



# Ridgeway Annex School

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## **Ridgeway Annex Mission Statement**

Committed to a focus on learning, Ridgeway Annex, in partnership with the community, will enable students to develop their maximum intellectual potential, sense of self-worth, personal and social responsibility and love of learning within an open, safe and caring environment. The student motto states: I am a responsible Ridgeway Annex student. I care about:

myself and others      my learning      the world around me

## **Ridgeway Annex Code of Conduct**

Be Safe, Be Respectful, Be Cooperative, Believe in Yourself and Others

Please visit our school website: [www.ridgewayannex.ca](http://www.ridgewayannex.ca)

February 2011 Newsletter

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Dear Parents;

We were fortunate to have Dr. Lynn Miller join us for an hour on January 18<sup>th</sup> to share with us her research on anxiety disorder prevention and early intervention techniques. She was a practical, humorous speaker who kept her audience engaged and the hour flew by, leaving me wanting more information. Here is a brief synopsis of materials she covered.

First she addressed how schools are working hard to help students improve upon their competencies in the following areas of social responsibility:

1. problem-solving,
2. initiating/maintaining and ending friendships appropriately,
3. having strong interpersonal skills (which is the number 1 reason for employees being fired in the workplace),
4. being adaptable/ flexible,
5. managing stress

Dr. Miller has found in her research that 13-20% of all children (ages 4-16) sitting in a class have a diagnosable mental health problem, but only 1 in 6 are in contact with a mental health professional. This includes anxiety disorders, disruptive behavioural disorders, mood disorders, and substance use disorders. If the disorder for anxiety, for example, is untreated, there may be diminished educational and vocational achievement, the possibility of them being bullied more than their peers, and impaired relationships.

It is important to note that Dr. Miller verified that some anxiety is helpful, and it is developmental. For infants there is anxiety in separation, in pre-school children, anxiety of the dark, of certain kinds of animals and of separation from parents. For school age students, there may be anxiety around performance and family changes and for pre-adolescents, anxiety about mortality and health.

Our tendency to fight or flee is natural, as anxiety is behavioural. Children may fight their anxiety by having temper tantrums or being oppositional, flee or show avoidance. Anxiety is also physical, so students may complain of abdominal pain, increased heart rate, being dizzy, having headaches or having trouble going to sleep.

It was helpful to know the background to anxiety, but now we were looking for the solutions. Unfortunately time was up for further information, so Dr. Miller directed us to the website [www.anxietybc.com](http://www.anxietybc.com) for answers as to how to help our children. I heartily recommend you to take a bit of time to explore this site. Dr. Miller also mentioned that children have enough sleep if they don't have to be woken up in the morning to go to school. By having a good night sleep in their own bed, they are less likely to be irritable or clingy. They will have a better chance to cope and deal with challenges that come their way throughout the day. Hmm, food for thought!

We appreciate all the families who were able to join us for the potluck dessert and workshop.

## UPCOMING EVENTS

Now that we have turned the corner into 2011, the time has come to think about changes in the coming year. We wish to start planning our amalgamation with the staff, students and parents of Ridgeway at the Cloverly site, in preparation for the start-up at the new Ridgeway School for the 2011-2012, school year. The Gr. 2's began this process with their teachers, by heading up to Outdoor School together on Jan. 24-26<sup>th</sup>. They had a delightful time studying the farm with the baby chicks and new young goats, exploring the salmon and masses of eggs, tromping through the forest for their study sessions, playing games and doing chores like feeding the pigs. All Gr. 2 students will receive a dvd burned with keepsake pictures from their experience. Join us at the next **PAC meeting on Feb. 15th** and we will aim to share these pictures with you there.

### Farewell to Ridgeway Annex

February 8<sup>th</sup> a committee will meet at 7 pm in the Annex library to begin planning a farewell celebration. Please feel free to join us as we start organizing this community event. If you are unable to come, but would like to share some ideas, please contact Mrs. Ehling or Mrs. Burlone and they will bring them to the committee. Once we have established a date and a plan for this event, we will have a call out for individuals to volunteer in various capacities. As you may have noticed, the Annex mural has already been removed, in order for it to be restored and hung at the new school. We are excited about the changes and look forward to your input.



### Ridgeway's Scholastic Book Fair

Ridgeway will be having its annual book fair starting **Mon. Feb. 7<sup>th</sup> to Thurs. Feb. 10<sup>th</sup>**. The book fair will be displayed in the library and open each day from:

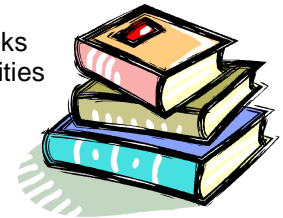
**8:30 - 8:50a.m.**

**12:00 - 12:25p.m.,**

**2:45 - 4:00p.m.**

The late evening will be: **Wed. Feb. 9<sup>th</sup> 6:30 - 8:00p.m.**

The book fair provides an opportunity for students and their families to purchase great books and support this fund-raiser for the school library. Ridgeway's PAC will be organizing activities for the evening event. We look forward to seeing you there!



**Ridgeway Annex families are welcome to attend the Book Fair!**



### Make-A-Wish Foundation - Star Piggy Banks

A big thanks to the parent volunteers who are counting the money that all students are bringing in for the Make-A-Wish fundraiser. Students are welcome to bring in their star piggy banks and try to reach last years' targets. We did not collect much in December so currently we are at \$368.61 compared to last year's \$1101.64. Let's go Ridgeway Annex Students! We have until April to collect the funds.

### Gymnastics

With the help of Mr. Derek Eifler, Chelsea and her dad, Nigel Coleclough, we gratefully have our gymnastics equipment up and ready to be used by the students for the next three weeks. We would like to remind students and inform parents that utmost care is taken on the gymnastics equipment, so we will request that students remove their sock and shoes to ensure the mats remain clean and dry, and slips are diminished as we will walk from station to station.

## **Salmonids in the School**

Our salmon tank is up and running, complete with over 100 hundred chum salmon eggs. Thank you to Mrs. Ewens for her efforts in establishing a healthy habitat in which our salmon will grow.

The salmonid program is an important aspect of direct experience with the salmon's life cycle. Every K and Gr. 1 child present on Wednesday January 26<sup>th</sup> and the Gr. 2's on the 27<sup>th</sup> managed to set one egg into the tank, observing the pink colouring and black eye within, as well as the chilly tank water within which the eggs will reside for the next month. Questions to ponder: When will the eggs change to alevin? What happens if the water changes from 7 degrees up or down? Feel free to check out the progress of the eggs, by looking in the bottom area of the tank.

## **Important dates to keep in mind:**



January 24, 2011	Kindergarten Registration Began
January 31, 2011	New Registrations and Transfer Requests for Grades 1-12 began
Feb. 8, 2011	Subcommittee meeting for year-end celebration (7 pm)
Feb. 7 to Feb. 10	Ridgeway BOOK FAIR – we are invited
Feb. 15, 2011	Hot Lunch for students
Feb. 15, 2011	PAC meeting 6:30 pm Child minding provided
Feb. 23, 2011	Wildlife presentations in the school (afternoon sessions)
Feb. 25, 2011	District Pro-D Day (No School)
March 11, 2011	Kindergarten Registration deadline for priority placement
March 11, 2011	Deadline for Priority Placement for New Registrations K- Grade 12
March 14 - 25, 2011	2-week March Break (No school)
April 1, 2011	Deadline for Priority Placement for Transfer Requests
April 6, 2011	Mountain West Class Group and Panorama Photo day

Registration and transfer forms can be accessed at [www.nvsg44.bc.ca](http://www.nvsg44.bc.ca) under schools and student registration, or click below for the direct link

<http://www.nvsg44.bc.ca/Schools/StudentRegistration.aspx>

## **Health**

Please see our Health folder [www.ridgewayannex.ca](http://www.ridgewayannex.ca) to view the monthly information provided by Vancouver Coastal Health (VCH) [www.vch.ca](http://www.vch.ca) . Another useful site is [www.healthlinkbc.ca](http://www.healthlinkbc.ca)

## **Reminder: Vancouver Coastal Health When Should I Keep My Sick Child From School?**

There are four important issues to consider as you try to determine if your child is too ill to attend school:

- The protection of other children.
- The protection of your child. Their recovery could be delayed; also they are more likely to acquire other illnesses, as their resistance is reduced.
- The ability of your child to function at school.
- The inability of the school to look after your child.

With these issues in mind, the following guidelines are given:

Please keep your child home if he/she:

- Has a suspected or known communicable disease (ie. Mumps, measles, rubella, chicken pox); Keep them home until they are no longer infectious.
- Has a fever.
- Is too sick to participate in all normal school activities.
- Has symptom's such as persistent cough, constant runny nose, etc. If these symptoms do not clear up within a reasonable time, please see your family doctor.

Should the school find it necessary to send your child home because of illness, please make sure you have made alternate arrangements when you are not available. Inform your school of these arrangements.

Here's to a healthy school year.

### **Child Find BC**

The "All About Me, I.D." program was well attended on January 21<sup>st</sup> and families received their child's identification booklet. If you did not have a chance to participate, please head down to the RCMP detachment at 3<sup>rd</sup> and Lonsdale. They will be happy to assist.

### **Eat Well/ Play Well Contest**

The contest is now over. It was impressive to see how many students were able to fulfill the fruit/vegetable or milk product aspect of the contest, however the half hour daily exercise outside of school seemed to be a challenge for some, or at least making note of it was the challenge. Keep up the efforts!

#### **Parent Series**

#### **The North Vancouver School District welcomes all parents to the 2010-2011**

- All parents are invited to attend these evening lectures, hosted by the North Vancouver School District. Registration is not required.
- All sessions will be held at the Leo Marshall Curriculum Centre 810 West 21<sup>st</sup> Street, North Vancouver

**Thursday, February 3, 2011 ~ 7:00-8:30 pm**

"Transitions –MCFD and CLBC"

**Thursday, April 7, 2011 ~ 7:00-8:30 pm**

Street Wising Parents –Part A"

**Thursday, May 5, 2011 ~ 7:00-8:30 pm**

"Street Wising Parents -Part B"

Please see poster at [www.nvsd44.bc.ca](http://www.nvsd44.bc.ca) under meetings and updates in the right hand column.

We wish a fond farewell to, Mrs. Sakata our supervision aide, and Mrs. Kanegae, in the Grade 1 class. We wish to thank them for their contributions to our school this past month and welcome back Mrs. Skolaude and Mrs. Allarie!