

# Eye of the Cyclone

## Cilaire Elementary School

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February 8, 2010

### PRINCIPAL'S MESSAGE

It is a pleasure to see how hard our students are working in this long stretch leading up to Spring Break. We're listening to many new and newly fluent readers and seeing some great writing. Students are learning some excellent problem solving skills and applying their math knowledge very well.

On Thursday, January 21<sup>st</sup> our family Reading Night took place. We had a good turn-out – over 40 people in attendance. Unfortunately the Nanaimo Clippers were not able to attend but it was wonderful to have family members reading with each other and visiting with other people of the Cilaire community. It was great to see everyone!

As you may have heard, the Ministry of Education is phasing in full-day Kindergarten over the next two years, with approximately half of the students in B.C. being offered full-day Kindergarten in September 2010 and all students offered the program in September 2011.

In our school district, full-day Kindergarten will be offered at 18 elementary schools starting next September. **Our school is one of the schools selected to offer full-day Kindergarten.**

I know parents will have many questions about full-day Kindergarten and I am attaching a parent information sheet to this newsletter that has answers to many of those questions.

Thank you for your donations to Cilaire's Haiti Relief effort. The school raised over \$1020.00 which has been donated to the Canadian Red Cross. Super effort!

Thanks for your continued support.

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 are 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 and Miss Scott's room which will display the students that are recognized each week. The students recognized this month are:

Rachael Gueulette, Stew Brown, Shalayna Harrison, Andy Cabral, Jesyka Arsenault

### SCHOOL WIDE RUNS AND CILAIRE KILOMETER CLUB

Congratulations to the following students for their Kilometer Club milestones!

**25 km** - Logan Daniel, Lisa Deptuck, Haiden Furlong, Brooke Mushenski, Anthony Olynyk, Wenddy Bolivar, Kaleb Hall-Weber, Ryan Harrison, Ayla Malainey, Rowan Mayer, Vhari Prins, Julianna Van Der Voort, Samantha MacLennan, Faith Clifton, Sydney Point, Tessa Dorman-Kotzer, Brad Oakley, Chantel Jones

**50 km** – Darrian Gaetz, Kierra Anderson, Brady Andjelkovic, Riley Aquino, Jared Domino, Hunter Gackstatter, Leora Gueulette, Hayley Issachsen, Jordan Jenkins, Madeline Konst, Rachel Mayer, Sean McAuliffe, Grace McCheyne, Simon Svenstrup, Luke Swabey, Shivam Thakur, Tara Ward Jakob Weber, Shyenne Bice, Jillian Boomer, Jacob Houtman, Eric Labas, Ethan Loewen, Jesse Park, Ashley King, Jamie Kruger, Nikolaus Silins, Joey Chi, Xanthe Day, Ethan Hall, Erin Jensen, Niall Jensen, Rowan Sholberg, Carter Smith, Kolby Arsenault, Savanna Jecklin

**75 km** – Sarah Howlett, Kiah Loewen, Ethan Loewen, Raya Jecklin, Ashley King, Jesse Park, Sarina deHavelyn, Savanna Jecklin

**100 km** – Raya Jecklin, Ethan Loewen, Britta Olesen, Sarina deHavelyn

**125 km** – Raya Jecklin

**150 km** – Josie Laidlaw

**175 km** – Leora Middleton, Chloe Hunt

**200 km** – Leora Middleton, Chloe Hunt

**225 km** – Chloe Hunt

**250 km** – Chloe Hunt

## **DOGS ON SCHOOL PROPERTY**

In the last newsletter, I asked that people who walk/bring their dog to school when they drop off and pick up their children to please ensure that they keep their dog on the leash. This is not only a school board regulation (please see the posted signs) but also a city by-law. In spite of all this, we still see parents exercising their dogs off leash on the school grounds during school time and with students on the playgrounds. May I also remind you that while your dog may be the friendliest dog in the world and wouldn't bite (to the best of your knowledge) anyone, many people/children are afraid of dogs. If you choose to continue to ignore this request, the school will be forced to report offenders to the animal control officers. If you want to have your dog off leash, there are areas (one is at Beban Park) where you can do this. Thank you for your co-operation in this matter.



## **SPORTS REPORT**

### **Volleyball**

Volleyball season has now ended. Our bantam teams completed very successful seasons. Our bantam boys finished first in the district (small schools) by defeating Park Avenue in the championship game held at Brechin School on Tuesday, January 26<sup>th</sup>. Congratulations to Mr. Drexhage and the team - Brady Andjelkovic, Josh Carless-Jones, Jarod Domino, Nik Malenica, Sean McAuliffe, Shivam Thakur, Riley Aquino, Simon Svenstrup, Luke Swabey, Owen Kelly, and Jake Weber.

On Thursday, January 28<sup>th</sup>, Cilaire hosted the Small School Bantam Girls Volleyball Final Four. Our bantam girls played very well finishing third in the district (small schools). Congratulations to Mrs. Isaachsen, Mr. Ireland and the team - Hayley Issachsen, Madeline Konst, Rachel Mayer, Leora Middleton, Kylie Hoffman, Grace McCheyne, Kiah Loewen, Kate Mason-Betts, and Megan Dodds.

### **Basketball**

We have now started basketball. Thank you to Mr. Silverton, Mr. Hird, and Mr. Ireland for offering to coach our teams.

## **LOST AND FOUND**



We have many items in our Lost and Found box (located in the main hallway out side the kindergarten room). If your child is missing an item or two, please drop by the school in the next two weeks and claim it. At the end of this time period, any clothing left over will be donated to a worthy cause.

## **JUMP ROPE FOR HEART**

Cilaire School is once again having a Jump Rope for Heart Skip-a-thon which will be held on Friday, February 12<sup>th</sup>. The entire school will participate in our annual Skip-a-thon which enables students to take part in a variety of different skipping activities. The jump rope program is a two fold program which promotes both health awareness and physical fitness, while also raising money to support the Heart and Stroke foundation. Last year Cilaire School raised \$2297.66 through the student pledge program to help support the Heart and Stroke Foundation. Students should now be in the process of collecting pledges.



## **WRAP FAIR**



This year, all students from grades 1 – 7 at Cilaire will be participating in a **Writing, Reading, And Presenting (W.R.A.P.)** Fair to be held on

Thursday evening, February 25, 2010 from 6:30 to 7:30.

The primary students will be doing an author study through their library time and their final product will take the form of a class poster which will be on display during the W.R.A.P. Fair. Intermediate students will be doing individual projects which will take the form of a backboard display advertising their book

## **STUDENT REGISTRATION – 2010-11**

Kindergarten and Out Of Boundary Registration for September 2010 has begun. All children born in 2005 may register at the office. Children out-of-catchment may register also, filling in an "Out of Catchment Application". Out of catchment applications must be completed by March 31<sup>st</sup>, 2010 to be seriously considered for enrollment at Cilaire. Your child's original birth certificate plus proof of address must be presented at the time of registration. If you know of children of kindergarten age in the neighbourhood, we'd be pleased if you passed the word.

### **Out of Boundary Attendance**

Pupils currently approved for out-of-boundary attendance need not apply for subsequent years. They will be permitted to remain at their current school unless otherwise advised.

Grade seven students who wish to transfer to a secondary school other than their designated school (Woodlands) are required to complete a "Request for Out-of-Boundary Attendance" form. These forms are available from the school office.

## **PARENT, CHILD MOTHER GOOSE – Early Learning for 2 to 4 Year Olds**

These sessions focus on the pleasures and powers of rhymes, songs, and stories. Cilaire will be hosting a series of these sessions starting at the end of March and running through to the beginning of June. More information will be forthcoming nearer to the starting date. If you would like to attend some sessions prior to this time, here is the information for the sessions at Forest Park. Register early as there is a limit of 20 participants.

### **FOREST PARK**

Contact: Brenda Robinson 250-758-6892

Wed @ 6:15pm - 7:15pm

Amber Bruner & Angela Younesi

Jan 13, 20, 27

Feb 3, 10, 17, 24

March 3, 17, 24 (no class on March 10 - spring break)

## **IS LACK OF SLEEP A PROBLEM IN YOUR HOME?**



By Christine Ficher Guy (reprinted from Canadian Living magazine)

Sleep quality is another issue causing measurable effects in kids' behaviour. A survey of five- to seven-year-old American children showed a high correlation between children who snored or had other sleep disturbances and those who showed mild signs of ADHD. In another study, half of children with sleep apnea a condition that causes people to temporarily stop breathing and interrupts their sleep had their adenoids removed to solve the problem. This group saw their grade point average increase from 2.4 to 2.8, while the grades of the other half, who kept their adenoids, didn't change.

Perhaps not surprisingly, poor sleep also exacts its toll on mood. "Mood is pretty uniformly affected in most of the studies that have looked at children who are sleep restricted," says Owens. She says that includes irritability, whininess, low frustration tolerance and a less-positive outlook.

If poor school performance, decreased cognitive function, irritability and hyperactivity are some of the effects of insufficient sleep, what are some of the causes?

One of the big causes of poor sleep is childhood obesity, says Ian MacLusky, director of the sleep clinic at The Hospital for Sick Children in Toronto. "The problem having an increasing impact is childhood obesity," says MacLusky. "Thirty per cent of American kids are now regarded as clinically obese. That's causing sleep apnea, hyperventilation and sleep disturbances. And the reason is inactivity. It's not that people are eating more; they're just doing less."

Lack of activity, whether in an obese child or not, also causes poor sleep. "In the old days, kids walked to school," says MacLusky. "Now they insist on being bused or driven. They didn't have TV. They were outside playing with their mates in the street, kicking a ball around." Having a full, active day is one way to ensure a solid night's sleep, he says.

Another culprit of insufficient sleep is electronic diversions. Lots of parents say kids have too much homework, but MacLusky points to the number of hours the average North American child spends watching TV: "It's easy to blame schoolwork, but the boob tube is probably the biggest culprit." Owens agrees, reporting that many kids in her recent survey talked of TVs in their rooms. "The Cartoon Network is on 24 hours a day, and these kids are watching all kinds of things," she says. In teens, she says, Internet amusements are exacting their toll.

Owens also cites a shift in extracurricular activities into the evening hours to accommodate parents' work schedules: "Many kids who are nine to 11 years old have team practices from 7 to 9 p.m. They're vigorously exercising, which everybody tells you that you shouldn't do within three hours of bedtime. Of course they're wired, and by the time they get to bed, it's 10:30 or 11 p.m."

The 24-hour-a-day society is affecting us all, says MacLusky: "It's too easy to stay up and do things, and we're all pressured to do more and more." He says that the fix is easy but hard because it requires an attitude and lifestyle shift.

"It's doable," says Owens. "Parents have to become convinced that it's an issue that they have to pay attention to. You wouldn't give your child a diet of French fries if she wanted it." Parents must enforce limits around sleep: coaches have to be told that practice from 8 to 10 p.m. is out of the question, she says. "We have the opportunity to teach kids from an early age that sleep is important and that it's an important health behaviour," says Owens.

If rethinking priorities to shift the importance of sleep seems like the impossible dream, consider the reward. "The kids getting proper sleep have an edge, both physically and mentally," says Coren.

## **CILAIRE SPIRIT DAY**

It will be "Wear Red" Day on Friday, February 12<sup>th</sup>. This will be one of our Cilaire Spirit Days and the purpose of the day is to recognize and cheer on our Canadian athletes who will be participating at the winter Olympics in Vancouver which starts that day. As well as wearing red, students are encouraged to wear any other "Canada" and "Olympic" clothing that they might have.

## **PAC NEWS**

### **Bottle Fundraiser**



There will be a Bottle Fundraiser in the Cilaire parking lot in the morning of February 10 2010! Drop off the children and drop off any refundable bottles/cans at the same time! This is an easy fundraising opportunity. Watch for this fundraiser every second Wednesday of the month from your Cilaire PAC.

### **PAC Meeting**

The next PAC meeting is Wednesday February 10, 2010, 3pm in the Library. Childcare is available. Please plan to attend and bring any ideas you might have.

### **PAC Sponsored Magazine Sales**

While the PAC sponsored magazine sales are officially over, you can still renew/order through the year. You can renew/order on-line at [www.ccrp.ca](http://www.ccrp.ca). Please use the campaign order code **BC650**

### **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 \$3000.00. **Donations this year are down from past years so you are encouraged to bring these receipts in.** Many thanks to those who continue to bring in their receipts.

### **XPLORESPORTZ SPRING BREAK CAMP 2010**

What: Multi-Sport Day Camp for kids aged 8 – 13 years

When: March 8 – 12, 2010 9:00am – 4:00pm

Where: Fairview Community School, Georgia Ave. Community School, Nanaimo Aquatic Centre & the Nanaimo Curling Club.

Why: To have great fun with new friends learning the FUNDamentals of up to 20 different and exciting sports under the direction of qualified community coaches.

What Sports: Lacrosse, Curling, Swimming, Synchronized Swimming, Volleyball, Basketball, Soccer, Wrestling and many more!!

How much: \$130.00/participant (camp fee Includes a camp T-shirt, daily morning and afternoon snacks & 3 lunches courtesy of Thrifty Foods and Subway)

How to register: Online at [www.cscpacific.ca/content/events](http://www.cscpacific.ca/content/events) or contact Catharine Edwards, Program Coordinator PacificSport 250-740-6572 or [cedwards@pacificsport.com](mailto:cedwards@pacificsport.com)

### **STEVE NASH YOUTH BASKETBALL**

Steve Nash Youth Basketball is a grassroots basketball program developed by Basketball BC. Students will have one practice and one game each week. Each player will receive a reversible basketball jersey and membership to basketball BC. Practices are scheduled for Thursdays and games will be played on Sunday afternoons at Oliver Woods.

Dates: April 8 - June 16 / 2010

Boys and Girls - Ages 8 - 12 years

Day & Time: Thursdays (1 hour practices between 4-8pm) / Sundays (1 hour games between 1-5pm)

10 weeks / 20 Sessions

Location: Rutherford Elementary; Randerson Elementary; Oliver Woods Rec Center

Fees: \$90.00 new players / \$80.00 returning players (L.E.A.P qualifies)

Please provide your email address at the time of registration.

To Register: Call 756-5200 / Internet at [www.nanaimo.ca/ireg](http://www.nanaimo.ca/ireg) / in person at Beban Park, Bowen Complex, Oliver Woods Community Centre, Nanaimo Ice Centre or Nanaimo Aquatic Centre

CALLING COACHES AND VOLUNTEERS: If you are interested in coaching or volunteering with the Steve Nash Youth Basketball program please call 755-7526 or email [damon.johnston@nanaimo.ca](mailto:damon.johnston@nanaimo.ca).

### **SOFTBALL REGISTRATION – Nanaimo Softball (WPVL)**

Registration dates and times:

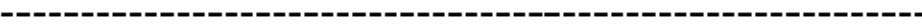
- Woodgrove Mall – Feb. 27 (Sat.) and Feb. 28 (Sun.) – mall hours
- Pleasant Valley Hall – Feb. 22 (Mon.) and Mar. 1 (Mon.) – 5:00 – 8:30pm
- Rutherford School Multipurpose room – Feb. 17 (Wed.) and Feb. 18 (Thurs.) – 5:30 – 7:30pm

## **DATES TO REMEMBER**

February 9	Dental, eye and ear screening for K
February 10	PAC meeting
February 11	Valentine Dance – Grades 5-7
February 12	“Wear Red to support Canada’s Olympians” Spirit Day
February 12	Jump Rope for Heart
February 14	Valentine’s Day
February 17	Hot Lunch
February 22	Pro-D Day
February 23	Implementation Day
February 25	WRAP Fair and Book Fair
March 6 - 14	Spring Break
March 14	Day Light Saving Time starts.
March 16	Swimming – Division 8
March 18	Swimming – Division 7
March 23	Swimming – Division 8
March 30	Swimming – Division 8

## **NEWSLETTER CONTEST**

Winners for the January 8<sup>th</sup> newsletter draw were: Jesse and Jack Park, Eric Asanov, Linnaea Holden



## **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 receive the newsletter via email, either print this page off and return it with your child or copy and paste it into an email and return it to [cila@sd68.bc.ca](mailto:cila@sd68.bc.ca).*** 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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## Information about Full-Day Kindergarten In Nanaimo-Ladysmith Schools

The B.C. Ministry of Education is phasing in universal access to full-day Kindergarten over two years. Full-day Kindergarten will be available for up to half of B.C.'s eligible students in September 2010. By September 2011, full-day Kindergarten will be available across the province.

- For September 2010, School District 68 is making full-day Kindergarten available in 18 of the district's 29 schools that offer Kindergarten. About 60 percent of next year's Kindergarten students will be enrolled in full-day Kindergarten.
- For September 2010, schools were selected to offer full-day Kindergarten based on the following considerations:
  - Physical space in the school facility without incurring capital costs
  - Reaching children from neighbourhoods with high levels of child vulnerability first
  - Projected enrolment for 2010 and beyond
  - Maintaining full-day Kindergarten in the three schools already offering the program
  - Maintaining StrongStart programs and existing child care services in schools
  - Maintaining consistency in neighbourhoods and across programs
- As the Ministry of Education is phasing-in full-day Kindergarten over two years, not everyone can be accommodated for September 2010.

### Frequently-Asked Questions

#### **Q. When and where can I register for full-day Kindergarten?**

Registration for Kindergarten started on January 4 at your neighbourhood school. If your child's school is offering full-day Kindergarten next year, your child will automatically be enrolled in the full-day program. If your child's school is not offering full-day Kindergarten next year, your child will automatically be enrolled in a half-day program.

#### **Q. Why doesn't my school offer full-day Kindergarten?**

For September 2010, full-day Kindergarten classes were assigned to schools based the criteria listed above. In Nanaimo-Ladysmith, approximately 60 percent of Kindergarten students will be able to attend full-day Kindergarten in the 2010-11 school year, with the remaining schools to offer full-day Kindergarten the following year.

#### **Q. Can I register for full-day Kindergarten at any school that offers it?**

If a full-day Kindergarten class is not available at your neighbourhood school, but you would like your child to attend one, there may be a limited number of spaces available at another school. You must submit an out-of-catchment application form at the school you wish your child to attend by March 31. Names are placed on a waiting list at the school in the order received, with priority given first to applications from "in-catchment" students, then to siblings of current students, then to applications from out-of-catchment students in the order received. It will be late June or early September before you know if your child has been accepted out-of-catchment.

**Q. Doesn't the Ministry of Education say parents can register children at their school of choice?**

No. The School Act says parents can register their children at any school only if the space and facilities are available at the school.

**Q. If I register my child in full-day Kindergarten at an out-of-catchment school, will he/she be guaranteed a seat back at my neighbourhood school for Grade 1?**

Your child will have priority at your own neighbourhood school after completing Kindergarten at an out-of-catchment school provided you register at your neighbourhood school by the deadline for in-catchment students in the spring of 2011.

**Q. If I register my child in full-day Kindergarten at an out-of-catchment school, will the district provide bus transportation?**

No. You are responsible for transportation if your child is registered out-of-catchment.

**Q. My school only offers full-day Kindergarten and I prefer half-day Kindergarten for my child. Can I pick him/her up at lunchtime?**

Full-day Kindergarten is the same as any of the other grades at school in that students are expected to remain at the school for the duration of the school day. Class time and lessons are planned around a full day of instruction; therefore student learning and progress requires full-time attendance. You may register your child at another school offering half-day Kindergarten for September 2010, subject to available space (see Question/Answer 3) or you may delay your child's entry to school for one year.

**Q. What about gradual entry?**

The district will be reviewing the practice of Kindergarten gradual entry. The School Act states that all students must be attending their programs full time during the second week of school.

**Q. Won't my child be at a disadvantage entering Grade 1 if he/she is in half-day Kindergarten while the majority of other students are in full day?**

There are many factors that influence a child's readiness for Grade 1. The curriculum outcomes for full-day Kindergarten next year will be the same as they are now for half-day Kindergarten, but there will be more time in full-day Kindergarten to address those outcomes. The school district believes it is preferable to offer full-day Kindergarten in September 2010 to as many students as possible, rather than not offer it at all.

**SD68 Schools Offering FULL-DAY  
Kindergarten in September 2010**

Bayview	Gabriola
Brechin	Georgia Avenue
Chase River	Mountain View
Cilaire	North Oyster
Cinnabar Valley	Park Avenue
Coal Tyee	Pleasant Valley
Departure Bay	Seaview
Fairview	Uplands Park
Forest Park	Woodbank

**SD68 Schools Offering HALF-DAY  
Kindergarten in September 2010**

Davis Road	Pauline Haarer
Frank J. Ney	Quarterway
Hammond Bay	Randerson Ridge
Ladysmith Primary	Rock City
Learn@Home K-7	Rutherford
McGirr	South Wellington

**All SD68 schools will offer full-day Kindergarten in September 2011.**