



Chase River Elementary School Newsletter

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School Goals – 2008/2009

Goal #1 – To improve student achievement in reading.

Goal #2 – To maintain and increase the level of respect, courtesy, cooperation, and responsibility in all students from Kindergarten to Grade 7. We endeavour to continue to create a safe and responsible learning environment.

PRINCIPAL'S COMMENTS

Many thanks to those of you who were able to take time out of your busy schedule to attend our "Open House". We enjoyed the opportunity to meet you and hope that you gained some insight into some of the programs that your child is being offered. These contacts between parents and the school are very important as study after study has shown that parent involvement has a profound effect on a child's performance in school. Hopefully throughout the year you will take every opportunity to visit the school, to ask questions regarding the programs, and give us your suggestions on how we might improve on what we do.

MONTH END ASSEMBLY

Our Month End Assembly will be on Wednesday, October 29th from 12:50 p.m. – 1:20 p.m. Hope to see you there!

This year's staff members are:

Grade 6/7	Mr. Greenway
Grade 6	Mrs. Schlitz
Grade 5/6	Mr. Schultz
Grade 4	Mrs. Arabsky
Grade 2/3	Mrs. Lepage
Grade 1/2	Mrs. Avender
Grade K	Mrs. Bunce
Music/Gr 1/2	Mrs. Letour
Student Support/Lead Literacy Teacher:	Mrs. Armstrong
Librarian	Mrs. Brantner
Counsellor	Mrs. McAfee-Kuffler
Speech/Language	Mrs. Ware-Jud
Educational Assistants:	
Mrs. Turner	Mrs. Timmermans
Mrs. Butler	Mrs. Betcher
Mrs. MacDonald	Ms. Cavezza
Aboriginal EA	Mrs. Heath
Secretary	Ms. Read
Noon Hour Supervisor:	Mrs. Robertshaw
Custodian	Mr. Fisher



CHANGING WEATHER

With the recent inclement weather, it is timely to inform you of our policy regarding indoor/outdoor days. During recess and noon breaks a decision is made whether or not the day is officially "inclement", in which case, an indoor plan is put into place. At recess, students are then expected to be in their classrooms, as there will be no supervision outside. We have plans this year to show videos in the library and have designated activities in the gym during the noon recess on inside days. We will also have cultural activities, computer club, chess club, and a "work room".

However, please ensure that your children are dressed for our rainy fall and winter weather so they stay dry and warm when playing outside. The school only has "in days" during the most inclement weather conditions as students need fresh air and a chance to play outside. Parents are also reminded that supervision is not provided prior to 8:30 a.m. each morning.



TEACHER ONLY DAY:

PLEASE BE REMINDED THAT SCHOOL WILL NOT BE IN SESSION ON FRIDAY, OCTOBER 24, 2008, as Chase River staff will be attending workshops.

PARENT/TEACHER CONFERENCES

Individual parent/teacher or parent/teacher/student conferences will be held October 20th to 23rd. Confirmation letters will be coming home shortly for you to confirm times and dates. On these days, all children will be dismissed at 1:20 pm and 1:30 pm on Wednesday. Please make a note on your calendar that students will be dismissed early on these days. The bus will pick up students at these times. During these important meetings, parents have a great opportunity to discuss their child's profile and progress as a learner. This profile will help you to:

- set realistic expectations around your child's progress and growth.
- support your child at home and school in the most effective way.
- Become a working partner in the learning process.
- Feel comfortable with the school philosophy and goals.

Thank you for your positive support in so many ways.

OFFICE HOURS AT CHASE RIVER

Monday	8:30 – 2:45
Tuesday	8:30 – 2:45
Wednesday	8:30 – 1:30
Thursday	8:30 – 2:45
Friday	8:30 – 2:45

PUNCTUALITY & MORNING PROCEDURES

Chase River Elementary begins its day at 8:45 a.m. each morning. Our staff is appreciative of families that support children in learning the value of punctuality and providing children with a nutritious breakfast. Entrance to the school is done in an organized fashion. Your child is asked to walk around the school – not through the school – to join in the lineups. Supervision is outdoors in the mornings, and students are not allowed in the hallways before class. Washrooms and fountain are open at the front of the school at 8:30 a.m.. Please do not drop off children before that time, as supervision is not provided officially before 8:30 a.m. even if all staff members are in the building working. If an emergency

should arise, staff would respond immediately. The front door is open.

PHOTO RETAKES

Photo retakes are scheduled for Monday, November 3, 2008 at 9am. These are for students who were absent or unhappy with their original photo.

DOING THE RIGHT THING

This means:

- Coming to school every day between 8:30 and 8:45.
- Coming to class with your supplies and ready to learn.
- Doing what the teacher asks the first time you are asked.
- Beginning work when asked to do so.
- Speaking in a respectful way.
- Using problem solving strategies instead of hands, feet or unkind words.

10 WAYS TO NURTURE A GROWING READER

- Read together every day
- Visit your public library often
- Surround your child with books
- Let your child see YOU reading
- Tell your child stories
- Sing songs together
- Talk with your child
- Say nursery rhymes
- Make book sharing an enjoyable time
- Praise your child's efforts

Learning to read means reading and reading and reading and reading and.....

READING COMPREHENSION

Is there a simple way to help my child with reading comprehension?

Yes. After your child reads something, talk about it together. Ask questions that encourage critical thinking. Try these:

- What was it about?
- How did it end?
- What did you think of the story?
- Who were the characters?
- If you rewrote it, what would you change?
- Can you relate to anything in the story?

Do you have a question about reading? Email readingadvisor@parent-institute.com

BOOSTER SEATS

Who needs a booster seat? Booster seats are for children:

- Who are at least 18 kg (40 lbs).
- Until they are 9 years of age unless they have reached the height of 145 cm (4'9") tall.

Even if your family doesn't drive, your child under nine years old or 4'9" now requires a booster seat to travel in any passenger vehicle. That means getting to soccer practice, to a friend's house after school and on field trips.

Safe placement of a low back booster seat requires:

- A lap and shoulder belt (not just a lap belt)
- A headrest

Children under 12 years of age should ride in rear seats.

HOMEWORK

Teacher-assigned homework will vary according to the age and needs of the children. Homework will be determined by the teacher. Homework is assigned to:

- Encourage self discipline and responsibility
- Foster good study habits
- Motivate the student to want to learn more

Homework may consist of:

- Completing tasks
- Long range project work
- Daily or weekly reinforcement of skills
- Reading

SPIRIT AWARD WINNERS

Congratulations to the following students for winning our monthly spirit award draw:

Brandon Scott for being brave.

Kory Rhodes for helping move a teacher's desk.

Zachary Green for helping out with the hose.

Taelon Pinto for doing the morning announcements.

NEWSLETTER DRAW WINNER

Our September newsletter draw winner for a \$10 gift card to Chapters was Logan Weisbrod.

PRINCIPAL'S RECOGNITION AWARDS

Every month teachers nominate up to 4 students to be recognized by the principal. The purpose of the award:

- Praise students for their accomplishments
- Give recognition to students
- Promote pride in students' work

Nominated students meet with the principal to receive a certificate and a treat and to display their accomplishment to peers and the principal. Students recognized for September are:

Makayla Chang

Troy Jansen

Drew Bennett

Lindsey Kean

Sabastian Doucette

Dario Rossetto

Sydney Deimert

Cameron Eckford

Emmalee Koryzma

Jordan Terris

Brayden Koryzma

Bert Nichol

Jane Dean

Jacob Gillman

Ember Sulkys

Ty Carson

Kory Rhodes

Kristin Pirart

Isaac Doyle

Emma Rampanen

Erin Johnson



STUDENT LEADERSHIP

Throughout the course of the year, students will be provided with leadership opportunities. Your child may become involved in a leadership role by joining the Student Leadership Team. Students are empowered to make decisions that will impact on how the school operates, what type of activities are to be offered and what kinds of equipment and materials need to be purchased.

TERRY FOX

Our traditional Terry Fox Run went very well. A big thanks to all the parent volunteers who helped along the route and counted the money brought in by the students. This year the students raised over \$440.00. Well done!

RUNNING CLUB

Running Club is now well underway in all the classes. Students can earn ribbons and awards for their effort. They are displayed in the glass cabinet in the school foyer. Here is a list of the different ribbons/awards that the students can earn:

Primary classes

<u>Laps</u>	<u>Ribbon</u>	<u>Laps</u>	<u>Ribbon</u>
30	10 (K, 1&2)	375	125
75	25	450	150
150	50	525	175
225	75	600	Gold Medal

Intermediate Classes

<u>Laps</u>	<u>Ribbon</u>
75	25
150	25
225	50
300	75
375	100
450	Bronze running pin
525	Silver running pin
600	Gold running pin

The Master Running t-shirt will be given to students who carry on past 600 (at least another 75 laps).

The Running Club ribbons are handed out at our end of the month assemblies.

SPORTS NEWS

Extracurricular sports will be offered at Chase River. The focus is on skill development and sportsmanship. Volunteer coaches, sponsors, referees, and drivers enable these sports teams to occur. If you can help with coaching or refereeing, volleyball or basketball, please contact Mr. Dean.

Our season has started off with girls' soccer and boys' flag football and cross country. Come on out and cheer our teams on if you have a chance. Team schedules are posted in the hallway outside the library on our "Sports" board.

CROSS COUNTRY

Mrs. Arabsky is coaching the cross country runners this fall as we prepare for zone and district events. All interested students should come to practices with their running gear. Good luck runners.

FOOTBALL

Mr. Greenway and Mr. Terris are coaching the boy's football team. Regular practices and games are scheduled for Wednesday's. Come out and cheer on these developing football players.

SOCCER

Mr. Dean is coaching the girl's soccer team. The girls are practicing hard during the week to prepare for their Thursday's games. Go Cheetah's go!

SCHOOL DRESS CODE

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 teachers or other students to the detriment of the educational process of the school. Some general guidelines are:

- a) hats or head coverings are not worn in the building
- b) beach wear or clothes that are revealing (low cut tops, spaghetti straps, muscle T-shirts, halter tops, bare midriffs and backs are not acceptable)
- c) items of clothing that display offensive graphics/writing are not appropriate for school
- d) clothing needs to be suitable for the season (i.e warm tops in winter).
- e) tops must meet bottoms.

HALLOWEEN SAFETY

Here is a list of Halloween Safety Rules from Peter Pumpkin. Peter Pumpkin says "Remember them on Halloween Night":



1. Wear a lightly coloured, flame resistant costume. Tell your parents to use retro-reflective tape so car drivers can see you better.
2. Make-up is better than a mask. A mask with small holes for your eyes makes it hard for you to see.
3. Wear a short costume so you don't trip, and no bike riding...your costume might get caught in the spokes.
4. Be really safe – carry a flashlight so you can see in the dark and be better seen.
5. Trick-or-Treat on one side of the street, then the other side. Never criss-cross the street.
6. Go out with a parent or other responsible adult. Older children should go out in groups.
7. Discuss your route with your parents and what time to be home.
8. Never go inside a strange house, apartment, or car.
9. Have a parent check your treats before you eat any. Remember to have a snack or meal before going out.
10. Know the Block Parent homes in your area in case you're frightened, lost, or hurt.



BREAKFAST DOES EVERY BODY GOOD

In the rush to get to school or work, many of us skip breakfast. Yet it makes sense to fill your "empty tank" after a long night without food. Recent research proves that breakfast really is the most important meal of the day – and has a long list of benefits.

When we eat, our body experiences something called the thermic effect – we burn calories just by digesting and absorbing our food. If you get up at 7a.m. and don't eat your first meal until noon, that's 5 hours during which your calorie burn has slowed down unnecessarily. Eating in the morning, and then every 3 – 4 hours, keeps your body burning fuel efficiently – and helps prevent weight gain.

Studies show that breakfast eaters also:

- 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 is breakfast?

Breakfast can be any combination of foods, liquid or solid, that provides carbohydrates, protein and a little fat. It should provide about 20-25% of your daily energy needs – around 400 calories – more if you are very active.

DONATION

A special note of thanks goes out to Tammy Stoutenburg for donating hundreds of gently used books to the school. The students will enjoy reading them for years to come.

LOST AND FOUND

Please mark all of your child’s belongings with his/her full name. The Lost and Found box is located at the front entrance. Please check it regularly for missing items.

STUDENT PICK-UP AND DROP-OFF

We ask that parents/guardians drop off and pick up their children in the designated area at the front of the school and not in the staff parking lot. The parking lot is a busy place and makes it an unsafe area for children to be. We want all of our students to be safe. Thank you for helping us make our drop-off/pick-up times run smoothly.

DATES TO REMEMBER

- October 20-23 Parent/Teacher Interviews
- October 24 Pro-D Day
- October 28 School-Wide Field Trip to Rose McCulley’s Farm
- October 29 Month End Assembly @ 12:50 p.m.
- October 31 Halloween Parade @ 10:30 a.m.
- October 31 Intermediate Dance @ 12:30 p.m.
- November 3 Picture Retakes @ 9am
- November 7 Remembrance Day Activity
- November 10 Remembrance Day Assembly
- November 11 Remembrance Day Holiday
- November 26 Wacky Wednesday
- November 26 Month End Assembly
- November 28 1st Term Report Cards go home

HALLOWEEN PARADE

On October 31st, we will be having our annual costume parade. Students may bring costumes to school. We will have our parade at 10:30 a.m. This will allow our kindergarten students to take part. Encourage your students to keep any hair spray, etc. at home. Please have your child(ren) bring a change of clothes. They can change out of their costumes for lunch and small recess. Hopefully, this will prevent any damage to costumes while playing. **For the 3 days following Halloween, we encourage students to bring only one treat a day for snack time.**



Chase River School Comment Slip
 Newsletter No. 2 It is important that all comment slips are signed and returned to the school to indicate that you have received this letter. If you have an comments regarding the information in this newsletter, you may also include them below. Thank you.

Student: _____

Parent/Guardian: _____

Comments: _____

Slips returned will be included in a draw for a \$10 gift certificate from Chapters.