

Westview Elementary School

Ta na wa nsíyxnit Tl'a Teltíwet

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NEWSLETTER #8 – April 2011

April is a very busy month. It's reporting time again! This is when you have an invaluable opportunity to come into your child's classroom to share their learning challenges and celebrate their many successes. There are early dismissal days at 12:10 pm on Tuesday April 12th and 2:00 pm on Wednesday April 13th to help facilitate this opportunity to meet with teachers.

Several different formats are being used this year. Teachers have selected the format that works better for their group of students. Conferences encourage open and honest dialogue among all participants.

One type of conference is called the "student led conference". Student led conferences:

- a) allow students to assume personal responsibility for their academic performance
- b) allow students an opportunity to learn how to self evaluate
- c) allow students to develop their oral communication skills and
- d) increase a student's self confidence

Another type of conference is the "3 way conference" which involves the student, teacher and family. This type of conference is more teacher directed.

"Parent teacher conferences" usually involve only those parties and the students may or may not be required to participate.

Finally, "an open house format" involves more than one group of students and families with the teacher at one time.

Whatever the format, it is through communication between home and school that students learn how to thrive. The teachers and administration appreciate your commitment to your child's education. We encourage you to please see the sign-up outside the office to set up an appointment. This will be posted April 4-8th.

If the times or types of conferences do not suit your needs, please feel free to contact your child's teacher directly to make other arrangements. We look forward to seeing you all soon.

On Wednesday April 13, you are invited to attend a special presentation assembly at 1:30 pm in the gym in honour of Yolande Martinello (who was the principal of Westview until December 2010 and is now the Principal of Fine Arts District 44 and the Director of Artists for Kids). You are also invited to join Yolande Martinello for tea. Drop in anytime between 2:00 pm – 5:00 pm in the Multipurpose Room. If you know of any alumni students or parents, please invite them to join us on that day.

Please mark your calendars and join us for a Multicultural Dinner on Wednesday April 20. Invitations will follow.

Happy Spring!!

Barbara Leigh
Principal

Alexis Fletcher
Acting Vice Principal

News From Mrs. Donaldson Division 8

Welcome Back to School!



Although March was a short month with our two week Spring Break, Division 8's grade 2's have been able to incorporate a couple of exciting experiential learning opportunities outside of the classroom.

Before the break, we joined our buddy class, Mrs. Fletcher's Grade 5/6's, on an excursion to Rogers Arena. The field trip provided a chance for students to explore community and make connections, as this is part of our school plan. Along with social studies, health and career was also a curricular focus

where we were able to highlight the benefits of a healthy lifestyle and see the importance of setting goals. The students were fortunate enough to watch the Vancouver Canucks practice and see where Team Canada won a gold medal for the 2010 Winter Olympics, which was a definite highlight for all of the Luongo fans!



After our Spring Break, we shifted into scientist mode and took part in the "Staying Alive" program at the Vancouver Aquarium. We explored and discovered how animals survive in different environments and learned how physical features help them to stay alive in their habitats. A highlight for most students during this field trip was having a hands-on opportunity to explore the underwater world by observing, discussing, and touching live aquatic animals in the Aquarium's galleries. Students returned to school with some basics about conservation and learned how each one of us can do our part to help the environment!

Both of these opportunities demonstrate to students that learning is a rich and rewarding experience that occurs everywhere!

Enjoy the Spring season!

Mrs. Cindy Donaldson

News from Mrs. Mullaly's Kindergarten:

We've had a very busy second term in Division 10. On January 31st, we walked with the K-3 classes to Presentation House to watch a puppet show of Sleeping Beauty. The children were very well behaved during the performance and walked both there and back with little complaint. Also during the month of February, an African Acrobat group treated us to an amazing performance. The children were very impressed with the skills of this group and were warned "not to try this at home"! On February 21st a Scandinavian dance group performed for the school that the children also enjoyed. Some of the children were invited to learn a simple dance at the end of the performance.

During February, we celebrated Valentine's Day with shared readings of poetry, individual Valentine booklets and cards exchanged to celebrate friendship. The children decorated their own bags with cuttings from sponge painting done earlier. We used the same sponge paintings to cut hearts to make their Valentine Quilts for the hallway bulletin board. We also celebrated the long-awaited 100th Day of School on February 18th. We read several books during that week focusing on the number 100, made 100 day glasses, counted 100 things everywhere, brought in 100 collections from home and counted out 100 steps across the school field!

Family Day on Tuesday, March 1st was a huge success. Both Kindergarten classes performed for their families and participated in a variety of activities together. Our big buddies stepped in to act as "family" where needed. Thank you to everyone who participated and contributed to this event. We continue to work on Jolly Phonics, syllabication, phonemes and early sight words. In Math we focus on our daily calendar activities, skip counting by 5's and 10's, patterning, and will begin some simple number operations this coming term. Ms. Brittany Walker, our UBC Teacher Candidate has rejoined our class and will be with us until the end of the school year. We are looking forward to the exciting themes she will be teaching...Fairy Tales, Community Helpers, and Butterflies.

Please visit our class webpage, located on the school website, under "Divisions", then click on "Mrs. Mullaly".

Student of the Week

Students of the Week for the week ending March 7, 2011:

Tianna S.	Rafael Q.
Artin S.	Alex H.
Marcus M.	Paige B.
Cole A.	Harrison S.
Shervin E.	Catherine H.
Lajuane B.	Chenoa N.



COME CELEBRATE OUR 10TH ANNIVERSARY!

Join us for this **FREE** celebration
EXPLORE History, Art, Music and Community

Over 80 history projects by local students will be presented along with a jam-packed schedule of great activities and performances.

Saturday, May 7th 11am – 3pm

North Vancouver Museum & Archives
Community History Centre & Lynn Valley Elementary School
at 3203 Institute Road, North Vancouver



For more information please visit www.northvanmuseum.ca

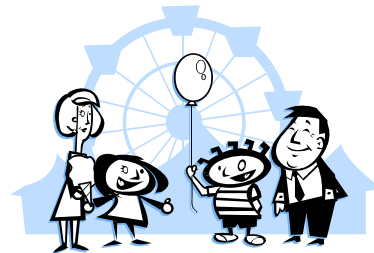


Canadian
Cancer
Society

Dear Parents/Guardians,

Our School is pleased to support the Canadian Cancer Society with its Daffodil Campaign this April 2011. A campaign that encourages individuals in a show of solidarity to proudly wear their daffodil pin to remember those lost, to honour those battling cancer today and to show cancer that we will not sit idly by while it takes another life. The Canadian Cancer Society has provided a pin for each student in School District 44. Your son/daughter will be sent home with a pin and information on the Canadian Cancer Society. Wednesday April 27th is Daffodil Day. For more information visit www.fightback.ca

Spring Fair May 7th, 2011



April Behaviour Draw Winners

Dylan A.	Zoe C.	Heba W.
Minsoo K.	Kyla A.	Zoe G.
Chenoa N.	Marco O.	Owen R.
Ryan S.	Emma T.	Benyamin I.
Saghi H.	Billy P.	William L.
Roman B.	Roman B.	Romina Z.
Charlotte M.	Nadina I.	Tyler G.
Niusha A.	Evan S.	Kiyana S.

Band Grade 4 - 7



To register your child for the Elementary Band Program please complete the registration form (available at the office) and return it to your school office along with your payment of \$400.00. The early bird payment of \$415.00 is only available until May 6, 2011.

Hot Lunch Envelopes for May are due on April 20th



Calendar at a Glance 2011



DATES TO REMEMBER:

- **April 4** – Interview Schedule posted in hallway for parent sign-up
- **April 4** – Parent Coffee Morning 8:55 – 10:00 am
- **April 5** – Division 11 to North Vancouver City Library
- **April 7** – Band Students Perform at Lucas Centre
- **April 8** – Report Cards go home
- **April 8** – Divisions 1 & 3 Swimming 1:00 pm
- **April 11** – Grade 7 Articulation 1:00 pm
- **April 11** – Tobacco & Nutrition Fair Grades 5-7 – 1-3:00 pm
- **April 12** – **Early Dismissal – 12:00 pm Parent/Teacher Conferences**
- **April 13** – **Early Dismissal – 2:00 pm Parent/Teacher Conferences**
- **April 13** – Yolande Martinello Tea 1:30 assembly
- **April 14** – Band Demonstration in Library
- **April 14** – DARE Graduation 9:00 – 10:40
- **April 14** – Outdoor School Meeting for Parents in Div. 6, 7 and Grade 3's in Div. 5 at 7:00 p.m.
- **April 15** – Division 7 AFK Gallery Tour
- **April 20** – School District 44 Dance Festival
- **April 20** – Hot Lunch Envelope Due
- **April 20** - Multicultural Dinner 6:00 – 7:30 pm
- **April 22** – Good Friday
- **April 25** – Easter Monday
- **April 26** – PAC Meeting 7:00 pm
- **April 29** – PAC Lunch
- **May 4** – Grade 6 Hep B Immunization
- **May 6** – **District Professional Day**
- **May 7** - Spring Fair 11:00 – 2:00 p.m
- **May 9** – Parent Coffee Morning 8:55 – 10:00
- **May 17** – Ventriloquist Performance for Primary students
- **May 18** – Handsworth Zone Meet 8:00 am – 12:00 pm
- **May 18** – Hot Lunch Envelopes Due
- **May 20** – Jump Rope for Heart
- **May 23** – Victoria Day
- **May 24** – **May 27** – Grade 6 to Outdoor School
- **May 30** – Curriculum Implementation Day – Students not in attendance
- **May 31** – PAC Meeting 7:00 pm

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.

Computers will be available to parents during parent/teacher interviews on April 12th and April 13th, from 2 o'clock to 5 o'clock. For parents who do not wish to use school computers, local public library computers may be another option.

The e-survey site will be open until April 15, 2011. If you have not received your logon number by April 1, 2011, please contact the school at 604-903-3840.

PAC Minutes March 29th 2011.

Report cards go out next Friday April 8th.

Parent/teacher conference sign up sheets will be posted in hall on Tuesday.

Main focus of conference is to celebrate/talk about successes of student. Conferencing can be done 1 on 1 or in 3's...student led...whatever works. Conferencing is always open anytime to whatever works for family. Families may want to connect with teachers and discuss preparations for going into the final term (grade 7)

April 12th early dismissal 12:10 pm

April 13th early dismissal 2:00 pm

North Vancouver PAC dates: BC PAC Annual General Meeting April 30

Spring Faire:

(3 hours total Saturday May 7th) Follow up on morning meeting.

Confirmed signed jersey for raffle/auction.

Food: There will be hot dogs/smokies and pizza (Dominos?) with 20% of hotdog sales toward school.

Estimated 200 attendees for event.

Snake guy is confirmed, possibly set up in library. Dunk tank and bouncy castle confirmed as well.

See if hip gym/glee club/breakdance boys want to perform? Open it up to students who want to perform. Three 15 minute slots for entertainment (45 min total)

Next Spring Faire meeting April 11th

Mrs. Martinello Tea:

April 13th 2-5pm

Plaque has been ordered and it will be under \$100 – ready for proof on the 4h.

Decided not to request RSVP, everyone is welcome. There will be an announcement in the newsletter for this special presentation. The PAC will provide \$100 towards pre scored cake (Costco 1 cake = 4 classes approx. \$20) Martina mentioned and seconded by Josh.

International Dinner:

Wednesday April 20th 6-7:30 pm

Josh offered to bring in a large laminated world map for students to show where they are from and their families (marked with coloured stickers)

The idea was presented that there be a table set up with markers and mailing labels (I will provide) so students and families can draw a flag (or write) showing where they are from/born. There will also be books available with flags for reference. A notice will go out regarding the dinner and including the option for students to wear traditional clothing/dress. Suggested for next year more notice be given to teachers so they may help organize different country theme booths/tables for classes.

Treasurer Report:

Lisa announced that the account balance had to be spent before the year was out. It can be spent on events equipment or transportation. The current balance is \$6739.40 and is still unconfirmed if the money for High Tech-High has come out yet. Ideas for spending balance are 30 durable headphones for computer use (I will look into costs) and bus cost for grade 7's trip to Cultus Lake.

PAC Hot Lunch:

The last PAC lunch didn't raise as much money as hoped (subs) it was decided to not purchase milk and other groceries from store (more driving and time in ordering) and just stick with Suputo (sp?) There were a few factors that contributed to this, minimal orders, more expensive (than pizza), only two weeks after the last PAC lunch, and late orders after the Monday deadline. From now on notices will go out Monday and order deadlines will be Friday.

Next hot PAC lunch will be pizza on April 29th

Fundraising:

Bulb order forms are ready to go out for April 15th. They will be delivered mid May (no specific date givin)

Idea for fund raising was suggested in light of recent events selling emergency preparedness kits.

Emergency Preparedness:

It was brought up again about the comfort kits and weather they are needed. Would a bin in each classroom of bulk items be better and insure there is something for each child? Chena suggested PAC purchasing the granola bars for these bins and then giving them out at the end of the year before they expire at one of the events, like what's done with the water in storage. Other items such as inexpensive stuffies and small games could be purchased that stay in the bins.

Emergency kits in classrooms and outside school need to be checked (expire dates on water, batteries, missing supplies...) to make a list of items that need to be bought. First aid kits and gloves are needed for sure. A small group will meet Thursday morning to go through and see what is needed.

Meeting adjourned at 8:30 pm

Next meeting April 26th at 7 pm

Minutes prepared by Adea Chung
adea@billywould.com

*I was a bit late showing up and missed some of the names of attendees here is a list of who I do know, apologies to those I missed. (I beleive there were 11 total)

Chena Binns – President

Lisa Michelacci-Davis - Treasurer

Martina Barnett

Josh Keller

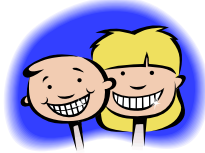
Barbara Leigh – Principal

Adea Chung

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

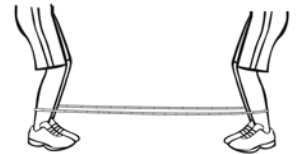
Do It Yourself Chinese Jump Rope

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

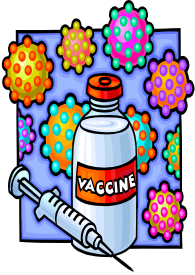
No Salt Seasoning

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!

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