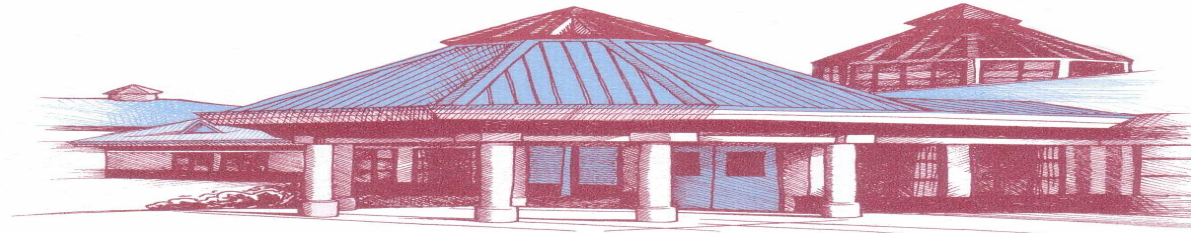


# Cove Cliff Elementary



Newsletter 1

September 30, 2010

## ***What a great start up!***

### Principal's Message:

Wow, what a great start up!! I would like to thank our teachers, school staff, students and parents for contributing to such a smooth start up. We have over 40 new students and 4 new teachers and the transition has been excellent. A big "thank you" to our students for their excellent behaviour and their willingness to welcome all of our new students and teachers.

September is such a busy month as we are working hard to get back into our routines. I am pleased to announce that we have over 60 students who have signed up for basketball this year and we will be carrying four teams (this is amazing for a school of our size). We will not be having a cross country team this fall, but we will have our Kilometer Club in the Spring (as well as track and field).

Lastly, I would also like to comment on the amazing parent participation in our school. We had a good turnout at our PAC meeting and the positive tone was wonderful. We also had 75 parents show up for our first volunteer meeting!! Thank you for giving up your time and engaging in the very important work in our school. We appreciate the support very much.

**One last thing, if any parents would like to be a member of the SPC (School Planning Council) this year, please contact me at the school.**

Sincerely,

Wayne Mitchell

### TERRY FOX RUN



*A single dream.  
A world of hope.*

We RAN for a great cause. On Friday, September 24<sup>th</sup>, students and teachers ran at Myrtle Park in support of Terry's cause.

In 1980, Terry Fox had a dream to raise at least \$1 from every Canadian. To raise money for the Terry Fox Foundation, Cove Cliff held a Loonie Toonie drive between September 20<sup>th</sup> and September 24<sup>th</sup> and raised \$570.41. Well done Cove Cliff!

### THANKSGIVING FOOD DRIVE

#### Help us help The Harvest Project

Please send donations of canned or dried goods to school with your child between October 4<sup>th</sup> – October 8<sup>th</sup>. High priority items include canned fruit and vegetable, canned meat and fish, soups, pastas, rice and hygiene products, (toothpaste, diaper, etc.)



**THANK YOU!**

## SCHOOL PHOTO DAY

Friday, October 15

More information and order forms will be sent home closer to the date.



## FAMILY PHOTO NIGHT

October 25 & 26, 5:00 pm – 9:00 pm

For more information or to book a sitting, call Carol Lynn at 604-929-7945 or [carolcheney@shaw.ca](mailto:carolcheney@shaw.ca).

## VOLUNTEERS MAKE A DIFFERENCE

We thank everyone for their enthusiastic interest in volunteering in our school. If you are interested in volunteering in your child's classroom or being a volunteer driver, please make sure that you have completed the volunteer forms that were sent home on the first day of school. There are extra forms available at the Main Office. Becoming a parent volunteer requires that you attend one volunteer meeting at the school. The first meeting which took place on September 22 was very well attended; the next one will be offered on Wednesday, October 13 from 3:30 pm – 4:00 pm. Please RSVP the Main Office to let us know if you are coming.

Information on North Vancouver School District's Volunteer Policy is found on our District Website at [www.nvsd44.bc.ca](http://www.nvsd44.bc.ca)

## SPORTS



### Basketball

Basketball season has started for interested Grade 6/7 students.

Grade 7 Boys coach – Mr. Mitchell  
Grade 7 Girls coach – Mrs. Smith, Mr. Dulong (*parent*)  
Grade 6 Boys coach – Mrs. Cooke, Mr Lynn (*parent*)  
Grade 6 Girls coach – Mrs. Leoni

For more information, please contact Mr. Mitchell.

## OFFICE

**Thank you** to all those parents who have turned in their forms packages. If you have not already done so, please hand in all Permission forms, Emergency Preparedness forms and student comfort kits to your child's classroom teacher as soon as possible.



Throughout the year, please ensure that the office is made aware of any changes in student contact information. In the case of sick or injured children, it is important that we have the latest address, phone numbers and emergency contact numbers.

Cove Cliff School issues numerous reminders, notices and newsletters (approximately the 3rd week of each month) to parents via e-mail. We encourage you to check your e-mail account regularly to read and stay informed about the many activities in our school. If you have made recent changes to your e-mail address please let us know in the school office so that we can update our files. Finally, please remember that our regular newsletters are also posted on our school website [covecliff.ca](http://covecliff.ca).

## SUMMER READING CLUB

The following students on the attached list have completed 50 days of reading over the summer in this year's provincial Summer Reading Club "Reading Rocks". Congratulations to all!

Vincenza B	Elsa D
Luciano B	Adysen C
Arianna E	Nathaniel J
Cristina C	Rebekah S
Kalli S	Emily T
Isla B	Grace B
Marshall A	Sean C
Danny F	Lucy R
Ivy C	Kirby H
Douglas M	Olivia G
Siobhan M	Lily O
Chantelle O	Sarah P
Chloe T	Iain M
Noam B	Colin B
Claire T	Luca J
Sierra R	William B
Madeleine C	Taylor S
James C	Timothy C
Ophir B	Anna M

## ARTISTS FOR KIDS AFTER SCHOOL ART CLASSES

There is a wide array of after school art courses for young artists ages 5-18 throughout the school year. Each of our courses are taught by art teachers at various school locations and are designed to extend and enrich school art with age appropriate experiences.

FALL SESSION begins the week of Oct. 12

REGISTRATION begins Sept. 24. To register please call **The Artists For Kids** Office at 604-903-3798. Visit our website at [www.artists4kids.com](http://www.artists4kids.com) to view all the exciting programming details.

## HEALTH NEWS

The Public Health Nurse contact for our school this year is Donna Coates. The Nurse works outside of our school on a multidisciplinary team to promote communicable disease control, healthy eating, active living, tobacco reduction, dental health and optimal growth and development. If you have any questions, please call Donna Coates, Public Health Nurse, Child & Youth Team at 604-983-6700.

### WHEN TO KEEP SICK CHILDREN HOME

Keep your child at home if he/she has any of the following symptoms:

- ✘ Fever
- ✘ Cough, sore throat
- ✘ Body aches
- ✘ Headaches
- ✘ Chills and fatigue
- ✘ Vomiting or diarrhea
- ✘ Constant runny nose
- ✘ A suspected or known communicable disease

Consider the following:

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

## 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 so that reminders can go home to all families in your child's classroom. The office can also provide you with information regarding treatment options. Children with head lice may remain in school during the treatment period.

## ACTIVE KIDS

### 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). 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, hockey or basketball. Bike or walk to school, to get groceries, a DVD or library book whenever possible - even 5 minutes is "hearthealth" worthy. Play on the playground equipment before, after school and on weekends.

**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.

## CANADIAN MPS JEANS DAY FRIDAY, OCTOBER 15TH, 2010

For the ninth year, Cove Cliff will be participating in "Canadian MPS Jeans Day" to raise awareness of Mucopolysaccharide (MPS) diseases and to raise funds for the Canadian MPS Society. Please encourage your children to wear their jeans to school on Friday, October 15th. For a \$1.00 donation, students will receive a "Canadian MPS Jeans Day" sticker and have their names entered into a draw to win a gift certificate for a new pair of jeans. All funds raised will be donated to the Canadian MPS Society in Cove Cliff's name - our Cove Cliff community has contributed over \$7,200 since 2002. Thank you for your continued support!

Thanks for caring for Canadian kids with MPS!

For more information on MPS or Canadian MPS Jeans Day, please contact Kirsten Harkins at 929-8969 or [Kirsten@mpssociety.ca](mailto:Kirsten@mpssociety.ca), or visit [www.mpssociety.ca](http://www.mpssociety.ca).

## CYBERBULLYING

Bullying is not new but thanks to the Internet, teens are now being bullied at home. Online harassment, more often called cyberbullying, is a serious problem. When bullying comes home via the Internet it can leave victims feeling helpless and overwhelmed.

### What is Cyberbullying?

Cyberbullying is any harassment that occurs via the Internet. Vicious forum posts, name calling in chat rooms, posting fake profiles on web sites, and mean or cruel email messages are all ways of cyberbullying.

### What Can Be Done About Cyberbullying?

There are many things that can be done to combat cyberbullying. The most important thing a victim of cyberbullying can do is not respond to the bully. Do not play in to the bully's games. Do not answer emails, do not respond to posts, do not engage in a chat room exchange, and do not copy what the bully is doing. Ignore the bullying and get help from parents and teachers.

While ignoring the bully be sure to save the evidence so that school officials, Internet providers and even the police can properly deal with the bully. Cyberbullying may give bullies anonymity but it always leaves evidence.

### Can Cyberbullying Be Stopped?

Schools take all types of bullying seriously. As soon as the cyberbullying starts go to school officials for help. Cyberbullying is often an extension or escalation of bullying that is already happening at school. Parents should also be told what is happening.

## ALLERGEN AWARE...SEVERE PEANUT/FOOD ALLERGIES



### Reminder to Cove Cliff families

Letters were sent home to parents of students in Divisions 1, 2, 4, 5, 6, 8,10, 12 & 13 regarding food allergies in their classrooms. Check the "Allergen

Aware" signs posted on classroom doors and windows. Please comply with the school's request to avoid sending lunches to school with the specified allergens. We appreciate your cooperation in helping to make our classroom environments healthy for all students. All students are reminded to thoroughly wash their hands and desktops after eating so that everyone stays healthy.

## BEAR AWARE

As you already know bears continue to make frequent visits to our neighbourhood. We remain vigilant about checking our playground areas and appreciate receiving phone calls from you when there are bear sightings close to the school.



Please advise your children to use extra caution when travelling to and from school.

For more information you can contact the North Shore Black Bear Network at (604) 990-2327

**The new playground equipment has arrived...  
and our kids love it! THANK YOU Cove Cliff parents!**



Check out these smiles!



The saucer swings are a great hit!

Trying out  
skateboard moves



Sun	Tues	Wed	Thurs	Fri	Sat	
				1 Hot Dog Lunch	2	
3	4 Food collection Magic Lunch Box PAC meeting, 7:00 pm	5 Food collection	6 Food collection Div 6, Owl Presentation	7 Food collection	8 Food collection Pizza Lunch	9
10	11 Thanksgiving Day No school	12	13 Parent Volunteer Training meeting 3:30pm – 4:00pm	14 Harvest Day/Dance	15 Student Photo Day MPS Jeans Day Subway Lunch	16
17	18 Magic Lunch Box	19	20	21 Div 3 – Artists for Kids Gallery, all day	22 Professional Day (Province wide)	23
24	25 Family Photo Night	26 Family Photo Night	27	28 Grade 6 immunizations	29 Halloween activities  NO Hot Lunch today	30
31						