



HIGHLANDS ELEMENTARY SCHOOL

Friday, October 7, 2011



Dear Parents,

As we enter the busy month of October we would like to thank the parents, teaching staff, support staff and office personnel for their support during the first hectic weeks of school. Largely due to everyone's dedication and hard work, Highlands students have settled in well to routines and expectations and are now beginning to assimilate the understandings and skills associated with their new grade level.

Several important events took place at the school in September. It felt like summer at the Welcome Back Barbeque and Cake Walk, and a great time was had by all! Thanks to all the parents, organizers and the numerous bakers of amazingly creative cakes for a wonderful evening.

The sun shone brightly on a sea of enthusiastic runners for our 29th annual Terry Fox Run. Thanks are extended to the parent volunteers for their support in supervising the event. Highlands families raised \$840.21 in support of cancer research. We thank you all for your generosity.

We are continuing the programs which have supported safety, leadership and pro-social behaviour at Highlands. Our Grade 7 monitors, Peer Counselors, Student Council and Safety Patrol will be up-and-running soon. Teachers and support staff held a productive Professional Day focused on Smart Board training – beginner level for those of us new to the Technology and intermediate level training for those with more experience under their belts. Teachers are very appreciative of the HPAC's generous donation of the funds to purchase the Smart Boards and are excited to begin to integrate this interactive technology into their classrooms.

Highlands sports teams are up and running. Our Grade 7 basketball teams began their season this week. The Grade 6's will be participating in a noon hour House league.

As always, we encourage you to contact the school if you have any questions, concerns, comments or compliments!

Sincerely,

Arlie Thompson
Principal

Blair Martin
Vice-Principal



October/November
Calendar



● Thanksgiving Day	● Oct. 10
● Provincial Professional Day	● Oct. 21
● HPAC Meeting	● Oct. 26
● Pumpkin Patch	● Oct. 29
● Remembrance Day	● Nov. 11

Terry Fox
Thank You



The Terry Fox Foundation

I would like to take this opportunity to give a big thank you to all of the people involved in creating a great Terry Fox Run this year! We had great weather, and the students had a great run.

Thank you to all of Highlands Staff for participating so enthusiastically, and adding to the sense of fun.

I am especially grateful for the number of parents who came forward to volunteer their time to make the run go so smoothly. Thank you to Caroline Hanson, Sue Sabourin, Molly O'Callaghan, Carmen Farrell, Andrea Gordon, Julie Drzymala, Linda Bailey, Tiffany Erdman, Lisa Torreggiani, Marian Dodd, and Meredith Kennedy for helping with the route, providing oranges, and giving the school valuable support. Thanks also to the PAC for organizing the oranges, and Save-On-Food for generously donating the oranges to our run.

Overall it was a great example of how a community, and school, can come together and put on such a well-organized, fun event.

Blair Martin

School Plan – Goal 3

To increase the level of responsibility and independence demonstrated by students in Grades K– 7.

In addition to homework and planner completion, the objective under this goal addresses the issue of consistent and timely attendance. To that end we are counting the number of vacations taken during school days and measuring the number of lates, in both cases targeting a decrease from last year. Students who are late disrupt the class and miss out on key opening routines and learning. Students who take vacations during school days disrupt the continuity of their learning and miss out on the teaching and guided practice that is provided in the classroom.

If your child is consistently late, please adjust the home routines to allow more time to arrive at school by 8:45am. And, avoid the parking nightmare by walking or parking a few blocks away and walking in. When planning family vacations, please make every attempt to book them during regularly scheduled holidays.

In September we had a total of 226 lates as opposed to 218 in 2010. We will be posting vacation totals in future newsletters.

SCHOOL COUNSELLOR



Dear parents;

Welcome back to school and so many fresh beginnings. My name is Shirley Jensen and I am the counsellor for Highlands. Tuesdays and Thursdays are my days in the school and I look forward to meeting and talking to many of you. My role as a school counsellor is to help support students, (in small groups or individually), parents, families, and educators.

The intention of this service is to promote and facilitate the educational, personal, social and emotional development of our students in school and in our community. Topics often include: conflict resolution, social skills, anxiety management, self esteem and personal safety. As part of this service I provide referrals and liaison with community agencies.

I accept referrals from our school based resource team, teachers, school administrators, student self-referrals or community agencies.

Please do not hesitate to contact me.

Ph: 604-903-3540

email : HYPERLJNK

"mailto:sjensen@nvsd44.bc.ca" sjensen@nvsd44.bc.ca



HPAC BOX



A reminder to families that cheques related to HPAC (such as food days, family photos for example) are to be deposited in the slot at the top of the wooden box outside of the office. The box is kept locked at all times. Thank you.

Speech and Language Services

As one of the Speech and Language Pathologists with the North Vancouver School District, I work in conjunction with classroom teachers to assess and implement programs for children with a range of communication difficulties. I am employed in a full-time position and work at four schools – Canyon Heights, Cleveland, Highlands and Montroyal.

If you would like to talk with me about any aspect of your child's speech or language development as the year progresses, please leave a message for me at the school office or contact me by phone at 604-903-3540.

Karen Koroluk

ARTISTS FOR KIDS AFTER SCHOOL ART CLASSES

FALL SESSION begins the week of Oct. 11

Visit our website at www.artists4kids.com to view all the exciting programming details.

REGISTRATION begins Sept. 21
TO REGISTER PLEASE CALL THE ARTISTS FOR KIDS OFFICE AT 604-903-3798.

BC 211 is here

Just like dialing 411 (or 911), you can now dial **211** and get connected with appropriate community services.

While there are excellent community programs available, many people have difficulty finding the services they need. Service providers also face challenges trying to locate appropriate community services for their clients.

BC211 and United Way are very pleased to announce that Lower Mainland residents are now able to access 211 services that provide an easy entry point for people looking for help, 24/7, 365 days of the year. Thanks to ongoing funding from the United Way of the Lower Mainland, BC211 provides 211 services for communities in the Metro Vancouver, Fraser Valley and Squamish-Lillooet Regional Districts.

Click here for details.

<http://www.uwlm.ca/our-impact/facts/bc211>

Skateboarding, Scootering and Rollerblading



For everyone's safety, a reminder that skateboarding, scootering and rollerblading are not permitted on school grounds during school hours or immediately before and after school. This includes "wheeled shoes". Students "wheeling" to and from school do so at their own risk and are strongly recommended to wear helmets and protective gear.

Emergency Preparedness



Make a Family Emergency Plan

In the event of an emergency or disaster, what plans have your family made? Have you talked about a fire escape plan? Have you practiced using your fire escape ladder?

As parents, do you have an emergency kit in your car? In your office? How long (hours/days) do you guess-timate until you will make it home from work?

At home, do you have water, food; battery operated radio & first aid supplies stored? Is your hot water tank secured? Every October/Fall you should rotate emergency food and check flashlight & radio batteries (smoke detectors too).

To learn more about Emergency Preparedness, enroll your neighbours/community, into a Personal Emergency Preparedness Workshop. No charge to North Shore Residents. To arrange, call North Shore Emergency Management Office @ 604-983-7440 or check out our website @ www.nsemo.org.

A reminder about filming, photography and student privacy

With all the exciting school activities that occur throughout the year, we provide this consideration regarding the filming and sharing of student photographs and videotapes of student events.

Parents are welcome to photograph and videotape school events. However, the potential promotion, exchange or sharing of student images raises privacy issues that are important to be aware of.

A parent wishing to film or photograph students and then post these images to a website (i.e. YouTube) ***needs to have the signed permission of the students in the video before posting their photos.*** To do so without signed permission is a violation of student privacy.

BBQ &



CAKEWALK



DILIGENCE

WHAT IS DILIGENCE?

Diligence is working hard and doing the best job you possibly can. When you are diligent, you take special care to do things step by step. You think and move carefully to make sure things will turn out right. Being diligent is being industrious, giving all you have to give to whatever you do.

WHY PRACTICE IT?

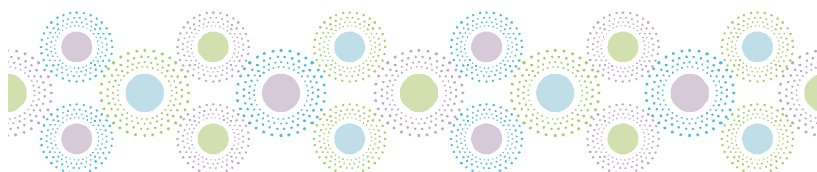
Without diligence, people act lazy and don't get much done. They act as if what they do doesn't count, rush through it or just do the least amount possible. Diligence helps you to get things done with excellence and enthusiasm. Diligence leads to success. When you are diligent about the things you do, people rely on you and trust you to give your best effort.

HOW DO YOU PRACTICE IT?

You practice diligence by deciding what you can do and then giving it all you have to give. You treat each action as important and do things carefully, one step at a time. You don't rush through things. You give them your full attention. Diligence takes patience. When you work hard, you can accomplish wonderful things.

"Learning is not attained by chance; it must be sought with ardor and attended to with diligence." Abigail Adams

"Genius is 10% inspiration, 90% perspiration." Thomas Alva Edison



Fireworks Bylaw in Place in District of North Vancouver

North Vancouver, B.C. With Halloween just around the corner, local residents may want to take note of District regulations regarding fireworks purchase and display.

"It's important that purchasers of fireworks in the District understand the requirements of the new Fireworks Regulations Bylaw before planning their Halloween celebrations," notes Deputy Fire Chief Brian Stegavig.

Here's what the new Fireworks Bylaw means to you, the consumer:



- **No person shall purchase, possess, fire, set off or discharge firecrackers.**
- **No person shall purchase, possess or discharge Fireworks, except that person is over 18 years old and in possession of a Permit signed by the Fire Chief or his designate authorizing such purchase, possession, or discharge of the fireworks.**
- To purchase fireworks you will now have to fill out a **Permit to Purchase, Possess or Discharge Fireworks**. This permit will cost you \$1.00, and along with your signature, indicates that you will use fireworks in a responsible and safe manner. Permits will be provided at the place of purchase between October 25th and October 31st, or at any District Fire Hall beginning October 18th.
- If you are under 25 years of age, you will have to provide two pieces of identification (one containing your photograph) to the vendor.
- Roman Candles will only be sold in Family Packs and any store selling or displaying Roman Candles separately will not only face fines, but will have their inventory confiscated.
- If you are found in possession of fireworks without a permit, discharging fireworks without a permit, in contravention of a permit, or discharging fireworks in a dangerous manner, you will be issued a Municipal Bylaw Ticket with fines ranging from \$200.00 to \$500.00. Your fireworks will also be confiscated.
- If you are planning a public display (**not on your own insured property**) of fireworks, you must contact the Fire Prevention Office (604-980-7575, Monday to Friday, between 8:30 a.m. and 4:30 p.m.) and discuss the location and safety precautions. You will have to obtain a Comprehensive General Liability insurance policy with an inclusive limit of not less than \$1,000,000.00 per occurrence for bodily injury and property damage and provide evidence of same to the Fire Chief or his designate no later than three days prior to the fireworks event.
- Any Fireworks device imported or manufactured illegally, or not authorized by the explosives Regulatory Division of Natural Resources Canada including firecrackers.

For more information on the District of North Vancouver Fireworks Bylaw, go to www.dnv.org (then click on 'Government', 'Bylaws', then 'F' for Fireworks Regulation).

Halloween in Edgemont



For the 4th year in a row, the Edgemont Village Business Association invites all costumed children to come and 'Trick or Treat' throughout the Village on Halloween day, October 31st.

The new twist for this year is that, with your help, we hope to raise much-needed funds for a local charity, Family Services of the North Shore, who will be setting up an information tent in the Village on Halloween. Costumed children who wish to "Trick or Treat" in the Village need to first make a small donation at the Family Services' tent, where they can then get their hand stamped for participating merchants to see. We hope you'll all appreciate this opportunity to support such a great cause.

The hours for 'Trick or Treating' will be from 1:00 to 5:00 pm. The participating businesses will all have the same distinctive signs on their business doors so children will easily be able to tell which businesses to visit. There will also be orange and black balloons outside of the participating businesses, to help direct the children around the Village.

This has been a very successful event in Edgemont for years, as our local children have come with either their parents or friends. Either way we would be very happy to see them in their costumes.

We look forward to seeing all of you who can participate in this community event, and thank you in advance for supporting Family Services of the North Shore.

Roberta Perrin
Edgemont Village Business Association





present a
Parenting Seminar
on

"Sibling Rivalry"

Friday, Oct. 14 at 7 pm

Speakers: Colleen and Patti Drobot
www.drobotecounseling.com



*B.Ed., Dip. Of Special Education
Registered Professional Counsellor (RPC)
Faculty, Neufeld Institute*



*Registered Professional Counsellor (RPC)
Faculty, Neufeld Institute*

Where: Mount Seymour United Church (1200 Parkgate Ave., North Van.)
www.mts Seymourunited.com **Cost: \$15 per person**

Limited FREE child-minding and light beverages and snacks offered

TO REGISTER: Call Parkgate's Front Desk at [\(604\) 983-6350](tel:6049836350)
or visit www.northvanrec.com for eReg services.
Event Registration Barcode: **277150** Child-minding Barcode: **277151**

OCTOBER 2011

PEDESTRIAN SAFETY TIPS



Under the age of 9, children are developmentally not able to judge when it is safe to cross the street, and therefore need supervision when crossing the street.

After age 9, children have better peripheral vision, are less impulsive, are more aware of risks, and can handle many pieces of information at one time.

Please review and model these 5 important steps with your child:

1. Stop
2. Look both ways
3. Listen for traffic
4. Make eye contact with drivers
5. Cross only when street is clear and all traffic has stopped

For more information go to:
www.safekidscanada.ca



GRADE 6 IMMUNIZATIONS!



Over the next 2 month, all grade 6 students will be bringing home immunization consent forms. Please fill out the form and return to school by the deadline indicated in the package.

“INTERNATIONAL WALK TO SCHOOL WEEK”

OCTOBER 3-7



The purpose of this week is to:

- ✓ Encourage active living
- ✓ Decrease traffic congestion around schools
- ✓ Decrease pollution from cars and the risk of car and pedestrian accidents

WHEN TO KEEP SICK CHILDREN HOME?

Keep your child at home if he/she:

- ✱ Has symptoms such as persistent cough or sore throat, a constant runny nose, vomiting or diarrhea, a rash of unknown origin, or a fever
- ✱ Is too sick or lethargic to participate in normal school activities

Consider:

- ✱ The illness can spread to other children, their families and school staff
- ✱ Your child's recovery can be delayed without adequate rest
- ✱ The school's inability to care for an ill child

For more information call:

Public Health at 604-983-6700, your family Doctor or Health Link BC 24 hours a day at 811

Sneezes and Diseases, a resource book about childhood illnesses

<http://www.vch.ca/media/SneezesDiseases.pdf>

BC Health Guide/files online:

www.bchealthguide.org/healthfiles