

Deep Cove Elementary School

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September 11, 2009

Dear Parents/Guardians,

Welcome to another exciting year at Deep Cove School. For those families who are new to the school, we trust that you feel welcome and hope that you will soon feel an integral part of our school community.

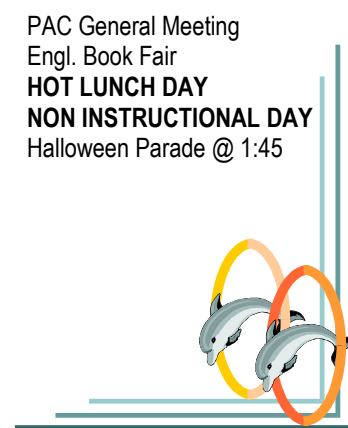
We have had an excellent first week of school and the children and teachers are all settling into the year's daily routines. As we begin school, please accept this reminder that your involvement in your child's educational programs has been proven to positively affect achievements. Our school provides many opportunities for involvement. I encourage each parent to make the commitment to "be a part of Deep Cove School".

We are looking forward to meeting you on September 23rd, 2009 at our "Getting to Know Your School" night. The entire Deep Cove Staff will be making hot dogs and corn. Please join us as we celebrate the beginning of another great year at Deep Cove School.

R.S. Carere

DATES TO REMEMBER

| | | | | | |
|---------------------|---|---------------------------------|-----------------|---|------------------------------|
| Sat., Sept. 19 | - | Bottle Drive | Wed., Oct. 21 | - | PAC General Meeting |
| Wed., Sept. 23 | - | Getting to Know Your School | Oct. 20 – 24 | - | Engl. Book Fair |
| | | Family Evening – Dinner starts | Thurs., Oct. 22 | - | HOT LUNCH DAY |
| | | at 5:00, free hot dogs and corn | Fri., Oct. 23 | - | NON INSTRUCTIONAL DAY |
| | | on the cob. | Fri., Oct. 30 | - | Halloween Parade @ 1:45 |
| Sept. 21 – 25 | - | Twoonies for Terry Fox Drive | | | |
| Fri. Sept. 25 | - | Terry Fox Run | | | |
| Mon. Sept. 28 | - | NON INSTRUCTIONAL DAY | | | |
| Mon. Oct. 12 | - | Thanksgiving Day | | | |
| Tues. Oct. 13 | - | Gibson's Individual Picture Day | | | |



*** Please note that all newsletters, notices, sports permission forms, etc. are available on the PAC website at www.deepcovepac.ca Add this to your favourites for easy access on your internet server.**

TERRY FOX RUN

Please feel free to join the Deep Cove Terry Fox Run on Friday, September 25th at 9:00 a.m. Students have been invited to bring in a “**Twoonie for Terry**” during this week.

We would appreciate some parent volunteers to help marshal our running circuit. If you are available to help please call Mrs. Hardcastle or just show up on Friday morning at 8:45 a.m.

SCHOOL PATROLS

Mrs. Alexander will be back with us this year as our School Crossing Guard. She will be joined by a number of conscientious students on school patrol before and after school. ***Please help those children feel they are doing a respected job by using the cross walk with or without your children.*** If your child is in Gr. 4 or 5 and would like to volunteer as a crossing guard please see Mme Lebel.

PARKING LOT ETIQUETTE & SCHOOL BUS SAFETY

Parking lot etiquette and safety is of paramount importance to the safety of the children. Please remember to drop your passengers off in the ‘drop-off’ area only. Vehicles in this area should not be left unattended. **Vehicles must not enter at the front of the school after the 2:40 dismissal bell.** This turn around area is very difficult for the bus drivers to navigate their buses and we are asking that passenger vehicles remain clear of this area between 2:00 p.m. and 3:00 p.m.



Please remember that when school buses have their red lights flashing anywhere, especially in the school parking lot, it is illegal to drive on either side of the bus or pass in front of the bus from a parking spot.

The drop off area on Clayton road is another area where following correct procedures helps things run smoothly and remain safe. **This is a drop off area only – do not park in this area.**

STUDENT INFORMATION SHEETS

Please carefully check the information on the “Student Information” sheets, which were sent home last week. This information is required to upgrade the office files, please return A.S.A.P. to your child’s teacher.

GETTING TO KNOW YOUR SCHOOL EVENING



“Getting to Know Your School Evening” is slated for **Wednesday, September 23.** This evening will provide families with an opportunity to meet one another over a hot dog and corn on the cob prepared for you by the staff between 5:00 – 6:00 (free to Deep Cove families). At 6:15 families are invited to meet their child(ren) classroom teachers. Teachers will provide an overview of their programs and also provide parents/guardians with an opportunity for questions. To all the families new to the DEEP COVE SCHOOL community this year, we extend a warm welcome/bienvenue to our school. It is our hope that you will enjoy meeting other Deep Cove Families on September 23rd. See you there!!



Volunteers Needed for Safe Arrival Program

The Safe Arrival Program is in place to ensure the safe arrival of all children at Deep Cove School. It is organized and run on a daily basis by **parent volunteers** who check phone messages and class attendance sheets. Dawn Mooney, our Safe Arrival Coordinator, needs volunteers to assist her with this very important job. Volunteers are needed at the school from 8:40 to approximately 9:30. Please call Dawn Mooney at 250-656-3085 if you are able to assist.

CPF NEWS

MAGAZINE SUBSCRIPTIONS!

Canadian Parents for French – Saanich Chapter will be having our annual fundraising drive from October 7 to October 16. You can order your favorite magazine, renew a current subscription, or do some early Christmas shopping for family and friends and help us to fund French resources and activities in the district. Students will receive a catalogue on or around October 2. QSP guarantees low prices and will honor discount coupons during this period. Also, students are eligible to win prizes during this period. Magazines may be ordered at any time using the website www.qsp.ca and entering our group number 16681. Thanks again for your support of French programs in our school and district.

Teaching Staff – Honour Roll

| | |
|--|--------------------|
| Mme Lebel | Grade 5 F.I. |
| Mrs. Richards | Grade 4 & 5 Engl. |
| Mrs. Collins | Grade 4 & 5 Engl. |
| Mr. Jungen/Mme Sarty | Grade 4 & 5 F.I. |
| Mr. Winkler | Grade 4 F.I. |
| Mrs. Menzies/Roper | Grade 3 Engl. |
| Mme Beaudry | Grade 3 F.I. |
| Mrs. Curnow/Williams | Grade 2 Engl. |
| Mme Lister | Grade 3 F.I. |
| Mme Lanouette | Grade 2 F.I. |
| Mme Hayes | Grade 2 F.I. |
| Mrs. Barradell/Manning | Grade 1 Engl. |
| Mme Hill | Grade 1 F.I. |
| Mme Chouinard | Grade 1 F.I. |
| Mrs. Manning | Kindergarten Engl. |
| Mme Thomasson | Kindergarten F.I. |
| Mme Ledet/Hardcastle | EFI Prep |
| Mme Ledet | FSL |
| Mrs. Williams/Barradell/ Hardcastle | Learning Support |
| Mrs. Barradell | Reading Recovery |
| Mme Sarty | Library |

Bell Schedule

| | | |
|-------|-----------|------------------------------------|
| 08:38 | - BELL | - line up begins |
| 08:40 | - BELL | - Instructional Time |
| 11:05 | - BELL | - Lunch Recess starts |
| 11:45 | - BELL | - eating period |
| 12:03 | - BELL | - lunch clean up |
| 12:05 | - BELL | - Instructional Time |
| 12:15 | - NO BELL | - Afternoon Kindergarten starts |
| 01:30 | - NO BELL | - Recess starts |
| 01:45 | - BELL | - to end Recess |
| 02:40 | - BELL | - Student Dismissal |

SD#63 H1N1 Information

Placement of H1N1 information links for parents, students and staffs on the District's main web page at www.sd63.bc.ca Links include:

- [H1N1 Q&A Parents](#)
- [H1N1 Q&A Students](#)
- [Helping Adults Regarding H1N1 Stress](#)
- [Helping Children Regarding H1N1 Stress](#)
- [If you think your Kid has H1N1](#)
- [Protecting Kids from H1N1](#)
- [Talk to Kids about H1N1](#)
- [BC Government H1N1 Page](#)
- [SD 63 Health & Safety H1N1 Page](#)
- [Public Health Agency of Canada -- Flu Watch](#)
- [DoBugsNeedDrugs](#)

Way to Go Deep Cove – Friday, October 9th to celebrate International Walk to School Week

The Way to Go! School Program is an active and safe routes to school initiative for communities in British Columbia, Canada. This school traffic reduction program provides parents, teachers and students with a variety of specific tools for traffic safety education, best routes planning, and promoting active transportation choices. The goal is to reduce vehicle trips and create safer traffic environments around schools. Participation helps students learn valuable life lessons, navigate their world safely, and become responsible citizens.

For more information about the Way to Go! program please check out the website www.waytogo.icbc.bc.ca/

Important reasons for rethinking our school commuting choice

Children need safer streets and a reduced numbers of vehicles in their neighbourhood.

Children need opportunities to learn and practice safe pedestrian and cycling skills and review traffic safety rules.

Children need a clean, healthy environment and fresh air.

Children need opportunities for exercise.

Children need a healthy world, locally and globally.

Children need to develop independence and confidence.

Children need opportunities to become part of a community.

It is time for our first Way To Go Deep Cove Walk to School Day for the 2009/2010 School Year!

Our plan is to have 2 main walking school buses on Friday, October 9th, 2009

**#1 – Denham Till Park Bus (on right hand side of Birch Road) – Walk through Denham Till Park to Clayton Road and then up Clayton Road to the school.
Departure Time 8:20 am**

#2 – Firehall Bus – start at Wain Road Fire Hall - Departure Time 8:25 am

We will plan to arrive at Deep Cove School at 8:30 am. Our thought is that parents would be expected to join children in Walking School Bus. We are also hoping to take a few minutes in each class to survey participation in the project. To get counted for participating in the Way to Go Event children must have walked some or part of the way to school, cycled to school, bused to school, or carpoled to school. The class with the greatest participation in this event will have the opportunity to win the Golden Shoe Award and will get to host the Golden Shoe in their classroom until our next event.

We will have at least 3 other planned events throughout the year. Last year we found this keep it simple format worked well for families. It would be great if we can increase our participation and continue to educate our children why we make choices like walking, riding, busing, and carpooling to school!

Please mark the date on your calendar so we can have as much participation as possible for this healthy for kids and healthy for our community and our environment event. If you would be available to help with this event please contact the Way to Go Committee at rsrebneris@shaw.ca.

Bottle Drive

At Deep Cove School students in Grade 4 & 5 will be having “Leadership” field trips in the Spring. We encourage the children to help earn the experience through 2 fundraising opportunities, the fall and winter bottle drives. The first Grade 4 & 5 bottle drive is Saturday, September 19th. Please mark the date on your calendar, and watch for more news as we will be looking for parent helpers, especially parent drivers.

BICYCLES/SKATEBOARDS/ SCOOTERS/ROLLERSKATES & HEELIES AT SCHOOL



For the safety of everyone, we are asking the students (and adults) to dismount their bicycles at the entrance to the school gates and driveways. This will help to ensure that no one gets hit by a bike or backed over in our busy parking lots. A reminder that approved bicycle helmets are now law for all cyclists. To ensure the helmet is doing the job it is meant to, please check the fit of your child's helmet. **Skateboards, scooters, roller skates and heeies are not allowed on school property.**



STUDENT PICTURES

Tuesday, October 13th, 2009 is Individual Photo Day at Deep Cove School.

Recognitions

- Welcome to Deep Cove new staff – Michaela Curnow.
- Welcome back to Pam Watts, Joann Sjerven, Katherine Panter-Roland, Christel Alexander, Bobbie Turner and Karen Blair.
- Thank you to Lori LaFave and Karen Blair for doing such a great job of organizing our September start up.
- A very big thank you to our amazing custodians Jack and Bill for providing us with a super clean school.

COMMUNITY NEWS

Vancouver Island Regional Library – Sidney/North Saanich

Come to our fabulous used book sale on Saturday, October 24th between 10:00 a.m. – 2:00 p.m. Lots of great books for sale as reasonable prices. Hope to see you there

Saanich Peninsula Amateur Basketball Assoc.

Youth league (ages 9-15)

Registration Date: **Monday**, September 14th @
Panorama Rec Centre 4 p.m. to 6:30 p.m. or e-mail
martt@telus.net

Check out website:
www.saanichpeninsulabasketball.com

Peninsula Figure Skating Club Registration

Thursday, September 10th
5:30 - 7:00 pm
Panorama Recreation Centre, Arena A Lobby

Gently used skates, dresses and equipment will also be available. Anyone interested in learning to skate, returning to skating or developing their skating skills is invited to join the Peninsula Figure Skating Club. The CanSkate Program offers a learn to skate program to all ages and abilities including figure skaters, hockey skaters and recreational skaters with badges of accomplishment. Junior Entry to Senior offers a chance to develop your skills and abilities in figure skating.

Registration is on going after Sept 10th. Please visit our club's webpage at: pfsc.homestead.com

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 provides the opportunity for families to voluntarily purchase private accident insurance through the Reliable Life Insurance Company. Brochures are distributed to students in September and are available from the school office at any time during the year. The information can also be viewed on-line at www.insuremykids.com (link effective September 1, 2009).

A Message from Our Public Health Nurse

As a partnership between the school and Vancouver Island Health Authority, Deep Cove Elementary School has a Public Health Nurse, Lois Woolley RN, who consults with school staff and parents on health matters. Services include hearing and vision screening, consultation and referral services, and promotion of a healthy school community. She visits the school frequently and can be reached in her office at 544-2400 or by leaving a message at the school. Please refer to the supplement to this newsletter for more information.



KINDERGARTEN HEARING SCREENING

Children may have unknown hearing loss when they start school. Slight hearing loss or hearing loss in just one ear is hard to identify. Yet, these losses can cause school problems that are preventable. Each fall, kindergarten children have their hearing checked at school by Prevention Services (Public Health) Screeners. The "Kindergarten Hearing Screening Program" helps find children with hearing loss. If a child does not pass the hearing screening, a letter is sent home to parents. If you receive a letter, it is important to call and make an appointment to have your child's hearing tested at the Hearing Clinic. Many hearing problems can be treated if identified early.



Handwashing for Health

Germs spread easily in a classroom. Handwashing is the most effective way to stop the spread of germs that cause colds, influenza, diarrhea and other illnesses. It is important children learn how and when to wash their hands to decrease their risk of getting sick.

How to Wash Hands:

- ◆ **Wet** hands under warm running water
- ◆ **Scrub** with plain soap for a count of **20**, all over hands and between fingers
- ◆ **Rinse** under running water for a count of **10**
- ◆ **Dry** hands with a clean paper towel
- ◆ **Turn** off taps with a paper towel

When to Wash Hands:

- ◆ Before and after eating or handling food
- ◆ After using the toilet, handling pets, coughing, sneezing, or wiping noses

How long is 20 seconds?

- ◆ Slowly singing "Happy Birthday" twice takes about 20 seconds

Big Trouble In Little Ears

Ear infections or middle ear fluid occur in nearly two-thirds of all children by the age of three years! Ear infections are the most common reason children see the doctor. Ear infections can lead to fluid behind the eardrum, leading to a temporary hearing loss. When the fluid is gone hearing usually goes back to normal. This can take up to three months. Frequent ear infections can cause difficulties with pronunciation, language and learning.

If your child has an ear problem, be sure to let the teacher know. Ear problems can make it hard for your child to hear, listen and learn at school. If the hearing loss persists, ask the school's Public Health Nurse to screen your child's hearing.

Healthy Snacks For Children

Snacks are important for children as they have high energy and nutrient needs. Snacks support growth, fuel the brain and power the muscles throughout the day. Eating items from 2 of the 4 food groups, as outlined in *Canada's Food Guide*, available at each snack helps to meet the nutrient needs of growing, active bodies.

Examples of healthy snacks:

- ◆ Cheese and crackers
- ◆ Nut butters and crackers
- ◆ Trail mix
- ◆ Yogurt and fruit or yogurt and fruit smoothies
- ◆ Yogurt and granola
- ◆ Muffins and cheese or nut butter and fruit
- ◆ Pudding and fruit
- ◆ Energy bars
- ◆ Vegetable sticks and cheese or dip

Tips for healthy snacking:

Be a positive role model for healthy eating. Remember that what is purchased and brought into the house is what is eaten. Make the healthy choice the easy choice by purchasing healthy, less processed, low sugar, lower fat foods.

- ◆ Processed foods are generally high in sugar, fat and salt and low in nutrients.
- ◆ High sugar snacks can produce short bursts of energy (lasts 15 – 20 minutes only) and are often followed by a drop in blood sugar and a drop in energy. This drop leaves people feeling tired and irritable, making it difficult to concentrate.

KINDERGARTEN VISION SCREENING

Children may have unknown vision concerns when they start school. Vision concerns can lead to difficulty with reading and/or writing. During the school year kindergarten children have their vision checked at school by Prevention Services (Public Health) Screeners. The "Kindergarten Vision Screening Program" helps find children with vision concerns. If a child does not pass the vision screening, a letter is sent home to parents. If you receive a letter, it is important that you take your child for a complete visual examination with an eye professional. British Columbia's Medical Services Plan covers the cost of medically required eye examinations for children under the age of 18.

Capital Regional District 4th Annual Hartland Open House

Sunday September 20th, 2009

10:30am to 3pm,

Hartland Landfill, #1 Hartland Avenue



It's the one day of the year that Hartland becomes a playland. So come for a look behind the scenes at your award-winning landfill and check out educational displays.

We encourage you to take our free shuttle bus. Shuttle pick up's at Mayfair Mall, Saanich Commonwealth Place, and at the Camosun Interurban Campus.

For more information visit
www.crd.bc.ca/hartlandhappening