

ÉCOLE MARY HILL ELEMENTARY SCHOOL

1890 Humber Crescent, Port Coquitlam, B.C., V3C 2V7

Phone: 604-942-0264 Fax: 604-942-3157



Learn to Live



Live to Learn



NEWSLETTER

Margo McKnight, Principal

October 2009

It's All About Respect!!

MISSION STATEMENT:

Within our community we strive to develop enthusiastic, respectful citizens who value diversity and learning and who pursue excellence in a safe and caring environment.

Goal: to increase students' reading comprehension

MARK
YOUR
CALENDAR

WEDNESDAY, OCTOBER 21ST IS EARLY DISMISSAL. PLEASE ARRANGE TO PICK UP YOUR CHILD AT 1:30 PM.

FRIDAY, OCTOBER 23RD IS A DISTRICT PRO D DAY - STUDENTS DO NOT ATTEND.

INTERIM REPORTS



This week you will receive your child's first interim report. It's important to note that the teachers will not request interviews for all their students, but that you are more than welcome to request one. If the days or times are not good for you, please contact the teacher so that another time can be scheduled. The main purpose of this interim report is to ensure that parents are aware of any concerns we may have regarding their child's progress before too much time has passed. It is also important that parents take advantage of this time to express any concerns they may have.

HALLOWE'EN

With Hallowe'en fast approaching, we are taking precautionary measures to prevent vandalism. Hallowe'en seems to be the most vulnerable time for schools, and we want to be pro-active in our approach to keeping our school and students safe. We are asking our neighbourhood parents to please contact the police or Crime Watch if you see or hear ANYTHING suspicious going on around the school. We are inviting all students, staff and parents to dress up in costume and join us for our Hallowe'en Parade on Friday, October 30th at 12:45 pm, in the gym. A few classes have a song to sing for all of us and then we will have the parade - up and over the stage so that we have a good view of all the costumes. After that, teachers will have activities in their classrooms. Please ask your child's teacher if he or she needs help with the activities and whether pre-school children would fit into the plans. If you are asked to contribute treats for this special day, please remember that, as part of the Healthy Schools Network, we support healthy snacks and that we are a pop-free zone. We would also ask that the costumes be manageable and appropriate. We ask that parents help to support the school code of conduct against violence by ensuring that no student brings a weapon as a part of any costume. We would also like you to guide your children away from wearing very scary, bloody costumes to school as they can be very upsetting for the younger students. Since the children will be walking up and across the stage for the parade, in order to avoid tripping, please avoid masks of all kinds.



HELP YOUR CHILD LEARN TO READ!

Join us for a treat and a talk! We are hosting a short learning session for parents of students in early primary to show you how to help your child read at home so that you can be a partner in your child's literacy development. Please come, meet other parents and learn fun ways to share books with your child. Babysitting is available for school aged children if needed. Please make other arrangements for your toddlers. Many thanks go to Mrs. Wade and to Mrs. Downing-King for organizing the evening. See you at 6:30 pm in the library on Thursday, October 15th.

COFFEE AND CONVERSATION

Parents are invited to meet with Margo for coffee and conversation on Thursday, November 5th at 8:35 am in the staff room. This will be an open forum so bring your questions. Please call the office at 604-942-0264 to let us know that you are coming - we want to make sure that there is enough coffee for everyone! If you can't make the 30th, the next Coffee and Conversation will be Thursday, December 3rd.



NO FIRECRACKERS:

Parents!! Once again we need your help!!! It is Hallowe'en season and many children become very tempted with the availability of firecrackers and fireworks. Please note that the possession of any type of firecracker is ILLEGAL, and the school, and the police, will take immediate and severe action. Please spend some time talking to your child about the danger of firecrackers and fireworks, and the consequences of having these items in your possession.



PITT RIVER COMMUNITY REPLACEMENT SCHOOL INFORMATION

- The replacement school project for Pitt River Community is moving ahead. As we move closer to the design phase and establish the dates for construction, we will keep you updated. To help facilitate information updates around Pitt River's replacement school, a web site is being set-up on the school and district web sites that will post updates and important information. The district web address is www.sd43.bc.ca. The school web site is www.sd43.bc.ca/middle/pittriver. The site should be up and running by the end of the third week of October.
- In approving the replacement school for Pitt River, the Ministry of Education has also committed to looking at Pitt River for the Neighbourhood of Learning (NOL) initiative. The idea is to find unique and innovative ways to design schools with community use in mind. Schools within a NOL site could include services, such as: Child-care programs; Health Clinics; Sports programs; Family Resource centres; and office space, to name a few examples. The intent behind this initiative is for schools and community organizations to partner together to create opportunities where people can access educational and community services under one roof.
- In building the school, the Ministry of Education would provide extra space to host these other services. To gain a better understanding of community needs, the district will be holding a community consultation with Pitt River residents to determine how to best bring together community services and the school community. The date of the community consultation will be announced in the near future and will be held at Pitt River.
- To also gather specific information from the parents of Pitt River Community School we have included a quick survey for parents to fill out and return to our office. This information will be extremely helpful in considering Neighbourhoods of Learning possibilities.
- For more information on Neighbourhoods of learning, please also check the Ministry of Education's website at www.neighbourhoods-of-learning.gov.bc.ca.

RAINY DAYS!

Please make sure that your child has appropriate clothing for our fall and winter weather. The Ministry of Education is putting greater emphasis on daily physical activity and outdoor play is an important component. Unless it is really pouring, the children will go outside at recess and at lunch so that they can get some fresh air and be physically active. Waterproof clothing, hoods or umbrellas are essential!

OCTOBER 2009 - WHAT'S THE DEAL WITH PROCESSED FOODS?

Processed foods have taken over our supermarkets! There's no doubt about it! Food scientists have won us over with their ready-to-eat snacks and convenient pre-packaged meals. Many processed foods are advertised and packaged in a way that makes us think they are healthy. The reality is that processed foods can be higher in calories, fat, sodium and lower in vitamins, minerals and fibre. Don't panic! There are a few tricks to making healthier food choices because it's hard to avoid processed foods completely. Here are some helpful tips when buying processed foods.

It's all about reading food labels! Look for foods that are:

- Low in salt or salt free and unsweetened
- Low in fat (< 3 g per serving)
- Trans fat free (0 g per serving)
- High in fibre (> 4 g per serving)
- 100 % whole grain or made with whole grains (whole grain is the first ingredient)

Remember the best thing you can eat for your health and well being is whole natural foods! Help your children develop to their full potential by offering them all of the vitamins and minerals they need from natural foods more often!



IMPORTANT DATES

Thursday, October 15	Interim Reports Home
Thursday, October 15	Help Your Child Learn to Read - 6:30 pm
Wednesday, October 21	Assembly - 10:30 am
<i>Wednesday, October 21</i>	<i>Early Dismissal - 1:30 pm</i>
Thursday, October 22	Rocks and Rings - Curling Demonstration ○
Friday, October 23	Professional Day - Students do not attend
Sunday, October 25	Family Photos
Friday, October 30	Hallowe'en Parade - 12:45 in the gym ○
Wednesday, November 4	Assembly - 10:30 am
Thursday, November 5	Coffee & Conversation - 8:35 am
Friday, November 6	Makin' Magic - 7:00 pm ○
Tuesday, November 10	Remembrance Day Assembly - 10:30 am
Wednesday, November 11	Remembrance Day - No School
Thursday, November 12	PAC Meeting - 6:30 pm
Friday, November 13	Photo Retakes - 9:00 am
Wednesday, November 18	Assembly - 10:30 am
<i>Tuesday, December 1</i>	<i>Early Dismissal - 1:30 pm</i>
Friday, December 4	First Formal Report
Monday and Tuesday, December 7 and 8	Scholastic Book Fair
Thursday, December 17	Christmas Concert
Friday, December 18	Last day of school before holidays
Monday, January 4	School Reopens



COMMUNITY NEWS



OCTOBER 2009 TO AUGUST 31, 2010 GRADE 5 GET ACTIVE! DROP-IN PROGRAMS

Now you can drop-in for free! *

- q Since you are now a proud owner of a Grade 5 Get Active! Card, all you have to do is visit us and explore some of the fun things we offer. Check out our drop-in programs and schedules; get your friends together and Get Active!
- q In a partnership with Port Coquitlam and Port Moody to promote youth involvement in physical activity, Coquitlam is offering a Get Active! Card for all Grade 5 students in School District #43, giving them free admission to drop-in swimming, skating and gymnasium-based activities in the three cities.
- q The objective of the Grade 5 Active Communities program is to encourage youth participation in physical activity. Research has shown that developing healthy lifestyles at this age – when children start to choose their own activities and are interested in an increasing number of social recreation programs – builds a pattern of physical activity and healthy living that they continue as adults. By offering free admission to drop-in activities, it is hoped this added incentive will attract more young people to recreational activities to support this trend towards active living. The program will be available to students registered in the Grade 5 curriculum, ages 9, 10 or 11 years old, who are residents of Coquitlam, Port Coquitlam, Port Moody, Belcarra and Anmore. The cities will also work closely with School District #43, independent and private schools, and home school parents to ensure that all students of this age and grade have access to the program.
- q **Free admission to drop-in Programs and Facilities only applicable to Get Active! Card.*

HOW TO GET BETTER GRADES IN SCHOOL!

- You can make this your child's best year ever in school! Smart students have secrets. What does it take to be a superior student? The most important secret is a great study strategy! Terry Small's student success system shows your kids how to take charge of their time and succeed! Parents and students attend this seminar together to learn proven strategies and study secrets that have helped 168,000 students to excel.
- Guaranteed: better grades, self-confidence, more free time, and fun learning! Good grades have never been more important than today. Come and learn how to get them! You will have fun and be entertained. The seminar is suitable for students of all abilities in grades 4 to 12. Terry Small is Canada's #1 study skills expert. He is listed in Nationwide Who's Who. His ideas were recently featured on CKNW Radio, BCTV, Global, and in the Globe and Mail and Student Success.

When: Thursday, October 29, 2009 from 7:00 – 8:30 pm

Where: Gleneagle Secondary School

Instructor: Terry Small, B.Ed., M.A.

Price: \$45.00 for the whole family

To Register: Call Coquitlam Continuing Education at 604-936-4261

For more info: 604-535-0063 or www.terrysmall.com

COMMUNITY TEAM TENNIS

Community Team Tennis (CTT) is an exciting new tennis program that provides new and experienced participants to the game of tennis, combining practice and play. The focus will be on skill development through match play. A certified coach will motivate participants to stay in the game for life! Tennis racquets are available upon request. Sponsored by Tennis Canada.

- 6 to 8 years
- 12:00pm to 1:30pm on Saturdays
- begins Nov 7 to Dec 12 (6 weeks)

- 9 to 11 years
- 1:30pm to 3:00pm, Saturdays
- begins Nov 7 to Dec 12 (6 weeks)

- at Hyde Creek Recreation Centre - 1260 Laurier Street, Port Coquitlam
- Cost: \$45.00

FUN FOR THE WHOLE FAMILY THIS HALLOWEEN AT PLACE MAILLARDVILLE

On Saturday, October 31st from 1 pm to 3 pm, Place Maillardville will be taken over by ghouls and goblins frightfully enjoying Halloween-themed games, crafts, songs and stories. Come if you dare!

- This is a bilingual event
- Costume required
- Price: \$5 per child

To find out more about Place Maillardville's Halloween family event and all of our other programs visit us at 1200 Cartier Avenue in Coquitlam, at www.placemaillardville.ca, email info@placemaillardville.ca or call 604-933-6166.

PLACE DES ARTS

1120 Brunette Avenue, Coquitlam, B.C., V3K 1G2 Phone: 604-664-1636

info@placedesarts.ca

DAY OF THE ARTS - HAUNTED HAPPENINGS - ON FRIDAY, OCTOBER 23RD!

Kindergarten and Grades 1 - 5

Register online, by phone or in person

www.placedesart.ca

The Day of the Arts day runs from 8:45 am to 3:45 pm. Students in grades 1 - 5 can choose from a number of blocks full of fantastic art, movement and music activities. Kindergartners have their own full-day block of activities. Small class sizes ensure that students receive quality instruction.



HAPPY HALLOWEEN

from the City of Port Coquitlam

Join the Parks & Recreation Department for some spooky fun!

HALLOWEEN FAMILY FUN Saturday, October 24th

at Hyde Creek Recreation Complex, 1379 Laurier Ave.

Come dressed in costume for some family fun!

SPOOKY SPLASH 1-4pm

CARNIVAL GAMES & PUMPKIN DECORATING 3-5pm

HAUNTED HOUSE recommended: 7yrs & under 3-5pm,
8yrs & up 6-8pm

Dinner Break 5-6pm (try the Hyde Creek Express)

Tickets at Hyde Creek, PoCo Rec Complex
& Leigh Square \$2 for Swim,
\$3 for Carnival, \$1 for Haunted House,
or \$5 for all events! Kids under 3 FREE



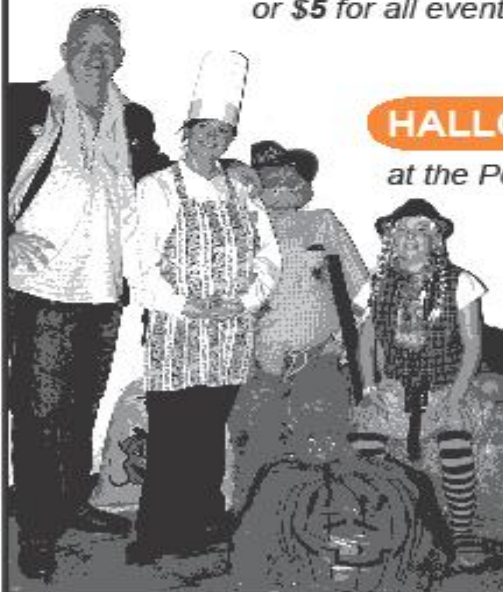
HALLOWEEN SKATE Saturday, October 31st

at the Port Coquitlam Recreation Complex, 2150 Wilson Ave.

3:15-4:45pm & 7:15-8:45pm

Dress up in your favourite Halloween costume to enjoy skating, games, crafts and ghoulish treats! A perfect way to end your night after trick or treating!

Regular Admission



PORT
COQUITLAM

PARKS AND
RECREATION

www.portcoquitlam.ca • 604.927.PLAY (7529)

Happy Halloween