



## CALENDAR

### September

26.....Early Dismissal @ 1:46 am  
 27.....Early Dismissal @ 1:46 am  
 29.....Terry Fox Run

### October

2.....Photo Day  
 3.....K Bus Orientation  
 3.....Gr. 4/5 Fire Expo  
 9.....Thanksgiving Day- STAT  
 10...PAC Meeting ; 6:30 pm  
 19...Shakedown BC  
 19...Hot Lunch Day  
 20...Non Instructional Day  
 27...Ready, Set, Learn  
 27...Early Dismissal @ 1:48 am

### November

2.....Photo Retake Day  
 9.....Hot Lunch Day  
 13...Remembrance Day - STAT  
 14...PAC Meeting; 6:30 pm  
 24...Non Instructional Day  
 27...Early Dismissal @ 1:48 am

### December

7.....Hot Lunch Day  
 12...PAC Meeting; 6:30 pm

Dec 25-Jan 5....Winter Break

### January

16...PAC Meeting; 6:30 pm  
 29...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 - 2:46	Instruction

**SAFE ARRIVAL PROGRAM**  
 250-656-7425

Please phone if your child will be absent or late.

## September 2017

## NEWSLETTER



### FROM THE PRINCIPAL

Welcome back to another school year. Many of you will have noticed our beautiful renovations to our learning commons. This is the completion of the second phase of our renovations. We are excited that over the coming year our school will be starting to look like new! Our enrollment is currently 311 students and we are excited for all of the exciting experiences and new learning opportunities for each of our students this year. We have many new students attending Sidney Elementary this year and we welcome them to our community.

We also have some new teachers and educational assistants joining us this year.

### PLEASE WELCOME:

Amanda Byrne - Gr. 4/5 Teacher  
 Chelsea Howells - Gr. 4/5 Teacher  
 Dayle Robinson - Gr. 1 Teacher  
 Donna Douglas - StrongStart Coordinator  
 Erick Fine - IST Teacher  
 Frank Behrehs - Educational Assistant  
 Lyn Hyldig - Educational Assistant  
 Lyssa Hogg - Gr. 2 Teacher  
 Sandy Lockhart - Gr. 2 Teacher  
 Teara Armstrong - Educational Assistant

### WELCOME BACK:

Amanda Rice - Gr. 4/5 Teacher  
 Carla Coppock - Kindergarten Teacher  
 Mariah Provan - Educational Assistant  
 Tara Kelk - Gr. 3/4 Teacher

I would like to thank Mrs. Sebastian and Mrs. Blair for all their hard work in the office to prepare for the start of school and their continued organization and excellent communication in the office. We would also like to give Mr. Cacovic (our custodian) and his team our appreciation for making sure the school is such a clean and safe place to be.

We are really looking forward to an exciting year of exploration and learning. We are thoroughly enjoying having our halls filled with the sounds of children, families, and school staff resuming regular routines and learning opportunities. Sidney Elementary School is a wonderful place to work, learn and grow. If you have any questions, concerns or compliments, please do not hesitate to contact Mr. Vickers or Ms. Meausette. We value your thoughts, perspectives and ideas.

Tom Vickers

### SCHOOL GOALS

This year we continue with our school goals.

1. *Develop social/emotional intelligence with our community of learners to enhance learning.*
2. Focus on *developing increased levels of physical activity & healthy eating amongst our community of learners to enhance learning.* This year we continue our partnership with the University of Victoria, PISE & Panorama Rec in support of this goal.

### SCHOOL WEBSITE SUBSCRIPTIONS



Sidney Elementary sends out important updates and information throughout the year from our website as Front Page News and Penguin Posts. It is important to subscribe to our website to stay up to date on current events.

- Please visit [www.sidney.sd63.bc.ca](http://www.sidney.sd63.bc.ca)
- Scroll down on the left side of our home page to Forum Subscriptions
- Click on **Send me forum posts by email**
- Enter your email address and keep Front Page New and Penguin Posts selected
- Select **Subscribe to selected forums**

## WHAT'S NEW @ YOUR LEARNING COMMONS (the new name for libraries)



There are lots of changes to our Learning Commons! We have a new space that houses our computer lab, library (14,000 books!), technology such as Chromebooks (30 of them on a cart for portable learning) and iPads along with a large flexible learning space that includes a Makerspace, Reading areas and a small room for recording. We are still renovating and hope to have things in place over the course of the next month or so.

We believe that this new environment will encourage and facilitate collaboration, multiple styles of learning and new technology while still keeping information and literacy a strong focus.

Please stop by for a visit to meet Mrs. Repsch and Mrs. Kaercher who will both be working in the space this year. Also, come to one of the PAC sponsored Monday morning socials that will be held inside the 'LC' once the weather turns. We so look forward to seeing you and showing you the space.

## JUICE BOX FREE LUNCHES - WATER ONLY

With the strong leadership from our staff and students Sidney Elementary continues to be a "juice box free" school. The benefits from this include:



1. Reduced waste left at our school or sent to our recycling centre.
2. Water is a healthier choice.
3. Saves families money.

Please help our school to be "juice box free" by sending water in a reusable container that can be brought home and cleaned daily. Thank you for your support!!

## KEEPING SIDNEY WASTE FREE



The Conservation Crew is one of our Intermediate Leadership Teams which works to help make Sidney Elementary more environmentally friendly. Each year, at Sidney Elementary, we work on our Environmental Goals; these are things we can all do to help the environment here at Sidney Elementary. Our three goals are to reduce the amount of energy we use at school, to minimize the amount of water we use, and to reduce the amount of waste we bring to school in our lunches. If students bring their lunches to school in reusable containers, then we won't need to throw anything into the garbage OR the recycling.

## CRIMINAL RECORD CHECKS

The Criminal Records Review Act requires the school district to ensure that a valid criminal record check is on file for volunteers in the school district. Under the Act, anyone who works with children directly, or having unsupervised access to children in the ordinary course of the day must submit a criminal record check. Criminal Record checks can be done at the police station in the municipality in which you reside. The \$50 fee will be waived if you come to the office requesting a letter from the school which indicates that you are volunteering your time. The completed original form must be brought back to the school's office where we will forward it to the school district on your behalf.

## CROSSING GUARDS

We have crossing guards at the following locations:

- Henry and Seventh - 8:25-8:40 am and 2:46-3:01 pm. Ms. Robb and members of our student safety patrol will be at this location in the coming weeks.
- Henry and Resthaven - 8:05-8:40 am and 2:46-3:08 pm
- Pat Bay Highway - 8:00-8:40 am and 2:46-3:27 pm.



## STUDENT INFORMATION/VERIFICATION FORMS



It is that time of year again when we must ask you to check the accuracy of the school's emergency information on your child. This information is extremely important because it is used if school personnel need to contact you. A Student Verification Form went out in the student welcome package of forms. Please check the information, make any changes needed clearly, sign the bottom of the last page and return the form to the school as soon as possible.

**If you have any custody orders, please bring a copy of the court order to the school so that we may add it to your student's file.**

## TELEPHONE USE



Students may use the school phone with their teacher's permission for emergency purposes only (e.g. forgotten lunch, bike problems, feeling ill, etc.).

**It cannot be used to make arrangements to play with a friend after school.**

## SUPERVISION IN THE MORNING AND AFTER SCHOOL



Each morning we have supervision outside from 8:20 am to 8:35 am. Unfortunately this means we do not have any supervision in the school until 8:35 am when the bell rings. It is very important that if you take your child to their class in the morning prior to the bell, you speak with their teacher so that you do not leave them in the room unsupervised. When it is nice outside we are asking students to wait outside until the bell as this is a great time to make connections with their peers.

**After school we have supervision until 2:58 pm. We will be asking children who have not been picked up at that time to wait in the office for their parents/guardians.**

## MEDICATIONS AT SCHOOL



It is most important that you inform the school about serious medical conditions or allergies that may affect your child. For your child's safety, please don't assume we've already been told about your child's medical condition. Remember you must:

- 1) Complete and return a signed consent card (*Request to Administer Medication Card*) to the school when medication is to start or whenever medication or dosage is changed. **The card is available at the office** and must be signed both by the parents and the doctor.
- 2) Provide the prescription medication in the original pharmacy container clearly labelled with:
  - child's name
  - medication name
  - medication dosage
  - medication expiry date

Those prescription medications provided by a parent for a particular child are kept at the school. We are not permitted to carry a supply of pain pills, antihistamines or salves, etc.

## ALLERGIES AT SCHOOL

There are times when we have a child at school who has a severe life-threatening allergy (anaphylaxis). In those classes where this occurs, a letter goes home to inform the parents in that class of the precautions being taken. We are unable to guarantee an "allergy-free" environment so we endeavour to develop an "allergy-aware" classroom. Ensuring the well-being of all children in the school setting requires the cooperation of the entire school community. Thank you for your support in our efforts to make classrooms as safe as possible for the student with life-threatening allergies.

### HEALTHY BREAKFAST PROGRAM

We will once again serve a breakfast program for all hungry children from 8:15-8:45 am. **Please enter through the door near the gym.** Everyone is welcome. Research has shown that students who have a healthy breakfast achieve greater academic success. We are confident that our Healthy Breakfast Program helps our students start their school day with the energy they need to focus on their schoolwork. If you have any questions please contact Heather Carley at [hcarley@shaw.ca](mailto:hcarley@shaw.ca).

### FORMS, FORMS, FORMS



At this time of the year, parents are inundated with forms. However, the forms and letters are necessary to get the school and PAC programs in operation. We ask that you give your prompt attention to the letters and forms and **return items** when requested as quickly as possible to **your child's classroom teacher**. Be sure to put your child's name on all the forms.

### TERRY FOX RUN



Sidney Elementary students and staff will participate in our annual Terry Fox Run on Friday, September 29<sup>th</sup> at 2:10 pm. We will start with a warm up in the gym and then move out to our field, weather permitting. Parents/Guardians are welcome to join us by running, walking and/or cheering. We are once again doing **Loonies and Toonies for Terry**. Students are encouraged to bring in loonie and toonie donations to support Terry's dream of finding a cure for cancer. Donations can be brought to the classrooms or the office.

### BC SCHOOL FRUIT AND VEGETABLE NUTRITIONAL PROGRAM

Sidney Elementary is a part of the BC School Fruit and Vegetable Nutritional Program. This is a province-wide healthy living initiative and one of the goals is to encourage healthy eating by providing fresh BC fruits and vegetables to our students. Our students will receive these healthy treats over the school year at no charge!

### SAFE ARRIVAL



The Safe Arrival Program is a District Policy that is in place to ensure the safe arrival of all children at Sidney Elementary. It is organized and run on a daily basis by parent/guardian volunteers. If your child is late or absent please call 250-656-7425 to leave a message.

**Volunteers are needed** to help one day a week or every other week, please contact Alison Scott by email at [aliscott25@gmail.com](mailto:aliscott25@gmail.com)

### PARKING



We are having issues with parking at pick up and drop off times. Please do not block the crosswalk or park in the restricted stalls along Henry Ave. Please do not park in the "No Admittance Parking" area which is located at the front of the school entrance. This area is for staff, service vehicles, district maintenance and handicapped parking only. It is important that we keep these spaces open at all times.

### ACCIDENTS DO HAPPEN

The school district does not insure expenses for student injuries that happen on school grounds or during school activities. You are responsible for these expenses as a parent or guardian. However, the school district assists families to voluntarily purchase private accident insurance through the Reliable Life Insurance Company. Brochures are no longer distributed to students in September however the information can be viewed on-line at <http://www.insuremykids.com/en/Default.aspx>

### SIGN IN/OUT STUDENTS



Just a reminder to everyone to please sign your child in at the main office when arriving late and sign them out if leaving the school before 2:46.

### 2017/2018 SCHOOL BUS REGISTRATION



The 2017/2018 school year bus registration forms are available on the School District #63 website (<http://www.sd63.bc.ca/>) All students (returning and new) who wish to ride the bus must fill out a new registration form.

### **PAC NEWS**



The next PAC Meeting is Tuesday, October 10<sup>th</sup> at 6:30 pm in the Learning Commons. All parents/guardians of Sidney School students are welcome to attend. We hope you can join us!

### **FROM THE PUBLIC HEALTH NURSE**

#### BREAKFAST: THE MOST IMPORTANT MEAL OF THE DAY!



Breakfast boosts brainpower. Children who eat breakfast eat better and do better on math and reading tests. They eat more servings of grains, vegetables and fruit and milk so they get more of the nutrients they need every day. The brain uses carbohydrate as its main fuel. The body's carbohydrate stores are low after a night's sleep. Eating grains, vegetables and fruit at breakfast gives fuel for the brain so a child can do well at school.

**A balanced morning meal includes food from at least 3 of the 4 Food Groups in Canada's Food Guide.**

#### Examples of healthy breakfasts:

- Whole grain cereal with milk or milk alternative and fruit
- Fruit yogurt smoothie and a small muffin
- Scrambled eggs, toast and milk or milk alternative
- Banana dog: a hot dog bun spread with peanut butter and a banana inside

### HEAD LICE AWARENESS



Outbreaks of head lice are common throughout the school year. Although head lice 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.
- Encouraging your child to wear their hair tied back, and avoid touching heads with other students.
- Using the wet-combing method of treatment if you notice lice on your child's head.
- Telling the classroom teacher if your child has head lice, so other parents can be notified.

### **COMMUNITY NEWS**

#### 1-Up Single Parent Resource Centre Fall Course Offerings

1-Up Single Parent Resource Centre offers a wide variety of parenting Education and Support. We have group course offerings on many topics at a very low cost and we offer childcare subsidies to our members. Membership is free. The courses are open to parents and families of any description. We are also able to offer one to one counselling and parent coaching sessions.