the good they do for our communities. Students may bring in their pledge forms and funds at anytime throughout the month, or may bring it in on the "Skip Day" on the 23rd of February.

If you have any questions, please contact Mr. Martin at the school.

Registration and Transfer Requests for the 2012/13 School Year



Please be advised of the following registration dates and deadlines:

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

March 9, 2012
Deadline for priority placement consideration of registrations for Grade 1 to Grade 12

March 9, 2012
Deadline for transfer requests for Grades 1-12

North Vancouver School District is still accepting Kindergarten Registrations for the 2012-2013 school year. At this point in time students will be placed according to available space.


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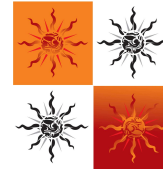
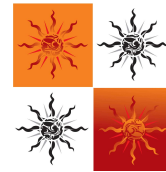
All children new to North Vancouver (not currently attending a North Vancouver School District school) must register at:

Central Registration Office
William Lucas Centre
Room 102-2132 Hamilton Avenue
Hours: 8 am-4 pm

All registrations require:

- the student's original birth certificate, (if not born in Canada, bring proof of citizenship, passport and Permanent Resident Card);
- proof of current residence at the date of application, (BC Hydro bill, purchase agreement, or tenancy agreement); and
- a copy of the report card from the student's previous school.

Call 604.903.3368
Email registration@nvsg44.bc.ca
Visit www.nvsg44.bc.ca



Healthy Together



A MONTHLY NEWSLETTER

Are you feeling stressed or low in energy? How about the kids?

Many events throughout the year will have us responding "YES" to this question. Physical activity is a proven way to reduce stress levels and increase energy. Try integrating physical activity into your week by: having a walking meeting at work/volunteer work, walking or biking your kids to and from school, taking a brisk walk with friends or family after dinner, walking around the block while waiting for the kids, or trying drop-in badminton, yoga, swimming or dance.



"Popcorn" Cauliflower

Cut up one cauliflower head into bite-sized pieces. Toss in 15 ml (1 Tbsp.) olive oil and sprinkle with thyme or your favourite herbs and spices. Spread in a single layer on a cookie sheet and bake for 30-40 minutes at 375° F (190° C) flipping every 15 minutes.

cancer fighting

rich in vitamin C

good for the heart



To achieve benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more, whereas children aged 5-17 years should accumulate at least 60 minutes daily.

Source: Canadian Physical Activity Guidelines

For school based healthy eating or physical activity information visit www.actionschoolsbc.ca. For general nutrition information call HealthLink BC at 811 and speak to a dietitian, or visit www.healthlinkbc.ca.



SPECIAL EVENTS



Angus Reid
from the BC Lions
visits with the
Grey Cup!



Divisions 11 & 12
celebrate Chinese
New Year with
a "Dragon Puppet"
parade!



Tolerance

WHAT IS TOLERANCE?

To be tolerant is to accept differences. You don't expect others to think, look, speak or act just like you. Tolerance is being free of prejudice, knowing that all people have feelings, needs, hopes and dreams. To be tolerant also means to accept things you wish were different with flexibility and patience.

WHY PRACTISE IT?

People who don't practice tolerance cannot stand to have anything differ from what they want and expect. Tolerance helps them accept things as they are. People without tolerance judge others by the way they look, sound, or dress. They decide who can be a friend and who can't. When people are teased or left out, they feel sad and lonely. When we are tolerant, we don't allow differences to drive us apart.

HOW DO YOU PRACTISE IT?

Practising tolerance is showing respect and appreciation for differences. You don't judge or tease someone who is different. You make them feel at home. You show forgiveness when someone makes a mistake. Tolerance does not mean being passive and letting someone hurt you. When that happens, you need assertiveness. When you are tolerant, you have patience and flexibility to accept the things you cannot change with good grace.

"Give to every human being every right that you claim yourself." Robert G. Ingersoll

"Everybody smiles in the same language." Anonymous



Emergency Preparedness

Highlands regularly reviews our own school's emergency plans in the case of an earthquake and practices periodic earthquake drills throughout the year. The following is a timely reminder for your family.



Telephones & Out-of-Area Contact

In the event of a disaster/emergency, such as an earthquake, **DO NOT USE YOUR TELEPHONE!** Unless you have a life threatening situation such as a severe injury.

After the shaking, put all telephones back on the hook. This will help Telus to restore lines faster and decrease the overload. The first lines likely to be working will be pay phones & using long distance. Be prepared to line up for possibly a few hours. You will need quarters. You should phone your out-of-area contact person. This person should live outside of the lower mainland & preferably, outside B.C. It is suggested you call this person 8 hours after the earthquake or disaster, then after 24 hours, then again after 36 hours. You need to instruct **all** family members to do this. The purpose of phoning this contact person is that he/she will be able to tell you where your family is and how they are.

After an earthquake centered in Seattle in June 1997, all phone lines in Vancouver were overloaded because people were phoning each other to ask if they felt the shake. Persons trying to call 911 could not get through! Any questions please call the North Shore Emergency Management Office at 604-983-7440.

Artists for Kids Trust



For over 20 years, AFK has been providing a rich visual arts program for thousands of students of all ages in schools, after school and each summer with the popular Paradise Valley Summer School of Visual Art. Its mission, through the sale of original prints created by its artist patrons, is to build an art education legacy for the children of British Columbia. When you buy a print, you own an excellent piece of Canadian Fine Art, support great art programs and inspire the next generation of Canadian artists. Please visit www.artists4kids.com.



VISITOR SIGN IN

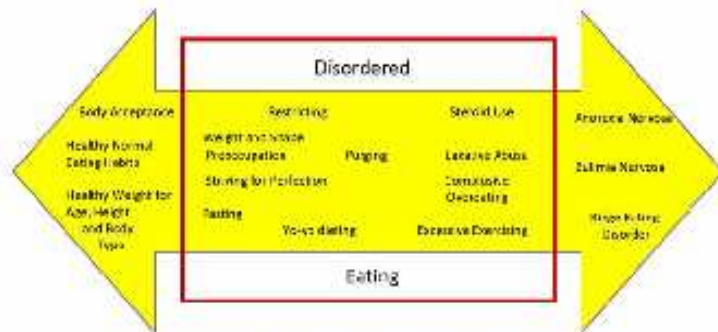
Please remember to sign in at the office and get a visitor's badge whenever visiting the school whether you intend to go into a classroom or touch base with your child on the playground. This assists our playground supervisors in identifying adults who are not known to them and assists in providing a safe play environment at recess and lunch.

Provincial Eating Disorder Awareness Week

February 5th to 11th 2012 is Provincial Eating Disorder Awareness Week (PEDAW). Help tackle disordered eating by raising your awareness about this important issue.

What is Disordered Eating?

Disordered eating refers to the wide range of abnormal behaviours, thoughts and feelings associated with eating and body image. It includes but is not limited to dieting, over-exercising, abusing laxatives, diuretics or steroids, binge eating, compulsively weighing oneself, and having feelings of shame and disgust towards one's body. These symptoms may not be extreme or frequent enough to classify as a clinical eating disorder (i.e., anorexia, bulimia, or binge eating disorder), but this does not make disordered eating any less important. Individuals engage in disordered eating as a means to cope with mental health issues such as depression, anxiety, and stress. It is important to approach disordered eating from a place of compassion and seriousness.



Who does it affect? Disordered eating does not discriminate. It is a major mental health issue that affects both females and males, preschool-aged children through to the elderly, and individuals of all other diverse backgrounds.

The numbers!

Research tells us that elementary-aged school children are especially vulnerable:

- Almost all females over the age of 11 have engaged in disordered eating.
- 81% of 10 year olds are fearful of being fat.
- 98% of females are unhappy with their bodies.
- By the time they enter high school, 50% of girls and 33% of boys have engaged in some sort of unhealthy weight control behaviour.
- For references and to learn about other studies please visit www.nedic.ca.

Risk factors

Certain genetic and social factors put children and youth at greater risk for engaging in disordered eating. These include genetic predispositions; having a family member who struggles with disordered eating, a history of trauma (i.e. abuse, bullying), mental illness, personality factors such as perfectionism or impulsivity, unhealthy attachment to caregivers, feeling silenced or unheard, cultural pressures to look a certain way, shame or embarrassment during puberty, having peers who engage in disordered eating, and internalizing unhealthy family and societal values around food, weight and body shape.



January 2012

Raising Smoke Free Children on the North Shore

Parents and family members can and do influence whether their children smoke. Of all the people who influence your children about smoking, you have the greatest impact. You and your child may already be aware of some of the negative facts about smoking; however, every day youth on the North Shore become addicted to tobacco even though our communities have some of the lowest smoking rates in Canada.



How Can We Help Our Children Make the **Healthy Choice** on Smoking?

Give Them the Facts



- **Smoking is still the #1 cause of preventable disease and death in Canada!**
- Smoking is more addictive and causes more deaths than other drugs - many of which are **ILLEGAL**.
- One study reported that only 5% of adolescent smokers expected to be smoking in 5 years, while the rate of those who still smoke after 5 years is actually close to 75%.

We know kids are exposed to smoking in movies, but music too?

- In a recent study youth found that 50% of their favorite songs contained references to smoking or tobacco use.
- The same study revealed that 50% of the music videos from the top 80 played songs featured smoking imagery.
- Youth are highly influenced by lyrics, behaviors and images of their favorite performing artists, and they are much more likely to start smoking after being exposed to such imagery.

What if my partner and/or I smoke?

- Limit children's exposure to second-hand smoke – Remember that there is no safe level of exposure to second hand smoke and even brief exposure raises blood pressure and heart rate and can trigger asthma attacks.
- Let your children/partner/family know that nagging does not help you quit.
- Need help? QuitNow offers free telephone, web, and text support www.quitnow.ca or call 8-1-1 and ask to speak to a QuitNow Care Coach.
- The B.C. government's Smoking Cessation Program helps eligible B.C. residents stop smoking or stop using other tobacco products by assisting them with the cost of smoking cessation aids such as prescription drugs or nicotine replacement therapy.
- For free nicotine patches or nicotine gum call 8-1-1 and have your CareCard ready
- For prescription stop-smoking meds talk to your family physician to see if you are eligible for coverage.

Smoke-Free Spaces

The District of North Vancouver and the District of West Vancouver now have Smoke- Free beaches, parks, and sporting fields!



For more information or resources on tobacco reduction initiatives contact Vancouver Coastal Health Tobacco Reduction Coordinator, Lindsay MacDonald
lindsay.macdonald2@vch.ca