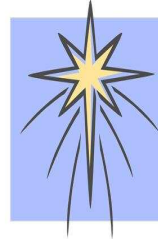




Friday, December 2, 2011



Dear Highlands Families:

November proved to be a very busy month. In addition to classroom activities, there were parent-teacher conferences, basketball games for Grade 7's, intramural basketball for Grade 6's, our Remembrance Day Assembly, a school tour for new students, emergency drills, a presentation by Project Soul, collection of donations for the Christmas Hampers and the Scholastic Book Fair.

The Remembrance Day Assembly was made memorable by the student involvement. Our Student Council Executive planned and hosted a solemn thoughtful assembly which featured the Grade 4's presentation of In Flanders Fields and a Wreath laying by Student Council representatives from each division.

We are grateful for the support of the HPAC in bringing Project Soul's presentation of street dance to Highlands - an energetic athletic tour de force of dance & storytelling which highlighted the themes of diligence, collaboration and creativity.

The first student report cards of the 2011/12 school year will be coming home on December 15th. These will contain basic information regarding the student's enrollment and attendance for September, October and part of November. Students who attend classes taught by principals or vice-principals will receive a report card that provides marks for those classes. For most report cards, information on student progress will vary and be dependent on what information is provided by the student's teacher. Some report cards may include the evaluation teachers routinely supply, while others will not. As a result, you may see blanks where commentary would normally have been provided.

As the term draws to a close and the holiday season begins, the staff extends its warmest best wishes to all. Thank you for your support and participation. We look forward to another productive term beginning January 3, 2012.

Sincerely,

Mrs. Arlie Thompson
Principal

Mr. Blair Martin
Vice Principal



December-February Calendar

- Dec. 2 Gingerbread Houses
- Dec. 5 Band & Strings Concert
- Dec. 13 Christmas Concert
- Dec. 15 Report Cards sent home
- Dec. 16 Last day of school
- Dec. 17 – Jan. 2 Christmas Break
- Jan. 3 Classes resume
- Jan. 16 Curriculum Implementation Day
(no school)
- Feb. 23 Talent Show
- Feb. 24 District-wide Professional Day



Lates & Vacations

In November, 42 students took vacations during school for a total of 203.5 missed days of school.

Lates

#Lates by month	Sept.	Oct.	Nov.
10 - 11	218	399	501
11 - 12	226	256	455

Winter weather ahead!



All schools in the North Vancouver School District will remain OPEN, if at all possible during winter weather, including snowfalls. Any district wide closure will be decided by 6:00 a.m. at the latest and will be announced via CKNW AM 980 radio, News AM 1130 radio, CHMJ AM 730 radio, CBC AM 690 radio, Fairchild AM 1470 radio, CHQM FM 103.5 radio, CBC television, BCTV, City TV and CTV BC.

Individual school closures due to unique circumstances (e.g., power outages) will be announced as early as possible in the same manner. No announcement will be made saying that schools are open. Only closures will be announced.

Emergency Preparedness

Thanks are extended to the class reps who have been reviewing all the emergency forms for us. Despite their efforts, many forms are outstanding. Please make every effort to complete them as soon as possible so that the most current information is available in the event of an emergency.

We have now completed all of our fall emergency drills: three Fire Drills, one Drop Cover Hold Drill, and one Lockdown Drill. Each of these drills involves a unique procedure which addresses the inherent risks for that particular emergency. We practice these drills throughout the school year to ensure that the students are familiar with the protocols and are able to stay calm and follow instructions in any emergency. In the new year, we will include Bomb Threat Drills (an evacuation drill to the far south boundary of the site) in the schedule along with additional fire, earthquake and lockdown drills.



VISITOR SIGN IN



Please remember to sign in at the office and get a visitor's badge when visiting 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.



Parents/guardians are responsible for their children's safe travel to school. If for any reason, there is concern that a child cannot travel safely, other arrangements should be made. Parents are also encouraged to establish an emergency plan for their children in the event that schools are closed, start late, or dismiss early. Please ensure that your children are dressed appropriately to get to and from school.

SNOW TEAMS

Calling All Volunteers!



Schools were asked to develop snow safety plans which included the ability to enlist the help of parent "snow teams" to help clear pathways on the school property to increase access and safety. Volunteers are welcome and encouraged to clear snow at any times that they are available with the exception of recess and lunch.

The School District has developed a specific volunteer form for snow clearance. Any parents interested in being a part of the Highlands Snow Team, must complete a Snow Clearance Volunteer Form. These can be obtained from the office.

Thank you for your support!



VIRTUE OF THE MONTH

CONFIDENCE

What Is Confidence?

Confidence is having faith in something or someone. It is a kind of trust. When you have self-confidence, you trust that you have what it takes to handle whatever happens. You feel sure of yourself and enjoy trying new things. When you are confident in others, you rely on them and confide in them.

Why Practise It?

Without confidence, fears and doubts hold us back. We feel worried and uncertain, and afraid of making a mistake. With confidence, we try new things and learn all the time.

How Do You Practise It?

Practising confidence is knowing you are worthwhile whether you win or lose, succeed or fail. You feel sure of yourself and gladly learn from your mistakes. You don't allow doubt or fear to stop you. You try lots of new things and discover what you are best at. You think positively. You have confidence in life, trusting that all things work together for good.

"Shoot for the moon. Even if you miss it, you will land among the stars." Les Brown



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

North Vancouver Parks and Recreation:
www.northvanrec.com

For more information on Health Canada's Activity Guide lines for children visit:
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 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, MHS, RD

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