

Westview Elementary School

Ta na wa nsīyxnit Tl'a Teltiwet

641 17th Street West

North Vancouver, B.C. V7M 0A1

Phone: 604-903-3840 Fax: 604-903-3841

Website: www.nvsd44.bc.ca/Schools/SchoolLinks/Westview.aspx



NEWSLETTER #6 – February 2012

Dear Parents and Guardians:

TESTS! Did you study for the test? If you said, “No”, you would be correct as we have a series of standardized testing that require no preparation. These will occur in particular grades for a variety of reasons. In Grades 4 and 7, the Foundation Skills Assessment (FSA) will be completed between January 31 and February 9th. Parents of students writing this will have received more information. The Numeracy Test and Test of Phonological Awareness (TOPA) are assessments for all Kindergarten students looking for students who are below expectations in Kindergarten so we can provide remediation. New at the grade 3 level this year is Insight testing (a cognitive assessment tool being implemented by the school district). This testing will be at a central Family of Schools location. For your information, Insight provides information in the following categories:

- Crystallized Knowledge / Intelligence – refers to the person’s breadth and depth and application of acquired knowledge of the language, information, and concepts of a culture.
- Fluid Reasoning – the use of inductive, deductive, and quantitative reasoning involving deliberate and controlled mental operations.
- Visual / Spatial Processing – the ability to generate, retain, retrieve, and transform well-structured images.

These assessments are all above and beyond the assessments that the teachers require students to take when they check for understanding of concepts and skills.

If your child is involved in any of these assessments, please reinforce that these are simply one of the things we do at school and not something to be anxious about. We are making every effort to make the process stress free and manageable.

We now have a salmon nursery in our school! Last week we received 100 eggs from the Seymour hatchery that we are going to raise to the fry stage before releasing them into Mosquito Creek in April. The eggs are in a tank outside the library wrapped in silver insulation to keep them cool. Stop by and check them out through the little viewing window in the front of the tank.

Please check out our school blog at <http://blog44.ca/westviewelementary/>.

We are trying to add something new and interesting every second week. Also we like to include pictures of what is happening around the school and we have noticed that there are a few students without their photo permissions returned. For your information, the school district needs to receive a signed permission consent form every year from parents which allows the school to publish your child’s photograph, etc. as it pertains to school events.

Barbara Leigh
Principal

Tracey Todd
Vice Principal

Student of the Week



Students of the Week for the week of January 23, 2012:

Justin K Tyler C Nicole K Jesse W Tea T Akiko M
Isabelle B Madison H Mason C Isabella W Saryn-Ashlee P

Students of the Week for the week of January 30, 2012:

Amanda H Abtin S Peter Z Arthur G Anika S Chris B
Ellise C Rafael Q Haniya H-T Michael L Adam F



Behaviour Draw Winners

Div.	January
1	Ben B
1	Kassidy W
2	Nicholas G
2	Shervin E
3	Eyobel H
3	Peter Z
4	Jacob C
4	Kirthiga S
5	Kylie A
5	Sol L
6	Ellashani G
6	Kaylen W
7	Nadina I
7	Tianna S-J
8	Theron M
8	Ale B
9	Joshua N
9	Ethan S
10	Katyin W
10	David E

ARTISTS FOR KIDS AFTER SCHOOL ART CLASSES WINTER SESSION



After school art classes began the week of January 17th, 2012. Please look for our brochure. Visit our website at <http://www.artists4kids.com> to view all the exciting programming details.

**SWIS (Settlement Workers in Schools) workshops -
the following are ones known to date:**

Korean workshops contact Val:

Parenting

Audience: parents

January 17, 23, 30; February 6, 13, 10:00-12:15, Room 108 Lucas Centre

Eastern European workshops contact Val:

Graduation and Post Secondary

TBA after Spring Break

For Farsi speaking parents: (contact is Nasreen Pejvack, 778-772-0231)

GOAL SETTING

Thursday, Feb 2 or Thursday, April 26, 2012, from 1:00 to 3:00 Room 108, Lucas Centre

PARENTING WORKSHOPS (important to attend all in the series)

Thursdays, Feb 9, 16, 23, and March 1, 2012, from 1:00 to 3:00 Room 108, Lucas Centre

INFORMATION SESSIONS:

Friday, Feb 24, 2012, or Friday, May 4, 2012, from 1:00 to 3:00 Room 108, Lucas Centre

Hot Lunch Envelopes for February are due on February 22nd.



Canadian Red Cross First Aid Courses

Babysitting in a Day is an interactive and fun course that teaches youth aged 11 to 15 years the business of babysitting. Learn the responsibilities of a babysitter, how to get along and care for babies, toddlers, preschoolers and school-aged children, and how to handle emergencies and provide first aid. Cost: \$55 (includes the Canadian Red Cross Babysitter's Manual and the Babysitter's participation card). Courses: **Friday, February 24; Saturday, March 10; & Saturday, March 17**, 9:30 am – 4 pm @ *St. Andrew's United Church*, 1044 St. Georges Avenue & 11th Street in North Vancouver. Info/registration: Please contact Natalie Topnik at 604-985-0408 or email office@st-andrews-united.ca

Emergency First Aid offers instruction on how to think, react and improvise when dealing with life threatening emergencies. The course covers initial assessment, preventing disease transmission, rescue breathing, choking, CPR, bleeding, unconsciousness, shock and secondary assessment. Course: **Saturday, February 4**, 9:00 am – 5:00 pm @ *St. Stephen's United Church* (Granville Street and 54th Avenue in Vancouver). Cost: \$95 (includes manual and certification). Info/registration: 604-669-2546, Ext. 2 or email susancowan@telus.net

Red Cross goes on the road in 2012! If you have 10 or more people who want to learn either Emergency Child Care or Emergency First Aid, we'll teach the course at your facility. And if you have 15 or more youth who want to become a Babysitter, we'll teach the Babysitting course on-site. For more information or to book your group, please contact Susan Cowan at 604-669-2546, Ext. 2 or by email at susancowan@telus.net

DATES TO REMEMBER:



- **February 1** Div. 3 walking field trip to AFK Gallery
- **February 6-9** Firefighters Burn Week
- **February 13-16** 100's Week
- **February 13** PAC Cake Bingo 6:30 to 8:00 pm
- **February 14** School Wide Read/Pajama Day
- **February 14** Valentine's Day
- **February 17** PAC Lunch
- **February 22** Hot Lunch Envelopes Due in the Office
- **February 23** Div. 4 to Grouse Mt Field Trip 9:15 to 3:00 pm
- **February 28** PAC Meeting 7:00 child minding available
- **February 29** Anti Bullying Day

- **March 7** Hot Lunch Envelopes due in the Office
- **March 8** Band Festival
- **March 9** Band Festival
- **March 9** Last day before Spring Break
Pancake Breakfast/Pajama Day

- **March 26** First day back after Spring Break
- **March 27** PAC Meeting 7:00 Child minding available
- **March 30** PAC Lunch

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 (i.e. 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 symptoms 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.

Promoting wellness. Ensuring care. Vancouver Coastal Health Authority

Ready, Set, Learn

Free events for three-year-olds

In partnership with the Ministry of Education, the North Vancouver School District is pleased to welcome young children and their caregivers to our schools. You are invited with your three-year-old to explore early learning in your neighbourhood school and receive an information package with a water activity and a gift book.

Dates and locations are listed below. Please RSVP by phone to the school if you would like to attend.



READY, SET, LEARN EVENT DATES

LOCATION	DATES	TIMES	RSVP TO:
Blueridge	Mon, April 23	10:45-11:30am	604-903-3250
Boundary	Tues, March 6	11:00am	604-903-3260
Braemar	Fri, April 13	9:30am	604-903-3270
Brooksbank	Fri, February 3	12:45-1:45pm	604-903-3280
Canyon Heights	Wed, April 18	10:25-12:00pm	604-903-3290
Capilano	Thurs, February 2	1:15-2:30pm	604-903-3370
Cartsbrooke	Fri, April 27	1:45-2:45pm	604-903-3380
Cleveland	Tues, April 24	9:00-10:30am	604-903-3390
Cove Cliff	Wed, April 25	1:00pm	604-903-3420
Dorothy Lynas	Thurs, March 29	1:30pm	604-903-3430
Eastview	Thurs, April 5	6:00pm	604-903-3520
Highlands	Mon, April 16	10:00-11:00am & 6:30-7:30pm	604-903-3540
Lynn Valley	Tues, April 3	6:00-7:00pm	604-903-3620
Lynnmour	Tues, April 17	11:00am	604-903-3590
Montroyal	Wed, March 28	1:30pm	604-903-3650
Norgate	Mon, March 5	9:00am	604-903-3680
Queen Mary	Fri, March 9	1:00-3:00pm	604-903-3720
Queensbury	Mon, April 2	11:00-11:45am	604-903-3730
Ridgeway	Fri, April 20	1:00-1:45pm	604-903-3740
Ross Road	Wed, April 11	6:00-7:00pm	604-903-3750
Seymour Heights	Fri, April 20	1:00-2:30pm	604-903-3760
Sherwood Park	Wed, April 11 Wed, April 18	9:00am 9:00am	604-903-3810
Upper Lynn	Mon, April 2	1:00pm	604-903-3820
Westview	Wed, May 2	9:30-11:00am	604-903-3840


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the natural place to learn®

www.nvsg44.bc.ca

Learn more about Ready, Set, Learn
at www.bced.gov.bc.ca

Ready, Set, Learn is sponsored by the North Vancouver School District, the Ministry of Education, the Ministry of Children and Family Development and the Ministry of Health Services.

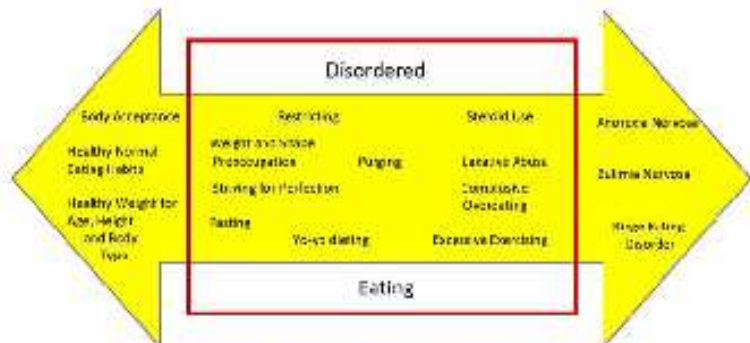
www.nvsg44.bc.ca (See Meetings & Updates)

Provincial Eating Disorder Awareness Week

February 5th to 11th 2012 is Provincial Eating Disorder Awareness Week (PEDAW). Help tackle disordered eating by raising your awareness about this important issue.

What is Disordered Eating?

Disordered eating refers to the wide range of abnormal behaviours, thoughts and feelings associated with eating and body image. It includes but is not limited to dieting, over-exercising, abusing laxatives, diuretics or steroids, binge eating, compulsively weighing oneself, and having feelings of shame and disgust towards one's body. These symptoms may not be extreme or frequent enough to classify as a clinical eating disorder (i.e., anorexia, bulimia, or binge eating disorder), but this does not make disordered eating any less important. Individuals engage in disordered eating as a means to cope with mental health issues such as depression, anxiety, and stress. It is important to approach disordered eating from a place of compassion and seriousness.



Who does it affect? Disordered eating does not discriminate. It is a major mental health issue that affects both females and males, preschool-aged children through to the elderly, and individuals of all other diverse backgrounds.

The numbers!

Research tells us that elementary-aged school children are especially vulnerable:

- Almost all females over the age of 11 have engaged in disordered eating.
- 81% of 10 year olds are fearful of being fat.
- 98% of females are unhappy with their bodies.
- By the time they enter high school, 50% of girls and 33% of boys have engaged in some sort of unhealthy weight control behaviour.
- For references and to learn about other studies please visit www.nedic.ca.

Risk factors

Certain genetic and social factors put children and youth at greater risk for engaging in disordered eating. These include genetic predispositions; having a family member who struggles with disordered eating, a history of trauma (i.e. abuse, bullying), mental illness, personality factors such as perfectionism or impulsivity, unhealthy attachment to caregivers, feeling silenced or unheard, cultural pressures to look a certain way, shame or embarrassment during puberty, having peers who engage in disordered eating, and internalizing unhealthy family and societal values around food, weight and body shape.



Registration and Transfer Requests for the 2012/13 School Year



Please be advised of the following registration dates and deadlines:

January 23, 2012

Registration and transfer requests for Grades 1-12 begins

March 9, 2012

Deadline for priority placement consideration of registrations for Kindergarten to Grade 12

March 9, 2012

Deadline for transfer requests for Grades 1-12

North Vancouver School District is still accepting **Kindergarten Registrations** for the 2012-2013 school year. At this point in time students will be placed according to available space.



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All children new to North Vancouver (not currently attending a North Vancouver School District school) must register at:

**Central Registration Office
William Lucas Centre
Room 102-2132 Hamilton Avenue
Hours: 8 am–4 pm**

All registrations require:

- the student's original birth certificate, (if not born in Canada, bring proof of citizenship, passport and Permanent Resident Card);
- proof of current residence at the date of application, (BC Hydro bill, purchase agreement, or tenancy agreement); and
- a copy of the report card from the student's previous school.

Call **604.903.3368**

Email registration@nvsg44.bc.ca

Visit www.nvsg44.bc.ca

Photo/Image Release Permission Request

Dear Parent or Guardian,

It is a tradition in the North Vancouver School District to allow staff or the media to photograph/film students to commemorate activities and promote the various educational, sports and cultural events that take place in the school year. Student's names, photographs, video images and comments may be published in a variety of media including the school yearbook, newsletters, honour rolls, programs, calendars, school or School District website and social media, advertising and reports or in the news media.

Under the *Freedom of Information and Protection of Privacy Act (FIPPA)* and the *School Act*, the North Vancouver School District may collect personal information about students and their families for the provision of the School District's educational services or programs. Because the use of student images is separate from this provision, parental authorization is required. Please complete the information below to indicate your choice for your child.

Please note that this consent is valid during the current school year (2011/12). Your renewed consent will be sought annually at the beginning of each school year. Please be aware that electronic images published through our own sites (as described above) may be subject to distribution beyond our control.

- Yes - I agree to the publication of my child's name, photograph and comments for purposes consistent with the above.
- No - I do not agree to the publication of my child's name, photograph and comments for purposes consistent with the above.

Name of Student (please print): _____

Parent/Guardian (please print): _____

Parent/Guardian Signature: _____

Date (d-m-y): _____

PAC Contact Request

May we provide your name, address, telephone number and e-mail address to your Parent Advisory Council? Please be advised that the School District cannot assume responsibility for the unauthorized disclosure of this information by another party.

Yes No

Name of Student (please print): _____

Parent/Guardian (please print): _____

Home Address: _____

Email Address: _____

Phone Number: _____

FOOD SKILLS FOR FAMILIES PROGRAM

FUNDED BY VANCOUVER COASTAL HEALTH AND
NORTH SHORE NEIGHBOURHOOD HOUSE
TAUGHT BY A CERTIFIED FOOD SKILLS PROGRAM FACILITATOR

This FREE six-session program involves learning components and hands on cooking. We cook and eat together and there's usually food to take home too!

Session 1	Wed, February 8	Variety for Healthy Eating
Session 2	Wed, February 15	Fabulous Fruits, Vegetables and Whole Grain Goodness
Session 3	Wed, February 22	Meat & Alternatives, Milk & Alternatives and Healthy Fats
Session 4	Wed, February 29	Planning Healthy Meals
Session 5	Wed, March 7	 Celebration 
Session 6	Fri, March 9	Savvy Shopping (grocery store tour)

**** Participants are asked to commit to all 6 sessions ****

Participants said:

"I've learned more about cooking and baking from scratch."

"The Handbook is a great resource with healthy and delicious recipes for my whole family."



WHERE:

St John's Church
220 West 8th Street
North Vancouver

WHEN: 11:30 am — 2:30 pm

foodSkills

Childminding is provided and you MUST register —
Contact Maria Morisseau at 604-290-2384; mmorisseau@nsnh.bc.ca

Vancouver Coastal Health
Promoting wellness. Ensuring care.


North Shore Neighbourhood House
...the heart of the community for over 70 years

WESTVIEW PAC

The Westview Elementary Parents Advisory Council has been responsible through their fundraising efforts to provide for our school computers, computer headphones, overhead projectors, iPads, and playground and gym equipment. They have also helped support field trips and school presentations such as the science workshop, drumming and dance performances to name a few.

To continue to provide financial and volunteer assistance to the school we currently are in need of more volunteers in the following positions/areas:

- Classroom representatives (1 parent assigned to each classroom for communication purposes to children and their parents, including distribution of notices and upcoming events, etc.)
- Volunteers for fundraising, brainstorming of ideas for upcoming events, providing company/corporate sponsors, etc.
- Attendees for PAC meetings, we need to make quorum in order to vote and attendance has been declining. The Principal and Vice-Principal attend these meetings and provide updates on school activities and programs. This is an opportunity for parents to provide their comments or ideas. Remember, PAC meetings are only 1 Tuesday evening per month for approx. 1 hour. The remaining meetings for the school year are as follows: February 28th, March 27th, April 24th, and May 28th, 2012. The Annual General Meeting on May 28th includes the election for executive positions on PAC.

If you would like to participate or assist in any of the above areas, please complete the following or you may leave a message at the school office.

✂ -----

Please return to the Westview Office, Attention PAC

I _____ am interested in the helping out in the following area(s)

_____.

I can be reached at _____.

If you have any comments or ideas you would like to pass along to the PAC, we would appreciate that also:

Thank you.

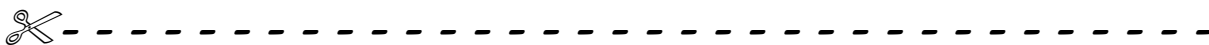
CAKE BINGO NIGHT

***Monday, February 13, 2012 at 6:30
p.m. in the gym at Westview
To All Students and Families of
Westview:***



We will be holding a Cake Bingo on Monday, February 13th at 6:30 p.m. We would appreciate cake donations to make this a fun event with lots of cakes to win. If you can, bake a cake or buy a cake, and drop it off at Westview the morning of February 13th or after school, or bring the cake with you at 6:30 when you come to play. Bring your pennies to use as Bingo markers. Bingo cards will cost \$2.00 for 1 card or 3 cards for \$5.00.

*Thank you very much for your support.
Westview Parent Advisory Committee*



Please return to the Westview office for Westview PAC.

*Yes, I will donate a cake for cake bingo on
Monday, February 13, 2012.*

Name: _____