

Capilano School September 24, 2010

Final Friday Flyer

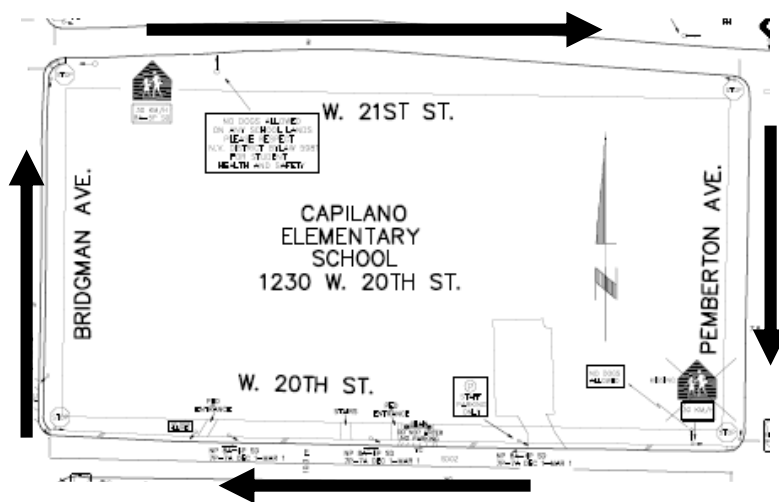
Telephone + Call-back: 604-903-3370 Fax: 604- 903-3371
 Admin. Assistant - Kathy Roberts VP - Jennifer Wilson
 Principal - Phil Marshall - pmarshall@nvdsd44.bc.ca
 Website - www.capilanoschool.ca



Dear Parents,

We have had a very smooth and positive start to the school year! The PAC BBQ was a success even though it sprinkled at 6:15 and was raining by 7pm. Thank you to BBQ chair Trish Metcalfe, her "BBQ pit-crew", and the PAC Executive for organizing the Welcome Back BBQ last week. Thank you to all parents for attending the IB Presentation and Curriculum Night last night. I remind you that education is a partnership between home and school and I encourage you to keep in close contact with your child's teacher. Small problems become BIG problems if left unchecked. With September almost behind us, I thank parents for assisting their children in adjusting to new classrooms, teachers, and friends.

As our population increased this year, the morning traffic has also increased. I ask all parents to respect the Drop-Off Zone directly in front of the school. This area is a **No Parking Zone** so please do not leave your car... only drop and go. The best drop-off procedure is where parents are travelling **clockwise** around our block and dropping their child(ren) on the sidewalk rather than dropping across the street thereby having your child cross traffic. If you wish to walk your child in to the school, please park where signage permits and walk in. We are fortunate that our school has an entire block surrounding it for parents to avail themselves of numerous parking spaces. In addition, I ask that parents not enter the staff parking lot or turn around in school driveways.



Where possible, children should be walking or biking to school as part of their daily exercise. Please leave enough time in the morning to create and maintain safe procedures and environments for all our students!

Today, we held our Terry Fox Run and raised well over \$1,000 for the Terry Fox Foundation... Thank you! We will continue to receive cheques to the foundation or "Toonies for Terry" in the office next week.

Sincerely,

Phil Marshall



October Calendar

- Oct. 1 Mad Science presentation 2:30
- Oct. 7 Individual and Class photos
- Oct. 8 PAC Newsletter
- Oct. 8 Wrap Lunch - pre-ordered
- Oct. 11 Thanksgiving Holiday
- Oct. 12 CPAC Meeting - IB topic - free babysitting
- Oct. 15 Japanese Lunch - pre-ordered
- Oct. 18 Mad Science begins afterschool
- Oct. 21 Capilano Professional Day - no school
- Oct. 22 Provincial Professional Day - no school
- Oct. 27 Family Photos evening - PAC
- Oct. 28 Grade 6 Hepatitis B shot #1
- Oct. 29 Pizza Lunch - pre-ordered
- Oct. 29 Next Final Friday Flyer home
- Oct. 29 Halloween Parade 1:30
- Oct. 30 Family Photo Saturday - PAC



Two 4-Day Long Weekends This Fall

There are two 4-day long weekends for Capilano students this fall. The first is Thursday, Oct. 21st which is a Capilano professional day and Oct. 22nd is a provincial professional day. We have arranged an IB specialist from Montreal to come and run a two day workshop with all staff on those days.

The second 4-day long weekend is Nov. 11th with Nov. 12th being a NV school closure day.

Dress for weather



Please continue to ensure that your children are dressed for the weather of the day! Occasionally, we have students clothing not "matching" the weather. Students are outside for 20 min at recess and for 25 minutes at lunch. We call "inside days" on days of heavy rain.

Illness



There are four important issues to consider as you try to determine if your child is too ill to attend school:

1. The protection of other children.
2. The protection of your child. Their recovery could be delayed; also they are more likely to acquire other illnesses, as their resistance is reduced.
3. The ability of your child to function at school.
4. The inability of the school to look after your child.

When should I keep my sick child from school?

- when a child has as a suspected or known communicable disease (i.e. mumps, measles, rubella, chicken pox). Keep them home until they are no longer infectious.
- when a child has a fever.
- When a child is too sick to participate in all normal school activities.
- when a child has symptoms such as persistent cough, constant runny nose, etc.

If these symptoms do not clear up within a reasonable time, please see your family doctor.

Medical Alerts



It is the responsibility of the parent to provide the school with information, doctor instructions, and medication relating to your child's health. "Emergency Medical Management At School" forms are available at the office. Please ensure that you complete the medical forms and send your child's medication to the school office. If we do not receive this information and medication and a medical emergency arises, our course of action will be to call 911. It is also the responsibility of the parent to ensure that the medication in the office has not expired.

Dogs



A reminder that dogs are not permitted on any school grounds in West and North Vancouver (by-law #5981).

Mad Science



The After School Mad Science Program

(user pay) will be coming to Capilano Elementary again this fall. Session dates are every Monday from October 25th to December 13th, 2010.

Watch fascinating demonstrations, join in enquiry based discussions, participate in individual and group experiments, and make amazing take-homes like model rockets, periscopes, silly-putty and more. Mad Science will Spark the curiosity and imagination of children with fun science activities that will help them understand the Science around them.

The cost per child for the eight week program is \$107.15 plus HST (\$12.85) with a minimum of 10 children required to run a program. Registration forms, sent home on Friday October 1st, must be handed in to the school office (extra copies are available at the office). Since space is limited, registrations will be sorted by date to determine participation should the program fill to capacity. If we have a large number of registrations we will arrange to offer the program again in January.

For more information about Mad Science programs visit www.madscience.org/vancouver

A message from your IB Coordinator



Hi everyone. My name is Lise Smith and I'm the librarian/IB Coordinator this year at Capilano. I'm very excited to be so involved in the process of becoming a fully authorized IB school. We are looking forward to a challenging and rewarding year. We will be holding IB information sessions for parents throughout the year. The first one is scheduled for the October 12 PAC meeting. I hope to see you there. In addition we have an exciting workshop for staff coming up on October 21 and 22. On December 9 and 10, we will be hosting a team of IB educators for our authorization visit. We have been very busy getting prepared for that. Our Program of Inquiry will be posted this fall so if you want to see which Units of Inquiry your children will be studying, you can check it out in the main hallway or on our website. Please remember that it is a living document and is constantly being reviewed and updated. We're looking forward to a very exciting and important year. Lise Smith

Parent Education Program

Behaviour Management That Really Works!

(White Pine Counselling)

TUESDAY EVENINGS

September 28th 2010 - November 2nd 2010

7:00 pm - 9:00 pm

6 Sessions

Highlands Kidsclub 3150 Colwood Drive
North Vancouver, B.C. V7L 1J2

\$80.00 per person

\$150.00 per couple



For parents of primary aged children having significant behavioural issues and challenges.

Those families who would like support in learning effective guidance strategies to eliminate and correct inappropriate behaviours their children are displaying.

This course will fill up quickly!

This is a great learning tool!

Although this is for parents Staff can attend.

Please contact:

Elsie Webb

604-985-6958 or 604-240-1852

Capilano's Library



The library is up and running, and most students have had an opportunity to sign out books. My name is Lise Smith and I'm the new librarian at Capilano this year. The library has a small section for parents. If you would like to sign out a book, please see me for assistance. I would love to have parent helpers in the library on Tuesdays and Thursdays. If you would like to help out, you can reach me by email at lsmith@nvsc44.bc.ca or just drop by and see me to set up a time. Please find out when your child's library day is and make sure they return their books on this day each week. I'm really looking forward to an exciting and rewarding year in the library.

Lise Smith

Artists for Kids After-School Art



Registration begins Sept. 24

The Fall session begins the week of Oct. 12

Visit our website at www.artists4kids.com to view all the exciting programming details. 604-903-3798.

Kindergarten Registration Sept. 2011



Kindergarten registration for September 2011 commences on January 24. There will be a parent information evening for the various Kindergarten options (Eng, Fr. IB) on Jan 12th parent. Grades 1-12 transfers commence Jan 31st.

3rd Capilano Scout Group

If you are looking for FUN, ADVENTURE, and FRIENDSHIP, join the Scouts. You are invited to attend our meetings:



Beavers

Wed. 6-7pm at Capilano United Church (5-7 years)

Cubs

Wed. 6:30-8pm at Capilano United Church (8-10 yrs)

Scouts

Tues. 7-9pm Highlands United Church (11-14 years)

Further information phone Eleanor Oakley
604-987-2545

September 2010

Health Matters

Foods That Make the Grade

Students need foods that fuel their minds as well as their active, growing bodies. Help your child to achieve success in school by making the healthy choice the easy choice at home.



Here are a few ideas to get you off to a great start:

- Cook extra for “planned overs” that can be used for lunches or snacks (see the recipe below)
- Aim for 3 to 4 different food groups in lunches and 1 to 2 different food groups for snacks
- Fill your fridge with washed and ready-to-eat vegetables and fruit, lower fat milk or fortified soy beverage, and yogurt
- Buy whole grain products: whole grain bread and pasta and brown rice
- Choose lean protein: meat, poultry, fish, beans, lentils, eggs
- Look for foods that are lower in fat, sugar and salt and higher in fibre
- Add variety by trying something new once a week, e.g., a new fruit or vegetable, different type of bread, cracker, or cheese
- Eliminate the competition by buying small packages of “treats” or buy them less often

Yummy One Pot Pasta & Veggies

750 g package	fresh tortellini	1 ½ lb package
1 L	frozen, mixed vegetables (or chopped, fresh)	4 cups
45 ml	flour	3 tbsp
7 ml	each dried basil and oregano	1 ½ tsp
2 ml	pepper	½ tsp
750 ml	milk	3 cups
175 ml	grated Cheddar cheese	¾ cup
50 ml	grated Parmesan cheese	¼ cup



Cook tortellini in a large pot of boiling water for 5 minutes. Add vegetables and cook for 2 minutes or until vegetables are hot and tortellini is just tender. Drain well and return to pot. Whisk flour into milk and pour over pasta. Add dried basil, oregano and pepper. Cook, stirring often, over medium-high heat for about 5 minutes or until thickened. Remove from heat. Stir in cheese until melted. 6-8 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 **Health Link at 811** and ask to speak to a dietitian or visit www.HealthLinkBC.ca.

SEPTEMBER 2010



Reminder to families with a child who has a life threatening allergy:

- Inform the school of your child's allergies, and have your doctor fill out the **Anaphylactic Student Emergency Procedure Plan** form (available at each school office).
- Persons diagnosed with a life threatening allergy are advised to carry an epinephrine auto-injector at all times and wear medical identification, such as a MedicAlert® bracelet (www.medicalert.ca)
- Provide the school with an up to date auto-injector (Epipen or Twinject) - **Please note:** School staff are only able to administer the 1st dose of the Twinject. It is important to check the expiry date on all auto injectors.
- Teach your child.....
 - To recognize the signs and symptoms of anaphylaxis and how to seek help
 - Where his/her Epipen/Twinject is located, and (if age appropriate) how to use it
 - To take their auto-injector on all field trips
 - To not share snacks, lunches, or drinks.



Medical conditions: If your child has a serious allergy or medical condition such as diabetes, epilepsy, severe asthma, blood-clotting disorders, or serious heart conditions it is important to complete the necessary forms at the school.

Websites:

- www.epipen.ca Epipen has a free reminder service to help parents keep track of the expiry date
- www.anaphylaxis.org Anaphylaxis Canada
- www.allergysafecommunities.ca Canadian Society of Allergy and Clinical Immunology



For more information please contact your Public Health Nurse Laura at 604-505-7605

STAYING HEALTHY WHILE AT SCHOOL

Teach your child:

- ✳ That hand washing is the most effective way to prevent the spread of germs
- ✳ To use soap and water for 20- 30 seconds
- ✳ To cover their **nose and mouth** with a tissue when they cough or sneeze, and throw the tissue in the trash after they use it; *Or* sneeze or cough into a sleeve or an arm
- ✳ To avoid **touching their eyes, nose and mouth** as germs spread that way
- ✳ To avoid close contact with people who are sick

Keep your Child home if they are sick:

- ✳ The illness can spread to other children, their families and school staff
- ✳ Recovery can be delayed without adequate rest
- ✳ The school is unable to care for a child when he/she is sick

RESOURCES FOR FAMILIES

For non-emergency health information **call 811** to speak with a:

- Nurse
- Dietician
- Pharmacist

www.bchealthguide.org/healthfiles

North Shore listing of resources and programs for children and families:

- www.ConnectforKids.ca





AFTER•SCHOOL•ART

art courses for talented young artists taught by terrific teachers

FALL • 2010

Serving neighbourhoods of the entire North Shore

www.artists4kids.com

PARENTS and TEACHERS North Vancouver School District's Artists For Kids Trust offers a wide range of quality extra-curricular art classes for young artists ages 5-18 weekdays throughout the school year. Each July, the Paradise Valley Summer School of Visual Art continues fine programming with five day residential camps featuring some of Canada's finest visual artists and art teachers.

Each of our After-School-Art courses are taught by art specialist teachers and are designed to extend and enrich school art experiences. All courses provide learners with an opportunity to further develop their individual abilities and skills and are specially designed to foster positive attitudes to the visual arts. A student exhibition is held in the Artists For Kids Gallery after each session. All art supplies, and materials are included in the course fee.

PARENTS PLEASE NOTE: You are responsible for your child's supervision before each class begins

Registration begins September 24, 2010

Art For Small Hands

For Kindergarten and Grade 1 with
Ms. Susan Oucharek

8 Wednesdays 3:45 - 5:00 pm
October 13 ~ December 1, 2010

Room 135
Boundary Elementary
750 East 26th Street
North Vancouver

Look At What I Can Do

Each week students will explore various elements and principles of design using mixed media. Experimenting with materials, tools and processes, children will create their own works of art. Works by well known artists and illustrators will give inspiration to young artists.

Ms.Oucharek is a dynamic primary teacher with a love of fine arts.

*A secondary art student will assist in the course

Course Fee: \$100.00*

Registration limited to 16 students



Primarily Painting

For Grades 1, 2 and 3 with
Mrs. Kristy Wensveen

8 Mondays 3:45 - 5:15 pm
October 18 - December 6, 2010

Artists For Kids Studio/Rm. 142 East
Lucas Centre
2132 Hamilton Avenue
North Vancouver

It's Primarily Painting ...

but each week will bring an enjoyable experience for budding young artists as they learn to look, and explore skills and processes in drawing and designing too. Media may include oil and chalk pastels, pencil, watercolour, acrylic paint and collage.

Ms. Wensveen is a North Vancouver School District art teacher and graduate of Emily Carr Institute of Art and Design.

*A secondary art student will assist in the course.

Course Fee: \$100.00*

Registration limited to 16 students



Generously supported by
the City and District of North Vancouver through
the Arts Office

Art For Small Hands

For Kindergarten and Grade 1 with
Ms. Colette Doan

8 Tuesdays 3:45 - 5:00 pm
October 12 ~ November 30, 2010

Room 17
Capilano Elementary
1230 W. 20th Street
North Vancouver

Look At What I Can Do

Each week students will explore various elements and principles of design using mixed media. Experimenting with materials, tools and processes, children will create their own works of art. Works by well known artists and illustrators will give inspiration to young artists.

Ms. Doan is a North Vancouver School District teacher with a passion for visual arts.

* A secondary art student will assist in the course

Course Fee: \$100.00*

Registration limited to 16 students



Artful Adventures

For Grades 2, 3 and 4 with
Mrs. Catherine Schechter

8 Mondays 3:45 - 5:15 pm
October 18 ~ December 6, 2010

Room 102
Lynn Valley Elementary School
3207 Institute Road
North Vancouver

Outdoor Explorations!

Weather permitting, students will explore and paint in the rainforest landscape around Lynn Valley School. They will learn about composition, colour, design and work with a variety of art media. Examples of great Canadian artists like Frederick Varley and Lawren Harris, who painted in Lynn Valley will inspire young painters.

Mrs. Schechter is an experienced art educator and practising artist, who inspires young learners with her love of art and art history.

*A secondary art student will assist in the course.

Course Fee: \$100.00*

Registration limited to 18 students

Primary Pottery

For Grades 2, 3, and 4 with
Mrs. Pamela Waters

8 Tuesdays 3:45 - 5:15 pm
October 12 ~ November 30, 2010

Room 247
Braemar Elementary School
3600 Mahon Avenue
North Vancouver

Muddy Fingers ...

will bring an enjoyable experience for budding ceramists as they learn to build and construct with clay. Fundamental building and finishing techniques will inspire the creation of useful and fun to make objects. New themes and ideas will be introduced weekly.

Mrs. Waters is an experienced North Vancouver School District teacher and dedicated Artist for Kids art educator.

* A secondary art student will assist in the course.

Course Fee: \$100.00*

Registration limited to 18 students

Gallery Greats

For Grades 2, 3, and 4 with
Ms. Jin Kang

8 Wednesdays 3:45 - 5:15 pm
October 13 ~ December 1, 2010

Artists For Kids Studio/Rm. 142 East
Lucas Centre
2132 Hamilton Avenue
North Vancouver

Learn from the Best

Every week students will be inspired by the artwork of great artists. Young artists will use a variety of techniques and materials to create their own art pieces. Printmaking techniques will be introduced so students can make multiple copies of their work.

Ms. Kang is a North Vancouver District teacher and a graduate of Emily Carr Institute of Art and Design

* A secondary art student will assist in the course.

Course Fee: \$100.00*

Registration limited to 18 students

Clay Creations

For Grades 4, 5, 6 and 7 with
Ms. Diane Fairey

8 Wednesdays 3:45 - 5:15 pm
October 13 ~ December 1, 2010

Room 195
Carson Graham Secondary
2145 Jones Avenue
North Vancouver

Just Build It

Students will focus on multiple handbuilding methods and use a variety of tools and equipment such as slab-roller and pug mill. Both functional and decorative pieces will be created. Participants will also experiment with a number of exciting glaze and finishing techniques.

Mrs. Fairey is the ceramics teacher at Carson Graham Secondary School and a practising ceramic artist.

*A secondary art student will assist in the course.

Course Fee: \$100.00*

Registration limited to 18 students

Wonderful Watercolour

For Grades 4, 5, 6 and 7 with
Ms. Caroline Falconer

8 Tuesdays 3:45 - 5:15 pm
October 12 ~ November 30, 2010

Room 207
Boundary Elementary
750 East 26th Street
North Vancouver

Brush with Freedom!

Students will explore the medium of watercolour paints. Basics of various techniques (*wet in wet, dry brush etc.*) will be introduced. Making cards, painting from still life, and landscape painting (outside weather permitting) will all be experienced.

Ms. Falconer is an experienced North Vancouver School District teacher, art educator and practising artist.

* A secondary art student will assist in the course.

Course Fee: \$100.00*

Registration limited to 18 students



Figure Drawing

For Grades 10, 11 and 12 with
Mrs. Barbara Sunday

10 Tuesdays 6:30 - 9:00 pm
October 12 ~ December 14, 2010

Room 151
Sentinel Secondary School
1250 Chartwell Drive
West Vancouver

Go Figure!

Serious senior art students will have an opportunity to focus on a variety of approaches to drawing the human figure. Using an undraped model, weekly instruction will include strategies for observation, warm-up, sustained pose and experimentation with a variety of media. Students will develop and select work for a portfolio which may be used for college entry.

Mrs. Sunday is an experienced art educator who currently enjoys teaching an Advanced Placement art studio program at Sentinel.

* A secondary art student will assist in the course

Course Fee: \$175.00*

Registration limited to 24 students

Cartooning

For grades 4, 5, 6 and 7 with
Ms. Dorothy Foster

8 Thursdays 3:45 - 5:15 pm
October 14 ~ December 9, 2010

Room B101
Sutherland Secondary School
1860 Sutherland Ave.
North Vancouver

Creative Comics

Basic cartooning for beginners! Learn how to create cartoon figures and animals in your own comic style. Students will investigate using expressions to communicate their characters personality and feelings. Background techniques and storyboarding will also be explored.

Ms. Foster is an experienced Art Teacher at Sutherland Secondary and a practicing artist of many mediums.

* A secondary art student will assist in the course.

Course Fee: \$100.00*

Registration limited to 18 students

Adventures in Drawing

For Grades 4, 5, 6 and 7 with
Ms. Julie Pappajohn

8 Thursdays 3:45 - 5:15 pm
October 14 ~ December 9, 2010

Artists For Kids Studio/Rm 142 East
Lucas Centre
2132 Hamilton Avenue
North Vancouver

Let's Draw!

Learn to be creative in this fun-filled drawing class. Each week students will explore and build their drawing skills using a variety of drawing tools and practices. Inspired by well-known artists, students will learn about the personal and expressive nature of drawing and develop an appreciation and enjoyment for "the act of drawing".

Ms. Pappajohn is a graduate of the UBC Art Education Program and a member of the Artists for Kids Gallery Team. She is an experienced art teacher with a love for art history.

* A secondary art student will assist in the course.

Course Fee: \$100.00*

Registration limited to 18 students



AFTER•SCHOOL•ART Registration

To Register For An After School Art Course:

1. Phone the Artists For Kids office: **604.903.3798** or **604.903.3429**
(do not call host school.)
2. Or register in person at the Artists for Kids office
810 West 21st Street, North Vancouver, BC. V7P 2C1

Payment options: Visa, MasterCard, Cheque, or cash
If paying by cheque please make cheque payable to **Artists for Kids**

All classes will be filled on a first called, first served basis.

Student Name _____ Age ____ Grade ____
Address _____
City _____ Postal Code _____
Home Phone _____ emergency phone _____
School _____
e/mail _____

Please comment on any health or learning issues that we need to be aware of:

I give permission for my child _____ to be photographed in the course.
I understand the photo may be used for promotional purposes by Artists for Kids.

parent signature: _____

Please Note: Fee refunds will not be made after the first class

please check one ✓

Payment total: _____ Cash Cheque MasterCard Visa

Credit Card # _____

Expiry date _____ / _____

Cardholder _____

I wish to make a Charitable Donation of \$ _____ to Artists For Kids
receipts will be mailed for donations of \$25 or more



Investors Group Financial Services Inc.

The Lonsdale office of Investors Group is pleased to offer 50% bursary support to families in extreme financial need.

To request financial assistance, please contact the Artists For Kids office at:
604.903.3429 or 604.903.3798

Parents... Did you know?

The Artists for Kids Trust provides quality art programs for more than 5,000 young artists each year solely through donations and the sale of original prints created by some of Canada's finest artists;

**Douglas Coupland
Wayne Eastcott
Arnold Shives
Gordon Smith
Gathie Falk
Bill Reid
Ted Harrison
Ross Penhall
Graham Gillmore**

... just to name a few.

You can help ensure continued programming by making a donation, or by purchasing a beautiful print.

Your support does make a difference!

Our prints can be viewed in the Leo Marshall Centre, the North Vancouver City Hall or at Lions Gate Hospital. Please call the Director, Bill MacDonald at 604.903.3797 for a price list or to make a viewing appointment.

We happily accept post-dated cheques and honour Visa and MasterCard.

**Invest in Art
Invest in Children
Invest in our Future**

www.artists4kids.com

Artists for Kids Programs are generously supported by private donations, The Smith Foundation, The Beech Foundation, Investors Group, RBC Dominion Securities, Christopher Investments, Kinder Morgan Foundation and,

the City and District of North Vancouver through the Arts Office.