

Capilano School November 26, 2010

Final Friday Flyer

Telephone + Call-back: 604-903-3370 Fax: 604- 903-3371
Admin. Assistant - Kathy Roberts VP - Jennifer Wilson
Principal - Phil Marshall - pmarshall@nvsd44.bc.ca
Website - www.capilanoschool.ca



Dear Parents,

As I mentioned last week in my letter to you regarding my forthcoming retirement, I will advise you the minute that I know who my successor will be. I would expect the announcement to be forthcoming by early December. For our school, the immediate task is to prepare for the visit from the IB authorization team on December 9th and 10th. I can tell you that your Capilano staff has worked extremely hard to get to this point and the entire staff is full of confidence and looking forward to the visit. The team will meet with every adult employee at Capilano, Superintendent John Lewis, Assistant Superintendent Dave Pearce, and NVSD chairperson Franci Stratton, as well as PAC members and the IB parent advisory committee to obtain input for their assessment.

And speaking of assessment, report cards are being sent home today. I encourage all parents to avail themselves of a parent-teacher conference next week, Monday, Nov. 29th to Thursday, Dec. 2nd. There will be 2pm early dismissals on Tuesday, and Thursday. Wednesday will also be a conference day with the regular 2:10. If you have not signed up for a parent-teacher conference on our hallway bulletin board, please call the office (604-903-3370) to reserve a time. It is my hope that all parents connect with their child's teacher for the first report card.



When greeting or discussing your child's report card, please conduct your discussions individually with each child. Sibling's school reports should never be compared as all children are different. Each child possesses a variety of different strengths and weaknesses. Students also learn at different rates. Comparing and criticizing are detrimental to children's progress and self-concept as a learner. It is best to adopt a positive and constructive attitude and be cautious when praising and rewarding. Encourage your child(ren) to be accountable for their marks. Remember that reading is the cornerstone to success in school. In primary grades, children *learn to read*; in intermediate and beyond, they *read to learn*.


The Holiday Market for primary children is Friday, December 3rd. Please continue to send in household "treasures" for students to purchase with loonies and toonies for family Christmas gifts. The primary students LOVE shopping at the Holiday Market and recycling is great for the planet!

Sincerely,

Phil Marshall
Principal



December Calendar

- 
- Nov. 29 to Dec 2 Scholastic Book Fair
 - Nov. 30 Early dismissal (2pm) parent teacher conf.
 - Dec. 2 Early dismissal (2pm) parent teacher conf.
 - Dec. 3 Holiday Christmas Market shopping for K-3s
 - Dec. 3 Soup Lunch - pre-ordered
 - Dec. 7 Band and Choir concert 7pm in gym
 - Dec. 9 CPAC general meeting 7pm - babysitting avail.
 - Dec. 10 Pizza Lunch - pre-ordered
 - Dec. 10 PAC Newsletter home
 - Dec. 14 CPAC Meeting 7-9pm
 - Dec. 17 Wrap Lunch - pre-ordered
 - Dec. 18 - Jan. 3 Christmas Holidays
 - Jan. 4 Tuesday - School reopens

Scholastic Book Fair



Capilano is hosting a Scholastic Book Fair from November 29th to December 2nd! It will be held in the library and will be open for shopping before school, at lunch, and after school every day except Friday. Not only are there great books to buy but there are also posters, pencils, pens, erasers, bookmarks and other cool items - for as little as 50 cents!! There are great prizes to be won all week long - make sure you enter the draws and listen to the announcements each day to see if you're the winner!! The grand prize - \$25 worth of books for you and \$25 worth of books for your classroom - will be announced **on Wednesday at 1:00 pm** - for this big prize draw you must make a purchase to enter the draw. Just a reminder that this is also a fundraising opportunity for Capilano - the more we sell, the more we get back in credit to be able to buy teaching resources for our school.
Lise Smith - Librarian

Basketball Concludes



The Grade 5-7 Basketball intra-mural lunch hour league will complete its final game next week. To conclude the season, pizza lunch will be served on Tues., Dec. 7th to all participants. Students are asked to bring \$2 on that day. Thank you to Mr. Fourchalk, Ms. Gliener, Mr. Andrews, Ms. Webster and Mr. Marshall for their supervision.



Kindergarten Registration 2011/12



Registration for the Kindergarten 2011/12 year begins at the Central Registration Office, at the Lucas Centre, on January 24th.

The Parent Information Meeting takes place on January 12th at 7pm at the Lucas Centre. March 11th is the deadline for priority placement for all kindergarten programs. For more information, visit www.nvsg44.bc.ca or telephone 604-903-3368.

The Capilano Parent Tour for all interested parents interested enrolling their children in the IB program, including kindergarten, will occur on January 21 at 9:15 in our library.

Capilano School Grade 7 Farewell Fund



If anyone returns their recycled bottles to The Bottle Depot (235 Donaghy - street behind the new Bath Bed and Beyond and Thrifty Foods), they can ask the cashier to put the money into the Capilano Elementary School Grade 7 Farewell Fund account and help fundraise towards the class' year end activities.

Also, keep a look out for flyers in December announcing our neighbourhood bottle drive which we will be having the weekend of January 8th. We will save you the trouble and come around and pick up your empties after all your holiday celebrating!



Every Wednesday in October was sunny for Capilano's Cross Country running team!

November 2010

Health Matters

BRAIN BOOSTERS

Boost your brain power by giving it fuel, physical activity and a good night's sleep.

Exercise is the single most powerful tool you have to improve your brain function at any age. Try some of these brain boosters:

- **Play catch** – hand-eye coordination is a key brain builder
- **Throw and catch bean bags**, on your own, with a twist – try turning around, clapping hands, or touching the ground in-between throws
- **Cross Laterals** – a move found in dances or workouts by touching opposite elbows, shoulders, knees and hips
- **Barn-Storming** – clasp hands in front; swing left and right, high and low, making horizontal figure eights

For more visit www.actionschoolsbc.ca.



Barn-Storming



Cross Laterals



Action Schools! BC

Your brain needs a regular source of fuel throughout the day. Try these ideas:

- ✓ Enjoy 3 meals a day and healthy snacks
- ✓ Include protein-rich foods (milk & alternatives, meat & alternatives) at meals and snacks
- ✓ Start your day with breakfast, it helps your mind wake-up
- ✓ Eat lots of fruit and veggies - bright green and orange ones each day
- ✓ Reach for whole grain foods (barley, brown rice, oats, quinoa)
- ✓ Drink water regularly throughout the day, which may help prevent headaches
- ✓ Reduce sugar and caffeine (coffee, energy drinks, chocolate, some pop)
- ✓ Enjoy foods rich in omega-3 (salmon, sardines, trout, edamame or soybeans, walnuts, flaxseed) and other healthy fats (canola, olive and soybean oil)
- ✓ Choose foods that are less processed –learn how to cook 10 meals, visit www.bettertogetherbc.ca for recipes and to view videos of families having fun cooking together

Breakfast Wrap: Start with a whole-grain tortilla and fill with scrambled egg, cheese and tomato. You can also fill with peanut butter, fruit and granola or your favourite cereal for crunch if there aren't any nut allergies in your home or your child's class.

Breakfast

Grab & Go Breakfast: Combine your favourite whole grain cereal, some dried fruit and some nuts or dry-roasted soy nuts in a container.



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 **Health Link at 811** and ask to speak to a dietitian or visit www.HealthLinkBC.ca.

November 2010

PREVENTION STARTS WITH YOU



What do you think a family dinner has to do with keeping your child off drugs? Well the answer is, a lot! A simple family meal 3-5 times a week can reduce the chances of your child using marijuana, alcohol or prescription medications by almost 1.5 times. Almost 75% of surveyed youth stated that these same family dinners were "important" to them. Why is that?

When you sit down with your child to share a meal and ask about their day, you show interest in your child's life and create stronger family ties. Ask questions, and then just listen. Kids are more likely to talk to their parents about what is going on if they have already established a pattern of sharing and know they are being heard.

It's helpful to know that positive relationships with parents have the potential to be the single most

protective factor influencing your child's choices regarding substance use or other risky behaviour.

Sometimes actions speak louder than words - "Prevention starts with you". Think about your own relationship with alcohol or other substances. What are you demonstrating to your child? Clarify your own beliefs and know where you stand on underage drinking or giving your child alcohol in the home. Be proactive, so that when the discussion comes up, you can be confident in sharing your values and beliefs with your child.

Strengthening family ties and demonstrating clear healthy boundaries around drugs and alcohol is a recipe for successful prevention. Take action and make it part of your daily life.

REFLECTION QUESTIONS

HELPFUL LINKS
<http://www.gordonneufeld.com/home>,
<http://www.theantidrug.com/>



Family – Frequent, relaxed conversations with my child are important

- How can I create more opportunities to connect with my child?
- What do I need to do to make sure my child feels comfortable approaching me if there is a problem?



Role Modeling – Positive role modeling is a powerful influence in my child's life

- Do I drink in front of my child routinely?
- Is alcohol openly displayed in my home?



Values – My child benefits from knowing where I stand on important issues

- How do I let my child know what my beliefs and rules are on this issue?
- How do I follow-up with my child when those rules are broken?

For more information please call the On-Call Nurse for the Child & Youth Team at 604-983-6714.

"SILENCE ISN'T GOLDEN, IT'S PERMISSION"



FIELD HOCKEY

**Boys & Girls
Grades 1 - 12**

**Hockey Season
is April to June**

Registration Deadlines
**Girls Jan 31, 2011
Boys Feb 17, 2011**

www.wvfhc.com