

ÉCOLE MARY HILL ELEMENTARY SCHOOL

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

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Learn to Live



Live to Learn



NEWSLETTER

Margo McKnight, Principal

October 2011

Every Child, Every Chance, Every Day

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



FRIDAY, OCTOBER 21ST IS A DISTRICT PRO D DAY - STUDENTS DO NOT ATTEND.

ENTERTAINMENT/VALUE BOOKS

We are missing a significant number of Value Books. Each student took one home and the understanding was that it would be either purchased or returned to the school. This is one of our major fundraisers and it contributes a large amount of money to the PAC coffers. Any books not returned subtract from the total earned for school activities. If you still have books at home, please send them to the office as soon as possible!

PYJAMA STORY TIME



Pyjama Story Time with Mrs. McKnight will be on Wednesday, October 19th at 6:30 pm. Please join me. As I read to the children, I will demonstrate Reading Power techniques that you will be able to use to develop and deepen your child's reading comprehension. This is not a "drop off" event. Parents need to be here with their child. Please bring your child in pyjamas, ready for bed! We will meet in the library. Plan on staying 45 minutes and then going home to pop your child into bed! Please contact the office to let me know that you are interesting in coming to the session. This is for our students in Kindergarten and Grade 1 only. Baby sitting for siblings will not be available.

PYJAMA DAY - CURL UP WITH A BOOK

Tuesday, November 1st will be Pyjama Day at Mary Hill. In the morning we will all cuddle up to enjoy buddy reading, silent reading, listening to stories and lots of other reading activities. Mark your calendars!

DOG TALES

We are seeing quite a few dogs on school property as the students gather to go into the school in the morning. Sometimes, the dogs engage in play with each other. The dog owners know that the dogs are just playing but children watching the exuberant play may not understand dog behaviour and become frightened. We have children and adults in our community who are afraid of dogs. If you walk your dog to school with your child, please stand a good distance away from where the students gather at the doors to leave some space between your dog and the children. It would be best to have dogs meet others dogs after the students have entered the building. We would also ask you to stay off the playground with your dog when the students are outside for recess and lunch. Thank you for your cooperation.



LITTERLESS LUNCHES

Many of you have jumped on board and we thank you for your cooperation with our litterless lunches! Once again, there are several reasons for this new approach. Firstly, all of you have recycling and green waste services at home - the school does not. Anyone who has been involved with the juice box recycling at school knows that it is a very messy job! On top of the mess and the smell, the juice boxes attract fruit flies and ants and perhaps other critters! Secondly, teachers often find food in the garbage - sometimes whole sandwiches! We are trying to emphasize that the children need to feed their brain for the afternoon. If the students bring home the remains of their lunch, you will have a very good idea of what has been eaten at school. If possible, children can bring their lunches and snacks in containers that can be reused. For example, instead of using juice boxes, a reusable bottle would be used. We would ask that children take home any recycling or garbage from their lunches.

Here are some guidelines for going litterless;

- ❖ Use reusable containers for snacks and lunches.
- ❖ Cut down on the items with a lot of packaging.
- ❖ Use a leakproof container for transporting "messy garbage" home.



READING POWER

Reading Power is a program that we all use to improve reading comprehension. It is based on a book by the same name by Adrienne Gear. Adrienne Gear believes that "Children need to learn that reading is not simply words on a page, but what those words mean to them. Teaching how to make sense of those words is just as important as teaching how to read them". Good readers use the following strategies to interact with the text and to make meaning:

- ❖ Make connections
- ❖ Visualize
- ❖ Transform
- ❖ Ask questions
- ❖ Infer

You can model **making connections** for your child. When you read to your child, say out loud what you are thinking as you read. Start with making connections to experiences you have had that come to mind as you are reading. When you give your child the chance to hear the inner voice that you use as you read, it will help to develop his or her own inner voice. Give it a try! You'll be surprised at some of the stories from your childhood that you will remember and share with your child.

Some good books for Making Connections are:



- ❖ Franklin's New Friend by Paulette Bourgeois
- ❖ The Terrible, Horrible, No Good, Very Bad Day by Judith Viorst
- ❖ The Recess Queen by Alexis O'Neill
- ❖ Hooway for Wodney Wat by Helen Lester

BIRTHDAYS



We know how the students love to celebrate their birthdays by bringing treats to school for their classmates but we are asking for your help. Please ask the teacher before you bring something to the class. We have many children with allergies to eggs and nuts and we have to be very careful. It is very thoughtful to bring a cake, but the logistics of serving it to a class are tricky. If you wish to mark your child's birthday, perhaps you could bring in non-food items such as stickers or pencils. Another way to mark your child's birthday is to buy a book for our library in your child's name. His or her name will be inscribed in the book and we will acknowledge the gift at an assembly. Please see Ms. Medan for ideas from our wish list! Thank you in advance for your cooperation!

MARY HILL PARENT BOOK CLUB

At Mary Hill Elementary School we have a Book Club for parents. We had a great meeting in October and we have chosen a new book. It is "The House at Riverton" by Kate Morton. It is available at Chapter's for \$15.19, at Amazon.ca for \$9.49 and at Costco for \$9.99. Our next meeting will be on Thursday, November 3rd at 6:30 pm. Please join us to share your love of reading and for a great discussion!



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 Monday, October 31st in the gym at 12:45 pm. 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.

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.



RAINY DAYS!

"There is no bad weather, there is just inappropriate clothing" - German Wald Kindergarten Program. 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. Hoods or umbrellas are essential!

STUDENT EMERGENCY RELEASE FORMS.

We are still missing a number of these bright yellow forms. In the event of an emergency, such as an earthquake, these forms may be the only source of information for your child. Each form is folded and placed in a pouch and kept in the classroom emergency bag, ready to be worn by the child should an emergency occur. For your convenience, the form may be completed as a hard copy or on-line.



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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
- 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)
- Unsweetened

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 13	PAC Meeting - 6:30 pm
Wednesday, October 19 th	Pyjama Story Time For Kindergarten and Grade 1 at 6:30 pm.
Friday, October 21	Provincial Professional Day - students do not attend
Monday, October 24	Canadiana Musical Theatre - 1:30 pm - parents welcome!
Wednesday, October 26	Assembly - 10:45 am- Parents welcome!
Friday, October 28	Clothes for Cash Day
Friday, October 28	PAC'd Lunch
Monday, October 31	Hallowe'en Parade - 12:45 pm - parents welcome!
Monday, November 1	Curl Up With a Book/Pyjama Day
Wednesday, November 9	Axis Theatre - 1:00 pm - parents welcome!
Thursday, November 10	Remembrance Day Assembly - 10:30 am - Parents welcome!
Friday, November 11	Remembrance Day - school closed
Monday, November 14	School Closed
Tuesday, November 15	Photo Retakes
Wednesday, November 16	Assembly - 10:45 am - Parents welcome!
Wednesday, November 30	Assembly - 10:45 am - Parents welcome!
Wednesday, December 14	Assembly - 10:45 am - Parents welcome!
Friday, December 16	School closes for Christmas holidays
Tuesday, January 3	School reopens



MAKING THE GRADE: RAISING A SUCCESSFUL STUDENT

Returning to the back-to-school routine can be challenging for kids and parents. How we start the day often determines how productive that day will be and is influenced by how we ended the day before. With the new school year underway, one of the most important things you can do to help your child succeed in school is to make sure they develop healthy sleeping habits. Unfortunately, most children are not getting enough sleep and this can have a noticeable difference in both their academic performance and behavior.

Children require a lot more sleep than many parents - or educators for that matter. Studies have suggested that sleep deprivation or bad sleeping habits among children and teens can interrupt metabolic functioning and contribute to a number of serious health problems, including diabetes, obesity, cardiovascular disease, depression and learning problems. "Sleeping is like eating," said Stephen Sheldon, chief of sleep medicine at Children's Memorial Hospital in Chicago and associate professor at Northwestern University. "It is performing a biological function that is required."

Although studies have been unable to establish precisely how much sleep school-age children and teenagers need, the National Sleep Foundation recommends:

- 3 to 5 year olds need 11 to 13 hours of sleep each night
- 5 to 10 year olds need 10 to 11 hours a night
- 10 to 17 year olds need 8.5 to 9.5 hours a night



Students diagnosed with **ADHD** can have more difficulty falling asleep. These children can easily become sleep deprived making learning even more difficult.

Here are a few ways you can create a good sleeping environment and establish a bedtime schedule that will help your child get the rest they need to succeed at school.

- Try to finish eating several hours before bedtime and avoid caffeine-containing drinks and chocolate.
- After the homework is out of the way, allow your child some downtime to relax.
- A warm bath an hour before bedtime may help calm some children, but for others it can be stimulating. For those children, a bath or shower before school may help wake them up and improve their attentiveness.
- Create a sleep-conducive environment by reducing the light and noise in your child's room. That means no television, radio, computer or cell phones. Find a comfortable temperature for your child's bedroom. Many of us sleep better when the room is slightly cool, around 65 degrees.
- Stick to the bedtime schedule, even on weekends.

Some of these recommendations are not always easy, particularly for working parents. But it is no secret that we all feel and perform better after a good night's sleep.

Deirdre Imus is the Founder and President of The Deirdre Imus Environmental Health Center™ at Hackensack University Medical Center.

COMMUNITY NEWS



12 HOUR CROP AND CRAFT FUNDRAISER

Brought to you by Central Elementary School PAC

- Saturday, November 5, 2011 from 10:00 am to 10:00 pm
- Located at 2260 Central Avenue in Port Coquitlam
- \$30 per person
- Adults only
- Space is limited.

Join us for our third annual scrapbooking fundraiser. This is the perfect chance for all scrapbookers, card makers and crafters to get your projects done while socializing and supporting a local school.

Included:

- At least 3 feet of space to spread out
- Reserved seating
- Goodie bag and door prizes
- Lunch (sponsored by Sunset Gourmet)
- Dinner (pizza and salad)
- Free make and takes
- Fully stocked on-site store
- Local direct sales consultants' tables
- Raffle draw
- Concession or snacks and beverages
- Use of a Cricut, stamps, punches and more
- Additional classes for a small fee

To reserve your seats please call Natasha Milligan at 604-941-6445

or email centralschoolfundraising@gmail.com Please make cheques payable to Central Elementary PAC.

FREE DANCE CLASSES

- WHO: Broadway Bound Performing Arts Studio
- WHAT: Pre-Ballet (4-6 yrs), Ballet 1 (6-8 years) & Tiny Tappers (ages 4-6 years)
- WHEN: Saturdays (October to December)
- WHERE: 105-2071 Kingsway Avenue, Port Coquitlam

**Please Note: If we don't receive enough students to fill out the class, it will not be able to run.

MORE INFO : email: broadwaybound@telus.net or call: 604-464-2800 or www.broadwayboundstudio.ca

HUGE KIDS SWAP MEET

Cloverdale Fairgrounds -

- Saturday October 22nd, 2011
- 9 am - 1 pm
- 9 am Early Admission \$5.00 (Best Selection)
- 10 am -1 pm \$3.00
- new and used baby to teen clothing, furniture toys and more
- More info email kidswapmeets@hotmail.com or call 604-513-8880 Susan



COME CELEBRATE COMMUNITY LIVING MONTH - "A SPOOKTACULAR FALL CELEBRATION"

- Hyde Creek Recreation Centre - 1379 Laurier Ave., Port Coquitlam
- Free fun for the entire family
- music - food - crafts - games - entertainment
- Date: October 21, 2011 from 3:00 to 7:00 pm
- Donation to food bank in lieu of admission (costumes optional)

UPCOMING EVENTS AT PLACE DES ARTS - 1120 BRUNETTE AVENUE, COQUITLAM

DAY OF THE ARTS PRO-D DAY CAMP: *Monster Mash!* - Friday, October 21, 8:45AM to 3:45PM

Monster Mash is the theme for this Pro-D day art camp at Place des Arts — just in time for Halloween! Kids can explore their creativity through a variety of activities in the visual, literary and performing arts, meet new friends and, most of all, have fun! Registration is now open for six blocks of classes divided into three age groups: Kindergarten; Kindergarten to Grade 2; and Grades 3 to 5. Families can pick the block of classes that best suits the interests of their child. After hours care is available until 5PM for a \$5 fee. Call 604.664.1636 to register. Visit www.placedesarts.ca for more information.



FALL WORKSHOPS FOR KIDS AT PLACE DES ARTS

We have two great fall workshops for children and youth coming up. Register by phone at 604.664.1636, online at www.placedesarts.ca or at the Place des Arts reception/registration desk.

Claymation Filmmaking (11-17 years)

Create your own stop-motion animated film! Plan a story, make a storyboard, design and build your own characters and sets, and then shoot and edit your film, practicing techniques in shot composition, movement and timing. Add voices and music and upload it to YouTube! A digital camera with removable card is recommended for this class. Teacher: Kenten Bowick

9139 • W • Nov 23-Nov 30 • 3:30 - 6:00 PM • \$46.50

Get knitting (10-17 years)

This one-day workshop is for youth who want to learn to knit but don't want to join a longer, more comprehensive class. In this workshop, you will be shown the very basics of knitting: casting on, the knit stitch, the purl stitch and casting off. Teacher: Kirsten Zerbinis

9127 • M • Oct 17 • 6:30 - 9:00 PM • \$33.50



HAMPTON PARK SCHOOL IS HAVING A HARVEST FESTIVAL:

- Friday, October 28th from 6:00 pm to 10:00 pm in their school gym. 1760 Paddock Dr., Coquitlam
- Tons of carnival games, pumpkin decorating, cake walk, face painting, cookie decorating, best costume contests, great game prizes, awesome foods and lots of treats.

PITT RIVER COMMUNITY SCHOOL AND CENTRAL COMMUNITY SCHOOL

- PROGRAMS OCT - DEC 2011 - REGISTRATION: Sept 30 TO Oct 7, 2011
- PROGRAM DATES: Oct 11 to Dec 2 *Make up weeks Dec 5 - 9 2011
- COMMUNITY SCHOOL COORDINATOR: HEATHER ROEMER hroemer@sd43.bc.ca

AFTER SCHOOL PROGRAMS FALL 2011

MONDAYS October 17 to November 28th *no classes Oct 10th or November 14th

SO YOU THINK YOU CAN DANCE

GR K - 3 3-4 pm Mondays Oct 17 to Nov 28 Central (gym) 6/\$25

C-2 GR 3 - 5 4-5 pm Mondays Oct 17 to Nov 28 Central (MPR) 6/\$25

TUESDAYS October 11 to November 29TH

WACKY WEAVING GR 1-5

C-3 Tues 3-4 pm Oct 11 to Nov 29 Central (Multi-Purp Rm.) 8/\$35

NEW PROGRAM Karate for Kids 8 weeks—Beginning week of Oct 18—ending week of Dec 5

Mini Karate—Kindergarten & Grade 1

Tuesday or Thursday 3-3:30 pm 1/week—\$80.00 for 8 weeks

Karate Kids—Grade 2—7

Tuesday & Thursday 3:30—4:30 pm 2/ wk—\$130.00 8 wks 1/wk—\$80.00 8 wks

Registration nights October 4, 2011 After school 2 - 4 pm

Call Nicole 604.783.4265 October 6 2011 After school 2 - 4 pm

Email : Nicole@TOPKarate.ca October 13, 2011 After school 2 - 4 pm



Registrations forms may be picked up at the office. Completed registration forms must be taken to either Pitt River Middle School or Central Elementary School. For more information contact the Community Schools Office at 604-464-0207 or email hroemer@sd43.bc.ca

WEDNESDAY'S October 12 to November 30TH

RHYTHMIC GYMNASTICS GR K-5

C-4 Wednesdays 3- 4 pm Oct 12 - Nov 30 Central (Gymnasium) 8/\$40

THURSDAY'S October 13 to December 1st

COOKING FOR KIDS GR K - 5

Full C-6 Thur 3-4:00 pm Oct 13 to Dec 1 Central (Multi-Purpose Rm.) 8/\$40

C-7 Thur 4-5:00 pm Oct 13 to Dec 1 Central (Multi-Purpose Rm.) 8/\$40

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Email : Nicole@TOPKarate.ca October 13, 2011 After school 2 - 4 pm

FRIDAY'S October 14 to December 9th

ON THE BALL SOCCER GR K-5

C-8 Fridays 3:00 - 4:00 pm Oct 14th - Dec 9th Central (Gym) 7/\$35

COMMUNITY PARTNERSHIP PROGRAMS

Success —Connect|| Program Mondays & Wednesdays 3-5 pm

Are you in grades 3 - 5? If you are then I have a fun and exciting program to introduce to you! "CONNECT" is an after school program offered to students at Central Community Elementary. Students who join this program will participate in cooperative and interactive sports games in the gym and students will also get a chance to express themselves through expressive arts and visual arts. Mini fieldtrips such as bowling at Port Coquitlam Bowl, participating in a community walk, and going on a picnic. Some special guest will be visiting the program such as Mike and all his Critters and High Tech Science Group. We hope these activities will help students develop a long lasting connection with their peers, school, and community. Experienced program facilitators and volunteers will ensure a meaningful, safe and interactive program will be delivered. The program will run on Monday and Wednesday (Please pick one day to register for) from 3:00 - 5:00pm from October 24, 2011 to Apr 2, 2012(Monday Session) or October 26, 2011 to Apr 4, 2012 (Wednesday Session). The program is free and refreshments will be provided. The program will be held at the Multipurpose Room (Beside the Gym). For more information please contact Tina Chan (S.U.C.C.E.S.S Youth Worker) 604-377-5381.

Tri Cities Transitions —All About Me|| Program Mon - Fri 3 - 5 pm

We will have an Activity Worker at Central to do fun activities with kids afterschool who are interested in arts, reading, gym time and a variety of other social Activities with peers. PROGRAM STARTS OCTOBER 24TH