

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.

2605 Larson Road, North Van. BC V7N 3W4
Tel: (604) 903-3570 Fax. (604) 903-3571
Call Back (604) 903-3572
www.LarsonElementary.ca

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

Issue #5

January 2011

BONNE ANNÉE / HAPPY NEW YEAR

It is great to see everyone back at school. Students are already settled into classroom routines, and as always, our school days are filled with various activities and events. We would like to extend a very warm welcome back to Mme Hewson to the French Immersion kindergarten classes after her year away.

As in past years, our students and staff provided a very entertaining performance for the **winter concert**. Thank you to everyone for their hard work in putting this much anticipated event together.

This **Volleyball** season, Larson has entered four teams (Grade 6 and 7 Girls and Grade 7 Boys) in the school district leagues. All games are played after school with the Girls' games on Tuesdays, and the Boys' games on Mondays. Practice schedules are posted outside the school gym and game schedules will be posted when available.

Our French Immersion parents were invited to an information session in our school gym on January 6, 2011. At the meeting, the North Vancouver School District staff presented the outcomes of the *November 2010 Extended French Immersion Advisory Report*. The report included recommendations that "would provide the best possible means of balancing French Immersion enrolment across the district and ultimately enhancing the district program". One of these recommendations is that "the Larson French Immersion program feed into Argyle Secondary School, commencing in September 2012." To view the full report and the two District letters that were sent to all Larson's French Immersion families on December 10, 2010 and on January 12, 2011, please visit our school website <http://www.LarsonElementary.ca>

We wish to extend a very special THANK YOU to all of our Safety Patrollers for braving the inclement weather in the morning and after school. Drivers and pedestrians are reminded to follow our Patrollers' directions to ensure that everyone is safe.

During the two week school wide Tennis program, all students participated in learning and practicing the fundamental skills of playing tennis. We appreciate the Larson parents for supporting this program with their fund-raising efforts.

Time-line information for the various assessments that are occurring this term:

District Assessment

Canadian Cognitive Abilities Test (CCAT) for Grade 3 students (January 17-18)

Test of Phonological Assessment and Numeracy for Kindergarten students (January 24–February 11)

Ministry Assessment

Foundation Skills Assessment (FSA) for Grade 4 and 7 students (January 31-February 11)

Please note that all parents will have received, from the school district, notification and detailed information of the above assessments for your child's respective grades.

Satisfaction Survey 2010/2011

The Provincial Satisfaction Survey is unique in its scope, size and usefulness to schools. It gathers information from parents, teachers and students on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective.

Early in **2011** the Satisfaction Survey will be administered to students in grades 4 and 7, their parents, and all school staff. We encourage parents to participate in this survey, as the results are important in identifying and celebrating current strengths, as well as determining where the school needs to focus improvement. The surveys contain standard questions for the Province – in addition, questions from the school and/or district that focus on local conditions or issues may be included.

This year, the survey can be completed electronically and can be accessed on the Internet at http://www.bced.gov.bc.ca/sat_survey. Any computer with an Internet connection can be used, and access to the e-survey is simple and secure. All that is required is a logon number that the school will provide to participants. Provincial, District and School Reports for previous years can be viewed at the same site, without a logon number. A letter has been sent home to grade 4 and 7 parents with your logon number.



Winter Weather



January arrived with very cold winds, wet days, and low temperatures. Please ensure students are dressed for the weather as they are expected to go outside at recess and lunch.

Dates to Remember

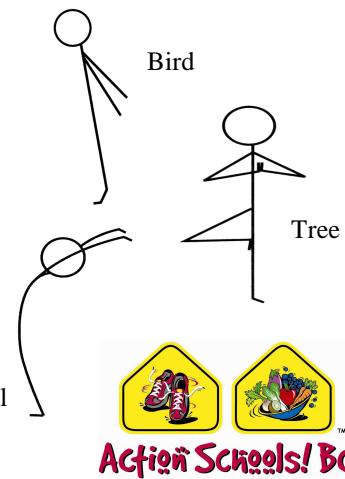
Jan 20 th	Outdoor School Parent Info. Meeting 6:30p.m.
Jan. 21 st	PALS Lunch Day, Pyjama Day, Student of the Week
Jan. 24 th	New K Registration starts
Jan 26 th	Province Wide Earthquake Drill
Jan. 28th	Larson Pro. D. Day – School NOT in Session
Feb. 4 & 11	Ski Programme at Whistler

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Yoga Moves at Home

Yoga is a system of total body movements that incorporates stretching and poses with breath, relaxation and imagery. Yoga develops body awareness and improves flexibility, strength, balance and mental focus. Perform these simple yoga moves first thing in the morning, after a busy day, while watching TV, or just before bed. Hold the pose for 30 seconds to a minute while breathing deeply in through the nose and out through the mouth.

Adapted from Yoga Kit for Kids. For this resource or more yoga resources please refer to the Action Pages! At www.actionschoolsbc.ca



Kids in the Kitchen

Cooking is a family affair. Involving your kids in the cooking process will help them learn about healthy eating. They will be more interested in the food they eat and will be more likely to try new foods. Cooking with your kids is also a fun way to spend time together.

Here are some tips to help you involve your kids in the kitchen:

- Include family members in the planning of meals.
- Go grocery shopping with your kids. They can also help by writing the grocery list.
- Be ready to share the kitchen and expect spills and some mess. This is part of the learning and experience.
- Be food safe. Make sure everyone washes their hands before preparing food.
- Review recipes and introduce any new cooking terms, utensils or food.
- Get your kids started with cooking by letting them help with simple tasks like washing, stirring and measuring.



For more tips on planning, cooking, and eating together with your kids, visit www.bettertogetherbc.ca. Jamie Oliver fans can visit www.jamieoliver.com/jamies-30-minutes-meals/ for 30 minute meal ideas.

Mini Pizzas

3	small 6" whole-wheat pita breads	3
1 cup	pasta sauce	250 ml
1 cup	grated cheese (e.g. mozzarella)	250 ml

Assorted pizza toppings: sliced sweet pepper, fresh tomatoes, sliced mushrooms, sliced zucchini, canned pineapple tidbits

1. Place pita bread on cookie sheet.
2. Add 1/3 cup (80 ml) pasta sauce and 1/3 cup (80 ml) cheese to each pita bread.
3. Add toppings.
4. Broil in a preheated oven at 400°F oven for 5 minutes or until bubbly.
5. Let cool for 2-3 minutes.
6. Slice pizza into quarters and enjoy. Serves 6



If you have any suggestions for future topics, please contact **Kathy Romses, Community Dietitian** at 604-904-6200 or Kathy.Romses@vch.ca. If you have general nutrition questions, call Health Link at 811 and ask to speak to a dietitian or visit www.HealthLinkBC.ca. Contact Action Schools! BC for how you can support health promotion in the schools.

January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1 New Year's Day <i>A Happy New Year!</i>
2	3 School re-opens Tennis Prog.	4	5	6 Staff Mtg.	7 Student of the Week 1:00p.m.	8
11	10 Tennis Prog.	11	12	13	14 Student of the Week 1:00p.m.	15
16	17	18 Parent Ski Meeting 6:00p.m. Library	19 City Library to Div. E08 1:30p.m. Div. F10 2:00p.m.	20 Outdoor School Parent Meeting 6:30p.m. Library	21 City Library to Div. F09 9:00a.m. PALS Lunch Day P.J . Day Student of the Week 1:00p.m.	22
23	24 2011-2012 K Registration Starts	25	26 E05, F04, F05, F06 Skating Earthquake Drill A.M.	27 Student of the Week 1:00 p.m. Eng. Gr. 7 's to Balmoral 2:00- 3:00p.m Field Hockey Gr. 1/2	28 Larson Pro D. Day	29
30	31					

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February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2 Grade 4 Eng. Grouse Mountain	3	4 Ski Program Student of the Week 1:00p.m.	5
6	7	8	9	10	11 Ski Program Student of the Week 1:00p.m.	12
13	14	15 Gr. 6 St. John First Aid	16 Gr. 6 St. John First Aid	17	18 PALS Lunch Day Student of the Week 1:00p.m. E01, E02, F01, F02 to Karen Magnussen Pool	19
20	21 Outdoor School Gr. 2/3	22 Outdoor School Gr. 2/3	23 Outdoor School Gr. 2/3	24 Student of the week 1:00 pm Handsworth Counsellors to Imm. Gr. 7 9:00a.m.	25 District Pro. D. Day	26
27	28					

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