



# Ridgeway Annex School

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www.ridgewayannex.ca

June 2010 Newsletter

## Planning Process for September 2010 –

This is the time when schools are making organizational plans for the coming school year. *It would assist us greatly if you would notify the school if your child will not be returning to Ridgeway in September. **Withdrawal forms must be completed for students who will be attending an elementary or secondary school outside the North Vancouver School District or a private** school.* Withdrawal forms may be picked up in the school office.

If you know of someone new to the Ridgeway Annex community, please inform them of the need to register at the Lucas Centre, 2132 Hamilton Avenue, North Vancouver at their earliest convenience.

Between now and the end of June the staff will be meeting to organize classes for school opening in September. As in previous years, all organizational plans for the fall are tentative and subject to change depending on the enrollment registration throughout the summer. When planning for classes and student placement, the staff works as a team to ensure that thoughtful consideration of each child's social, emotional and academic needs are aligned with the need to create balanced and effective learning environments.

Much thought and effort goes into the placement of each child and we look carefully at their individual needs as well as the needs of the group at each level. Specific criteria are used to help with this task. The following criteria are not intended to be in any priority order or exclusive of any other. They act as a guide for consideration and discussion

- Age distribution
- Student strengths and needs
- Ability distribution
- Work/organizational skills
- Teaching/learning styles
- Special needs student distribution
- Friendships
- Group dynamics
- Boy/girl ratio
- Positive leaders
- Previous experiences of teachers and students
- Teacher recommendations
- Parental input
- Resource team input

If you have specific information and/or concerns based on clear educational needs, please put these in writing and forward to Mrs. Burlone by June 4, 2010. This applies also to grade 2 students moving on to Ridgeway Main School at Cloverley. The written information that you provide will be given to the team of professionals for consideration as one of the criteria listed above in the placement of your child. Please note that letters including names of staff members will not be forwarded to the team for placement consideration.

It is our goal to meet the needs of all students at Ridgeway Annex to maximize their learning potential. We appreciate your on-going support in this complex process of organizing educationally sound and balanced classes.



Dear Parents:

May has been a month of excitement and thrills! Many of the annual favorites have occurred this past month, including Salmon Release, Fun Day, and Outdoor School.

Our final month of this school year has arrived and there are many important dates to mark on your calendar.

### Volunteer Tea

Volunteers, please join us on June 3<sup>rd</sup> from 10:15 to 11:00 if you are able. We would love to show our appreciation for your contributions throughout our school year.



### Dates to Mark on you Calendars:

- June 2** – PAC Fit-a-thon at Ridgeway
- June 3** – Volunteer Tea 10:15 to 11:00 a.m.
- June 8** – PAC Meeting 6:30 p.m. Library
- June 15** – Grade 2's visit Ridgeway 10:45 to noon
- June 16** – PAC BBQ & Bike Event 5:30 to 7:30 p.m.
- June 25** – Kindergarten reports go home
  - Camp Read Day – Pajamas, books and sleeping bags.
- June 28** – Cates Park year end Field Trip
  - **Last day** for Kindergarten students
- June 29** – Gr. 1 & 2 Reports go home
  - **Last day** for Gr. 1 & 2's
- June 30** - Administration Day-NO SCHOOL

### Fun Day

Our Fun Day was a huge success. Thank you to Mrs. Mendes for great organizing! A special thank you to: the North Vancouver firefighters, and ZOX of the Forest for helping to make the day memorable for the students of Ridgeway Annex. We also want to thank all the parents, teachers, support staff and grade 7 helpers for all their hard work in providing a great day



### Alternate Calendars and Hours for 2010/2011

At its May 25th public meeting, the North Vancouver Board of Education approved changes to the 2010/2011 school calendar. As a result, schools will be closed for six additional days in the upcoming school year.

In addition to annual statutory holiday and non-instructional days the Board approved for schools to be closed on Friday, November 12, 2010 and a two week Spring Vacation March 14 - 25, 2011.

An additional 50 minutes will be added to the school week to make up the days. Individual schools will establish their own daily timetables to address how they will accommodate the 50 minutes. The complete school calendar is posted in this newsletter.

### Salmon Release Day!

On Thursday, May 13<sup>th</sup> after almost four months in the school tank our 85 chum salmon fry were released into Lynn Creek.

All the classes walked down to the creek and each child was able to release one fry. It was a glorious, sunny day and the children were very excited!

Thank you to Ms. Mendes and our TOC Ms. Gondekova, for catching and bagging all the fry and transporting them to the release site for us.

Thanks also to all the parents that volunteered to come along and help out that day!

Thanks again to Mrs. Ewens for setting up and managing the tank!

### Outdoor School

The Grade two students had a tremendous learning experience May 19<sup>th</sup> to 21<sup>st</sup> at the North Vancouver Outdoor School.

Although the weather didn't look promising when we left, it wasn't too bad. The heavy rain fell overnight and the days were mild.

Our three busy days were filled with field studies, mealtimes, recreation and chores! Highlights included meeting and working with counsellors, seeing the four baby goats and two newly hatched chicks at the farm, sleeping in cabins with friends, playing Challenge Games and of course, the evening sing-a-long Campfire.

Our students coped well with being away from home and learned many new things in their outdoor classroom.

Mrs. C. Ewens & Ms. C. Doan



### **School Fees 2010 /2011**

The North Vancouver School District is dedicated to providing a wide range of educational opportunities for each student, including as many enriching activities as possible. In accordance with the School Act and with the School Board Fees Ministerial Order, we would like to advise all Ridgeway Annex families of the possible school fees that could be charged for the 2010/2011 school year. A fee may be charged to recover some or all of the costs related to enriched or additional learning opportunities. In all cases, fees are kept to a minimum. The Board may charge a fee at cost for: transportation, entrance fees and equipment rental associated with field trips or special events.

The fees for 2010/2011 school year a Ridgeway Annex are as follows:

Special Projects for Students to take home or to be given as gifts: Kindergarten to Grade 2: maximum \$20.00.

Field Trips – cost recovery

In order for families to plan ahead, please note the cost of these activities:

Grade 2 Outdoor School (3 days) \$125.00

It is the school's policy to assist families, in a confidential manner, to ensure that no students are excluded from participation in an activity or program due to financial hardship.

Many parents preorder their school supplies through Teaching Things. This is not considered a student fee as the money does not go to the school.

The Kindergarten Teacher collects \$35.00 per student to pre-purchase Kindergarten supplies. For those parents who choose not to purchase supplies in this manner, student supply lists for 2010/2011 will be available in September.

### **Library Books:**

All library books are due back by Friday, June 11, 2010. If your child has lost a book, Mrs. Moberg will invoice them for the purchase of a new book. Please check your shelves at home for any Ridgeway Annex books and have them returned as soon as possible. Thank you.



### **Summer Programs 2010**

Locations for this year are at:  
Boundary Elementary (Elementary Site)

Elementary registration will begin June 14<sup>th</sup> and will be available on line. You will need your child's student number, which is available at the school office.

Elementary programs will run from July 5<sup>th</sup> to July 23<sup>rd</sup>.

For more information, please call Continuing Education at 604-903-3333 or visit [www.nvsd44.bc.ca](http://www.nvsd44.bc.ca)

Summer Program flyers are also available at Ridgeway Annex in the notice rack by the office.



## Reminder

**June 28 – Last day for Kindergarten**

**June 29 – Last day for Gr. 1 & 2's**

**June 30** is Administration Day, **NO SCHOOL**

**Please make sure Daycare providers are aware of these dates.**



Please check Ridgeway Annex Website at [www.ridgewayannex.ca](http://www.ridgewayannex.ca) under Health for the most recent Vancouver Coastal Health Notices.

Please also check the Annex website and follow the links to access North Vancouver School District information regarding registration and transfers. Or you may go directly to the District website at [www.nvsg44.bc.ca](http://www.nvsg44.bc.ca)

## ***Notes from PAC***

### **Upcoming Events:**

June 2 *Fit-a-thon* – pick up pledge forms to be returned with pledges by Friday, June 11<sup>th</sup>.

June 16: *Year end BBQ and entertainment by:*

*John Henry “The Bike Show” and Singing Talent “Megan Metcalfe”*

Our next meeting is scheduled for **Tuesday, June 8<sup>th</sup>** at 6:30 in the library. Please come and join us

- Childcare will be provided.

## Ridgeway Annex School Calendar 2010/2011

DESIGNATION	2010/2011
Days in session	192
Minimum number of days of instruction	185
Adjusted School calendar number of days of instruction	179
Maximum number of non-instructional days	6
Schools open	Tuesday, September 7, 2010
School Based Professional Day	Monday, September 27, 2010
Thanksgiving Day	Monday, October 11, 2010
Province-wide non-instructional day	Friday, October 22, 2010
Remembrance Day	Thursday, November 11, 2010
Local school calendar day closure	Friday, November 12, 2010
Schools close for Winter vacation	Friday, December 17, 2010
Schools reopen after Winter vacation	Tuesday, January 4, 2011
School Based Professional Day	Friday, January 28, 2011
District non-instructional day	Friday, February 25, 2011
Schools close for Spring vacation (includes 5 local calendar days)	Friday, March 11, 2011
Spring vacation period	March 14-25, 2011
Schools reopen after Spring vacation	Monday, March 28, 2011
Good Friday	Friday, April 22, 2011
Easter Monday	Monday, April 25, 2011
District non-instructional day	Friday, May 6, 2011
Victoria Day	May 23, 2011
Curriculum Implementation Day	Monday, May 30, 2011
Last Day for all Students (early dismissal)	Wednesday, June 29, 2011
Administrative Day	Thursday, June 30, 2011
Schools Close for Summer Vacation	Thursday, June 30, 2011

Instructional/Bell Schedule for  
2010/2011  
Gr 1-7 and Full Day Kindergarten

K-7 & FDK	Time of Day (Enter as 24 hour clock*)		Non-Instructional Time (Minutes)	Instructional Time (Minutes)
Entrance Bell	8:55 AM	to 9:00 AM	5	
First Instructional Period	9:00 AM	to 10:25 AM		85
Recess	10:25 AM	to 10:45 AM	20	
Second Instructional Period	10:45 AM	to 12:00 PM		75
Lunch	12:00 PM	to 12:25 PM	25	
Entrance Bell (end of lunch)	12:25 PM	to 12:45 PM	20	
Third Instructional Period	12:45 PM	to 3:00 PM		135
				<b>295</b> or 4 hrs 55 mins

\* To enter 24 hour clock: 8 am is entered as "08:00", 1 pm is entered as "13:00"

### Dates to Remember 2010/2011

Report Cards are normally sent home at the end of November and the end of March. The following week is scheduled for parent/teacher interviews with two early dismissal days at 2:00 p.m. These dates will be published in our next newsletters.

## **WHEN SHOULD I KEEP MY SICK CHILD HOME FROM SCHOOL?**

### **Things to consider:**

- ◆ If a child is sick, they need to rest or their recovery could be delayed
- ◆ The ability of your child to function and learn at school may be impaired when they are sick
- ◆ The prevention of the spread of illness to other children and families or to school staff
- ◆ The inability of the school to look after your child when they are sick

### **Please keep your child home if he/she has any of the following:**

- ◆ Fever
- ◆ Cough
- ◆ Sore throat
- ◆ Body aches
- ◆ Headaches
- ◆ Chills and fatigue
- ◆ Constant runny nose
- ◆ Vomiting or diarrhea
- ◆ A suspected or known communicable disease (i.e. pink eye, mumps, measles, rubella, chicken pox, whooping cough, gastrointestinal illnesses)

### **How to reduce illness:**

- Wash your hands frequently, especially before eating, after coughing or sneezing or using the bathroom
- Avoid touching your eyes, nose and mouth
- Don't share the same cup or utensils with other people
- Sneeze into a tissue (then throw it away); if you don't have a tissue, cough or sneeze into your sleeve

### **If you have further questions please contact:**

- A **Public Health Nurse** at (604) 983-6700
- Your family doctor
  
- Health link BC 24 hours a day, 7 days a week at **811** or [www.healthlinkbc.ca](http://www.healthlinkbc.ca)

**Here's to a healthy school year!**

## Health Matters

### Home Grown Food

Growing food in your home garden and choosing locally produced foods supports your health, the environment, BC farmers and producers, the local economy and helps to guarantee a local food supply for the future. Seasonal, local foods have the added bonus of being delicious!

Helpful tips to get you started:

- Start by choosing food grown or produced as close to home as possible
- Visit the Edible Garden Project website at [www.ediblegardenproject.com](http://www.ediblegardenproject.com) to learn about growing and sharing fresh, local produce
- Grow some of your own food in your garden, in containers or participate in a local community garden; peas, lettuce, strawberries, squash and tomatoes are easy to grow
- Visit farmers' markets to meet farmers and producers, learn about local products and try new foods
- Take your family on a self-guided Circle Farm Tour to visit a variety of farms, markets, fairs, and other special events [www.circlefarmtour.com](http://www.circlefarmtour.com)
- Pick berries during "u-pick" season at local farms
- During the harvest season, freeze, can or dry foods for the winter season
- Visit these websites to help you find out what foods are in season and to locate farmers' markets [www.bcfarmersmarket.org](http://www.bcfarmersmarket.org) and [www.getlocalbc.org](http://www.getlocalbc.org)

### Rainbow Salad

Eat a rainbow of vegetables and fruits to get a wide variety of nutrients. Get your children involved in putting local, seasonal vegetables and fruits in a glass bowl in colour groups.

**Red** – apples, beets, red onion, cranberries, red peppers, raspberries, strawberries, tomatoes

**Orange/yellow** – apples, carrots, nectarines, peaches, pears, yellow peppers, corn, yellow tomatoes

**Green** – apples, asparagus, green beans, broccoli, green cabbage, cucumbers, kiwi, lettuce, green onions, peas, green pepper, spinach, zucchini

**Blue/purple** – blackberries, blueberries, plums, purple cabbage

**White** – cauliflower, mushrooms, onions, parsnips, turnips

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or [Kathy.Romses@vch.ca](mailto: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](http://www.HealthLinkBC.ca).

## **Safe Kids Week 2010**

May 31 – June 5

This year the theme is **"Got Wheels? Get a Helmet!"** to promote the importance of wearing helmets when active. Head injuries are the leading cause of serious injury and death to kids on wheels!

### **Facts about Head Injury and Helmet use:**

- A head injury can permanently change the way a child walks, talks, plays, and thinks.
- A properly fitted helmet can reduce the risk of serious brain injury by up to 85%.
- It is important to wear a helmet for all wheeled-activities (cycling, inline skating, scootering, and skateboarding)!
- You are your child's best role model. Everyone should wear a helmet when on wheels.
- All helmets are not the same! There are different helmets for different activities. Each type is made to protect the head from the impacts common to a particular activity or sport.
- If a helmet is damaged or more than 5 years old it needs to be replaced!
- It is very important that a helmet fits properly.

This information is provided by Safe Kids Canada: <http://www.safekidscanada.ca/safekidsCanada/>

### **For additional information on preventing head injury and other injuries:**

- Think First – Brain injury facts, sport-specific tips: <http://www.thinkfirst.ca/safetyinfo.aspx>
- Community Against Preventable Injuries – Article, blog, video clips: <http://www.preventable.ca/>
- ON Call Public Health Nurse: 604-983-6700

### **TO CORRECTLY FIT A BIKE HELMET:**

#### **Remember the 2V1 Rule!!**

- 1. Does my helmet sit level?**
- 2. Is it 2 fingers widths above the eyebrows?**
- 3. Do the straps form a "V"?**
- 4. Does 1 finger fit between the chin and the fastened strap?**