



Larson Newsletter

At Larson School, staff and parents work together to provide a safe, challenging and supportive environment that enables and inspires students to succeed, become lifelong learners and responsible citizens.

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At Larson We Care About - Ourselves & Others
- Learning
- The Environment

Issue # 8

April 2011

Hope everyone enjoyed their Spring Break!

Prior to Spring Break, Larson's Talent Show provided great entertainment for the whole school. Students from Grade 1 to 7 shared their wide range of skills and talents. Special thanks to the performers, student leaders (MCs and stage hands), and to our organizers, Mme Busby and M. Godin, for another fabulous show.

This week, our Continuing Band and Advanced Strings members are participating in the District Band and Strings festivals at Lucas Centre. In addition, our Grade 4/ 5 Choir is visiting the Inglewood Care Home, as well as, preparing for an evening performance for the parents and an afternoon performance for the school. Thank you to Ms. Pinchin, Ms. Murray, Ms. Busby and Mrs. Marion for their extra time and commitment in working with our musically talented students.

Track and Field season is starting for students in Grades 4 to 7. Practice schedules, event dates, and consent forms will be coming home with the students. Information will also be posted on the Larson school website. Please note that the Qualifying meet at Handsworth Secondary School is Wednesday, May 18 from noon to 4:00p.m., and the District Track and Field day at Swangard Stadium is scheduled for Tuesday, June 7th, 2011.

In the North Vancouver School District's "Community Report 2011", many of our students from Ms. Miller's Grade 4 class are featured in the Photo Album page. These photos were part of a class project. Congratulations!!

This year, our school is supporting the Canadian Cancer Society with its Daffodil Campaign on Wednesday, April 27. This campaign encourages individuals to show solidarity and to proudly wear a daffodil pin to honour those who are battling cancer and to remember those who were lost to cancer. The Canadian Cancer Society has provided each student with a pin, and we are encouraging every student to donate a toonie to this campaign. Donations will be collected during the week of April 26 to 29. Thank you in advance for your generosity.

Please note that the 2011 Ministry of Education Satisfaction Survey (for parents of Grade 4 and 7 students) has been extended until April 25, 2011. On-line participation information was sent home in February to these parents.

As the weather gets warmer, we ask students and their parents to support our learning environment by dressing appropriately for school. Clothing should allow students to participate in all school activities. Articles of clothing that are too revealing or have inappropriate language, topics or images are unacceptable for school. Some examples for dress expectations are:

- Appropriate necklines
- Hats, caps and hoods are removed when in the school
- Shirts/tops should not be see through or have inappropriate messages
- Bra straps, underwear, midriff and backs are covered
- Footwear allowing for safe play

Thank You in advance for your support in ensuring a respectful learning environment for everyone.

Reminder

Please be advised that there is no supervision before or after school. Students are encouraged to arrive at school after 8:40 a.m. and to go home after school to check in before returning to play.

“Rockin’ Walk-a-Thon”

On Thursday, April 21^s Larson Elementary and PALS are holding Larson’s 3rd Annual Rockin’ Walk-a-Thon. Further information regarding this fund-raiser will be coming home next week. The Walk-a-Thon will go ahead RAIN or SHINE so students should dress appropriately.



Dates to Remember

| | |
|----------|------------------------------------|
| April 8 | Cultural Performance |
| April 13 | Band Performance 7pm Larson Gym |
| April 14 | Ready Set Learn 3:45 in Library |
| April 15 | Dairy cows visit (am) |
| April 19 | PALS – 7pm Library |
| April 21 | Walk-a-Thon |
| April 22 | Good Friday |
| April 25 | Easter Monday |
| April 27 | Daffodil Day |
| April 28 | Class Photos |
| April 29 | Look-a-Like day |

April

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> |
|--|--|--|---|--|---|
| | | | | | 1 Cash 4 Clothes Student of the Week 1:00 pm |
| 3 | 4 | 5 | 6 Choir Performance 7:00 pm Larson Gym | 7 Band & Strings Festival 9:30-Noon Choir Concert 1:00p.m. Choir to Inglewood 2:00-3:00 | 8 Band Festival 10-12 Lucas Center. DIV E01, E02, F01 to Centennial Theatre Student of the Week 1:00 pm Cultural Assembly 1:15 – Gym Popcorn Fundraiser |
| 10 | 11 | 12 Gr. 6 Hep. B Shots Golf lesson Gr. 3 and 4 | 13 Gr. 4 Band Instrument Demonstration Golf lesson Gr. 4 and 5 | 14 Ready-Set-Learn 3:45-4:45 Library Family Photo Night | 15 Student of the Week 1:00 pm Family Photo Night F06- Presentation House |
| 17 | 18  | 19 | 20 | 21 Walkathon PALS Lunch Day Student of the Week 1:00 pm | 22 Good Friday |
| 24  | 25 Easter Monday | 26 | 27 Daffodil Day – Cancer  Fundraiser | 28 Class Photos | 29 Student of the Week 1:00 pm Look-a-like day |
| | | | | | 2011 |

May

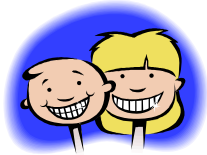
| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> |
|------------|---|---|---|---------------------------------------|--|
| 1 | 2 | 3 | 4 Assembly – Chinese Acrobats | 5 Student of the Week 1:00p.m. | 6 District Pro. D. Day |
| 8 | 9 | 10 Mountain Bike Safety Presentation Gr. K - 3 | 11 | 12 | 13 Div. F06 to Aquarium Student of the Week 1:00p.m. |
| 15 | 16 | 17 Mountain Bike Safety Presentation Gr. 4-7  | 18 Handsworth Zone Qualifications 12:00 – 4:00p.m. | 19 Student of the Week 1:00p.m. | 20 Fun Day Early Dismissal 12:30p.m. |
| 22 | 23 Victoria Day | 24 | 25 Jump Rope for Heart | 26 Volunteer Tea 3:15 | 27 PALS Lunch Day Student of the Week 1:00p.m. |
| 29 | 30 Curriculum Implementation Day | 31 New Kindergarten Orientation | | | |
| | | | | | |

2011

April 2011

Children's Oral Health: Tips for Parents

Children start losing their baby teeth at around 6 years of age. The last teeth to fall out are usually the baby molars (back teeth) at around 12 years of age. It is important to keep baby teeth healthy because children need them for:



- Speech development
- Chewing food and getting proper nutrition
- Spacing for permanent teeth
- Smiling and self-esteem

Children need your help to keep their teeth healthy. Here's how you can help:

- Brush and floss your children's teeth until they can handwrite their name (around 8 years of age).
- Use a small amount of fluoride toothpaste twice a day. Nighttime brushing is especially important.
- Limit sugary snacks and drinks. Encourage your children to drink water when they are thirsty.
- Provide healthy snacks. (See snacking & sipping tips below).
- Start regular dental check-ups and cleanings by age one (twice yearly).
- Have sealants applied to erupting permanent molars.
- Be a role model for your child and establish good oral hygiene and eating habits for yourself.



Snacking and Sipping Tips:

Snacks are an important part of a child's food intake, and not just a "treat" between meals. Beware that frequent nibbling or sipping on foods and drinks that are high in sugar increases a child's risk for cavities. There are many factors involved in tooth decay, including how often food and sugary drinks are consumed and how long it stays on the teeth. Children who eat healthy snacks and drink fewer sugary drinks have more energy and will learn better. Choose healthy snacks for your children and save "treats" for special occasions after meals.



For a healthy snack, choose foods from at least 2 of the 4 food groups in "Canada's Food Guide to Healthy Eating." Limit the number of snacks to 2 to 3 per day to avoid nibbling and sipping all day. Change the snacks often to provide variety and keep children interested in healthy foods. Offer water to sip on between meals to keep hydrated. Refer to Sip Smart! BC www.bcpeds.ca for sugar content in popular drinks.

Snack Suggestions:

- Pieces of fruit and yogurt for dip.
- Pieces of raw vegetables and hummus dip.
- Cut up pieces of pita bread or whole grain bagel and hummus dip.
- Hard-boiled egg and slices of cheese.

Establishing good oral hygiene habits at an early age will ensure your child has healthier teeth and a healthier body for a lifetime!

Source: BC Dental Hygienists' Association www.bcdha.ca

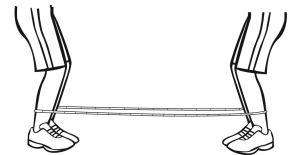
For more information, please visit www.vch.ca/dentalhealth or call **Carole Charbonneau**, Community Dental Hygienist for Vancouver Coastal Health, North Shore at (604) 904-6200.

April 2011

Health Matters

Do It Yourself Chinese Jump Rope

Chinese Jump Rope is a universal game also known as elastics or skip tape. It is typically played by 3 jumpers and begins with following a jump pattern, at a low level first, and is often accompanied by a song or a chant.



Make Your Own: Tie 4.8m (3 arms lengths) of sewing elastic into a loop.

Basic Steps: Two participants stand facing each other with their feet shoulder-width apart and the rope around their ankles and back away from each other far enough to stretch the elastic. The skipper begins by standing outside the elastic, facing either participant. The lines in the diagrams represent the two parallel elastics of the rope.



Names and Words: Using basic jumps, the skippers can spell their names (one letter per jump) or other words and jump out when finished. To make it more challenging, move the elastics up the leg a little at a time and/or try half turns between jumps.



For more information on outdoor playground games review the Action Pages! under the Quick Links on www.actionschoolsbc.ca

Shake the Salt Habit



Canadians eat too much sodium or salt, which can increase blood pressure. One out of three Canadians has high blood pressure and children are also at risk. More than 75% of the sodium is from processed foods and restaurant or take out foods.

To decrease salt:

- Read the Nutrition Facts table on food packages and choose foods with less than 15% Daily Value for sodium
- Choose less of the foods that are high in salt – pizza, sandwiches, submarines, hot dogs, hamburgers, sauces and soups
- Reduce the amount of salt you use in cooking or at the table
- Buy fresh, frozen or unprocessed foods more often
- Use low sodium seasoning or herbs and spices instead of salt

For more information, visit www.lowersodium.ca or www.sodium101.ca

No Salt Seasoning

| | | |
|-------|---|---------|
| 15 ml | each dried mustard, paprika, garlic powder, onion powder | 1 tbsp |
| 7 ml | black pepper | 1 ½ tsp |
| 5 ml | each dried basil, dried thyme | 1 tsp |



Combine ingredients in a bowl and store in a sealed container. Use instead of salt.

April 2011



Immunization Reminders! Larson Hep. B April 12, 2011

The last Grade 6 and 9 school immunization clinics for this school year will start after Spring Break. Please check your school calendar for the exact date.

We would like to thank all the students, parents and school staff for making the prior clinics a success!

For those wishing immunizations out of school or needing update of other shots, or are off schedule from the school clinics, please contact Public Health at 604-983-6700 or your family doctor to make an appointment.

Reminders:

- **Kindergarten students** - between 4-6 years of age a booster dose of Diphtheria, Tetanus, Pertussis and Polio is recommended. Please contact Public Health (604-983-6700) 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 and travel. Now is a great time to make sure the immunization record is complete.
- **Parents & adults**— Have you had a Td (tetanus, diphtheria) booster in the last 10 years?? No? If not, you are due! This is a free vaccination. Please contact your family doctor.



For the latest immunization schedules and updated information please visit the following resources:

1. Visit www.immunizebc.ca
2. Contact a Vancouver Coastal Health Public Health Nurse on-call at 604-983-6700
3. Call Healthlink at 811