



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 # 10

June 2011

We are fast approaching the end of this school year, and students and staff are busy completing projects and preparing for year-end activities. On Friday, June 24th our Grade 7 Farewell assembly will take place in the Gym at 1:15 pm. Tuesday, June 28th is the last day of school for students, and students will be dismissed at 10:00 am for the summer holidays. Final Term Report Card will be coming home to the parents with the students on this day. Please note that the last half day session for the French Immersion Kindergarten students is Monday, June 27th. Students in Mme Hewson's classes will receive their Report Card on June 27th.

Larson **Fun Day** was well attended and students enjoyed themselves in the sunshine at the various stations. The Grade 6 student leaders did a fantastic job of running the stations for the younger students. Way to Go! It was great to see the large number of parents participating in some of our relays as well. Thank you for your involvement.

We would like to welcome the newly elected **PALS** Executive for this coming school year, and we look forward to the continued support that PALS had provided to the school throughout the years. On behalf of all of us at Larson, I would like to take this opportunity to THANK the current PALS Executive and all the Larson parents for all that you have done throughout the school year. Our school community has benefited from your enthusiasm and caring spirit in so many ways. The time and effort you put in to plan and organize the September Family B-B-Q, various fund-raising events, monthly PALS lunches, bi-weekly Fruit/Vegetable Snacks program, and the popular Christmas Movie Night are some examples of parent involvement as a community, in small groups, and individually. We greatly appreciate the numerous hours you have contributed to make Larson an even better school for our students. THANK YOU.

At our **Volunteer Tea**, we recognized and honoured everyone who had contributed many hours of volunteering at Larson School. Volunteers played an important role in our school, ranging from assisting and transporting our students on field studies and sports events, coaching teams, shelving books in the library, organizing and actively participating in school events, to providing valuable opportunities for our students to read with an adult. In whichever capacity you contributed to the school, we sincerely thank you for your time and generosity. Through volunteering, the adults have modeled for our students the importance of helping others and giving back to our community.

We also would like to acknowledge our **Grade 7 student leaders** who assisted with the Volunteer Tea. They greeted, served and thanked the parents/volunteers for their dedication, provided musical entertainment throughout the Tea, and looked after the little ones while their parents attended the event. Well Done!

At the North Vancouver School District's **Track and Field** meet on June 7th, 50 of our Grade 4 to 7 student athletes participated at Swangard Stadium. Congratulations to our students for a fabulous job of representing Larson and demonstrating athletic abilities and good sportsmanship. The District Track and Field committee also appreciated the ten students from Larson who assisted with marshalling the races at the meet. Thank you to all the parents who drove the students to and from the stadium and cheered our students on throughout the day. A special THANK YOU to all the coaches for making this year's Track and Field season a success.

This week, our **Roots of Empathy** program concluded with a celebration of Baby Gemma Rose's developmental milestones and a reflection on the family visits to our school. Mme Kirkwood's Grade 5/6 students shared some of their favourite moments in Roots of Empathy, such as: "when Gemma laughs (which was most of the time)", "when Gemma started growling at the entire class", "when she went from being helpless to zooming around the room", and "I enjoyed everything! I loved seeing Gemma grow!" The students also learned that "when you shake a baby, it can have brain damage", "there is more than one kind of diapers", "to always keep an eye on the baby", and "babies are very smart, and they learn very quickly." Thank you to Megan and Grandma Lynne for sharing Gemma Rose with our students this year. We thoroughly enjoyed being a part of Gemmas' first year, and we hope that the Katona family will come and visit us at Larson.

I would like to take this opportunity to thank Ms. Gilbert for her dedication and hard work as our LAC teacher this year. We wish her all the best in her new school in September.

Congratulations and Happy Retirement to Mme Vezina. We sincerely Thank Mme Vezina for the many years of dedication in the teaching profession of nurturing and caring for our students. Her presence and experience will be missed by all. We wish her all the best in her future endeavours.

The staff would like to wish the Grade 7 students and all the families that are leaving Larson this June the very best in their future years.

Enjoy the summer and see you in September!

Balmoral Summer Drama Camp

Balmoral Summer Drama Camp is registering now for its 25th year! Featuring NVSD drama teachers Aurora Reale and Rob Walker, this half-day program will run the first 3 weeks of July. The program encourages the development of communication skills and self-esteem through active, engaging theatre games. The skills we develop will showcase in a closing performance. Registration is open for any one, two or three weeks. Preregistration is not required, show up on the first day!

Hours: 9-12 AM

Date: Monday-Friday, July 4-22

Location: Balmoral Jr Secondary Drama studio

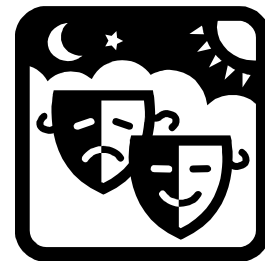
Ages: 8-17

Cost: \$125/week, \$350/3 weeks

Cheques payable to AURORA REALE

Contact: Rob Walker, rwalker@nvsc44.bc.ca, 778-838-7622

or Aurora Reale, 604-321-6406



School Opening September 2011

Students entering grades 1 to 7 will report to school on Tuesday, September 6th at 8:55 a.m. All returning students will proceed to their former classrooms. New students will meet in the Library. **Students will be dismissed at 10:00 a.m. on Tuesday.**

Regular school hours (8:55 to 3:00) will begin on Wednesday, September 7th. Students will return to Tuesday's classroom to begin the day. Students need to bring a healthy snack, drink and lunch starting on Wednesday.

Kindergarten students will be receiving their letters indicating their schedule for the first week of school.

Bell Schedule for 2011-2012

8:50 First Bell
8:55 Classes begin
10:25 Recess
10:40 Classes begin
12:00 Lunch
12:50 First bell
12:55 Afternoon classes begin
3:00 Dismissal

Library Books

All Library books should be returned to the school by Friday, June 17th. Please continue to read over the summer months by visiting the public library.



IMPORTANT INFORMATION!

Families that are moving over the summer are asked to please let the office know as soon as possible. This applies to families moving to a new school in School District 44, out of the district or out of the province.

Missing Textbooks

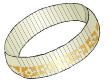
Please check to ensure that all textbooks are returned to the school.



Lost and Found



There are many items in our Lost and Found that need to be claimed. Please check the area outside the music room, along the lower west hallway, for any missing items. There are also a number of small items in the office, keys and jewellery. All items not claimed will be donated to charity by Wednesday, June 29th.



Dates to Remember

June 17 PALS Lunch Day
June 23 Grade 7 Farewell
7:00p.m.
June 24 Assembly 1:15 pm
June 28 Last day of School
Dismissal at 10:00
Reports go home
June 29 Larson Pro D. Day

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Student of the Week 1:00p.m. Hat Day	4
5	6 Gymnastics Begin	7 Swangard Track and Field Meet 8:30 – 3:30	8	9 High Jump Rain Out	10 Student of the Week 1:00p.m. Emerg. Prep Student training For Gr. 5 &6	11
12	13 Band Instrument Demo.	14 Whitecaps Presentation @ 2:00p.m. Strings Concert 7:00p.m. Larson	15	16 Band Concert - Eastview 7:00p.m.	17 PALS Lunch Day Gymnastics End F01, F02, E01 E02 to Ambleside	18
19	20 Gr. 7's Watermania	21 Gr. 7's Kayaking	22 Gr. 7's UBC Rope Course	23 Gr. 7 Farewell Gr. 2/3 French Swimming E05, F03 Mahon Water Park	24 School Assembly 1:15p.m.	25
26	27 E04, E06 Mahon Park F07, F08 Ambleside	28 Reports go home Last day of school Dismissal@ 10:00a.m.	29 Larson Pro D. Day	30 Administrative Day	Summer Vacation Begins 	

2011

September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1	2	3
4	5 Labour Day	6 School Opens 8:55 to 10:00 am	7 School in session 8:55 to 3:00	8	9	10
11	12 	13	14	15	16	17
18	19	20	21	22 PALS BBQ	23 Larson Pro. D. Day	24
25	26 Individual Photos Family Photos Outdoor School Gr. 6	27 Family Photos	28 SafeTeen Program for Gr. 7 students	29	30 PALS Hot Lunch	

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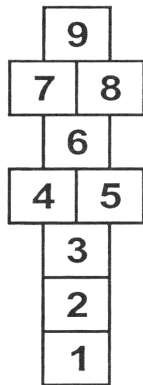
June 2011

Health Matters

Hopscotch

Hopscotch has been played around the world for hundreds of years. Players take turns hopping and jumping over lines, squares, circles and x's drawn on the ground travelling up and down the length of the hopscotch patterns. Hopping contributes to improved bone health and helps develop coordination, agility, and balance while providing a fun and accessible outdoor activity.

Hopscotch (basic game) - Players toss a marker (e.g., stone, bean bag) into the first space. If the marker lands outside this space or on a line the player's turn is over and the marker is left in that space. If it lands inside the first

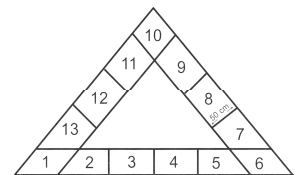


space, the player hops on one foot over this space and continues through the rest of the pattern. On the way back, the player stop at the space just before their marker and pick it up (without losing balance on one foot), hop into that space and then out. The player repeats this pattern tossing their marker into the next consecutive space until a mistake is made (tossing or hopping error) ending their turn. Players must hop over any space occupied by a marker. If

spaces are side by side the players may hop with 2 feet (1 foot in each space). The first player to complete all numbers in the pattern (and back again) is the winner.

Triangle Hopscotch –

Players hop into space 1 and facing space 10, hop each space sideways to space 6, then diagonally forward to space 10, then diagonally backwards to space 1 again and out. Players use a marker and apply the rules used in basic hopscotch. Players may rest on 6 or 10.



For more daily physical activity ideas visit www.actionschoolsbc.ca

Locally Grown Food

Support your health, the environment, the local economy and BC farmers and producers, by choosing locally grown vegetables and Fruit. Here are some ideas for finding locally grown food:

- **Loutet Farm** – the City of North Vancouver urban farm officially opened April 2011. The farm will provide locally grown produce and courses on food production for adults and children. Visit www.ediblegardenproject.com and search online for other urban farms.
- Grow your own food in your garden, in containers or participate in a local community garden. **West Coast Seeds** provides information on how to grow vegetables and fruit www.westcoastseeds.com.
- Visit **farmers' markets** to meet farmers and producers, learn about local products and try new food. Look for locations in local papers or visit www.bcfarmersmarket.org and

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or Kathy.Romses@vch.ca. For general nutrition questions, call HealthLink BC at 811 and speak to a dietitian or visit www.HealthLinkBC.ca. For school based physical activity or healthy eating questions please contact Action Schools! BC info@actionschoolsbc.ca.

Bacteria is Becoming Resistant to Antibiotics



A major cause of antibiotic resistance is the overuse, or inappropriate use, of these medications. When antibiotics are used incorrectly, the weak bacteria are killed, while the stronger, more resistant ones survive and multiply. Germs that develop resistance to one antibiotic may develop the ability to develop resistance to others. Antibiotics then become ineffective when we really need them!

How to prevent resistance:

- ✓ Wash your hands regularly with soap and water for at least 20 seconds. It is the most effective way of preventing any type of infection.
- ✓ Avoid the use of antibacterial soap and “bacteria-fighting” cleaning products. Cleaning with soap and water, or disinfecting surfaces with a solution of water and vinegar or household bleach is adequate.
- ✓ Take antibiotics as directed. Even if you feel better, use the entire prescription.
- ✓ Do not flush out-of-date or unused antibiotics down the toilet, down the sink, or put them in the garbage. If you do, medication ends up in the water table which increases the drug resistance problem. Instead, return them to a pharmacy.

Staying Sun Safe



No Tan is a Safe Tan

Skin cancer is the most common type of cancer in Canada and the most common for youth ages 15-29. The good news is that it is the most preventable! Avoiding the use of indoor tanning beds (which increases cancer risk by 75%) and avoiding the sun's UV rays is a key step in preventing skin cancer.

Eye Protection

UV radiation from the sun can harm the cornea, lens and retina of the eye, both immediately and long-term. Wearing sunglasses is a must! Sunglasses that block both UVA and UVB are recommended. Noticeable signs of UV harm to the eyes may include immediate, but temporary, pain, inflammation of the cornea of the eye, and an aversion to light. Never look directly at the sun!



Did you know?

The UV index indicates the daily strength of the sun's ultraviolet UV radiation. The higher the number, the more risk for sun damage. Local newspaper and radio stations may publicize the UV index when it reaches 3 or higher. At this level we need to take precautions: Cover up, wear hat, sunglasses and sunscreen.

References:

Health Canada; Oct 2005,
WHO Report on Infectious Diseases
2000, www.dobugsneeddrugs.org
www.canadiancancersociety.ca
www.bccancer.bc.ca/PPI/prevention
www.dermatology.ca/index.html
www.optometrists.bc.ca

If you have any questions,
please call the
On-Call Nurse for the Child & Youth Team
at 604-983-6714



il Health Authority