

Westview Elementary School

Ta na wa nsíyxnit Tl'a Teltíwet

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NEWSLETTER #10 – June 2011

Dear Parents and Guardians,

As the school year draws to a close I would like to reflect on the months behind us. As most of you can recall Mrs. Martinello and myself were sharing principal responsibilities at Westview until December 2010. She moved into her District position at the start of 2011. I want to take this opportunity to thank all the staff, the students and parents for your support as I transitioned into my role as the principal of Westview at that time.

It has been a very productive and exciting year. Our students have worked hard and shown commitment to our school community throughout the year by getting involved in school wide events through efforts of staff and school council, district events, as well as participate in our many after school activities and programs.

Some of the highlights over the year have been: Terry Fox Run, Ice cream social, Basketball, Cross Country, Volleyball, Track and Field, Thanksgiving lunch, Halloween Howl, Hip Gym classes, Book Fair, Tennis, Primary Heritage Presentation, PAC movie night, Twin Day, Norman Foote Choir Performance, Food Drive, Santa Shop, Sleeping Beauty Presentation, High Tech High Touch, Irish Dance, Girl's Club, P.J. Stuffy Day & Red Day, Anti-bullying Day, African Acrobats, Scandinavian Dance Troup, Swimming, Cake Bingo, Skiing, Stagecoach, Jersey Day, Choir & Dance Festivals, Tobacco & Nutrition Fair, Multicultural Dinner, Artist for Kids Gallery Tour, Safeteen workshop, Spring Fair, Ventriloquist performance, Outdoor School, Band Concert.

As always, June comes with its share of farewells and thank yous. To our Grade 7 students, I wish them the very best as they move on to the next chapter of their lives. I hope they carry with them all the wonderful memories of their years in elementary school.

To the PAC, I send out gratitude from all the staff and students for your continued support and faith in us. You have put so much time and energy into helping us organize the many parent and student events as well as provide support in other areas such as: High Tech High Touch program, PAC lunch days, emergency supplies and headphones for the computer lab over the year.

To those who are moving on to new schools in new places, we will miss you. With regrets, we must say farewell to some members of our staff at this time. Good Luck to Mrs. Janice Mitchell who is moving on next year. She has left her mark on Westview as a teacher with a sense of humour, a way of engaging students in classroom life, and for her involvement in school council over her 8 years here. To Ms. Diana Kilby, Mrs. Cindy Donaldson and Mrs. Karen Koch, who joined us this year, best of luck and we hope our paths will meet again very soon.

I would also like to thank Mrs. Alexis Fletcher for stepping in as the acting Vice Principal since January. Her expertise and understanding of the needs of students, teachers and community and her organizational skills and ability to work with staff have been much appreciated. Mrs. Tracey Todd will be joining us in September as the new Vice Principal.

From my perspective as the new Principal at Westview, I would like to thank each of you again for making this a very memorable and enjoyable year. Have a safe and wonderful summer. See you in September.

Barbara Leigh
Principal

Student of the Week

Students of the Week for the week ending June 6, 2011:

Wiktorina L.	Zoe C.
Mya B.	Isiah G.
Tyler P.	Calvin L.
Vincent E.	Arman H.
Emma T.	Tyler G.
Artin S.	Eva S.
Rafael Q.	

Students of the Week for the week ending May 16, 2011:

Nick L.	Brendan H.
Jordan Y.	Ruairidh K.
Dana M.	Riley M.
Zoe G.	Arthur G.
Aubrey B.	Sol L.
Saghi H.	Dinah H.
Roza V.	



Artists for Kids is now taking registration for it's summer camp at the North Vancouver Outdoor School featuring internationally recognized artist George Littlechild. If you love to draw, paint sculpt, create and have fun, then this is the camp for you! Go on-line at www.artsits4kids.com or pick up a form at the office today.

Balmoral Summer Drama Camp

Balmoral Summer Drama Camp is registering now for its 25th year! Featuring NVSD drama teachers Aurora Reale and Rob Walker, this half-day program will run the first 3 weeks of July. The program encourages the development of communication skills and self-esteem through active, engaging theatre games. The skills we develop will showcase in a closing performance. Registration is open for any one, two or three weeks. Pre-registration is not required, show up on the first day!

Hours: 9-12 AM

Date: Monday-Friday, July 4-22

Location: Balmoral Jr Secondary Drama studio

Ages: 8-17

Cost: \$125/week, \$350/3 weeks

Cheques payable to AURORA REALE
Contact: Rob Walker, rwalker@nvsd44.bc.ca,
778-838-7622 or Aurora Reale, 604-321-6406

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.

Hot Lunch Envelopes for September are due on June 15th

School Fees

As a service to parents, our Kindergarten teachers have offered to collect \$35.00 per student to pre-purchase Kindergarten consumable supplies to enhance their program. Parents who prefer to provide or purchase their own supplies for their children may contact the school for a complete Kindergarten supply list at the end of June.

Hot Lunch

We are happy to provide a hot lunch program for the students at Westview. For September the students who requested a lunch in June will automatically receive a letter and envelope outlining the program. If you are interested in participating in the lunch program please pick up an envelope at the school office.

May Behaviour Draw Winners

Sepehr H.	John S.	Niall R.
Keegan T.	Carly M.	Eugene T.
Sarah G	Jacob A.	Riley M.
Melissa L.	Jeff H.	Jesse W.
Kyle A.	Anika S.	Lyndsey G.
Sol L.	Ellashani G.	Dinah H.
Kenzie A.	Adam F.	Nebeeha L.
Anna M.	Arlen E.	Ryan M.
Symon S.		

June Behaviour Draw Winners

Michaela F.	Hoya L.	Lyric A.
Nicholas G.	Chris B.	Koby B.
Tyler C.	Ben B.	Paris R.
Ruairidh K.	Blake F.	Catherine H.
Sashlee A.	Soha H.	Tom K.
Mason C.	Joao H.	Vannessa R.
Paige B.	Arman H.	Dean g.
Chris B.	Benjamin S	Ellise C.
Isabelle B.	Nafeesa L.	Takeru S.
Barsam G.	Neisha G.	Micah N.

Calendar at a Glance 2011

DATES TO REMEMBER:

- **June 2** – Kindergarten 2011-2012 Orientation 10:45 – 11:45 am
- **June 3** – Volunteer Tea
- **June 7** – Swangard Track Meet
- **June 9** - Staff Appreciation Luncheon
- **June 10** – **Fun Day - Dismissal at 12:10 pm**
- **June 13** - Band Concert 7:00 pm
- **June 14** – Grade 7 Dunk
- **June 15** – Hot Lunch Envelopes Due
- **June 15** – 17 – Grade 2's in Mrs. Muirhead's Class and all Grade 3's to Outdoor School
- **June 16** – Division 5, 8 and 9 Field Trip to the Ecology Centre
- **June 21** – First Nation Assembly & Presentation for National Aboriginal Day
- **June 22** – Grade 7 Year End Field Trip
- **June 23** – Primary Classes to Mahon Park all Day
- **June 24** – Division 4 and 5 Swimming 1:00 – 3:00
- **June 27** – Division 3, 4 and 5 Walking Field trip Mahon am
- **June 27** – Grade 7 Farewell 1:00 pm
- **June 28** – Students Dismissed at 10:00 Happy Summer!!!!!!!!
- **September 6** – School Opens
- **September 14** – Individual Photos
- **September 26** – **School-based Professional Day – Students not in attendance**





National Aboriginal Day

On June 21st students and staff at Westview School will be celebrating National Aboriginal Day. We will be showcasing First Nations culture in an assembly at 1:20 p.m. We hope you can join us.



Westview Students Performed in the District Dance Festival on April 20th. Thank you to Mrs. Smee for dedicating her time to our Hip Gym students.

Hip Gym with Smee



Hip Hop, Gymnastics and Musical Theatre Camp
July 4th – 22nd, 2011 12:30 – 3:00 pm
Three week Program \$125.00
Two Week \$90.00
One Week \$45.00
Register Now at Community Office
Telephone: 604-903-3684

North Vancouver School District School Calendar 2011/2012

Days in session 193

Minimum number of days of instruction 186

Maximum number of non-instructional days 6

Schools Open	Tuesday, September 6, 2011
School-based Professional Day	Monday, September 26, 2011
Thanksgiving Day	Monday, October 10, 2011
Province-wide non-instructional day	Friday, October 21, 2011
Remembrance Day	Friday, Nov. 11, 2011
Schools close for Winter vacation	Friday, December 16, 2011
Schools reopen after Winter vacation	Tuesday, January 3, 2012
District non-instructional day (Curriculum Implementation)	Monday, January 16, 2012
District non-instructional day	Friday, February 24, 2012
Schools close for Spring vacation (includes 5 local calendar days)	Friday, March 9, 2012
Spring vacation period	March 12-23, 2012
Schools reopen after Spring vacation	Monday, March 26, 2012
Good Friday Statutory Holiday	Friday, April 6, 2012
Easter Monday Statutory Holiday	Monday, April 9, 2012
District non-instructional day	Friday, May 4, 2012
Victoria Day Statutory Holiday	Monday, May 21, 2012
School-based Professional Day	Thursday, June 28, 2012
Administrative Day	Friday, June 29, 2012
Schools Close for Summer Vacation	Friday, June 29, 2012

Westview Instructional/Bell Schedule for 2011/2012

Entrance Bell	8:55 AM	to	9:00 AM
First Instructional Period	9:00 AM	to	10:20 AM
Recess	10:20 AM	to	10:35 AM
Second Instructional Period	10:35 AM	to	12:10 PM
Lunch	12:10 PM	to	12:55 PM
Entrance Bell (end of lunch)	12:55 PM	to	1:00 PM
Third Instructional Period	1:00 PM	to	3:00 PM

Bacteria is Becoming Resistant to Antibiotics



A major cause of antibiotic resistance is the overuse, or inappropriate use, of these medications. When antibiotics are used incorrectly, the weak bacteria are killed, while the stronger, more resistant ones survive and multiply. Germs that develop resistance to one antibiotic may develop the ability to develop resistance to others. Antibiotics then become ineffective when we really need them!

How to prevent resistance:

- ✓ Wash your hands regularly with soap and water for at least 20 seconds. It is the most effective way of preventing any type of infection.
- ✓ Avoid the use of antibacterial soap and “bacteria-fighting” cleaning products. Cleaning with soap and water, or disinfecting surfaces with a solution of water and vinegar or household bleach is adequate.
- ✓ Take antibiotics as directed. Even if you feel better, use the entire prescription.
- ✓ Do not flush out-of-date or unused antibiotics down the toilet, down the sink, or put them in the garbage. If you do, medication ends up in the water table which increases the drug resistance problem. Instead, return them to a pharmacy.

*If you have any questions,
please call the
On-Call Nurse for the Child & Youth Team
at 604-983-6714*

Staying Sun Safe



No Tan is a Safe Tan

Skin cancer is the most common type of cancer in Canada and the most common for youth ages 15-29. The good news is that it is the most preventable! Avoiding the use of indoor tanning beds (which increases cancer risk by 75%) and avoiding the sun's UV rays is a key step in preventing skin cancer.

Eye Protection

UV radiation from the sun can harm the cornea, lens and retina of the eye, both immediately and long-term. Wearing sunglasses is a must! Sunglasses that block both UVA and UVB are recommended. Noticeable signs of UV harm to the eyes may include immediate, but temporary, pain, inflammation of the cornea of the eye, and an aversion to light. Never look



Did you know?

The UV index indicates the daily strength of the sun's ultraviolet UV radiation. The higher the number, the more risk for sun damage. Local newspaper and radio stations may publicize the UV index when it reaches 3 or higher. At this level we need to take precautions: Cover up, wear hat, sunglasses and sunscreen.



References:

Health Canada; Oct 2005,
WHO Report on Infectious Diseases
2000, www.dobugsneeedrugs.org
www.canadiancancersociety.ca
www.bccancer.bc.ca/PPI/prevention
www.dermatology.ca/index.html
www.optometrists.bc.ca

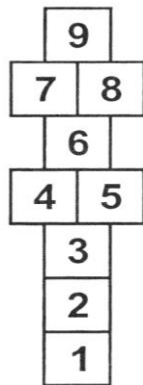
June 2011

Health Matters

Hopscotch

Hopscotch has been played around the world for hundreds of years. Players take turns hopping and jumping over lines, squares, circles and x's drawn on the ground travelling up and down the length of the hopscotch patterns. Hopping contributes to improved bone health and helps develop coordination, agility, and balance while providing a fun and accessible outdoor activity.

Hopscotch (basic game) - Players toss a marker (e.g., stone, bean bag) into the first space. If the marker lands outside this space or on a line the player's turn is over and the marker is left in that space. If it lands inside the first

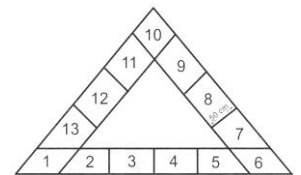


space, the player hops on one foot over this space and continues through the rest of the pattern. On the way back, the player stop at the space just before their marker and pick it up (without losing balance on one foot), hop into that space and then out. The player repeats this pattern tossing their marker into the next consecutive space until a mistake is made (tossing or hopping error) ending their turn. Players must hop over any space occupied by a marker. If spaces are side by side the players may

hop with 2 feet (1 foot in each space). The first player to complete all numbers in the pattern (and back again) is the winner.

Triangle Hopscotch –

Players hop into space 1 and facing space 10, hop each space sideways to space 6, then diagonally forward to space 10, then diagonally backwards to space 1 again and out. Players use a marker and apply the rules used in basic hopscotch. Players may rest on 6 or 10.



For more daily physical activity ideas visit

www.actionschoolsbc.ca



Locally Grown Food

Support your health, the environment, the local economy and BC farmers and producers, by choosing locally grown vegetables and Fruit. Here are some ideas for finding locally grown food:

- **Loutet Farm** – the City of North Vancouver urban farm officially opened April 2011. The farm will provide locally grown produce and courses on food production for adults and children. Visit www.ediblegardenproject.com and search online for other urban farms.
- Grow your own food in your garden, in containers or participate in a local community garden. **West Coast Seeds** provides information on how to grow vegetables and fruit www.westcoastseeds.com.
- Visit **farmers' markets** to meet farmers and producers, learn about local products and try new food. Look for locations in local papers or visit www.bcfarmersmarket.org and www.getlocalbc.org.

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or Kathy.Romses@vch.ca. For general nutrition questions, call **HealthLink BC at 811** and speak to a dietitian or visit www.HealthLinkBC.ca. For school based physical activity or healthy eating questions please contact Action Schools! BC info@actionschoolsbc.ca.