

# Westview Elementary School

Ta na wa nsíyxnit Tl'a Teltíwet

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## NEWSLETTER #7 – March 2011

It is amazing how the weeks fly by. Only one week of school until spring break. Remember this year our spring break starts on Saturday, March 12 and schools re-open on Monday, March 28.

We would like to extend a thank you to our wonderful PAC and PAC executive. We have had High Tech High Touch presentations for the whole school. We also had the Cake Bingo fundraiser, Anti-Bullying Day t-shirts and a PAC pizza lunch in February supported through PAC. Please add April 20 - Multicultural dinner and May 7- Spring Fair to your calendars. These events should be lots of fun and something you won't want to miss.

At February's PAC meeting, we presented some of the restitution and problem solving strategies to the parents. They asked us to provide the community with some of the intervention strategies we use with the students when matters arise. Over the next few months of the year, we will include some of these strategies for your information.

### RESTITUTION DEFINITION

*Create conditions for the  
person to  
Fix their mistake and to  
Return to the group  
Strengthened*

### RESTITUTION STATEMENTS

1. It's okay to make a mistake.
2. You're not the only one.
3. Could you have done worse?
4. Can you do better? Want to?
5. How can you fix it?

We use consequences in restitution as well, but they are all about "What is the rule?", "What did you do?", "What needs to happen now?" Natural consequences, rather than punishing inappropriate behaviour are part of the process.

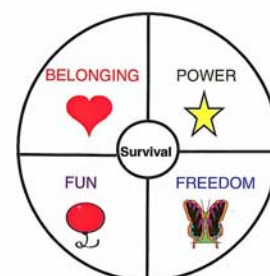
Restitution starts when we create the conditions for children to be honest with themselves and allow them to evaluate the impact that their actions have had on others in the classroom and school.

Restitution is all about sitting shoulder to shoulder and working things out together. "Restitution is not retribution". Restitution is about asking the questions "What do we believe?", "Do you believe it?", "If you believe it, do you want to fix it?", "If you fix it, what does it say about you?".

Restitution is all about:

- ◆ Strengthening the person who has offended.
- ◆ Connecting to our Values, Code of Conduct or Mission statement.
- ◆ Making satisfactory amends to the other person(s).
- ◆ Effort being required from offender.
- ◆ Making the consequence relevant to the offense whenever possible.
- ◆ Little incentive for repetition of the offense.
- ◆ No resentment by the planner/helper.
- ◆ No criticism, guilt, or anger.

### BASIC NEEDS CIRCLE



We all have 5 basic needs  
(William Glasser – Choice Theory).

- ◆ Safety/Survival
- ◆ Love/Belonging
- ◆ Power
- ◆ Freedom
- ◆ Fun

In the classroom and school environment, we create social agreements with one another. One that you may be familiar with is our Westview Code of Conduct. Some of the classrooms have even established classroom contracts. These agreements and/or contracts encourage students to reflect on the kind of person they want to be and how they want others to act toward them (Limits); their roles (My Job, Your Job), and Rules (Bottom Lines). We write statements that reflect what we want and we create bottom lines and limits to establish what isn't acceptable.

There are 2 different ways to role model restitution.

1. Self Restitution: when an individual is able to identify that they have made a mistake and so they take responsibility for their part of the problem and are willing to work it out with others and come back to the group ready to move on.  
To be able to do this on your own, one must be able to
  - \*Identify who you want to be
  - \*Recognize your actions, thoughts, words and feelings and how they aren't aligned to who you wanted to be
  - \*Take responsibility for your piece of the problem and working on it
  - \*Verbalize –“What you will do next time” when confronted with a similar problem.
2. Restitution Triangle: what we use in the office as a tool to help us resolve problems and issues as they arise. There are 3 parts:



- a) Stabilize the child. We need to understand that the child is doing the best that they can and that we are not interested in fault. Perfection is not a human condition. We all make mistakes. You are not the only one.
- b) Seek the underlying reason or cause because sometimes what we see isn't all that has happened. We work with students and help them recognize their actions, words and feelings. This is called “Validating of the Need” of which we have 5 basic needs.
- c) Focus on “what we believe” the social contract – code of conduct and “being the person you want to be”. Children need to understand that there was a reason for what they did. i.e. all behaviour is purposeful. We talk about making mistakes and fixing them and how this is normal. We all do it. Children learn to reflect on the kind of person they

want to be in those difficult situations, to self evaluate their role and to figure out together how to remedy the situation. (creating a win-win solution).

Barbara Leigh, Principal  
Alexis Fletcher, Acting Vice Principal

## Barrymore's Adventures with Division 7 - Mrs. Muirhead

Barrymore the stuffed bear and his bird-friend Tweetie are an important part of the reading and writing program in Division 7. At the end of each day of school, Barrymore, with his journal and his favorite book, and Tweetie go home to spend the evening with a student, who reads to Barrymore and writes about his or her adventures in Barrymore's journal. The next day, the student reads the journal out loud to the other students, who listen eagerly to hear how Barrymore and Tweetie spent the evening.

There are several reasons for having Barrymore as part of our reading and writing program. First, he provides a way for the students to practice the skills of reading and writing about something that is important to them. Second, he gives our students' families the opportunity to share an experience that has a strong connection with the school. Third, he creates the opportunity for parents to help their child develop their writing skills. Finally, by reading their own journal entries to the class, each child gains confidence in themselves as a writer and as a reader.

Below you will find an entry in Barrymore's journal, a paragraph that a student explaining what he likes and dislikes about having Barrymore and Tweetie at home, and a poem about Barrymore. These were handwritten, and have been typed out without any corrections. I think these will give you a sense of the impact that Barrymore and Tweetie have had on the children in Division 7.

### Thurs. Feb 10<sup>th</sup>

From Barrymore's Journal by Arman

The next time with Barrymore

Barrymore and Tweety were so, so, so, so, so happy that they could go to Arman's house again. So, lets get back to our story. Barrymore and his friend Tweety were so, so, so, so, so, so happy that they could go to Arman's house again. After school Arman asked his mom and Kenta asked his mom if Arman could go to Kenta's house but they said "no" and said we could go to mosquito Park. And we said "ok" so we went to mosquito Park. Arman brot his DS: but we where aloud to play for only five minutes then we played keep away with a ball. You play keep away like this: you will need a ball and players(that everyone knows) with a ball you need to try to keep the ball away from the other players. And then we played soccer and after that we played with the equipment. We went to find a cake for Cake Bingo. When we got there, we put our cake on the table. Cake bingo took 2 hours. We didn't win anything but it was really fun. After Cake Bingo Arman me and tweety ate dinner. It was a really good dinner. Arman, me and tweety played a jigsaw puzzle. After we did three of them Arman took a bath when Barrymore tweety played one jigsaw puzzle. Arman took a quick bath, it was very quick. Barrymore went in the washing machine after we read a book called "the SNOWboarding Super Star." Barrymore will be waiting for the next time he is with Arman

### Tuesday February 22<sup>nd</sup>

Kyle

I like takeing Barrymore home because I like reading with him, I like playing board games, talking, all of the stuff I do with him is really good. I espeshaly like when me and him and twetey relax together. The bad thing is when we just come home we don't know what to do.

Dalia

Barrymore

Barrymore is like a fluffy marshmallow

They are both white and fluffy

Barrymore is like a baby

They are both very small

Barrymore is like a snowball

They are both white



## Student of the Week

### Students of the Week for the week ending February 7, 2011:

Justin A.	Keegan T.
Nicholas G.	Niall R.
Eugene T.	Lewellyn B.
Agnes Y.	Ryan S.
Benyamin I.	Korbin G.
Kiyana S.	Hannah O.
Maggie W.	

### Students of the Week for the week ending February 14, 2010:

Minsung K.	Nicole L.
Minsoo K.	Trent M.
Jana M.	Dawna E.
Angie J.	Hannah M.
Nicholette P.	Elizabeth C.

### Students of the Week for the week ending February 23, 2010:

Christina M.	Aaron s.
Avery M.	Mikaela S.
Sashlee A.	Lucy M.
Kristjana K.	Lyndsey G.
Ale B.	

### Students of the Week for the week ending February 28, 2010:

Heba W.	Ava R.
Gloria M.	Jeff H.
Aubrey B.	Christopher B.
Kaylen W.	Adam F.
Barsam G.	

### March Behaviour Draw Winners

Mike A.	Christina M.	Andrew C.
Wiktorla L.	Ava R.	Emma T.
Keanu D.	June L.	Skyla W.
Wolfgang Z.	Vincent E.	Tyler G.
Dalia R.	Kenta S.	Hannah M.
Kaylena W.	Tyler G.	Gavin B.
Liam M.	Tianna S.	Ryan C.
Nathan R.	Rafeal Q.	

### Artists for Kids Presents: Spring 2011 After school Art Classes

#### **Taught in district 44 schools by Visual Arts Specialists!**

The Artists for Kids program is now open for registration for their Spring After School Art Classes. Classes begin the week of April 11<sup>th</sup> and are available for students: Kindergarten to 12.

Call 604-903-3798 to register  
Classes fill quickly!

Lunch Envelopes for April are due  
on March 9th.



## 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

## Calendar at a Glance 2010-11



### DATES TO REMEMBER:

- **March 2** – Divisions 3 & 8 to Rogers Arena
- **March 3** – Wear a Jersey Day
- **March 8-10** – Stagecoach
- **March 9** – Hot Lunch Envelopes Due
- **March 11** – Last Day of School before Spring Break
- **March 14 – 27** – **Spring Break**
- **March 28** – School Reopens
- **March 28** – Panorama and Class Photos 
- **March 29** – PAC Meeting
- **April 1** – Safe Teen Workshop Grades 6 & 7
- **April 4** – Parent Coffee Morning 8:55 – 10:00 am
- **April 5** – Division 11 to North Vancouver City Library
- **April 8** – Report Cards go home
- **April 8** – Divisions 1 & 3 Swimming 1:00 pm
- **April 11** – Grade 7 Articulation 1:00 pm
- **April 12** – Early Dismissal – 12:00 pm
- **April 13** – Early Dismissal – 2:00 pm
- **April 13** – Yolande Martinello Tea 1:30 assembly
- **April 14** – Outdoor School Meeting for Parents in Div. 6, 7 and Grade 3's in Div. 5 at 7:00 p.m.
- **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

## 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](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 12<sup>th</sup> and April 13<sup>th</sup>, 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.

## Parenting A Pre-teen or Teen?

Hollyburn Family Services  
Parenting Seminar Series

A four seminar series to help parents understand:

- *How to influence their kids' behaviour effectively*
- *How developmental stages affect behaviour*
- *What role a child's environment plays in affecting their behaviour*
- *How to engage pre-teens and teens*
- *How consequences affect teenage decisions*
- *Strategies to deal with issues that face pre-teens and teens*

This program encourages encourages parents of children aged 11 years and older to understand their role in shaping and influencing their kids, and help avoid constant threats and limit setting, and feeling they are always 'taking things away' from their kids.

Cost: Free

When: Wednesday evenings, 6:30 p.m. 8:30 p.m.  
March 30<sup>th</sup> to April 20<sup>th</sup>, 2011 (4 weeks)

Where: #211-255 West 1<sup>st</sup> Street, North Vancouver

Register: contact Francine Michaud by phone at 604-723-4726, or e-mail [fmichaud@hollyburn.ca](mailto:fmichaud@hollyburn.ca)  
Pre-registration is required.

### Information Children

**Parenting Help When you Need It! Call 778-782-3548.**

### Parent Support Line and E-Support

Support is just a phone call or email away for parents or anyone with child rearing concerns. We offer information, support and referrals. Calls and emails usually are followed up with written material by mail or e-mail. No question or issue is too big or too small, so please do not hesitate to contact us. Our Support Line hours generally are weekdays from 10:00 a.m. – 2:00 p.m. If you contact us outside these hours or receive our voicemail, please leave us a message. We endeavor to return your call the same working day between 9:30 a.m. and 2:30 p.m. or within 24 hours. **Important: If possible please provide us with two contact telephone numbers or one telephone number and your email address.** This will help us connect with you sooner either to speak with you in detail then or to schedule a more convenient time. If you cannot be reached during our regular Support Line hours, please indicate better times to reach you and we will do our best to accommodate you.

This service is free and available to residents of British Columbia.

Call 778-782-3548 or email us at [infochild@sfu.ca](mailto:infochild@sfu.ca)

March 2011

# Health Matters

## Get Strong 101

Strength and conditioning moves are designed to get every 'body' strong and feeling great fast! Anybody, at home, can try this routine of 5 moves performing each one for 10 seconds back to back, then rest for 30 seconds and repeat. Slowly build up to 30 second intervals and eventually a 10-15 minute workout routine.

**Standing Lunges (alternate legs):** stand with feet together, lunge forward with one leg, then bring it back. Repeat.

**Squat Hops:** stand in low squat position, arms bent at elbows, jump up through the toes, and land on two feet (toe ball to heel), in low squat position (see picture). Repeat.

**Sit to Stand:** sit on the floor with knees up, push with one hand and stand up. Repeat.



**Balance 747:** stand on one foot, lifting other leg straight up and to the back, arms out like a plane. Balance.

**Quickness Foot Tap:** place a ruler on the floor in front of you. Staying on your toes, step over it onto one foot then the other, then backwards over the ruler, one foot then the other. You can chant "up, up, down, down". Start slowly then increase speed and swing your arms in a running fashion.

For more Strength and Conditioning ideas see Support and Resources under Quick Links at [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca).



### Celebrate Food... From Field to Table!

Dietitians of Canada's Nutrition Month 2011 campaign focuses on a celebration of food – right from where it's grown all the way to tasty, healthy food on our tables.

One way to eat healthier is to cook at home as often as possible. When preparing healthier foods, look for ingredients with lots of nutrients, such as vegetables, fruits, whole grains, lean meats, legumes (beans, peas and lentils), lower fat milk products and healthy oils like canola and olive.

The Bake Better Bites: Recipes and Tips for Healthier Baked Goods book includes recipes that meet the *Guidelines for Food and Beverage Sales in BC Schools* as well as tips to make your favourite recipes healthier. This is a handy resource for bake sales at schools that need to meet the Guidelines to ensure that we are supporting healthy children who are more ready to learn. This book and other resources are available at [www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca).

Banana Roll Up: Spread pea butter or other spread on a whole grain tortilla. Place peeled banana on one edge of the tortilla and roll to wrap the banana. Cut into 1 inch thick pieces.

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or [Kathy.Romses@vch.ca](mailto: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](http://www.HealthLinkBC.ca).

FEBRUARY 22, 2011 PAC MEETING

MINUTES

Attendance:

Chena Binns, President	Susan Sandrin, V.P. and Secretary
Lisa Michelacci-Davis, Treasurer	Tracey Vollendorf
Miyuki A. Konjini	Josh Keller
Mandy Taylor	Sandra MacPherson
Martina Barnett	Barbara Leigh, Principal
Ms. Holliday	Alexis Fletcher

Approval of Agenda: Mandy, Seconded, Martina. Approved.

Approval of Minutes: Sandra, Seconded, Martina. Approved.

Principal's Report:

Ms. Leigh spoke about Restitution. This is a strategy used with children that come to the office for one reason or another. This is to allow the child to make mistakes, to realize that mistakes happen and that it's what they do afterwards that is important. For more information regarding this program, go to their website [restitution.com](http://restitution.com). Also, Mrs. Leigh has trained in this area and has a lot of information, including some books that might be of interest. Please see her if you would like additional information.

Ms. Holliday reported that the High Tech-High Touch program was a great success. She thanked the PAC, on behalf of the staff, for supporting this program. Ready-Set-Learn took place today and it was great. The kids had a wonderful time. Ms. Holliday was wondering how we can make sure that people are aware of the programs offered at the school. Chena mentioned to contact Debbie Mahal, who is our parent/community developer.

President's Report:

Regarding the School Planning Committee: Chena reported that we have far too many goals, our plan needs to be tweaked a bit. This committee is to talk about the school as a whole, with regard to goals and academics and to have parent input in this. Chena advised we need a couple of more people to help with this. Josh put his name forth for this. Thank you Josh.

Regarding the plaque for Mrs. Martinello. Chena and I went to Tidey's - no luck. We have another contact on Esplanade that we will go and see. We need about three weeks to have the plaque ready in time. Josh motioned that we aim for \$150.00 for the plaque with a top amount of \$200.00, seconded, Martina. Approved. Chena and I will attend to this.

Chena spoke to the Health Nurse regarding lice. She will come and talk to us about this if we like. Mandy mentioned it might be a good idea to have the lice information available in different languages. Maybe we could also have a booth set up at an event as well?

We will be having an **International Dinner on Wednesday, April 20th from 6:00 - 7:30**. The PAC will supply salad and buns. There will be a form going home asking what food people will bring to the event. Everyone will bring their own dishes, cutlery and drinks. It should be a great event to get people together and meeting one another.

Ms. Holliday advised that on March 1st is the Kindie Family Day. If we could have a representative there at 9:15, it would be a good opportunity for the PAC to meet the parents and see if they would like to get involved with the PAC. As a lot of us currently on the PAC will not be at the school too much longer, it would be a good chance to get new people involved to ensure the PAC continues here at Westview.

#### Spring Fair:

Ms. Leigh will check with her Windsor House BBQ for the fair. If this is a no go, Lisa will check with a hot dog vendor to see about him coming to the fair. Chena and I will make sure to have popcorn and cotton candy!

The dunk tank is a YES! Chena will book this together with our bouncy castle.

**The next spring fair meeting will be in the multi-purpose room at 9:00 am on Monday, February 28th, please come if you'd like to be involved.**

#### Treasurer's Report:

Lisa and I, at our last visit to the bank discovered that we had two very old accounts. We closed these and had the money put in our current accounts. A nice surprise! Our flex term account was added to and rolled over. We now have \$5,000.00 in our flex term.

Cake Bingo was a great success, we raised \$327.00. Thank you to everyone who donated a cake and who came out to play.

#### Fundraising:

Mandy advised we will be sending out our Summer Bulb fundraiser after Spring Break.

#### Emergency Preparedness:

Tracey checked regarding emergency supplies at Costco. They are getting in some emergency kits and she will look at these once they get them in. She checked Rona for work gloves, \$17 for 6.

Ms. Fletcher was wondering about the comfort kits. Some kids' parents have sent them in, others don't have them. Some have food in them which is causing problems with mice. Do we need to have these? The consensus was that Ms. Fletcher will tell the teachers we may be able to drop this as a required item next year.

Meeting adjourned at 9:00 p.m.

**NEXT MEETING TUESDAY, MARCH 29, 2011 at 7:00 p.m.**

Minutes prepared by Susan Sandrin  
Vice-President and Secretary  
604-987-2985