



Friday, January 6, 2012



Dear Parents

Happy New Year and welcome back to the second term of the 2011-2012 school year!

December was a month filled with music, drama and dance. Band, Strings and Choir students performed with poise and accomplishment at the events which included the Band and Strings Concert at Highlands, an assembly of music for students and staff, and of course our Christmas Concert at the Centennial Theatre. Thanks are extended to Mr. Bradshaw, Mr. Ewan, Mrs. Ferguson, Miss Ham and Mr. Kabok for their inspiring dramatic and musical leadership.

Our Green Team recognized the Holiday season in a “green way” by offering two lunch hours of card-making using recycled cards and materials. Primary and intermediate students alike designed beautiful creative cards and boxes and were reluctant to finish when the bell rang asking, “can we do this again tomorrow?” On another “green” note, we enjoyed a production of “Keep Cool”, a play about climate change presented by 2 talented members of DreamRider Theatre. Their funny energetic and informative presentation was thoroughly enjoyed by all!

As part of our Safe and Caring Schools focus, Mrs. Jensen, our school counselor, and Mr. Martin will begin training a new group of Grade 6 students as peer counselors soon. Peer counselors are easily identified on the playground by their bright red jackets. They work primarily with primary children, encouraging positive friendly behaviour and acting as friends and resources. The peer counseling program involves training in communication and leadership skills—skills which the Grade 6’s will then take into Grade 7 and on into high school. This program involves a commitment of time and energy.

Students have settled back into the classroom routines and teachers have reviewed both behavioural and curricular expectations. During the winter term a substantial amount of new academic content is covered. It is therefore important that students put forth their best effort to make the most of this important term. Parents are an integral part of the learning process. Please read with your children daily, practice spelling words with them, review math facts, check their agenda books, provide a quiet spot and regular time of day for their homework and celebrate their successes along the way.

Thank you for all that you do for us at Highlands. The staff looks forward to a rewarding term and thanks you for your continued support.

Sincerely,

Mrs. Arlie Thompson
Principal

Mr. Blair Martin
Vice Principal



January/February Calendar

- Jan. 16** Curriculum Implementation Day -
Classes not in session
- Jan. 23** Registration and Transfer requests for
Grades 1 to 12 begins
- Feb. 23** Talent Show
- Feb. 24** District-wide Professional Day



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!

Welcome

Please welcome our new students to Highlands:

<i>Alice Lee</i>	<i>Grade 2</i>
<i>Anna Park</i>	<i>Grade 2</i>
<i>Brian Park</i>	<i>Grade 2</i>
<i>Annie Kim</i>	<i>Grade 3</i>
<i>Nick Kim</i>	<i>Grade 4</i>
<i>Harry Lee</i>	<i>Grade 4</i>
<i>Edward Park</i>	<i>Grade 4</i>
<i>Chris Son</i>	<i>Grade 5</i>
<i>Rachel Park</i>	<i>Grade 7</i>

Lates & Vacations

In December, 51 students took vacations during school for a total of 181 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>
11 - 12	282

Improved Highlands Website

Welcome back from a relaxing family holiday, and the start of a new term! We would like to bring to your attention changes that have been made to the Highlands website over the past few months.

We have updated the school calendar, newsletters and are in the process of adding a Vancouver Coastal Health section. **Our newsletter will now be posted to the website the first Friday of every month (we will no longer be emailing it to families).**

Parents will also discover a revised and current staff directory with e-mail addresses to allow for ease of communication. We also have developed a new athletic page which will be informative about our extra-curricular team sports, and keep the community up to date with general information about athletics throughout the year. We will endeavor to keep our web page as current as possible, and hope you will find it useful and informative.

Call in reminder



Please use our call-in (604-903-3544) for ANY lates or absences. When signing in or out at the office please remind your child to write their last name, time, as well as marking off who their teacher is.

Students only need to sign in outside the office until 9:15am and between 12:05 - 12:55pm. Otherwise, they just check in /out with their classroom teacher. Students leaving the school at lunchtime should sign out & in at the office. If they have a note for the day to go to the village, they will need to check in at the office.

The school will no longer be able to accept verbal permission for students to leave the school (eg. to walk home due to an illness). If a situation arises we would be able to accept an email or fax authorization.

Head Lice



This is just a reminder to parents that this is a common issue among school-age children and one that can affect anyone.

Check each family member's head **EVERY week.** Make this a family routine Sunday night before returning to school on Monday. Also, remind your children to avoid sharing items that come in contact with your head or neck (towels, hats, scarves, helmets, combs and brushes).

Kindergarten Assessments



During January and February, all kindergarten students receive assessments in numeracy and reading readiness. An information letter will be sent to kindergarten parents via School Connects' e-mail. Please see your child's teacher or Mrs. Thompson if you have any questions regarding the screening.

2011 Highlands Christmas Bureau Drive



A VERY BIG thank you to all of the students and their families as well as the teachers for giving so generously to the Christmas Bureau this holiday season. We had many full boxes of gifts to deliver as well as some giftcards. It was incredibly exciting to be able to deliver so many parcels!

Thank you to the parent drivers: Karen Magelund, Jill Peters and Lindsay Lal for helping with the driving and thank you to the many Grade 7's who carried all the boxes to the foyer.

Thank you to our coordinators: Jill Peters, Carol Anne Parkhill, Julie Waltz, Stacey Adam, Ellie Pirouznia, Lanita Moore, Neda Strandebo, Karen Magelund, Colleen Blackwell, Sue Bath, Lesley Scott, Lori Rutherford, Nancy Buitenhuis, Cindy Diett, Lisa Torregiani, Marian Dodd and Heidi Kennedy for the beautifully decorated boxes and classroom pep talks.

A few parents were able to see the Christmas Bureau set up and saw the need for gifts for the teenagers. The Family Services of the North Shore really appreciates Highlands much needed contributions for this often overlooked age group.

Warmest Regards,
Jennifer Williams



TRAFFIC KUDOS

The staff and students of Highlands School wish to thank all of the parents who are part of our traffic solutions.

- Thank you for walking your students to school rather than driving.
- Thank you for not parking in the lay-by.
- Thank you for not stopping in the lay-by entrance.
- Thank you for not stopping in traffic and allowing your children to dash in from the street.
- Thank you for not double parking on Fairmont.
- Thank you for respecting neighbour's driveways by not using them as a turn around/parking lot.
- Thank you for not parking in the staff parking lot.
- Thank you for not stopping in the staff parking lot.
- Thank you for not letting your engine idle while waiting.
- Thank you for not speeding in the school zone.
- Thank you for being extra cautious at the Queens and Highlands crosswalks.
- Thank you for taking extra care in the cold, slippery winter conditions.

If you are not one of the parents being thanked above, please make it your New Year's Resolution to become one of them!



P.S. Thank you again for not stopping or parking in the staff parking lot!



روشهای تعلیم و تربیت (ایران/کانادا).... از بدو تولد تا 17 سالگی

روشهای تعلیم و تربیت در سراسر دنیا چهار تا است، فقط اسم روشها در فرهنگهای مختلف متفاوت است

بچه ها از بدو تولد شروع به یاد گرفتن میکنند
روشهای تعلیمی ما چه بوده؟
روانشناسی جدید چه مطالبی را عرضه میکنند؟
آیا فرهنگ متفاوت ما با سیستم جدید/کشور جدید وفق دارد؟
نقش ژنتیک و محیط زیست چیست ؟
استفاده از کلمات و رفتار ما تا ثیر مثبت یا منفی در رشد فرزندانمان دارد. "چطور؟"

ما چطور میتوانیم با فرزندانمان ارتباط مثبت بر قرار کنیم؟

گاهی بدون اینکه متوجه باشیم، ممکن است که اعتماد به نفس یا عزت نفس فرزندانمان را ضعیف کنیم.
چطور اعتماد به نفس را بالا ببریم؟ (یکی از رمزهای موفقیتشان، دانستن توانائی حقیقی شان است)

چرا بعضی از بچه ها مثل ایران درس نمی خوانند، به پدر مادر و نصایح شان توجه نمیکند؟
مشکل کجاست؟

تفاوت فرهنگ ما و کشور جدید؟ تفاوت فرهنگی؟
تفاوت یا از دست دادن دانش و تحصیلات قبلی ما ؟
مشکلات مالی جدید؟ مذهب؟
دلتنگی و از دست دادن کسی که میشناختم؟ عدم تعلق؟
زبان جدید و فرهنگ بسیار متفاوت؟



شروع برنامه

February 9, 16, 23, and March 1st

1:00 تا 3:00 پنجشنبه ها

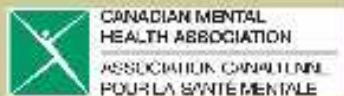
برای ثبت نام با نسرین پژواک تماس حاصل نمائید... 778-772-0231

The BC Association of Clinical Counsellors (BCACC)
presents *the North Shore Skills for Mindful Living Series*

PLUGGED IN & TUNED OUT:

Helping parents and kids navigate digital cultures.

The Skills for Mindful Living Series is a BC Association of Clinical Counsellors (BCACC) community service initiative developed in collaboration with Canadian Mental Health Association North and West Vancouver Branch and West Vancouver Community Centres Society.



To register please call:
(604) 987-6959 or email
rebecca.bailey@cmha.bc.ca

For more info, please contact:
Deborah Braun, RCC
North Shore Series Coordinator
debibraun@shaw.ca

Lida Izadi, RCC
Chair, Member Services
BCACC
(604) 786-5432
lidaizadi@hotmail.com

Join us for the first session of the 2012 Skills for Mindful Living Series - an ongoing series of free, educational workshops designed to provide opportunities to the North Shore community to develop healthy strategies for living and skills to enhance family relations.

Workshop Overview

Technology is now an essential feature of our social culture, particularly for children and adolescents (gaming, blogging, social networking, cell phone bullying...). Technology has become the central means by which many of us communicate, learn, and manage information challenges. However, issues such as anxiety, depression, isolation, anger and addictions are also highly prevalent in the online worlds.

This informative presentation will benefit anyone who is interested in gaining knowledge and insight into the emerging cultures of technology and their impact on childhood development, family life and education.

When: Thursday, January 26th, 2012
Where: Cedar Room, West Vancouver Community Centre
2121 Marine Drive, West Vancouver
Time: 7:00 – 8:30pm
Presenter: Ross Laird, RCC

Ross Laird is an interdisciplinary scholar, best-selling author, teacher, psychotherapist, consultant, poet, addictions & trauma specialist and creative artist, offering a unique blend of the arts and sciences. He has won numerous awards and his book "Grain of Truth" was voted one of the 100 most important books by the Globe and Mail, and Spirituality and Health magazine.

Registration is required as space is limited

<u>Upcoming Workshops</u>	<u>Presenter</u>
February 9th Drugs, Alcohol, Sex & Screen Time: Talking with Teens about Difficult Topics	Jim Skinner
April 26 th Calming the Anxious Mind: The practice of mindfulness in troubled times	Mark Morissette



Support Group

for children on the NorthShore who
have family members with cancer

Wednesdays 3:30-4:45

Beginning January 25 and ending February 29, 2012

Carisbrooke Elementary**510 E. Carisbrooke Rd.North Vancouver

To register please contact one of the following facilitators:

Mary Fletcher, M.Ed., 604-903-4699 ext. 5223

Debra Walsh, M.Ed., RCC 604-903-3380



Sponsored by N. Van. School District and open to all Elem.School students on the North Shore