

Westview Elementary School

Ta na wa nsíyxnit Tl'a Teltíwet

641 17th Street West

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



NEWSLETTER #5 – January 2012

Welcome back and Happy New Year! I hope that everyone had a restful holiday with lots of time to visit with family and friends. January is traditionally a time of hard work and high expectations in school. Students as well as teachers come back with renewed vigor and enthusiasm for the tasks at hand and everyone is ready for some hard work. Students move away from frequent reviews into learning new skills and mastering important concepts.

Sometimes students find this time of year very intense, and we wish to take a moment to remind you to stay involved in your child's learning. Remind them that if they feel confused or unsure about school work, they should talk to their teacher. A new paradigm has emerged in education since the 20th century. By understanding and learning how our brains work, researchers such as Eric Jensen ("Teaching with the Brain in Mind") are starting to make connections to student achievement that may help students understand how they learn so that they can be successful in school.

Some practical suggestions on "Getting students ready to learn" provided by Eric Jensen in his book are:

1. Ensure that your child gets enough sleep each night. Our sleep is divided into 4 stages: a) "half awake stage" which consumes approximately the first 5% of our night, b) the "non-dream stage" which is important for our physical renewal - it is our "rest and repair" time of the night which is approximately 65% percent of our sleep cycle. During the rest and repair period we rarely hear a sound and this is our deepest sleep, c) the "dream stage or REM (rapid eye movement) stage" occupies approximately 25% of our night's sleep and is our long term memory processing period. We build our long term memory because we replay what we have learned during the day at this time. Researchers believe that this is the most important part of our sleep and if we wake up too early this could affect our memory retention and learning. This is our most important stage of sleep and d) the "half asleep" stage which consumes approximately the last 5% of our night's sleep.

How much sleep do children need each night? There are guidelines for parents. It is recommended by that children between the ages of 5-7 get 10 to 12 hours per night and children between the ages of 8-12 get a minimum of 9 hours of sleep although 10 to 11 hours is ideal.

2. Ensure that your child is eating and drinking for learning. The brain needs a wide variety of nutrients which can be found in "proteins, unsaturated fats, vegetables, complex carbohydrates and sugars. The brain also needs a wide range of trace elements such as boron, selenium, vanadium and potassium" found in foods we eat. Water is important too because it helps keep the body hydrated. Water can help reduce stress levels as well. Encourage your child to drink water as their primary beverage of choice. See the correlation by connecting nutrition to learning through the use of a private journal. Track what your child is eating and drinking each day and how they are actually feeling and doing at school.

2012 is already shaping up to be a busy and productive year and we look forward to many great community events that we can all enjoy together. We have the following activities planned until Spring Break:

International Dinner on Wednesday January 25 from 6:00 – 8:00 pm

PAC meeting on Tuesday January 31 from 7:00 – 9:00 pm (Child minding available)

Cake Bingo on Monday February 13 from 6:30 – 8:30 pm

PAC meeting on Tuesday February 28 from 7:00 – 9:00 pm (Child minding available)

Barbara Leigh and Tracey Todd

(check out our blog for more information at: <http://blog44.ca/westviewelementary/>)

Student of the Week



Students of the Week for the week of December 5, 2011:

Zoe C	Arshia M-A	Blake G	Cyrus E	Nikki M	Agnes Y
Joao H	MasonC	Micah V	Drayton Z	Alex H	Sajda Z
Isabella W	David E				

Students of the Week for the week of January 9, 2012:

Ava R	Darell L	Llewellyne B	Blake G	Vincent E	Mason C
Kristjana K	Micah V	Emma T	Setareh G	Hannah O	Felix R

Behaviour Draw Winners

Div.	September	October	November	December
1	Leanne P	Zachary M	Niall R	Ben B
1	Emma T	Joseph S	Michael S	Mya B
2	Adam S	Noah B	Arshia M	Dana M
2	Justin W	Shervin E	Justin W	Ivan A
3	Evan S	Jad A	Agnes Y	Michael S
3	Skyla W	Sean G	Amanda G	Sindi L
4	Soha H	Mason F	Reyanna M	Calvin L
4	Kirthga S	Vanessa R	Tyler G	Sashlee K
5	Tyler G	Kai F	Dean G	Kate T
5	Saghi H	Billy P	Lyndsey G	Aubrey B
6	Laura A	Akiko M	Ayla C	Derrick S
6	Yoshi H	Zya T	Drayton Z	Korbin G
7	Dennis N	Nabeeha L	Maggie W	Ezra E
7	William L	Micah N	Alex H	Eva S
8	Romina Z	Savion A	Hannah O	Sajda Z
8	Rafeal Q	Nafeesa L	Ethan M	Paige S
9	Kaitlyn C	Haniya H	Matei U	Lara M
9	Wyatt S	Joshua N	Ava F	Kai-Yu She
10	Michael L	Nikole B	Rory W	Anika H
10	Benjamin E	Felix S	Liam D	Araz T

ARTISTS FOR KIDS AFTER SCHOOL ART CLASSES WINTER SESSION REGISTER NOW! REGISTER EARLY!



The next session of our very popular after school art classes will begin 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

Lunch Envelopes for February are due on January 18th.



During this inclement weather:



Students and staff should dress warmly and wear winter boots.
Parking and walking conditions may continue to pose a challenge through
the coming weeks.

Closure information is on the North Vancouver School District Website:
nvsd44.bc.ca

The closure information will be sent to the following radio and television
stations for a public service announcement:

- CBC AM 690 radio
- CHMJ AM 730 radio
- CKNW AM 980 radio
- News AM 1130 radio
- Fairchild AM 1470 radio
- CHQM FM 103.5 radio
- BCTV
- CBC TV
- City TV
- CTV BC

Calendar at a Glance 2011-2012



DATES TO REMEMBER:

- **January 3** – School Reopens after Winter Break
- **January 4** – School Tour International Students
- **January 9** – Div 9 Ice Skating Field Trip
- **January 11** – Girls Gr 5 to 7 Art Room Program – Noon
- **January 16** – Curriculum Implementation Day **SCHOOL CLOSED** for students
- **January 18** – Late French Immersion presentation 1:45pm in the Fine Arts room
- **January 18** – Hot Lunch Envelopes Due
- **January 19** – Carson Community Presentation 7:00 pm
- **January 25** – International Dinner 6:00 to 8:00 pm
- **January 26** – Dance Show coming – 1 to 2pm
- **January 31** – PAC Meeting 7:00 pm

The Board of Education of the North Vancouver School District will be offering:

Grade 6 Late French Immersion ~ September 2012

at the following school location(s):

École Boundary Elementary School

and, based on sufficient enrolment, at:

École Braemar Elementary School

The Late French Immersion program is designed for non-French speaking students. After completing their Grade 6 and 7 years, Late French Immersion students will continue their bilingual program at a secondary French Immersion school, with their peers from the Early French Immersion program.

You are invited to consider this French Immersion program, beginning in Grade 6 and continuing to Grade 12. An information meeting for interested Grade 5 students and their parents will be held on:

Wednesday, January 25, 2012

7:00pm

Leo Marshall Curriculum Centre

North Vancouver Grade 5 Students and Parents

Application Process for Late French Immersion

1. Attend the information meeting with your child on January 25, 2012 and discuss this program option with your child.
2. Complete the NVSD Late French Immersion Application Form indicating your desire to register your child for Late French Immersion. This form will be available at your local school, on the NVSD website: www.nvsg44.bc.ca, or at Central Registrations at the Lucas Centre (2132 Hamilton Ave).
3. Have your child write a letter of commitment explaining why he/she wishes to enter the Late French Immersion program. This letter should accompany each student's registration form.
4. Submit the registration form and your child's letter in person from January 23– March 9, 2012 at Central Registrations. For any further information, please call 604-903-3368.

N.B. Student selection for the Late French Immersion program is determined by lottery in a manner that is consistent with District Policy 605.

Dear Westview Parents/Guardians,

As Principal of Carson Graham Secondary, I wish to invite you to a community presentation held at Westview Elementary on Thursday, January 19, 2012 at 7pm. My intention is to share with you my vision for our new school as well as the many exciting learning opportunities available to our students – your children. You will also hear from our students, parents and staff as they share with you their stories and hopes for our new Carson Graham.

For me, it has been joyful to witness dreams of the past four years get closer to fruition. Now that structural steel is complete, the work on the inside of the building is beginning to accelerate. As new trades begin to arrive, hardly a day goes by that we cannot visibly see the progress that the builders are making. The heating and mechanical, electrical, glazing, fire-proofing, and steel stud contractors are progressively moving east to west on all three floors of the new structure. And now that the dry-wallers have begun the work of putting up the sheet rock... we are beginning to get a true sense of what the finished classrooms and teaching spaces will look like. I am confident that our students who enter the new school this fall will be coming into what will undoubtedly be the premier secondary teaching and learning environment in the province – a lighthouse facility that others will strive to replicate.

As proud as we are of the new physical structure, we are equally thrilled with our new programs, educational pathways, and partnerships that we have been developing the past number of years. In addition to implementation of the International Baccalaureate Middle Years (MYP) and Diploma Programmes (DP), we have completely changed the compilation of Technology, Visual and Performing Arts, as well other education options available to our students. Our work in these areas has been done to better provide our students with the requisite skills and understandings to exist in an ever-changing global community.

I hope that your schedule will allow you to attend this 45 minute presentation. If you are unable to attend the meeting at your school, please do attend one of my other Family of Schools sessions as I will be visiting each our of elementary feeder schools. These dates are listed on our school website. Should you want further information, please do contact me.

Kind regards,

Steve Garland – Principal Teacher, Head of School
Carson Graham Secondary School

For dates and times of the Carson Graham Community Presentations, please use the following link:
<http://www.nvsd44.bc.ca/~media/6ECBA89345684682BB3BE602DF555279.ashx>



Healthy Together



A MONTHLY NEWSLETTER

Are you feeling stressed or low in energy? How about the kids?

Many events throughout the year will have us responding "YES" to this question. Physical activity is a proven way to reduce stress levels and increase energy. Try integrating physical activity into your week by: having a walking meeting at work/volunteer work, walking or biking your kids to and from school, taking a brisk walk with friends or family after dinner, walking around the block while waiting for the kids, or trying drop-in badminton, yoga, swimming or dance.



"Popcorn" Cauliflower



Cut up one cauliflower head into bite-sized pieces. Toss in 15 ml (1 Tbsp.) olive oil and sprinkle with thyme or your favourite herbs and spices. Spread in a single layer on a cookie sheet and bake for 30-40 minutes at 375° F (190° C) flipping every 15 minutes.

cancer fighting

rich in vitamin C

good for the heart



To achieve benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more, whereas children aged 5-17 years should accumulate at least 60 minutes daily.

Source: Canadian Physical Activity Guidelines

For school based healthy eating or physical activity information visit www.actionschoolsbc.ca. For general nutrition information call HealthLink BC at 811 and speak to a dietitian, or visit www.healthlinkbc.ca.



January 2012

Raising Smoke Free Children on the North Shore

Parents and family members can and do influence whether their children smoke. Of all the people who influence your children about smoking, you have the greatest impact. You and your child may already be aware of some of the negative facts about smoking; however, every day youth on the North Shore become addicted to tobacco even though our communities have some of the lowest smoking rates in Canada.



How Can We Help Our Children Make the **Healthy Choice** on Smoking?

Give Them the Facts



- **Smoking is still the #1 cause of preventable disease and death in Canada!**
- Smoking is more addictive and causes more deaths than other drugs - many of which are **ILLEGAL**.
- One study reported that only 5% of adolescent smokers expected to be smoking in 5 years, while the rate of those who still smoke after 5 years is actually close to 75%.

We know kids are exposed to smoking in movies, but music too?

- In a recent study youth found that 50% of their favorite songs contained references to smoking or tobacco use.
- The same study revealed that 50% of the music videos from the top 80 played songs featured smoking imagery.
- Youth are highly influenced by lyrics, behaviors and images of their favorite performing artists, and they are much more likely to start smoking after being exposed to such imagery.

Smoke-Free Spaces

The District of North Vancouver and the District of West Vancouver now have Smoke-Free beaches, parks, and sporting fields!

What if my partner and/or I smoke?

- Limit children's exposure to second-hand smoke – Remember that there is no safe level of exposure to second hand smoke and even brief exposure raises blood pressure and heart rate and can trigger asthma attacks.
- Let your children/partner/family know that nagging does not help you quit.
- Need help? QuitNow offers free telephone, web, and text support www.quitnow.ca or call 8-1-1 and ask to speak to a QuitNow Care Coach.
- The B.C. government's Smoking Cessation Program helps eligible B.C. residents stop smoking or stop using other tobacco products by assisting them with the cost of smoking cessation aids such as prescription drugs or nicotine replacement therapy.
- For free nicotine patches or nicotine gum call 8-1-1 and have your CareCard ready
- For prescription stop-smoking meds talk to your family physician to see if you are eligible for coverage.



For more information or resources on tobacco reduction initiatives contact Vancouver Coastal Health Tobacco Reduction Coordinator, Lindsay MacDonald
lindsay.macdonald2@vch.ca