

Westview Elementary School

Ta na wa nsíyxnit Tl'a Teltíwet

641 17th Street West

North Vancouver, B.C. V7M 0A1

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

Website: westviewelementary.ca



NEWSLETTER #6 – February 2011

I would like to take this opportunity to let you know what we have been doing at Westview. Later this spring, you will have the opportunity to complete a survey letting us know how you think we are doing. Knowing what we are doing will provide you with a basis for your opinion.

Positive School Climate: We work at recognizing our accomplishments through our yellow slips and work for extra recess as a school reward for our efforts. We continue to have weekly assemblies where we recognize the Student of the Week, all our special events, our teams, school wide activities and end singing our school song (see school song). We provide many opportunities for student leadership and extra curricular activities. We encourage our parents to join us whenever they can and communicate school events via our newsletters and school connects. Please make sure we have your e-mail so that you don't miss out on any communication.

Code of Conduct: (See Westview Rocks) One of our school goals is to maintain a positive school environment by continuing our focus on Safety, Sense of Belonging and Health. We encourage and expect students to be Respectful, Open Minded, Cooperative, Kind and Safe in the classrooms, hallways, playground and washrooms. We work with the students to help them gain a deeper understanding of "Who they are?", "What they like", "What they dislike", and "What they are good at" as well as "How they learn?", "What is their Job?" and "What do they need?". Administration works with the classroom teachers and parents as we support children in gaining skills in these areas.

Violence Prevention Programs: We have a number of programs brought in to support teachers and students in learning about violence prevention. All of the staff have been trained in abuse prevention and in disclosure protocols.

Emergency Management: All staff is trained in Emergency Management. Each member of the staff has a pre-specified role to play in the case of a major emergency. Students and staff engage in 9 fire drills and/or earthquake drills each year and have debriefings after each drill. Our emergency supplies for the classrooms are being reviewed and updated this year by the PAC. We have an Emergency bin located outside of the building as well.

Community Support: Among the many community connections we have the Big Brothers student and adult mentors that come to work with our students, the Carson Physical Education students, the P.A.W.S. Therapy dogs, the One to One Reader Volunteers, the Pais group who lead our games club each week, and the North Shore Neighbourhood House: Debbie Mahal who coordinates afterschool activities and once a month Monday parent coffee mornings and Samantha Mospican, Preteen Outreach Worker who facilitates the Grade 6&7 girls group on Wednesdays.

Our Parent Advisory Council plays an important role in communication and coordinating family events and fundraising for our school. They are Chena Binns, Susan Sandrin and Lisa Michelacci. All parents are invited to attend our monthly meetings. The next PAC meeting is scheduled for Tuesday February 22, 2011 at 7 pm. Child minding service is provided.

Intervention Strategies and Behaviour Management: Along with the Code of Conduct, the Westview staff work with the children and their parents to support the learning of social skills. We focus on helping our students understand about how they function in a community. We help the students understand problem solve and resolve conflicts. We facilitate them in understanding their feelings and emotions and learning how to acknowledge this and get their needs met in ways that show respect for themselves and others. Our priority is to ensure personal safety of every child in the classroom and in our school so that we all feel safe in our school environment. We use restitution and natural consequences rather than punishing inappropriate behaviour. We encourage students to ask for help when they need it.

Student Empowerment: We provide many opportunities for our students to have a say in the life at Westview. We acknowledge our students and what how they contribute to the school community in our Student of the Week events. We have a student council, lunch monitors and other occasions where the students can be part of activities where they can demonstrate their leadership skills.

The Satisfaction Survey will be coming with access codes to parents of Grades 4 and 7 students. Translations will be available in 16 languages on the internet at www.bced.gov.bc.ca/sat_survey. We hope that all eligible parents will complete the survey. Please think about this school year only when you answer the questions. Your honesty is appreciated as this will guide our future practice at Westview.

Barbara Leigh, Principal

Alexis Fletcher, Acting Vice Principal



What's Happening in Division 1

February brings many activities and a renewed sense of fun for many of us, now that we are heading for spring. Division 1 is anticipating the Hi Touch High Tech Science workshop, Jemma's Irish Dance demonstration, Cake Bingo (Mrs Mitchell says that if she wins a cake, she will share it with the class), Valentine's Day, an afternoon of swimming and the student's favourite day : Pro D on the 25th !

In order to improve our teaching, as Mrs. Clark and Mrs. Fletcher have previously mentioned, we reflect upon our teaching methods, our philosophies and our expectations. We try different ideas as the classroom environment changes. New thoughts regarding learning are constantly being researched in order to facilitate more successful students . The UBD model and differentiated instruction are ways that many of us are more easily meeting the needs of our students at this time. There is more to learning than pen and paper, it seems.

The grade 6-7 students in Division 1 are enjoying their Ancient Greece study this term. This subject has provided us with many projects: mosaic making, sketching, wax resistance in Visual Arts, writing plays and acting in Drama, Myth writing and a comparison essay in Language Arts. Why compartmentalize such a broad and interesting subject?

Science complete with experiments (without blowing up things) , is one of my favourite subjects to teach. There is terrific excitement when the students are working together doing hands on learning, discussing experiment outcomes and the "what if's of Science .

The main focus in Division 1, other than the obvious academic one, is to encourage a supportive group of young people. We do this by building on the values that are taught at home, by learning to be tolerant and respectful and by volunteering time throughout our school community. Westview Elementary School is very lucky to have so many capable and caring students.

Our best wishes for a happy February.

Mrs. Mitchell



Student of the Week



Students of the Week for the week ending January 10, 2011:

Justin W.	Megan H.
Peter Z.	Sindi L.
Reyanna M.	Kate T.
Baurmaun A.	Derrick S.
Sajda Z.	Ryan M.

Students of the Week for the week ending January 17, 2011:

Tyler G.	Darrell L.
Sydney B.	Caleb L.
Wolfgang Z.	Alyanna L.
Arman H.	Kaylena W.
Aaron M.	Nathan T.
Micah N.	

Students of the Week for the week ending January 24, 2011:

Rowyn D.	Kassidy W.
Emma T.	Blake G.
Calvin L.	Arthur G.
Yasna R.	Ben S.
Derrick S.	Nafeesa L.
Nathan R.	

February Behaviour Draw Winners

Johnny M.	Ali N.
Justin W.	Cameron B.
Megan H.	Caleb L.
Amanda G.	Lajuane B.
Cody R.	Dana L.
Reyanna M.	Graham G.
Yasna R.	Baurmaun A.
Aaron M.	Akiko M.
Mateo C.	Ezra E.
Korbin G.	Sajda Z.
Denzel L.	Brendan H.

Girl's Volleyball Team

Lyric A.
Kaitlyn B.
Zoe C.
Gabby F.
Michaela F.
Olivia G.
Jasmine G.
Megan H.
Wiktoria L.
Nicole L.
Georgia N.
Nevalynn P.
Heba W.
Taralyn W.
Kassidy W.



Boy's Volleyball Team

Willow B.
Ivan F.
Al F.
Dean G.
Nicholas G.
Brendan H.
Sepehr H.
Aaron S.
John S.
Keegan T.
Justin W.
Jordan Y.



Hip Gym with Smee



Spring Hip/Gym with Smee camp from
March 14 - 18 from 9:30 to 12:00 at Norgate
School

For more information contact Glenda
Danson-Brassey at 604903-3684 or
Marianne Smee at 778-228-8191

Artists for Kids Trust

For over 20 years, AFK has been providing a rich visual arts program for thousands of students of all ages in schools, after school and each summer with the popular Paradise Valley Summer School of Visual Art. Its mission, through the sale of original prints created by its artist patrons, is to build an art education legacy for the children of British Columbia. When you buy a print, you own an excellent piece of Canadian Fine Art, support great art programs and inspire the next generation of Canadian artists. Please visit www.artists4kids.com



Lunch Envelopes for March are due on February 16th.

Westview's World Famous Cake Bingo



Thursday, February 10th
at 6:30 p.m.
Please Join Us
Bring a Cake and your pennies
Bingo Cards are \$2.00 or 3 for \$5.00



Thank to everyone who participated in the ski/snowboard program. Everyone had a good time!

Westview Parent Luncheon

You are invited to a Westview Parent Luncheon (no charge)
Thursday, February 10, 2011.
at the Westview Kids Club (next door to school) at 12:30 p.m. Please register at the school office.

READY, SET, LEARN

You are invited to a Ready, Set, Learn presentation on
Tuesday, February 22, 2011
1:30 p.m. - 2:30 p.m.
at Westview Elementary

Westview Elementary invites all three year old children and their families to attend our Ready, Set, Learn presentation. Our Ready, Set, Learn program is specifically designed for 3 year olds and their parents. All families will receive the book "Growing Vegetable Soup" along with early learning resources.

To register please call the Westview Elementary Office at 604-903-3840.
Please register by February 8th, 2011.

Calendar at a Glance 2010-11



DATES TO REMEMBER:

- **February 1 & 2** – High Tech High Touch Presentations
- **February 4** – Irish Dance Performance
- **February 8** – Ready, Set Learn – 1:30 pm
- **February** – Parent Luncheon at Westview sponsored by NSNH 12:30 – 2:30 pm
- **February 10** – Cake Bingo 6:30 – 8:00
- **February 11** – Swimming- Div 4 & 5, 1-3 pm
- **February 16** – Hot Lunch Envelopes Due
- **February 18** – Swimming Div 1 & 2, 1-3 pm
- **February 21** – Scandinavian Dance Performance
- **February 22** – Ready, Set, Learn Presentation – 1:30 pm
- **February 22** – PAC Meeting 7:00 pm
- **February 23** – Anti-Bullying Day Assembly 9:00 – 9:30 am
- **February 24** – Hiwus Feast House Grade 4 all day
- **February 24** – PAC Lunch
- **February 25** – **District Professional Day – Students not in attendance**
- **March 8-10** – Stagecoach
- **March 9** – Hot Lunch Envelopes Due
- **March 11** – Last Day of School before Spring Break
- **March 28** – School Reopens
- **March 28** – Panorama and Class Photos
- **March 29** – PAC Meeting

HEAD LICE

As thousands of children returned to school after the Christmas break, so did head lice. This is just a reminder to parents that this is a common issue among school-age children and one that can affect anyone. Parents need to remember a few facts regarding head lice:

- Lice are wingless - they do not jump or fly but rather spread by crawling from one head to another.
- Lice spread relatively quickly.
- Lice spread through DIRECT head-to-head contact as well as through personal articles such as hats, combs, brushes, helmets, scarves etc.

The best way to reduce the chances that your child will get head lice is by being proactive:

- **Check** each family member's head **EVERY week**. Make this a family routine Sunday night before returning to school on Monday.
- Provide individual combs and brushes for each family member.
- Teach children to avoid sharing items that come in contact with your head or neck, for example: towels, helmets, hats, scarves.
- Comb or brush hair vigorously daily.
- Children with long hair should tie their hair back. Braids are ideal.

If you discover that your child has head lice please report this to the school office and they will provide you with information regarding treatment options.

• Children with head lice may remain in school during the treatment period.

- If you have any further questions please call the On-Call Public Health Nurse at 604 983-6714.

Westview **ROCKS** - Code of Conduct

	Respectful	Open-Minded	Cooperative	Kind	Safe
Classrooms	<ul style="list-style-type: none"> * Arrive to school on time ▪ Work quietly with inside voices ▪ Use appreciative statements, not put-downs ▪ Use active listening - eyes on speaker ▪ Cooperate and include others ▪ Allow one person to speak at a time (put your hand up) ▪ Use eye contact to communicate ▪ Do your work in class (use your time wisely) ▪ Complete homework on time ▪ Respect other people's property ▪ Keep classroom neat and tidy 	<ul style="list-style-type: none"> * Show that you are grateful ▪ Make new friends ▪ Listen and be open to the ideas of others ▪ Celebrate different holidays and traditions ▪ Celebrate differences ▪ Ask for help if you need it 	<ul style="list-style-type: none"> * Use attentive listening ▪ Work together ▪ Follow directions immediately without arguing or talking back ▪ Share ideas and materials ▪ Be helpful to classmates ▪ Use lunchtime etiquette 	<ul style="list-style-type: none"> * Use good manners ▪ Use a positive tone ▪ Encourage others ▪ Share with others ▪ Be friendly ▪ Use respectful tone and language to everyone 	<ul style="list-style-type: none"> * Walk in classrooms ▪ Keep personal belongings organized ▪ Keep hands to yourself ▪ Use equipment properly ▪ Push chairs in ▪ Handle scissors with care ▪ Take off hats/hoodies inside ▪ Sign in/out at office if late or leaving early ▪ Be aware of personal space
Hallways	<ul style="list-style-type: none"> * Travel on the right with a purpose ▪ Travel with quiet feet and voices ▪ Look at displays but don't touch ▪ Use assigned entrances and exits for your class 	<ul style="list-style-type: none"> * Greet and smile at visitors ▪ Take the time to appreciate hallway displays 	<ul style="list-style-type: none"> * Walk without talking ▪ Keep hands to self ▪ Respect other classrooms 	<ul style="list-style-type: none"> * Hold doors for others ▪ Step out of pathways of others ▪ Smile ▪ Use respectful tone and language to everyone 	<ul style="list-style-type: none"> * Walk on right in a single file ▪ Do not talk during instructional time ▪ Walk on the stairs, one step at a time ▪ Use assigned entrances and exits for your class
Playground	<ul style="list-style-type: none"> * Take turns on slide ▪ Swing back & forth ▪ Include others in play ▪ No bullying ▪ Take part in stopping a bullying situation ▪ Do not throw snowballs before, during or after school ▪ Put garbage in garbage cans - even if it isn't yours 	<ul style="list-style-type: none"> * Try new games and ideas ▪ Help new students feel welcome ▪ Accept everyone's abilities during play 	<ul style="list-style-type: none"> * Follow the aides' instructions ▪ Take turns ▪ Share equipment ▪ Be a role model for younger kids 	<ul style="list-style-type: none"> * Use respectful tone and language to everyone ▪ Include students while playing ▪ Be friendly ▪ Treat others the way you would like to be treated 	<ul style="list-style-type: none"> * Leave rocks/branches on the ground ▪ Stay within boundaries ▪ Use equipment safely ▪ Inform supervision aides of problems ▪ Go feet first in slide ▪ Don't climb the sides of slide ▪ Watch out for flying swings
Washrooms	<ul style="list-style-type: none"> ▪ Flush ▪ Wash your hands ▪ Put paper towels in waste basket ▪ Respect people's privacy 		<ul style="list-style-type: none"> ▪ Tell someone when the bathroom needs attention ▪ Give help if needed 		<ul style="list-style-type: none"> * Wash hands before eating and after using bathroom ▪ Get teacher's permission before leaving room ▪ Use facilities in a timely manner and return to class promptly

LET'S BE REAL

Provincial Eating Disorders Awareness Week (PEDAW)
February 6th-12th, 2011

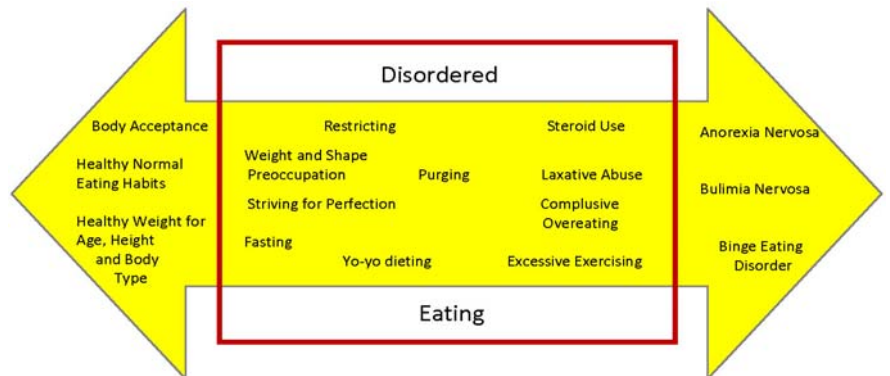


What is Disordered Eating? Disordered eating consists of a range of thoughts & feelings about food & body that lie between health/normal eating with body acceptance at one end & eating disorders at the other.

While some of these ways of acting are symptoms of an eating disorder they do not occur as often or to such an extreme that a doctor would consider them to be anorexia, bulimia or binge eating disorder.

Disordered eating symptoms may occur once in a while or at certain key moments in a child's life (stressful event, illness, preparing for an athletic event). However, when disordered eating starts to interfere with everyday life or used to cope with strong feelings, it may lead to an eating disorder.

Who does it affect? Almost all women & girls over the age of 11 have indulged in disordered eating, most likely dieting. Research tells us that 81% of 10 year olds are afraid of being fat and 98% of females are unhappy with their bodies. About 1/10 of the population are thought to be living with an eating disorder & 1/10 of that number are male.




Be Real Walk
May 7, 2011
Registration
\$10.00 at
Ambleside Youth
Centre
[www.events.runningroom.com/
site/?raceId=6349](http://www.events.runningroom.com/site/?raceId=6349)

What can I do?

- Find a parenting style based on kindness, fairness & consistency that also sets firm boundaries & realistic consequences.
- Model the way you expect your child to act (eat a variety of foods, exercise for health & not to burn calories).
- Maintain a family atmosphere where open and honest communication is valued.
- Value your child's inner beauty & refrain from making comments about looks & weight.
- Model a balanced approach to eating and food.
- Teach your child how to think critically. Give room to disagree & challenge conventional wisdom in order to resist the lure of media messages & peer pressure. Model "how" to think not "what" to think.
- Let children know they are unique, valued & lovable just the way they are & not for how they look, their grades or athletic ability.

If your child is showing signs of disordered eating, it is important to get help before it becomes an eating disorder. Contact the Be Real Clinic at 604-983-6847

Multi Media Contest — Please email art, videos or literature aimed at preventing disordered eating to mhudson@familyservices.bc.ca to win prizes. Contest starts February 16, 2011 www.familyservices.bc.ca

Health Matters

February 2011

Take a Right Brain Break on a Left Brain Day

When footbagging (a.k.a. hacky sack), use bean bags, hacky sacks or paper balls and develop coordination and agility. Juggling with the feet promotes a “right brain break” and improves communication between the left and right sides of your brain.

Use your legs and feet (head, knees, or upper body too) to keep the footbag in the air for as long as possible. Hands and arms may not be used. Have fun learning the **3 basic skills**:

- **Toe Kick:** kick with the toes curled inside the shoe.
- **Inside Kick:** use the inside of the foot by bending the knee outwards and lifting the foot in front of the body to provide a flat kicking space.
- **Outside Kick:** use the outside of the foot by twisting at the knee and offering the outside of the foot out to the side of the body as a flat space.



Adapted from the Action Schools! BC Middle School Classroom Action Resource at www.actionschoolsbc.ca.

Healthier Rewards

Food preferences can be affected when they are connected with rewards or praise.

Rewarding children with candy or food:

- Teaches children to reward and comfort themselves with food
- Encourages overeating of foods high in sugar and fat
- Teaches children to eat when they're not hungry
- Can cause tooth decay if rewards are high in sugar

Ideas for non-food rewards:

- Get children to write ideas for fun activities on pieces of paper and put them in a container. They can choose a paper and the activity will be their reward.
- Attention, praise or thanks
- Extra time for playing or reading



Intrinsic rewards are natural results of the child's behaviour. For example, children can find things easily in their bedroom when they keep their room tidy or they feel good when they help others. Help children to recognize these natural rewards. Watch this interesting video on “The surprising truth about what motivates us” by Dan Pink <http://www.youtube.com/watch?v=u6XAPnuFjJc>



KALE CHIPS - Preheat oven to 400° F. Wash one bunch of kale and pull or cut off tough stems. Spin in salad spinner to remove as much moisture as possible. Place kale on a rimmed baking sheet. Sprinkle with canola or olive oil and toss with your hands to help spread oil; spread in a single layer on baking sheet. Season with a small amount of coarse salt and bake for 10 minutes until kale is crispy and starting to brown. Serve when it comes out of the oven.

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or 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

SOUND OFF!

Verse 1:

I don't know what you've been told.

I don't know what you've been told.

Westview school is solid gold.

Westview school is solid gold.

We sing, learn skills, there's integration too!

We sing, learn skills, there's integration too!

We have fun whatever we do.

We have fun whatever we do.

Chorus:

Sound off!

1 2

Sound off!

3 4

Take it down

2 3 4
1 2 ...3, 4!

Verse 2:

When it's miserable and cold.

When it's miserable and cold.

And you're feelin' kinda old.

And you're feelin' kinda old.

Well Westview school is the place to be.

Well Westview school is the place to be.

(Guided) Reading, (Daily) Math, Social Responsibility.

(Guided) Reading, (Daily) Math, Social Responsibility.

Chorus:

Sound off!

1 2

Sound off!

3 4

Take it down

2 3 4
1 2 ...3, 4!