



Cinnabar Valley Elementary

Principal: Mrs. Val Cooke
Secretary: Mrs. Barb Suttie

Phone: 250-716-1030
Fax: 250-716-0476

October, 2009

SCHOOL CONFERENCES

Conferences are taking place October 19, 20, 28 and 29. On these days, students will be dismissed at 1:25 pm each day. The morning Kindergarten class will dismiss at 10:00 am and the afternoon Kindergarten class will dismiss at 1:25 on each of these four days.

PROFESSIONAL DEVELOPMENT DAY

Friday, October 23rd is a Professional Development Day so classes are not in session.

TERRY FOX RUN



On Friday, Sept. 25th, approximately 288 Cinnabar Valley students, together with staff, participated in the annual Terry Fox Run, to raise awareness about, and funds for, cancer research. Students, staff and parents showed tremendous spirit and the sum of approximately \$120.00 was raised. Thanks to all for keeping Terry Fox's "Marathon of Hope" alive.

MILK PROGRAM

Watch for the order forms that will be sent out each month, you will be able to order chocolate or 2% milk to be delivered to your child's classroom daily.



CALENDAR OF HOT LUNCHES

(The calendar is also posted on Facebook – Parents of Cinnabar Valley)

Oct 2	– A & W
Oct 9	– Country Grocer café
Oct 16	– Hot dogs
Oct 30	– Pizza
Nov 6	– Tim Horton's
Nov 13	– Chicken nuggets
Nov 20	– Booster Juice
Nov 27	– A & W
Dec 4	– Hot dogs
Dec 11	– Pizza
Dec 18	– Tim Horton's

GAMES FOR THE LIBRARY

If you have any games or puzzles that you could donate for students to play with on recess breaks it would be most appreciated.

PARKING SAFETY

Many parents are still dropping students off in the Fire Lane at Richardson Road. We are asking that you please do not use this as a drop off and pick up area. It is very difficult for students to leave our school grounds safely when they have to move between cars. Students may not be seen by a driver and this could lead to serious injury. Please help us keep all of our students safe.



A further request – if you are parked beside the classroom doors that open to our parking lot please do not idle your cars as fumes get into the classrooms

Thank you for your support and consideration.

MINISTRY HEALTHY FOOD GUIDELINES

As you know, the Ministry has established Healthy School Food Guidelines. All foods provided for hot lunches and for sale need to be selected from the Guidelines for Food and Beverage Sales provided by the Ministry of Education and the Ministry of Health.

HALLOWEEN TREATS

We have a number of students with life threatening allergies to nuts and peanuts. If you do let your children bring Halloween treats to school could you please help by having them bring nut and peanut free treats.

DRESS CODE

School District #68 Policy No. 3590 adopted February 28, 2001 states, "Each school will establish its own student dress code policy and will publish such policy in its School Handbook for parents/students/staff."

The following is the dress code for Cinnabar Valley:

The appearance of any young person is primarily the responsibility of that individual and his/her parents. We expect students to maintain the type of appearance that is not distracting to staff or other students to the detriment of the educational process of the school. Students are to wear attire which:

- Is safe
- Is free of any reference to alcohol, drugs, gangs, hate, obscenity, profanity, racism/discrimination, sex and/or violence
- Is not disturbing or distracting to others within the school setting

Half-tops and/or "beach wear" are not appropriate attire. Straps on t-shirts should be at least 3 fingers wide and skirt lengths should be mid thigh or longer. When a student's appearance is felt to be detrimental, the parent/guardian will be contacted and asked to bring appropriate clothing for the students. If the problem persists, a parent/administrator conference may be requested.

CROSS COUNTRY IS UNDERWAY!

Practices on Tuesday and Wednesday @ 1:15-1:30 and Friday morning @ 8:30 for Tykes, Peewee and Bantam Zone Meet on Wednesday, October 28th
Coaches – Mrs. Cooke and Mrs. Kirk



PHOTO DAY – OCTOBER 27TH

MJM Photos will be at our school on Tuesday, October 27th.

- Each child will have two photographs taken on picture day. Approximately 7-10 days later, proofs of each pose will be sent home for viewing with an order form.
- Parents may select a pose or poses of the items offered on the order form. Enclose payment, and return photo order to the school before the due date, which is indicated on the order form.
- Orders handed in after the due date are subject to a \$10.00 individual order fee and are not guaranteed for Christmas.



If you have any questions regarding your child's photo, please contact the MJM office at 1-877-656-8989.

Breakfast Does Every Body Good!

Source: www.actnowbc.ca

Studies show that breakfast eaters

- Get more essential vitamins and minerals (breakfast skippers rarely compensate in other meals);
- Get more bone-building calcium (mainly milk products) throughout the day;
- Have more normal weight and half the risk of developing obesity and insulin resistance – major risk factors for diabetes and heart disease;
- Eat less fat and fewer calorie-dense foods all day;
- Are less likely to overeat or snack in the evening;
- Have lower cholesterol levels and reduced danger of heart disease; and
- Are more likely to live to be 100.



What does that mean in terms of food?

Breakfast can be anything you like to eat – leftover pizza, a fruit smoothie and muffin, whole grain cereal with fruit and low fat milk, rice with chicken and vegetables, or tortillas and beans with salsa and a glass of milk.

There are good reasons to include something from all food groups – protein (milk products/meat and alternatives), whole grains, and fruit and vegetables. Here's why:

- Proteins like milk, yogurt, cheese, eggs, peanut butter and nuts keep us alert, responsive, calm and focused.
- Whole grain products like multigrain toast or a bowl of oatmeal are high in fibre. High fibre foods fill you up on fewer calories, help to lower bad cholesterol levels and ward off hunger pangs.
- Fruits and vegetables also offer fibre, along with literally thousands of nutrients to help keep your brain and body fuelled for the day ahead.

EXTENSION MINERS COMMUNITY PARK

The official dedication for the Extension Miners Community Park will take place on:

Sunday, October 4th at 2:00 pm

Location: Extension – near the end of Extension Road – intersection of Extension Road and John Street. Park location and dedication is adjacent to Extension Road at the entrance to number one mine tunnel.

This park commemorates all the coal mine workers that lost their lives in mining accidents, their wives, families and descendants.

After the ceremony you are invited to participate in a historical photo slide show presentation and tea at the extension community hall on Ryder Street.

DATES TO REMEMBER

October 6	PAC Meeting @ 6:30 pm
October 12	Thanksgiving Day
October 19 & 20	Parent/Teacher conferences
October 23	Non-instructional day
October 27	Photo Day
October 28	Zone Cross Country Meet
October 28 & 29	Parent/Teacher conferences
November 6	District Cross Country
November 10	Remembrance Day Assembly 10:30 am
November 11	Remembrance Day-School Closed
December 6	First report card
December 10	Christmas Concert 6:30 – 7:30 pm
December 18	Last day of classes before winter vacation

ELECTRONIC NEWSLETTERS & NOTICES

As in the past school year we would like to continue to reduce the amount of paperwork being sent home, we have created a database so that our newsletters and notices can be sent to parents and guardians via email. We realize this may not always be possible or preferred by some families. We are more than happy to send your child home with a paper copy. If you would like to receive the newsletters and notices by email please fill out your information below and return to the office. Thank you for the email addresses that I have already received and entered into our database.

Teacher Name: _____

Student Name: _____

Parent Name: _____

Parent email Address: _____

