

# Eye of the Cyclone



## *Cilaire Elementary School*

25 Cilaire Drive  
Nanaimo BC V9S 3C9  
School website:

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<http://schools.sd68.bc.ca/cila>

Principal: Mr. M. Ireland  
Secretary: Mrs. D. Ludvigson

October 6, 2009

### **PRINCIPAL'S MESSAGE**

The school year is off to a flying start. We have started with football (boys) and soccer (girls), as well the students have started training for cross-country. Thank you to the many parents who came out to the school Open House on September the 24<sup>th</sup>. It was good to see such an excellent turn out. Just a reminder that our formal parent/teacher interviews will take place the week of October 19 – 22.

Thank you to the many parents who have read and returned the newsletter response slip on the last page of the September newsletter. Be sure to return this month's tear-off sheet with your child. If you receive your newsletter electronically, be sure to either print this page off and return it or reply to the email and copy the tear-off sheet into the email. If you haven't already signed up to get your newsletter via email, please do so by indicating on the newsletter response slip at the end of this newsletter.

Have a great October!

Mr. Ireland

### **PRINCIPAL'S ENCOURAGEMENT**



Principal's Encouragement is a time when students are more formally recognized for an accomplishment or service they have made in the school. Students from each class are selected and sent to the office to meet with the principal to be acknowledged for work they have done. Be sure to check out the bulletin board between Mr. Hird's room and Miss Scott's room which will display the students that are recognized each week. The students recognized this month are:

Joshua Pringle, Ethan Olynyk, Jessica King, Nathaniel Morley, and Ella Olesen.

### **SCHOOL WIDE RUNS AND CILAIRE KILOMETER CLUB**

Each Wednesday morning before lunch and each Friday afternoon all of our students head out for a school wide run. We all gather on the lower field (11:30 am on Wed., 12:50 pm on Fri.) for a short warm up, then head down the driveway to Cilaire Dr. where we head on a 1.5 km run/walk around Cilaire Drive. This has been a great way to promote fitness. Parents are welcome to join us for our run/walk on Friday afternoons if your are available – the best way to promote fitness is to model it ☺

We are also continuing with the Cilaire Kilometer Club at our school this year. Students can record the distances they have ran and add up the distances to earn a variety of ribbons. Students have the opportunity to run at recess, lunch, during some class time, and on our Wednesday and Friday runs. We look forward to seeing many students earn Kilometer Club ribbons and awards this year. Starting at the end of this month we will recognize those students who have been received their Kilometre Club ribbons for the month.

### **SPORTS REPORT**

#### **Soccer**

The soccer season is well on its way. Cilaire has a bantam (grade 6 and 7) girls' soccer team entered in league play. Good luck to the girls.

**Bantams** – Kylie Hoffman, Maddy Konst, Kiah Loewen, Grace McCheyne, Rachel Mayer, Hayley Isaachsen, Jetahnoh Peachey-Blackburn, Chantel Jones, Angihe Bolivar, Carmen McCheyne, Alijah Williams, Summer Cody, Sharla Ludvigson, and Natasha Jensen.. Coach – Mr. Gillies.

#### **Football**

As well the boys' football is now in its third week. There is only one boys' team, a combined grade 6/7 bantam one.

Bantams – Josh Carless-Jones, Brady Andjelkovic, Jarod Domino, Luke Swabey, Hunter Gackstatter, Casey Kent, Shivam Thakur, Sam Browne, Jakob Alexander, Max MacKay, Finn Martin, Jared Sladde, Xristos Vassilopoulos, and Nik Malenica. Coach – Mr. Drexhage.

### **TERRY FOX REPORT**



On Friday, September 25<sup>th</sup>, Cilaire took part in the annual Terry Fox. Students ran their usual all-school run routes in memory of Terry Fox's Marathon of Hope. Students were asked to bring a donation and collectively we raised over \$295.00. Thank you for those that made a donation. If you still wish to make a donation, please have your child bring the donation to the office as soon as possible.

### **CODE OF CONDUCT**

Please take the time to review your son/daughter's planner, in particular the opening pages. There is a great deal of information regarding policies within the school and the district, as well as general practices in the school.

One newer section in the student/parent handbook is the Cilaire Code of Conduct found on page 3. I have included the Code of Conduct at the end of this newsletter. Please be sure to take some time to read through this carefully and discuss it with your son/daughter. Thanks for your support in making Cilaire a safe, caring, and orderly place to be.

### **PAC SPONSORED MAGAZINE SALES**



Today marks the start of the PAC sponsored magazine sales. Your child should be bringing home order information, etc with them. This is a major fund raiser (over \$2500 last year) for our PAC so they would appreciate your support in this. You can also renew/order on-line at [www.ccrp.ca](http://www.ccrp.ca). Please use the campaign order code **BC650**. Our promotion will end on October 23<sup>rd</sup>.

### **OTHER PAC NEWS**

#### **Family Halloween Dance**

Come join us for a fun evening of Ghoulish Games, Deadly Dancing and Frightful Fun Concession, Games & Prizes

**Don't forget to wear your costume!**



Date: Friday October 30th

Time: 6-8 pm

Location: Cilaire School Gym

Tickets: \$3 per person - available at the Office

This is an unchaperoned school fundraising event. All children **MUST** be accompanied by an adult.

### **THANK YOU – FAIRWAY MARKET**

Just a reminder from the PAC that the school collects Fairway Market receipts. These can be turned in at the office – there is a box allocated as Fairway Market in the 'wall' of boxes. These receipts are all added up periodically and taken to Fairway Market who then in turn gives us a cash donation based on a percentage of the total amount. Last year the total donation was almost \$3000.00. Many thanks to those who continue to bring in their receipts.

A huge **THANK YOU** to Randy Richter and Fairway Market for sponsoring this program and being so generous.

### **FLU SEASON**

Flu season is upon us so please follow the guidelines of being scrupulous about hand washing and sneezing or coughing into handkerchiefs or the crook of your arm. If you feel sick stay home until you are better. Sick kids need to be at home and we will be asking parents to pick up students who feel ill. As H1N1 is the predominant flu this year there are likely to be cases in our Nanaimo and Cilaire community. If you have questions about Swine Flu call the Public Health Office. They are the ones that provide public information and announcements.

### **STUDENT COMMITTEES**

This year at Cilaire, as we did last year, we will have a student committee structure in the hope that this will provide more intermediate students with leadership opportunities. Intermediate students wishing to serve on a variety of committees were required to apply for them by filling out an application form and returning it to the office by Friday, October 2<sup>nd</sup>. Once accepted, a schedule for each committee will be drawn up and the students will then be given directions/instructions in the role of each committee. As in the past, parents were required to sign the application form.

### **PARENT-TEACHER CONFERENCES**



Report cards for the first term of this school year will be issued throughout School District 68 on December 4<sup>th</sup>. In order to help parents understand how their students are doing in school during the first term, we are holding parent-teacher conferences on October 19<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup>.

All classes will be dismissed early at 1:45 for the first FOUR days of that week, Monday, October 19<sup>th</sup> through Thursday, October 22<sup>nd</sup> to enable teachers to meet with parents. Your child will receive a letter later this week which will include a conference time for you to visit the

school. If you are unable to attend at that time, please phone the school at 758-7941 to re-schedule your appointment.

## **NUDE FOOD**

In an attempt to reduce the amount of litter on our school grounds, the students are being reminded to only take “nude food” out for a snack. For example, they will have peels and wrappers removed and in the garbage before they leave the classroom. Would you please help us by reinforcing this idea with your child(ren).

## **HEALTHY LUNCH BOXES FOR CHILDREN**



Now that we are back into the swing of school, I thought it would be appropriate to share with you some tips around the joys making of school lunches.

Healthy lunches and snacks are important for children and help with concentration and learning. Healthy eating changes are not always easy to make. Try to set a good example with your own lunches. Encourage children to be involved in their own lunch preparation, and their choices about foods to include. Praise your child when they choose healthy foods for the lunch box.

### **Six items to put in a lunch box**

- Vegetables
- Fresh fruit
- Dairy food – cheese or yogurt
- Protein food – slice of lean meat, hard-boiled egg or beans
- Starchy food – bread, roll, pita or flat bread, fruit bread or crackers
- Water.

### **Food suggestions**

There are endless food choices available for lunch boxes. It can sometimes be difficult to decide which foods are healthy choices.

#### **Vegetables**

##### **Best choices**

Try vegetable sticks with dips, or a small container with mixed vegetables such as cherry tomatoes, carrot sticks, celery, corn, beetroot, sprouts, capsicum, snow peas or cucumbers.

##### **Foods best left out**

Crisps are best left for parties.

#### **Fruit**

##### **Best choices**

Fresh, or tinned fruit in natural juice, are everyday foods. Dried fruit is sticky and high in sugar, so eat occasionally or as part of a meal.

##### **Foods best left out**

Dried fruit bars and ‘straps’ are very high in sugar, low in fibre and stick to children’s teeth causing tooth decay.

#### **Dairy food**

##### **Best choices**

- Reduced fat cheese slices or cubes.
- Yogurt – natural or fruit yogurt. Try freezing a tub of yogurt and putting it in your child’s lunch box. By lunchtime it will have partially thawed and be ready to eat.

##### **Foods best left out**

‘Dairy desserts’ and flavoured milks are high in sugar.

#### **Sandwiches**

Include a variety of bread and fillings, especially if children begin to lose interest in sandwiches.

##### **Best choices**

Choose one or more of the following:

- Salmon or tuna in springwater. Try mini cans of tuna with added flavours.
- Reduced fat cheese or cheese spread
- Egg
- Falafel or lentil patties
- Sliced lean cold meats such as ham, turkey, chicken, lamb or beef with vegetables
- Baked beans or bean salad
- Grated carrot, lettuce or tomato.

Include grainy bread or rolls, flat bread, fruit loaf or buns, bagels, corn or rice cakes, Turkish bread, crispbread or pikelets. As an alternative try:

- Pasta – make a salad with lots of raw vegetables
- Rice – when making fried rice, minimize oil and add lots of steamed vegetables.

##### **Foods best left out**

Avoid chocolate spreads, jam and honey. Avoid fatty meats such as salami and Strasbourg.

#### **Biscuits and dips**

##### **Best choices**

Wholemeal or multigrain dry biscuits, crispbreads, or rice cakes with yogurt, hummus or vegetable dips.

##### **Foods best left out**

‘Oven baked’ and plain savoury biscuits are as high in salt and fat as chips.

#### **Muffins and cakes**

Try making your own healthy muffins and cakes. Include fruit and vegetables such as sultanas, carrot, zucchini, banana and pumpkin.

### **Foods best left out**

Only offer donuts and cakes occasionally instead of in the lunch box.

#### ***Muesli and 'breakfast' bars***

Almost all 'bars' are too high in sugar. Some high fibre cereal bars are better than chewy, high fat muesli type bars.

Try to avoid chocolate bars and muesli bars in lunch boxes. These are expensive and stuck together with fats and sugar.

#### ***Best drinks***

Water and milk are the best drinks for children. They can be frozen to help keep foods in the lunch box cool.

All sweet drinks such as fruit juice, juice drinks, cordials, sports drinks, energy drinks, flavoured milk, flavoured mineral waters and soft drinks are high in sugar and are not necessary. These drinks can increase the risk of tooth decay, are 'filling' and may take the place of healthier foods.

### **Tips for busy families**

Foods should be simple and easy to prepare, 'ready to eat' and appetizing after several hours of storage in the lunch box.

Foods such as sandwiches can be prepared the night before or on the weekend, frozen then taken for each day's lunch box. Suitable foods to freeze are: bread, cooked meat, cheese, baked beans or vegemite.

### **Food safety**

In most cases food is stored in your child's lunch box for several hours, so the lunch box needs to be kept cool.

- Choose an insulated lunch box or one with a freezer pack, or include a wrapped frozen water bottle to keep the lunch box cool.
- Perishable foods such as dairy products, eggs and sliced meats should be kept cool, and eaten within about four hours of preparation. Don't pack these foods if just cooked. First cool in the refrigerator overnight.
- If you include left over meals such as meats, pasta and rice dishes, ensure you pack a frozen iceblock into the lunch box.

### **Peer pressure**

Children are influenced by food advertising, and their friends' food choices.

Remember that not all children go to childcare or school with lunch boxes filled with chips and lollies, despite what children think and say! It is important to keep offering healthy lunch box choices in a variety of ways,

as children learn to eat what is familiar to them. Remember that it may take time to change your child's food preferences to more healthy choices.

### **Severe food allergy**

If your child has a severe food allergy it is advised that you develop a management plan with your family doctor, the school or early childhood setting, teacher and class. The plan may include an agreement to limit common food allergens such as nuts, egg or wheat in the lunch boxes of all children (in the childcare or school class). The school or early childhood setting will notify other parents or caregivers if certain food or items need to be kept away from children and limited in the lunch box.

### **Important lunch box tips**

#### **Best choices:**

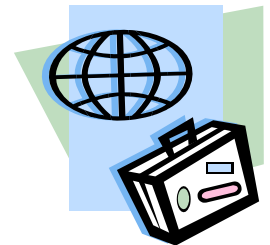
- Vegetables
- Fresh fruit
- Dairy food – cheese or yogurt
- Protein food – slice of lean meat, hard-boiled egg or beans
- Starchy foods – bread, rice or pasta
- Water.

#### **Foods best left out:**

- Muesli and chocolate bars
- Potato crisps and oven baked savoury biscuits
- Sweet drinks
- Donuts and cakes
- Lollies, honey and jams
- Fatty meats such as salami and Strasbourg.

## ***FAMILY VACATIONS***

Each year we are approached by an increasing number of parents who wish to take their child out of school for extended periods of time. Usually this is for reasons associated with family plans or family business. We do not have a procedure for granting students a "leave of absence". Rather it is assumed that parents will make decisions in the best interests of their own child. We are respectful of the fact that many of our families have family members far away, and spending time with them is important. Difficulties arise, however, when parents wish to have some sort of reassurance that their child will not be "behind" in their work when they return. If your child misses school for extended periods of time, he or she will be "behind" in classroom work. Students may well have other cultural and travel experiences that contribute to their overall development, but the many varied daily classroom activities they will miss cannot be duplicated through worksheets or workbooks.



We are not in the position to provide assignments for children who have extended absences due to family

plans. Rather we are providing a list of suggested activities that are designed to assist parents with planning for their child's educational needs while traveling.

- Set aside a time each day for reading books.
- Have your child keep a reading response journal in which he or she records this reading activity and thoughts about what has been read that day.
- Keep a scrapbook of special places or sightseeing.
- Have your child keep a "math journal" or ledger, dealing with changes in time and currency, distances traveled, cost of fuel and meals, etc.
- You may wish to purchase a math workbook that will help your child keep in daily practice with basic math skills.

We will be happy to see what your child has accomplished upon his or her return, but will not be evaluating or marking these activities. It is your right to take your child out of school due to family circumstances, but once you have exercised that privilege, you must also accept the responsibility of your child's education during that absence.

### **SCHOOL SUPPLIES THAT CAUSE DISTRACTIONS**

Sometimes what you buy for your child(ren) for school supplies can be a distraction to them and their learning. For example, a mechanical pencil, while useful with the ability to replace the lead, can actually be a "toy" to a student who is easily distracted. Sometimes the cheaper regular pencil, pen, pencil sharpener, etc is the best choice. I know that you have now bought your child(ren)'s school supplies so I don't expect you to go out and buy different supplies but perhaps when you are replacing you will consider this.



### **CELL PHONES & OTHER ELECTRONIC DEVICES**



We recently had an incident where a student had their cell phone go missing. Luckily it was located. The school will not be responsible for loss or damage to these items so care needs to be taken with putting them away securely. If a student needs to use the phone during the day, the student phone is available in the office area. If a parent needs to contact a student in an emergency, please call the office. Thank you for your support.

If your child has any of these at school, please remind him/her that they are to be turned off and in his/her backpack throughout the school day.

### **MULTICULTURAL NIGHT**

The Central Vancouver Island Multicultural Society will host family games and youth gym nights this fall. The events will be held in the gymnasium and multi-purpose room at McGirr Elementary on Wednesdays, September 30, October 14, 28, November 25 and December 9.

For more information contact Pat Simpson at 250 753-6911 ext 114 or [psimpson@cvims.org](mailto:psimpson@cvims.org).

### **TRIPLE P POSITIVE PARENTING PROGRAM**

Parenting is very rewarding and enjoyable. It is also often challenging, frustrating and exhausting. Parents have the important role of raising the next generation yet most people begin parenting not prepared for what lies ahead.



There is no 'right way' of raising healthy, well adjusted children. It is up to you as a parent to decide which values, skills and behaviours you want to encourage in your child and to develop your own approach to dealing with your child's behaviour. The **Triple P Positive Parenting Program** offers simple solutions to make parenting easier.

**Triple P Positive Parenting Program is available free of charge to all School District 68 families.**

For further information please visit [www.triplepvip.ca](http://www.triplepvip.ca) or contact **Louise McArter** ([lmcarter@sd68.bc.ca](mailto:lmcarter@sd68.bc.ca)).

### **LAUNCH OF CANADIAN PARENTS FOR FRENCH NANAIMO-LADYSMITH CHAPTER!**

On April 23, 2009, a group of Nanaimo-Ladysmith parents founded the Nanaimo-Ladysmith Chapter. This means that you and your kids will have greater opportunities for out-of-school and in-school socio-cultural activities in French, helping them to see the language as a "living" language. As well, you will have access to more information and support regarding French language learning in the Nanaimo and Ladysmith areas. With the recent cuts to gaming funding, CPF funding will be very important in supporting your child's language learning as 90% of membership fees come straight back to your local Chapter.

**Join CPF and be entered into a draw for a trip for two!** As a member, you will support and find out about local events, get discounts on French books & resources and events, and learn about opportunities for your kids. **Go to [www.cpf.bc.ca](http://www.cpf.bc.ca) to join.**

For more information, contact [w\\_martin@telus.net](mailto:w_martin@telus.net) or **come to the next meeting on October 15<sup>th</sup>, 6:30 pm at Quarterway school.**

# *Cilaire Elementary School's Code of Conduct*

## **A. Statement of Purpose**

- To establish and maintain safe, caring and orderly environments for purposeful learning
- To clarify and publish expectations for student behaviour while at school, while going to and from school, and while attending any school function or activity at any location.

The school promotes the values expressed in the BC Human Rights Code (see the SD 68 website for the complete wording of the Code) respecting the rights of all individuals in accordance with the law – prohibiting discrimination based on race, colour, ancestry, place of origin, religion, marital status, family status, physical or mental disability, sex or sexual orientation – in respect of discriminatory publication and discrimination in accommodation, service, and facility in the school environment.

## **B. Conduct Expectations**

### *Acceptable Conduct*

- Respect self, others and the school
- Help to make the school a safe, caring and orderly place
- Report to an adult, in a timely manner, incidents of bullying, harassment or intimidation
- Accept responsibility for your own learning
- Act in a manner that brings credit to the school

### *Unacceptable Conduct*

The following points are examples only and are not an all-inclusive list: Behaviours that:

- interfere with the learning of others
- interfere with an orderly environment
- create unsafe conditions

Acts of:

- bullying, harassment or intimidation
- physical violence
- retribution against a person who has reported incidents

Illegal acts, such as:

- theft of or damage to property
- possession, use or distribution of illegal or restricted substances such as firecrackers
- possession or use of weapons

These expectations apply to behaviour at school, during school organized or sponsored activities, and behaviour beyond these times (including on-line behaviour) that negatively impacts the safe, caring, or orderly environment of the school, and/or student learning.

### ***Bullying***

Cilaire School believes that all students, staff and volunteers should be provided a safe, secure and welcoming learning and working environment. To that end, acts of bullying and harassment will not be tolerated.

Bullying is defined as an intentional action on the part of an individual, which causes emotional or physical distress of a victim. Bullying implies a power difference of one individual over another. It may involve a single incident or a series of incidents over time.

Barbara Coloroso, the author of, *The Bully, The Bullied and The Bystander*, says, “bystanders are the supporting cast who aid and abet the bully through acts of omission and commission. It is important that kids recognize that they are all responsible for helping to create a safe, caring, respectful and bully-free environment.” Bystanders will have consequences if they don’t accept the responsibility of reporting incidences to teachers or supervisors.

Bullying takes three main forms:

#### *Physical bullying*

- involves hitting the victim in some way or taking or damaging a victim’s property.

#### *Verbal bullying*

- using words to hurt or humiliate others.

#### *Relational bullying*

- trying to convince their peers to exclude or reject a certain person or people, and cut the victims off from their social connections.

## **C. Rising Expectations**

Expectations will increase for students as they become older and more mature, and as they move through successive grades. Students are expected to exhibit increased personal responsibility and self-discipline and there will be increasing consequences for inappropriate behaviour.

## **D. Consequences**

The school will treat seriously behaviour or communication that discriminates based on race, colour, ancestry, place of origin, religion, marital status, family status, physical or mental disability, sex or sexual orientation (prohibited grounds set out in the BC Human Rights Code).

The severity and frequency of unacceptable conduct, as well as the age and maturity of the student will be considered in choosing appropriate consequences for unacceptable behaviour. Consequences are:

- Pre-planned, consistent and fair.
- Preventative and restorative rather than punitive wherever possible.
- Created with student involvement so they are purposeful and meaningful.
- Considerate of any special needs that may impact a student’s ability to comply with the expectations.

### *Step 1*

Discussion between student and staff member. When students choose not to meet behavioural expectations, there will be natural, logical and consistent consequences. Minor indiscretions are handled by staff. Frequently the consequence will be in the form of a time-out. It may also involve completion of a “Think Sheet” where students can reflect upon their actions and consider better choices next time. Parents are often informed and are required to sign the “Think Sheet”.

### *Step 2*

Conduct Forms are issued for major offences (i.e. rough play, bullying, fighting, physical abuse of others, throwing objects, defiance of authority, disrespectful/abusive language) and continual defiance of school rules. Students are referred to the Principal. Parents are informed.

### *Step 3*

Parents are contacted for serious incidents of misbehaviour or if minor incidents persist beyond step two. Depending on the severity or frequency of the misbehaviour, students are given in-school or home suspensions for:

*Persistent inappropriate behaviour, which disturbs, interrupts or disquiets the usual, orderly operation of the school inappropriate behaviour judged to have a harmful effect on the safety of other pupils*

For the following, students can expect to be suspended immediately, from between one to five days: fighting, overt rudeness, alcohol and/or drug use, stealing, vandalism and any action that deliberately endangers the health and safety of others.

In addition to applying natural and logical consequences for misbehaviour, our discipline procedures include such methods as developing behaviour contracts and counseling for pupils.

## **E. Notification**

In cases of serious breaches of the Code of Conduct, the school will advise other parties, including:

- Parents of student offender(s) – in every instance
- Parents of student victim(s) – in every instance
- School district officials – as required by school district policy
- Police and/or other agencies – as required by law
- All parents – when deemed to be important to reassure members of the school community that school officials are aware of a serious situation or incident and are taking appropriate action to address it.

## **DATES TO REMEMBER**

October 8	1:30 pm – Fine Arts Performance – Norman Foote
October 9	Division 2 sponsor hot lunch
October 12	Thanksgiving – schools closed
October 14	PAC Mtg. – 3:00 pm – Library
October 19 - 22	Parent /Teacher Conference Week –students dismiss at 1:45 pm all week
October 23	Pro-d Day – students <u>not</u> in attendance
October 27	Small Schools, North Zone Cross-Country Meet
October 30	PAC Halloween Dance
October 31	Hallowe'en
November 5	District Cross-Country Meet
November 10	Remembrance Day Assembly
November 11	Remembrance Day – schools closed
November 18	Ready Set Learn
November 18	PAC Mtg. – 3:00 pm – Library
December 4	First Term Reports go home
December 7	1:15 pm – Fine Arts Performance – Axis Theatre
December 9	PAC Mtg. – 3:00 pm – Library
December 15	Christmas Concert
December 18	Movie Day?
December 18	Last day of classes

### **NEWSLETTER CONTEST**

Winners for the Sept. 3<sup>rd</sup> newsletter draw were: Katelyn and Tyler Irving, Jordyn Crema, and Darrian and Carson Gaetz.



### **NEWSLETTER RESPONSE SLIP**

The newspaper response slip will be used to draw 3 names for prizes each month. Once you have read the newsletter, return the slip below with your son/daughter to put it in the draw box, three names will be drawn at the month end assembly. If you have any questions or comments regarding the information in this newsletter, you may also include them below. Thank you ☺

Student's Name: \_\_\_\_\_

Division: \_\_\_\_\_

Date: \_\_\_\_\_

\_\_\_\_\_ **Yes, I would like to receive the Cilaire newsletter, etc via email. My email address is:**

\_\_\_\_\_ @ \_\_\_\_\_

Comments:

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