

Eastview News



February 23, 2010

On the Day the Torch Arrived and Beyond...it's about spirit, pride and dreams...

The Torch Bearer

As I run down the street, I don't think of myself as a celebrity, I think of myself as the spirit of my country and the world. I feel like I could run home like a small child to go tell my family what I get to do.

Me! Once I was just an ordinary person who did daily things, just like anyone else. But right now I'm the spirit! A part of these games I'll never forget. Because, if it weren't for me, this torch would be carried by someone unfamiliar and different.

The urge to look at the blazing torch is too much. I had to take a small glimpse at the red and orange flames that licked at the wintery white torch. It almost looked like a forest fire covering the tip of a mountain making it a crisp, black colour as it ripped through the snow. The torch felt so heavy and I was so tired, but I had to go on.

The parade of people along the sides of the road cheered me on and I wondered if anybody really knew me, because yesterday, I was somebody with friends and family but now, it felt like I almost have fans. As they cheered me on I realized that if I could be a torch runner, I could be anything if only I believed. Claire

The Torch

*The Torch is coming up the hill,
Up the hill, up the hill,
The torch is coming up the hill,
The Olympic torch of fame!
All the people are following,
Following, following
All the people are following
Coming up the hill!
I am cheering the mighty torch
The mighty torch, the mighty torch,
I am cheering the mighty torch,
Coming up the hill! Ben.*

Yesterday was the Olympics. I saw a Torch. One torch made a fire and one torch didn't have a fire. And I had a bear bell. Simon

I like MukMuk because he is cute and funny. And he is my favorite Olympic character. I really like his name because it is funny and very cute. And I really like brown. Kiersten

At the Olympics I saw Miga and I have a toy of him. I like him because he is my favourite mascot and he is cool. He looked fuzzy. He was black and white and had a green scarf. It was cloudy but I'm glad it wasn't rainy... Frankie

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The Olympics – You are There!!

Crunch! Crunch!

As you hear the snow beneath your feet and you feel the chill of the cold air, the fresh air... you finally realize ... You are there! All of your hard work has paid off. You hear the cheering, you see the amazing performers and other athletes and you know ... you are there!!! The Olympics. As you hold the torch, you realize you are the “fighter” of your country. You introduce YOUR country to the world!! Your country may not have been noticed before but now, it is presented to the world!! Now, it is your time to shine! They declare the race is starting. GO!!! The racing, the chill of the air, the pressure. BOOM ... across the finish line ... They declare YOU are #1. MY country has WON. Natalee

Snowboarding

I’m no ordinary guy, I’m an Olympic snowboarder.

One of the most respected sports in Canada. I’m twitching. I just want to start but then I hear, “3, 2, 1” ...BANG!

The flares go off and I’m already gone ZOOM! Down the hill with snow spraying at my face. It’s as if I’m in a blizzard. They announce that I’m first!! My heart is beating like a Jack rabbit running at top speed. I can’t see anything. I get a glimpse of a jump but I’m not in first, I’m in second. “I have to take this jump”, I say to myself. I bend my knees. I’m going so fast. Before I know it, I’m in the air doing a “tail grab”. I rip right through the finish line! I WON, I WON THE GOLD MEDAL!!! Jack

In our upper hallway, the students of Division 8 created this image of ***Ilanaaq*** –the logo and mascot of the 2010 Winter Olympics. *Ilanaaq* means friend in native Inuit Inuktitut language. The figure is based on the Inuit Inukshuk which has become a symbol for leadership, cooperation, friendship and human spirit.

Hockey Gold

The puck is gliding across the ice. Skating side to side, passing tape to tape, the puck raises off the ice. The coach is yelling “Get in the net”. The horn sounds for a goal. Crowd goes wild, and as the puck is dropped after that goal.

I looked in the goalie’s eyes. You could see he was mad. I could see we had a chance to win because it was the 3rd period with 10 minutes left. It was 2-1 but they could still take a chance to score.

My heart was beating so fast, because it was for the Gold medal and as soon as I came off, I saw a 2 on 1. I could see my teammates skate to the bench.

So, we got fresh guys out. I hear the crowd yelling. Three minutes left so we called a time out. The coach said to me, “Just try to waste time, just dump and chase”. So we had to, because if we didn’t he would cut us off the team.

One minute left in the third period. All I saw was a breakaway and they SCORED!!! Oh my, NO! (30 seconds left). I was on a breakaway – 10 seconds left. I got TRIPPED!! The Ref called a penalty shot. He’s coming down!

Shoots ... everybody is quiet ... All you hear is a horn go off. It is a goal!!!

CANADA WINS THE GOLD MEDAL!!! Curtis



**FRIDAY, APRIL 23 & MONDAY MAY 10, 2010 are
District Wide Professional Days
Students are NOT in attendance.**

Parents as Partners

On our playground and in our school, we are working towards student independence when problem solving conflict with peers.

We encourage students to use their words to convey their concerns, and to seek help when they have tried to solve the problem, but cannot effectively, peacefully, and respectfully solve a problem on their own.

When students are experiencing an issue with a peer, the following statements and steps can be used as a guide to help children be **assertive** and to try to solve problems on their own.

Step 1: Stop _____ (specific details)

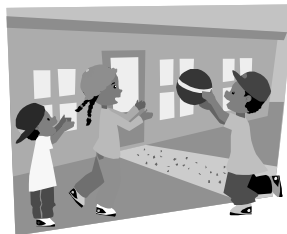
Example: *Stop kicking me.*

Step 2: If you don't stop _____ I'll seek help.

Step 3: *If the negative behaviour of the other student doesn't stop, seek help from an adult by **reporting** the concern.*

The difference between tattling and reporting is that tattling gets someone into trouble for the sake of getting them into trouble, whereas **reporting gets someone out of trouble** – reporting could help us or another person out of a difficult or uncomfortable situation. Some issues between peers require more than one report or conversation, and may even need support from parents at home or adults within the building.

Another part of resolving conflicts includes the teaching and coaching of communication skills, including what messages are conveyed through body language. Learning to “read” how someone else is feeling can help us to understand how our actions impact others both positively and negatively. These skills need regular review and practice in a variety of settings both in and outside of school.



It becomes easier to treat others with respect, whether they are our friends or not, when we are aware of the needs of others, have empathy for our peers, and accept the diversity of people around us, as well as everyone's right to play without being hurt emotionally or physically.

PRACTISE COOPERATION

- Working together for the good of everyone.
- Joining others to accomplish something that cannot be done alone.
- Willingness to respect others and follow rules which keep everyone safe and happy.
- Being helpful to one another – sharing the load.

Help Kids Help Haiti

Our Student Leadership Council has raised just over \$500.00 towards the Help Kids Help Haiti campaign. If you missed the opportunity to donate to our Rebuilding efforts, **donations can still be made at the Main Office.**

Thank-you for your support!

Satisfaction Surveys

Each year, the Ministry of Education conducts a Satisfaction Survey throughout the province of British Columbia. The Satisfaction Survey is for students in grade 4,7,10 and 12, their parents, and staff. Eastview students in grade 4 and 7 will do the survey electronically at school during the week of March 1 – 5, 2010. The survey takes approximately 5-10 minutes to complete. Parents of students in grade 4 and 7 have received logon numbers so that they can complete the survey on-line from home. Electronic surveys are open until March 31, 2010. Translations for parents are available in 16 languages on the Internet at: www.bced.gov.bc.ca/sat_survey/translations.htm

Second Term Reporting

It is hard to believe that we are rapidly approaching the end of our second term for this school year. Student report cards come home Friday, March 5, 2010. It is important to remember that the report card represents a snapshot of a child's performance over the past few months, as well as ways to continue to support a child's learning journey.

As always, if you have any questions or concerns regarding your child's performance, please contact your child's classroom teacher at 604-903-3520. Student Led conferences will take place March 25, 2010.

We continue to value and respect your partnership in helping to make your child's learning experience a success.

Goal Setting:

To help children set personal goals and develop their own plans for achieving their goals, start small.

One way of practicing goal setting is to begin with a family goal and discuss how each person in the family plays a role.

Place a weekly or monthly time line on the refrigerator that outlines the plan and the progress made – *the reality*. To develop self-evaluation of progress on the goal, you can also include the *Bogs* (challenges or difficulties encountered) and the *Bridges* (assistance or supports).

Something to remember when setting goals or helping your child set goals, is that a goal needs to be specific, measurable, and each success needs to be celebrated. In the process of goal setting, plans may need to be adapted to get closer to achieving the intended goal. Some goals may need longer to realize success or more supports to overcome the Bogs.

Celebration of Student Learning

This year, Eastview Elementary School will be showcasing students' work in a variety of ways. Student-Led Conferences will be held in many classrooms on the evening of Wednesday, March 25, 2010. The following classes have indicated that they will be hosting Student-Led Conferences between 6:00 pm. and 7:00 pm. on **Thursday, March 25, 2010.**

Ms. Mullins	Ms. Korsch
Ms. Carson	Mrs. Tresidder
Mrs. Suchy	Mr. Eugene
Ms. Henney & Mrs. Ward	Ms Henderson
Mrs. Donoghue	
Mrs. Elholm/Mrs. Jette	

Ms. Ryan's classroom will be open from 6:00 – 7:00 pm for a "Show and Share" activity.

Mrs. Roberts will open the LAC to students wishing to share their programs with their parents.

Mrs. Noble's and Mrs. Heck's classes will be showcasing the Grade 7 Dream Projects in the gym on the evening of Thursday, March 25 with Student-Led Conferences from 6:00 p.m. – 6:30 p.m. The Grade 7 Dream Projects will then be open to the General School Community from 6:30 p.m. – 7:30 p.m.

Be on the look out for specific details on individual class activities that will be coming home with students in the weeks prior to the event.



Volleyball Momentum!

Eastview Volleyball is now into its fourth week of league play. Players and coaches are enjoying the challenge of meeting other schools throughout the District, and development in team and individual skills is notable. Throughout the week, our Grade 6 & 7 students work with parent volunteers and staff to practice their skills and we appreciate their positive enthusiasm for the sport. Again, thank-you to all of our parents and staff who support this valuable extra-curricular experience:

Mr. Martin, Mr. Eugene, Mrs. Ward, Mr. Forst, Mrs. Suchy and Sandra Starrett.

Volleyball Tournament March 16/17, 2010.

From the Music Room

Band

Friday, March 26, 2010

North Shore Concert Band Festival
Lucas Centre (travel by bus)
Continuing Band only

April 16, 2010

Free band instrument demonstration
for all Grade 4 students

Students considering joining band for next fall can come and try out different instruments to see where their interest lies. (Sponsored by Tom Lee Music and Long and McQuade Music)

READY, SET, LEARN

March 30, 2010

6:30 pm – 7:30 pm

We are pleased to once again be participating in a Ready, Set Learn event for 3 year olds. You are invited with your three year old to come to Eastview to explore early learning in your neighbourhood and receive a gift book and information package. Our public health nurse and local public librarian will be in attendance as well.

Please RSVP by phoning 604-903-3520 if you would like to attend. If you know someone in your neighbourhood with a 3 year old child, please do not hesitate to pass this information along.

Learn more about Ready, Set, Learn at www.bced.gov.bc.ca

Eat Well, Play Well Challenge

Eastview has participated in the Vancouver Coastal Health sponsored **Eat Well, Play Well**



Challenge with tremendous success. From February 8 to 12, 2010 our students tracked their Healthy Choices. Our goal was to have every child in the school have a healthy snack every day for a week, and enjoy some healthy play activities for at least ½ an hour each day as well. Teachers will also be sending home information on ways that families can promote healthy eating, and physical activity. The objective for the week is as children learn more about healthy choices, there will be increasing opportunity to have the concepts of healthy living extend into more of their regular lifestyle. Parents can help us greatly by joining in and working with their child(ren) to plan on reaching their Eat Well, Play Well challenge goal each day. Let's work together to create a gold medal win!

If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want.

Elbert Hubbard



School Hours Reminder

We want to see students arrive at school on time but please remember that classroom doors DO NOT OPEN until 8:45 am. The first bell sounds at 8:50 am.

Students are to remain outside the school until this time unless they have made arrangements with their teacher to meet them in the class or in the gym.

Students are expected to abide by the Eastview Code of Conduct at all times – Safety, Ownership, Attitude and Respect – while on site and throughout their day.

There is **no supervision before or after school.**

Students who arrive after the 8:55 am bell are considered to be late and must report to the Main office.

School Guidelines Reminder

As set out in our school guidelines: MP3 players, cell phones, cell phones that take pictures or other electronic devices are not to be used at school, in the hallways or on the school grounds. **Students are not allowed to take photographs at school unless under the direction and supervision of staff.**

Respecting Student Privacy with Film and Photography

With a busy Spring of school activities ahead, we offer this consideration around the exchange of student photographs and videotapes of student events. Parents are welcome to photograph and videotape school events. However, the potential promotion and exchange of student images raises privacy issues that are important to be aware of.

We recommend that a parent wishing to film or photograph students and then post these images to a website *should have the consent of the students and parents before posting their photos.* To do so without signed permission may be a violation of student privacy.

We feel it is important to remind parents and students to respect the privacy of other students and their families. While it is understandable that many families would appreciate being able to exchange photographs and videotapes of school events, privacy concerns must take precedence.

Planning Ahead – 2010/2011 School Year

Although the start of the 2010/2011 school year is over six months away, there are some very important dates for parents to make note of.

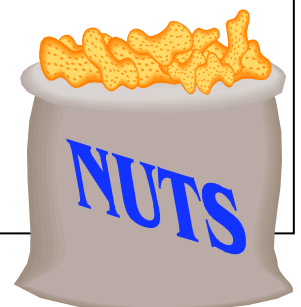
- Students whose residents have changed or will be changing, and who would like to attend a different North Vancouver public elementary school, must complete a **Transfer Form by April 1, 2010.** There are no guarantees after this date that there will be a spot in your new home school. Please note that if you are applying for a school outside of your catchment school through the Transfer process, there are no guarantees that you will be able to get into the requested school.
- Students who will be attending a private school or a public elementary school outside of North Vancouver in September, must complete a **Withdrawal Form.**
- Grade 7 students from Eastview normally proceed to Grade 8 at Sutherland Secondary School. However, if a student resides in another secondary school's catchment area, she/he can request to attend his/her catchment secondary school. A transfer form must be filled out (accompanied by a BC Hydro bill) by April 1, 2010, so the secondary school can be advised.
- Grade 7 students who will be attending a private school or a public high school outside of North Vancouver, must complete a withdrawal form.

All Registration, Transfer and Withdrawal forms are available at the school office or the district website www.nvsd44.bc.ca.

ALLERGEN AWARE

Eastview has several students with **severe nut allergies.** We encourage everyone to pack nut free lunches and snacks whenever possible.

All students are reminded to thoroughly wash their hands and desktops before and after eating so that everyone stays healthy.



Disordered Eating Awareness Week (DEAW)

Typically occurring the first week of February, this year DEAW has been moved to March! Here are some things to consider for promoting a healthy body image.

6 Things Parents Can Do to Help Prevent Disordered Eating:

Examine your own beliefs and attitudes towards food, weight and shape as well as those of others. Pay attention to what you say about your body.

Challenge unrealistic expectations that can cause needless stress and lead to perfectionistic, black & white thinking that is typical of individuals with disordered eating.

Teach your child how to look at media and information more critically. Often, unrealistic images of beauty are linked with happiness, love, popularity and acceptance

Teach about normal variation in weight patterns resulting from developmental age, genetics, and environmental factors. For example it is normal for females to gain weight at around age 12 before their growth spurt.

Teach your child to listen to their bodies: to eat when they are hungry, stop when they are full, and to eat the foods that nourish them and give them energy

Exercise for the joy of feeling your body move and function effectively. Encourage your children to be physically active for the same reasons.

Be Real Clinic for Disordered Eating – for youth between 11 and 19 years of age. Please call: **604-983-6847**

Eating Disorder Support Group *For parents, partners and caregivers*

Family Services of the North Shore

Support is crucial for everyone involved with an eating disorder: this is a support group for parents and partners who deal with the challenges and struggles of having a family member with an eating disorder.

Through this group you can:

- Share your experiences and ask questions in a supportive environment
- Learn that you are not alone in this experience
- Gain strength and wisdom from others who have “been there”
- Expand your knowledge of the supports and resources available to you.

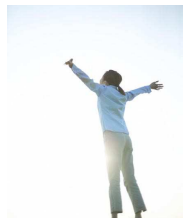
Group Details

Dates: Meets the 2nd and 4th Monday of month

(Unless it is a holiday Monday, in which case we will meet the following Monday)

Time: 7:00 p.m. – 8:30 p.m.

Location: Family Services of the North Shore
Cost: **No fee**



Some Great Resources

www.bcmhas.ca/keltyresourcecentre

www.dialadietitian.org

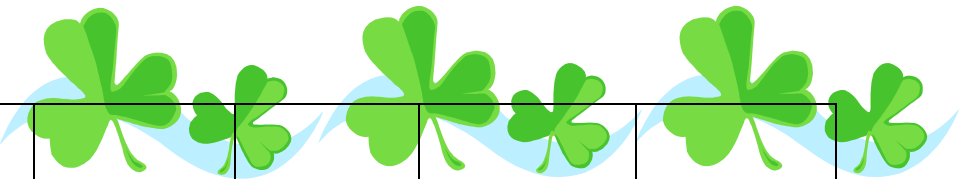
www.bullying.org

www.campaignforrealbeauty.ca

<http://research.aboutkidshealth.ca>

Paralympics – Mar. 12-21, 2010

March



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1	2	3 Spotlight Assembly 2:15 pm	4	5 Reports Home	6
7	8	9	10	11	12	13
SPRING BREAK						
14	15 School Re-opens	16 PAC 7:00 pm	17 Friend to Friend Presentation K-Gr. 2	18 Newsletter	19	20
21	22	23	24	25 Celebration of Learning 6:00 pm	26 Band Festival 10:00-12:00 Lucas Centre	27
Student Interviews/Student Led conferences					Hot Dog Day	
28	29 Track & Field Season Begins	30 Ready, Set, Learn Event 6:30pm (Parents & 3 year olds)	31			

2010

April

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1	2 Good Friday Holiday	3
4	5 Easter Monday Holiday	6	7 Kilometer Club Begins Class Photos	8	9	10
11	12	13 PAC 7:00 pm	14	15 Newsletter	16 Spotlight Assembly 2:20 Gr. 4 try out Band instruments	17
18	19 Gr. 6 Immuniza- tion Clinic	20	21	22 Earth Day	23 PRO D District Wide	24
25	26	27	28	29	30 Fun Lunch	
			Gr. 4 Bighouse Group 1 Apr. 28-29 / Group 2 Apr. 29-30			

2010