

Capilano School October 29, 2010

Final Friday Flyer

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Principal - Phil Marshall - pmarshall@nvsd44.bc.ca
Website - www.capilanoschool.ca



Dear Parents,

As winter is rapidly approaching, parents are reminded to ensure their children are suitably dressed for the weather. Most lunch hours are "outside" and children require a warm water resistant coat to stay dry. On days of HEAVY rain, there will be an "inside" lunch called on the P.A. system at 12:20.



Each day, we have "more than a few" students who arrive late to school. They enter class interrupting the lesson and have to orient themselves as to what is going on. Parents, please ensure that your children arrive at school by 8:45am for a positive start to the day. Starting next week, we will be sending a mechanized phone message home informing parents of their child's lateness as a reminder to be on time. All student absences and lateness infractions are recorded on the student's permanent school record.

This year, the District will be conducting the Social Responsibility Survey for students in grades 4-11 to obtain specific data on students feelings related to safety and social responsibility in their school and community. Intermediate students will be surveyed during the month of November.

The Terry Fox Run raised \$1219.17, up from \$886 from last year. The Terry Fox Foundation has communicated its thanks to the generosity of the Capilano community. Thank you!

Capilano's Student Spirit Council had their first meeting last week. There are a total of 12 representatives from grades 4-7. This is an enthusiastic and insightful group of students. Their focus is to initiate school spirit, contribute positively to the community at large, and to enhance personal leadership skills. Students meet bi-monthly with Ms. Doan, Ms. Gliener and Mrs. Singh.

Cross Country season has concluded with the last run at Cates Park. We had 37 students in grades 3-7 participating. Thank you to parent sponsors Sandra Tweed, Tanya Obukhov and Joanne Burleigh.

Thank you to parent Jennifer McKenzie and the green-thumb team for planting a tree and some sunflowers in the Grade 7 donated planters. The planters display a variety of items though the year.

I continue to be impressed with the cooperative, respectful behaviour demonstrated by our students. With our Capilano **ROCKS** school Code of Conduct, students are "**Respectful, Open-Minded, Cooperative, Kind and Safe**" and this continues to be reinforced in classes and on the school-ground and used as a guide amongst students for positive and respectful interpersonal interaction.

Our December 9th Centennial Theatre concert is rescheduled to April 19th. Thank you for your continued support of Capilano!

Sincerely,

Phil Marshall
Principal



November Calendar



- Nov. 5 Soup Lunch - pre-ordered
- Nov. 5 PAC Newsletter
- Nov. 9 PAC Meeting - 7pm babysitting avail
- Nov. 10 Remembr. Day assembly 10:45 all welcome
- Nov. 11 Remembrance Day - school closed
- Nov. 12 NV District School Closure Day
- Nov. 19 Wrap Lunch - pre-ordered
- Nov. 26 Japanese Lunch - pre-ordered
- Nov. 26 Report Cards Home
- Nov. 26 Next Final Friday Flyer
- Nov. 29 Parent/Teacher Interview Week
- Nov. 29 Book Fair begins (books are great gifts!)
- Nov. 30 2pm dismissal - parent/teacher interviews
- Dec. 2 2pm dismissal - parent/teacher interviews

Fireworks Regulation Bylaw of the District of North Vancouver:



"Fireworks" means devices that explode or burn to produce visual or sound effects. If set off improperly, these devices can cause serious harm. As a result, laws are in place that restrict the use of these devices. Here are a few highlights from the Bylaw:

- Fireworks can **only** be sold to persons 18 years of age or older
- Fireworks can only be discharged by persons who have a permit (written permission of the Fire Chief)
- The Fire Chief, a member of North Vancouver Fire Department, or member of the Royal Canadian Mounted Police may ticket, confiscate and seize any fireworks from a person who does not have written permission to purchase, possess, dispose or discharge fireworks.
- **Firecrackers** are **Prohibited** (a small explosive device primarily designed to produce a large amount of noise, especially in the form of a loud bang; any visual effect is incidental to this goal.) No person shall possess, fire, set off or discharge firecrackers.

Further details and fines associated with misuse of fireworks or use of firecrackers can be found at: <http://www.cnv.org/server.aspx?c=1&i=84> ***Please be proactive in keeping our communities safe by reporting incidents of unlawful use of or "playing" with fireworks, to the R.C.M.P.***

Welcome Student Teachers!



UBC student teachers working are working on Tuesdays this fall and will increase their time in the school as the year progresses.

Katie Zdybel - in Grade 6 with Ms. Alexander
Paula Li - in Grade 3 with Mrs. Singh
Alisha Parashar- in Grade 2 with Mrs. Smith
Nicole Corlin - in Kindergarten with Ms. Ritchie

Mexican Orphanage Donations Needed

Students in division 2 are collecting new or gently used clothes and toys for children in need in an orphanage in Mexico. All donations are needed by November 5th. Thank you for your support!

Summer Reading Club Finishers



Congratulations to students who completed the Summer Reading Program at the public library this summer. Please join next summer!

Halloween in Edgemont



For the third year in a row, Edgemont Village Merchants invite all the costumed children / students to come and 'Trick and Treat' throughout the Village on Halloween day, October 31st. Since Halloween falls on a Sunday this year, the hours for 'Trick or Treating' will be from 12:30 to 4:30 pm.

Have a Safe Halloween!!
Here are some tips to help you have a safe Halloween:



Costumes:

- Children should wear bright and reflective costumes to be easily seen at night. (Reflective tape and or glow lights can be added to any costume).
- The costumes should fit the children and be short enough they will not trip. (No longer than the child's ankles).
- All costume accessories such a sword or knives should be made of soft flexible material.
- When buying a costume, make sure it is labelled "flame resistant".
- Children should wear masks that do not interfere with vision. Better yet, they can avoid masks by wearing makeup.

Additional Safety Tips:

- Adults should accompany young children.
- Street safety is paramount when crossing streets! Remember to Stop, Look, Listen and Walk.
- Children should stay in well lit areas and should only visit homes that have some form of outside lights turned on.
- All candies should be inspected to make sure that no one has tampered with it. Discard anything that looks suspicious.



Children should trick or treat in a well-known area and not in unknown neighbourhoods.

School Photo Retake Day will be November 18th 9am.





The Card Project

We are very excited about a new fundraiser that will be running at Capilano in time for the holiday season. It is called The Card Project - where children's art is turned into unique, personalized greeting cards. On October 25 (exactly 2 months before Christmas!) the children made a piece of seasonal art. The Card Project will use these works of art to make a sample card for every child with their own art on the front and their name on the back!

The children will bring home their sample cards on November 10. You will be able to order more cards by logging onto the CPAC hot lunch/fundraising website. The website will also have information on how to submit other works of art for turning into greeting cards. Orders will be ready for pick up by December 1. 25% of all sales goes directly to the school. If you have any questions, please contact Marcelle Warnes at marcelle@TheCardProject.ca or 604 924 2660.

IB at Capilano

In preparation for our upcoming IB authorization visit, we have been very busy writing our IB Units of Inquiry and attending Professional Development sessions. Teachers new to Capilano attended IB training on October 15-17 in Vancouver and on Oct. 21 and 22 all staff participated in two days of training on the PYP curriculum, lead by an IBO trainer from Montreal. To further train teachers in teaching French as a second language, we had a French workshop on Oct. 27. There will be three parent information evenings this year. They will be held from 7:00 to 8:00 in the Library, on Thurs., Jan. 20, Tues., Apr. 5, and Thurs., May 26. The topics for these meetings will be determined from the results of a parent survey. The Joint Parent-Teacher IB Committee is up and running and will be meeting throughout the year. For more information on any of these items and tips on how to help your child in IB, please visit the IB section of the Capilano website.

Lise Smith -IB Coordinator (and teacher-librarian)



School Closures

Do you recall the snowfall two years ago? For this year, it is predicted to be an "El Nina" year with below normal temperatures. In the event of unusual weather, all schools in North Vancouver will remain OPEN unless the NV superintendent announces a school closure. Closures occur during heavy snowfalls or power outages. Any district-wide closure will be decided by 6:30 a.m. at the latest and will be announced via CKNW AM 980 radio, News AM 1130 radio, CHMJ AM 730 radio, CBC AM 690 radio, CHQM FM 103.5 radio, CBC television, BCTV, City TV and CTV BC. In addition to the radio and television, our web site www.capilanoschool.ca or an email message from the school.

Literacy Program at NV City Library

Beginning mid-November, a group of IB students from Carson Graham Secondary are going to run a tutoring program at North Van City Library. Our main goal is to help students with their subjects - all subjects, including English, French, Socials, Math, Science, etc. - as well as their homework. In addition to that, we are definitely willing to see progress in their work. All students, ages 6-15 (grades 1-10), are welcome to attend. We will be starting the program under the supervision of the librarian (Ms. Cara Pryor) and the place will be the library, on the first floor (unless the librarian suggests a different place to attend e.g. Queen Mary Elementary so that we have more space available). The sessions will be on Mondays after school from 3:30 to 4:30 and it will be a first come, first served drop-in since there are only 10 of us available. If you have any further inquiries, you could directly contact us via email nvlibrarytutor@gmail.com or the librarian (Cara Pryor) at the library 604-983-7354.

Kilometre Club

Starting Friday, November 5th, students may participate in a weekly run in the Capilano kilometre club. The club hopes to "run across Canada" by running on Fridays afterschool between 3 and 4pm. The runs will all be in our neighbourhood and grades 2-7 students may join.



The North Vancouver School District welcomes all parents to the 2010-2011

Parent Series

Dates & Details

Thursday, October 7, 2010 ~ 7:00-8:30 p.m.
"Effective Parent Advocacy in Schools: Making It Work for the Long Haul"

Thursday, November 4, 2010 ~ 7:00-8:30 p.m.
"Four Keys to Optimal Learning" *

Thursday, December 2, 2010 ~ 7:00-8:30 p.m.
"Getting to Know Your Community Support Networks"

Thursday, January 6, 2011 ~ 7:00-8:30 p.m.
"Anxiety, Stress, and Depression"

Thursday, February 3, 2011 ~ 7:00-8:30 p.m.
"Transitions – MCFD and CLBC"

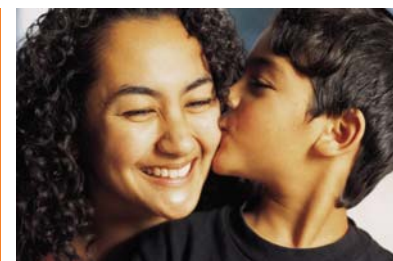
Thursday, April 7, 2011 ~ 7:00-8:30 p.m.
"Street Wising Parents – Part A"

Thursday, May 5, 2011 ~ 7:00-8:30 p.m.
"Street Wising Parents - Part B"

All sessions will be held at the Leo Marshall Curriculum Centre
810 West 21st Street, North Vancouver

* Nov 4 Session Details

This session will share information and strategies to address the four keys to support effective learning (sleep, diet, water and addressing allergies). Come join us with a chance to connect, talk and ask questions that are important to you.



All parents are invited to attend these evening lectures, hosted by the North Vancouver School District. *Registration is not required.*

October 2010

Health Matters

Action Packed Ideas

Canada received a failing grade for physical activity levels noting that only 12% of children and youth are meeting Canada's guidelines of 90 minutes of physical activity per day (Active Healthy Kids Canada Report Card, 2010).



Action Schools! BC

We Can Help Our Community's Kids Adopt an Active Lifestyle

Living on the North Shore provides the ideal environment year-round for regular participation in physical activities. Here are a few simple ideas from Action Schools! BC:

Support healthy, active events and activities (e.g. sport or physical activity programs, birthday parties at the pool or gym, refereeing or coaching) and fuel these activities with vegetable and fruit snacks (e.g. berries, dried apricots, vegetable sushi).

Play badminton, bocci, disc golf, Frisbee, table tennis in the yard, or hockey or basketball. Bike or walk to school, to get groceries, a DVD or library book whenever possible - *even 5 minutes is heart-health worthy.*

Play on the playground equipment before and after school and on weekends – *ask about the school's Action Schools! BC Playground Circuit or visit www.actionschoolsbc.ca*

Create an action bin and place it by the door filled with balls, skipping ropes, chalk, racquets, birdies, hockey sticks, bike helmets, etc. making it easier for everyone in your home to be active.



Overnight Muesli

500 ml	rolled oats	2 cups
500 ml	plain yogurt	2 cups
250 ml	milk	1 cup
45 ml	sugar or honey	2 tbsp
2	apples, peeled, cored & grated	2
250 ml	berries or dried fruit	1 cup
125 ml	nuts or seeds (e.g. pumpkin, sunflower, sesame)	½ cup

This is a tasty breakfast or snack recipe that has all 4 food groups. Get your children involved in choosing the fruit, nuts and seeds and making the recipe.

Combine all ingredients except nuts or seeds in a bowl and refrigerate overnight. Serve topped with nuts or seeds.
4 servings

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.

HEAD LICE



Reminder to families that head lice is a common issue among school-aged children and one that can affect the entire family.

Facts on head Lice:

- They are tiny insects about the size of a sesame seed and live only on the human head.
- They are not caused by being dirty. Anyone who has hair can get head lice.
- Head lice bites can make the scalp itchy but they do not cause disease.
- You cannot get rid of head lice with a hair brush or hair dryer.
- Lice are wingless - they do not jump or fly but rather spread by crawling from one head to another.
- Lice spread through **DIRECT head-to-head** contact as well as through sharing personal articles such as hats, combs, brushes, helmets, scarves etc.

The best way to reduce the risk of getting head lice is to:

- ✓ **Check** each family member's head **EVERY week**. Make this a family routine Sunday night.
- ✓ Provide individual combs and brushes for each family member.
- ✓ Teach children to avoid sharing items that come in contact with their head or neck (towels, helmets, hats, scarves etc).
- ✓ Tie long hair back.

If you discover that your child has head lice please report this to the school office and they will provide you with information regarding treatment options. Children with head lice may remain in school during the treatment period.

October 2010

Most pedestrian related injuries happen in the months of September and October!

Remind teens to:

...remove head phones and ear buds when crossing the street, so that traffic sounds can be heard.

Be visible!

Teens should be aware that if they are wearing dark clothing they may not be visible to drivers.

A piece of reflective, light or bright clothing such as a scarf could help.



For more information go to: www.waytogo.icbc.ca and www.safekidscanada.ca



Grade 9 Immunization Clinic Reminder:

Grade 9 immunization clinics have now been scheduled at each school and **Consent** forms have been sent out. Please return the consent form to the school as soon as possible. If you have any questions about any of the immunizations, please call the **On-Call Nurse for the Child and Youth Team at: 604-983-6714**. Thank-you!

If you have any questions or suggestions for future topics, please call the On-Call Nurse for the Child & Youth Team at 604-983-6714.



kelty mental health
resource centre

BC's Information Source
for Children, Youth & Families



How can we help?

We can offer:

- help from a professional or a parent peer support worker
- information on mental health & substance use
- resources on eating disorders for all ages
- options for support & treatment in BC
- support for those struggling with mental health & substance use issues—children, youth, parents & families
- tips for self-help & prevention
- free educational events for families, educators & clinicians

We have information on...

Addictions | Anger Management | Anxiety |
Attention Deficit Hyperactivity Disorder |
Concurrent Disorders | Depression | Eating Disorders |
Mood Disorders | Obsessive Compulsive Disorder |
Psychosis | Schizophrenia | Self Help and Prevention |
Self-harm | Stress Management | Substance Use |
Suicide Prevention | Trauma | *and more...*



BC CHILDREN'S HOSPITAL SITE

Mental Health Building #85, Room P3-302, 3rd floor
4500 Oak Street Vancouver BC V6H 3N1
EMAIL kelycentre@bcmhs.bc.ca



BC Mental Health & Addiction Services

An Agency of the Provincial Health Services Authority

kelymentalhealth.ca

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