

CALENDAR

October

18.....Hot Lunch Day
19.....Non Instructional Day
23.....Drop Everything and Read
31.....Pumpkin Run @ 10:45 am

November

1.....Photo Retake Day
9.....Remembrance Day
Ceremony; 10:30 am
12.....Remembrance Day – STAT
13.....PAC Meeting; 6:30 pm
15.....Hot Lunch Day
19-22.Scholastic Book Fair
23.....Non Instructional Day

December

5.....Early Dismissal @ 1:48 pm
11.....PAC Meeting; 6:30 pm
13.....Hot Lunch Day

Dec 24-Jan 4....Winter Break

January

8.....PAC Meeting; 6:30 pm
28.....Non Instructional Day

Bell Schedule

Time	Activity
8:40 – 11:14	Instruction
11:14 – 11:54	Lunch Recess
11:54 – 12:14	Lunch Eating Period
12:14 – 1:45	Instruction
1:45 – 2:00	Recess
2:00 – 2:48	Instruction

SAFE ARRIVAL PROGRAM

250-656-7425

Please phone if your child will be absent or late.

OCTOBER 2018

NEWSLETTER

FROM THE PRINCIPAL

Sidney Elementary is a school grounded in collaboration and community. A focus on academics, wellness, arts and the outdoors is our strength. We live by our school beliefs and focus on the virtues of respect, courage, acceptance, perseverance and kindness.

At Sidney School we believe in helping our students both socially, emotionally and academically. This combination allows children to feel safe, connected to their school community and receptive to learning. In order to achieve this we use a variety of different programs and initiatives which we have described in this newsletter.

Thank you for your support as we continue our journey to make our school the most innovative and exciting school in our district.

With appreciation,
Tom Vickers

VIRTUES: THE GIFTS OF CHARACTER

Some of the virtues we focus on include, Respect, Courage, Acceptance, Perseverance, and Kindness. We are teaching the children that we all have these virtues within us and this common language allows them to recognize how they are feeling and use these virtues to problem solve with peers. We are featuring these virtues during our morning messages, on our front display board, and weaving them into our Family Group activities. At Sidney School, we believe in taking care of ourselves, others, and this place using our virtues.

SIDNEY SPARK

Four mornings a week our Sidney School Learning Community participates in a Sidney SPARK block. During this block students participate in cardiovascular, strength and stretching activities to increase their ability to focus and learn in school. Through a series of studies and tests, it has been found that students who participate in exercise before class out perform students who did not. Engaging in as little as 20 minutes of cardiovascular activity, students were demonstrating markedly improved academic achievement.

Research shows that exercise greatly increases the abundance of cell growth within the brain, as well as elevating the levels of important hormones and chemicals that allow neurons to transmit their messages with greater speed and efficacy. Physical activity is an essential factor in human development and health, thus regular exercise allows our brains and bodies to continuously grow, heal, and become stronger. Sidney Elementary continues to help our community of learners by being physically active.

LUNCHTIME INTRAMURAL SOCCER

It's soccer season at Sidney! We are offering different days for newer and experienced players in an effort to increase participation and encourage students who may not have otherwise come out. There is an optional district jamboree at the end of November where Sidney teams compete in a fun and friendly atmosphere with students from other Saanich elementary schools. Stay tuned for date and time, consent forms will be sent home for players that express interest in the jamboree and attend lunchtime games regularly.

WHAT ARE THE ZONES OF REGULATION?

The Zones is a systematic, cognitive behaviour approach used to teach self-regulation by categorizing all the different ways we feel and states of alertness we experience into four concrete zones. The Zones curriculum provides strategies to teach students to become more aware of, and independent in controlling their emotions and impulses, managing their sensory needs, and improving their ability to problem solve conflicts.

By addressing underlying deficits in emotional and sensory regulation, executive functions, and social cognition, the curriculum is designed to help move students toward independent regulation. The Zones of Regulation incorporates Social Thinking® (www.socialthinking.com) concepts and numerous visuals to teach students to identify their feelings/level of alertness, understand how their behaviour impacts those around them, and learn what tools they can use to manage their feelings and states.

The **ZONES** of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Yelling/Hitting Out of Control

MINDUP™

Many classrooms are offering a program called MindUP™. MindUp™ is a classroom-based Social Emotional Learning (SEL) program designed to enhance a child's self awareness, social awareness, focused attention, self regulation, problem solving, pro-social behaviours (helping, sharing, and cooperating), and positive human qualities, such as happiness, optimism and altruism. Research has shown that students who participate in SEL programs like MindUp™ enhance their overall learning potential, and the resulting positive behaviours lead to a decrease in anxiety and depression rates, a decrease in classroom conduct problems and increased academic success.

DROP EVERYTHING AND READ

Thank you for joining us for our school-wide reading session on Tuesday, October 23. Drop Everything and Read is an internationally celebrated reading event designed to remind folks of all ages to make reading a priority activity in their lives.

150 NIGHTS OF READING



We are pleased to announce the launch of the 150 Days of Reading. To promote reading at home, students are encouraged to read for a minimum of fifteen to twenty minutes every day. Each reading session is recorded on the challenge sheet that was sent home. As the student meets their 50 day challenge, please have them return the challenge sheet to their classroom teacher. Students can see their progress recorded on the 150 Days of Reading bulletin board in the hallway at school. The program runs until the end of the school year.

HALLOWEEN PUMPKIN RUN – OCTOBER 31; 10:45am

Students are encouraged to wear their costumes for the run, please remind them to choose clothing that is comfortable and that they can still be active in.

As well, a reminder that there are no masks, weapons or anything that will distract from their or other students learning.

THE BOOK FAIR IS COMING



Sidney's Scholastic Book Fair is November 19 - 22, being open from 8:00 - 8:40 and 2:45 - 3:30 daily (Thursday until 4:00). It will be held in our Learning Commons and the theme this year is 'Enchanted Forest'. As always, we require volunteers to make it a successful event. If you would like to volunteer some of your time please come by the Learning Commons to sign up or email Ms. Kelley if there is a day you are able to donate any time.

REMEMBRANCE DAY CEREMONY



On November 9th at 10:30 am, Sidney staff and students will honour all those who have served Canada over its history. This student led assembly will be very moving and demonstrate a depth of understanding by our students on what Remembrance Day is all about. Thank you to the students, staff, parents and community members who are able to come and be a part of this special assembly.

PARKING REMINDERS

When picking up or dropping off students please do not park in the front staff parking lot or in the accessible parking spaces in the front staff parking lot.

We also ask that you do not park in the yellow marked zones where emergency vehicles enter off Henry Ave. These yellow zones must be kept clear in the event of an emergency.

PENINSULA 100X5 CHILDREN'S BOOK RECYCLING PROJECT

If you have any gently used children's picture books to donate, you can drop them off in the red box in the main foyer of the school. These books are processed and then distributed to children living on the peninsula. Please contact the office if you have any questions.

DISTRICT SUPPORT SERVICES STAFF JOINING SIDNEY ELEMENTARY

PLEASE WELCOME OUR ITINERANT STAFF

Allison Fradette – Speech and Language
Lynne Willock – ELL Teacher/English as a Second Language
Patricia Gabriel – District Psychologist
Shannon Toronitz – District Counsellor

PLEASE WELCOME OUR OCCUPATIONAL THERAPIST AND PHYSIOTHERAPIST

We are pleased to be supporting your school as the consulting Occupational Therapist and Physiotherapist this school year. We are at the school on a regular basis and we have specific students on our caseloads as well as providing general consultation to teachers. Occupational Therapists may provide consultation around self-regulation, self-care skills and fine motor skill development and Physiotherapists may provide consultation around gross motor development. We are really looking forward to being part of your school this year.



Tammy Ishikawa



Erin Mazzoni

MONTHLY PAC MEETING

The next PAC Meeting is Tuesday, November 13th at 6:30 pm in the Learning Commons. All parents/guardians of Sidney School students are welcome to attend. We hope you to see you there.



3rd ANNUAL HOLIDAY FAIR

The Sidney PAC will be hosting the 3rd Annual Holiday Fair on Saturday, November 17th from 9:30am – 2:30pm. Admission is \$2 or a donation for Sidney Food Bank. We have some great vendors joining us again this year including bakers, crafters, knitters, wood workers and much, much more! We are also very excited to have some amazing "Kidpreneurs" joining us for the event. The Sidney PAC will have coffee and tea for sale as well as a bake sale table and raffle tickets. If you are interested in reserving a table for the event please send an e-mail request to sidneypacfundraising@gmail.com. We hope you all come out and join us for this wonderful event!

Head Lice Awareness



Head lice are common in BC communities. Although they are a bother, head lice are not a health risk.

Head lice spread quickly by close, head-to-head contact. Lice cannot live on furniture or carpet, and they cannot jump or fly. There may be few or no symptoms, but itching may occur.

You can help by:

- Checking your child's head with the wet-combing method of detection once a week throughout the school year.
- Review the pamphlet Wet Combing –How to Get Rid of Head Lice, available online, at your school and Public Health Unit.
- Encouraging your child to wear their hair tied back.
- Treating if you notice live lice on your child's head.
- Reminding family and friends about the importance of routine head checks.

Keeping your Child Safe on Halloween



Trick or Treating can be a risky time for children. Up to about 10 years of age, children do not have the skills to be safe in traffic.

Here are some tips to help keep your child safe:

- Make sure your child has a light and/or reflective clothing
- Have an adult go with your children, especially if they are under 10
- If your child is not with an adult, make sure she is in a group of at least 3 people
- If you are not with your child, make sure you know where he is and who he is with
- Teach your child road safety rules and to look, listen and think about traffic
- Teach your child about personal safety and to never go with anyone they don't know
- Teach your child not to eat treats until a parent has checked them
- Consider alternatives to trick-or-treating, such as a home party or local community centres or mall