

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 #9 – May 2011

Dear Parents,

As we approach May, we are hoping to see better weather! **May 7th** is our annual **Spring Fair**. I would like to applaud the Parent Council for all their hard work. We anticipate a great turn out. There will be lots to do and eat. We hope to see you there enjoying the fun throughout the morning and we appreciate the wonderful support we get from you, our families.

At this time of the year the staff and I are beginning to look toward the next school year. As part of this planning, it is very helpful for us to have an idea of who is coming and who is going. If you are aware of a new family that has moved into the area that is hoping to attend Westview next year, please let us know. If your family is not returning to Westview in the fall, please stop by the office or call (604 903-3840) as soon as possible. We require this information in the planning of classes for next year.

By early June discussions of class placements for students will begin. We take the placement of students very seriously and welcome your input. Should you have some thoughts regarding the environment that would best suit your child, please put them in writing clearly indicating the educational rationale (social concerns or ideal learning environment) on which your request is based. Please do not request a special teacher as teaching assignments often change in September making these requests difficult to honor. While we can't always provide for every request, we certainly take them into account when composing classes. Other factors that are taken into consideration during the placement process are: diversity in development, academic ability, learning needs, teaching styles, social dynamics, personality, and class gender balance. Decisions are made that balance the needs of individuals and groups. Once classes begin in the fall it is extremely difficult to facilitate any changes, therefore the earlier we know about any concerns you may have, the more able we are to accommodate them.

Fire and Emergency Drill Practices are a requirement. They need to be done to ensure every person (student, staff, parent/guardian or volunteer) on site in a school knows the procedures to follow in case of a real emergency. As a result, some of the drills are done without prior knowledge of staff or students. **Please note that during a drill we will not be answering phones and we will not allow the dismissal of any students nor can people move in or out of the school at these times.** We all need to work together to ensure that our students will be safe in an emergency and we appreciate your understanding that drill practice is important.

Lastly, our **Parent Appreciation assembly** will take place on **Friday, June 3**. We recognize that every one of you supports Westview in your own way and welcome you to join us in recognition of your contributions to the programs, field trips, social events and the students of our wonderful school.

Sincerely,

Barbara Leigh
Principal

Alexis Fletcher
Acting Vice Principal

News from Div. 6 Mrs. Seward, Mrs. Chapman, Mr. MacKay

We are enjoying an exciting, fun-filled final term! Mr. James MacKay is our UBC student teacher who is with us until the end of the year. He will be gradually taking on more of the teaching load as we move through the term. We appreciate the enthusiasm he brings to our class every day. This is a second career for Mr. MacKay: he was a professional volleyball player in Europe for 9 years!

Our class enjoyed a walking field trip to the Artists for Kids Gallery to see The Ross Penhall Exhibit. We got to meet the artist and see him in action. We also went Centennial Theatre to see the district dance festival, and we participated in the primary music festival. We are looking forward to our trip to the local garden centre as part of our plant studies. Outdoor School in June will be a very fun & enriching ending to the school year.

Our class has done an impressive job on their "Monday Questions" this year. Every Monday the students are assigned a question for a mini research project that they complete at home. The class has found out many interesting facts about famous people & places. A few outstanding illustrations are attached (Great Barrier Reef by Dana & Ted Harrison's art by Reyanna).



Several of our students have been involved in the Paws for Reading program. The photo below shows Jesse enjoying this weekly activity.



Please visit our class website at: www.sseward.weebly.com to see many of the things we've been doing throughout the year.

This site can also be accessed through the school website.

Student of the Week

Students of the Week for the week ending April 4, 2011:

Jasmine G.	Ava Ricard
Noah B.	Nikki M.
Orly P.	Michah V.
Hebba W.	Olivia G.
Branden J.	Cole P.
Kayleigh F.	

Students of the Week for the week ending April 15, 2011:

Mike A.	Nevalynn P.
Leanne P.	Junhyuk L.
Maya C.	Marco O.
Tea T.	Billy P.
Kaylena W.	Ayla C.
Isabelle B.	Aidan C.
Dina I.	



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.

Spring Fair
May 7th, 2011
11:00 - 2:00 pm



ChildRun



Come join the Westview team participating in the Children's Hospital CHILD RUN in support of childhood oncology research. We can help stop cancer by walking/running 5km with our friends on Sunday June 5th. This is a fun, friendly event that entire families are encouraged to take part in. Please visit the Childrun website at secure.bcc/if.ca/childrun and follow the links to find a team and look for Westview Elementary. If you are officially registered with our team by May.10th you will receive a Westview Team Childrun t-shirt!



Please register on-line or see Mrs. Fletcher with your \$25 for youths/ \$35 for adults if you need help registering. If you have any questions please email Mrs. Fletcher at afletcher@nvsc44.bc.ca

Thanks!



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. The early bird payment of \$415.00 is only available until May 6, 2011.

Hot Lunch Envelopes for June are due on May 18th

Panorama and Grade 7 Photo

The Panorama Photo is on display and now available to be ordered. The cost is \$13.00.

There is also a grade 7 funny photo and serious photo available for \$10.00

If you are interested in either photo please pick up an envelope at the school office. The envelope must be returned by May 9th.

Calendar at a Glance 2011

DATES TO REMEMBER:



- **May 6 – District Professional Day – Students not in attendance**
- **May 7 - Spring Fair 11:00 – 2:00 pm**
- **May 9 – Parent Coffee Morning 8:55 – 10:00**
- **May 11 – Grade 7's to Carson Graham – Balmoral Campus 12:00- 3:00 p.m.**
- **May 12 – Earthquake Drill 10:00 a.m.**
- **May 17 – Ventriloquist Performance for Primary students**
- **May 18 – Handsworth Zone Meet 8:00 am – 12:00 pm**
- **May 18 – Hot Lunch Envelopes Due**
- **May 20 – PAC Lunch**
- **May 20 – Jump Rope for Heart**
- **May 23 – Victoria Day**
- **May 24 – May 27 – Grade 6 to Outdoor School**
- **May 26 – Division 3 & 8 Field Trip to Science World**
- **May 30 – Curriculum Implementation Day – Students not in attendance**
- **May 31 – PAC Meeting 7:00 pm**
- **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 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 and Presentation**
- **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!!!!!!!**



Congratulations to the Grade 5 Students for their graduation of the Drug Abuse Resistance Education Program.

May 2011

Health Matters

Skipping Our Way to Good Health

For health benefits, the new Canadian Physical Activity Guidelines (2011) recommend 60 minutes of moderate- to vigorous-intensity physical activity daily for children aged 5-17. A popular moderate activity anyone can do anywhere is skipping rope...

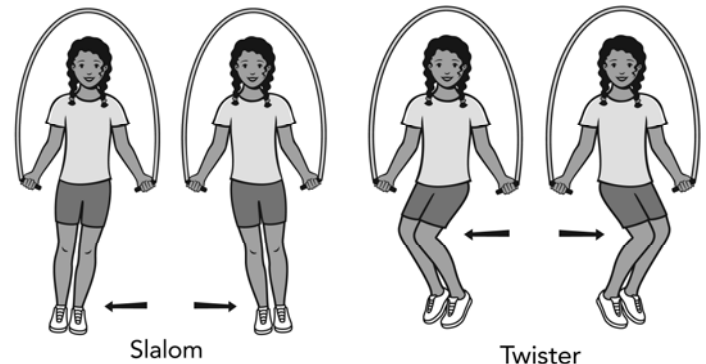
Skipping rope builds strong bones, develops muscle endurance, promotes a healthy heart and increases co-ordination. For ages 6 to 9, use a 7 foot (2.1 metre) rope and for older children use an 8 foot (2.4 metre) rope.

Tips for skipping rope:

- wear proper footwear with laces tied
- keep arms close to body
- use small bounces, rather than big jumps
- aim for one successful jump at a time

Encourage skill progression. Practise jumping and landing in different ways **without rope first** then progress to: **two-foot** (basic), **one-foot**, **boxer**

(jump two times on each foot), **forwards**, **backwards**, **slalom** (skier jumping right then left over mogul), **twister** (twist hips side to side), **jumping jacks** (feet together, straddle, repeat), **scissors** (straddle with right foot forward left foot back, reverse), **X-It** (alternate straddle with feet crossing at ankle each jump). Make a routine to music and share it with family and friends.



For information on skipping or other playground games review the Action Pages! under Quick Links on www.actionschoolsbc.ca.

Marketing to Children

A recent study found that 8-18 year olds spend more than 7 hours per day using media that includes TV, cell phones, iPods, laptop computers, and video games. Companies spend billions of dollars using these forms of media to market their products to children. Most of the food and drink ads are for products low in nutrients and high in calories, fat, or sugar.

Tips for managing marketing and media:

- monitor your child's media use
- set limits for the types and amount of media they use
- spend time with your child and the media they are using
- talk about marketing methods companies use to help sell their product
- teach children to be critical viewers or to ask questions when they are watching or listening to marketing messages
- check the privacy policy on websites before giving them personal information, e.g. contests and surveys

Visit the Media Awareness Network at www.media-awareness.ca for more information.

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 **HealthLink at 811** and ask to speak to a dietitian or visit www.HealthLinkBC.ca. For school based physical activity or nutrition questions please contact info@actionschoolsbc.ca.