

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

September 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.

School Goal: to increase students' reading comprehension

WELCOME BACK!

We would like to welcome all of the students and parents of Mary Hill Elementary School to a new school year. A very special welcome goes out to the families who are new to the school. You will find the Mary Hill community warm and welcoming.

Our school population stands at 254 students. During the first days of school, students were involved in learning activities within a temporary grade group. Staff worked very hard and spent considerable time in organizing students into classes for the school year. As you will recall from letters sent home, many factors are considered when making up classes for student placements. Thank you for honouring these decisions through your supportive comments and actions. Classes are now into regular programming for the school year.

As a school staff, we are dedicated to providing the best possible learning opportunities for your child. We will be encouraging and expecting our students to do the best they can in all respects. We also will be expecting a high standard of cooperative and responsible behaviour from students. We look forward to the days ahead as we work together with your support and assistance to make this a memorable year. The school day begins at 8:25 am when the bell rings to call children in to the school. Classes begin at 8:30 am. You will help both your child and your child's teacher if you bring your child to school on time every day.

Parents please note that student supervision outside begins at 8:10 a.m. until the entry bell each morning. Students should not be arriving at school prior to this time unless a teacher will be supervising students for a specific school related activity. We ask that parents and students wait outside until the bell rings. The teachers are very busy getting organized in the morning and cannot be responsible for supervising students. We would also ask that parents say good-bye to the children before they enter the school. Parents must ensure that their children are picked up from school on time. Please do not ask your child to wait for you at the lower playground as there is no supervision and it is not wise to rely on other parents who may or may not be there. In the event that you are held up by traffic or an emergency please call the school office to let us know about this.



TRAFFIC SAFETY

The safety of our students is our greatest concern. We would like to remind parents that the DROP-OFF ZONES ARE NOT TO BE USED FOR PARKING. The drop-off zones are on Aire Crescent and on Humber Crescent. These zones are governed by city by-laws. Please look at the signs and respect the posted restrictions. Here are some other reminders:



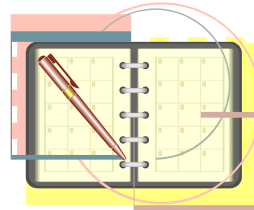
- PLEASE DO NOT PARK IN THE STAFF PARKING LOT.
- PLEASE DO NOT LEAVE YOUR CAR UNATTENDED IN THE DROP-OFF ZONES
- PLEASE DO NOT DOUBLE PARK OR LET YOUR CHILD OUT IN THE MIDDLE OF THE STREET
- DRIVING NORTH ON AIRE AND SOUTH ON HUMBER DOES HELP KEEP THE TRAFFIC MOVING.
- PLEASE DO NOT LET YOUR CHILDREN RUN BETWEEN CARS ON THE STREET OR IN THE PARKING LOT

THE PLAYGROUND IS FINISHED!

After many years, many hours, many dollars and much effort, our playground is finished! We would like to thank all the parents who have worked so hard over the years to plan fundraising events, to apply for grants and to organize the purchasing and the installation of the new equipment. We would also like to thank Westminster Savings and the City of Port Coquitlam for their generous help in making our dreams come true. Thank you! Merci beaucoup! ¡Muchas Gracias!

STUDENT AGENDAS

This week, all students in Grades 1 to 5 will take home a student agenda. These are very important Home and School communication tools. The cost of the agendas is \$10.00. If you have not already paid for your child's agenda, please send the money to school as soon as possible. Thank you for your help with this matter!



NEW FACES ON STAFF:

We would like to introduce the following staff members who are new to Mary Hill Elementary this year and those we are thrilled to have back! Please welcome:

- Mrs. Castoro is back in a Grade One English class
- Miss Guglielmucci is with us in a 3/4 English class until December when Mrs. Noga will join us
- Mme Elliott is back with a 4/5 French Immersion class with M Barnes
- Mme Toal is back with us in a 3/4 French Immersion class
- Mlle Hains is back with us in a French Immersion Kindergarten
- Mlle Porlier is new to Mary Hill in a 2/3 French Immersion class
- Mlle Lohnes is new to Mary Hill in the French Immersion Kindergarten
- Mr. Nay is new to Mary Hill in the Resource Room with Mrs. Cameron



WHERE ARE THEY NOW?

Many of our former Mary Hill staff members have moved on to other schools. Mrs. Ross is at Riverview Park Elementary, Mrs. Wade and Mrs. Downing King are at Blakeburn Elementary, Mr. Bird is at Aspenwood Elementary, Mme Shrimpton is at Parkland Elementary and Mme Langer has moved to a school in North Vancouver. We miss them all and wish them the best of luck!

HOME AND SCHOOL COMMUNICATION

We strive to maintain close communication with our parent community throughout the school year. Newsletters will be issued on a regular basis and represent one of the ways we hope to keep everyone informed. The newsletters will be posted on the school website at <http://www.sd43.bc.ca/elementary/maryhill/Pages/default.aspx>. There will be an announcement that a new newsletter is available, students will alert parents in their planner and an email will be sent to all parents directing them to the website. Any families who do not have access to the internet will receive a paper copy and all teachers will post each newsletter outside their classroom. Please remember to call us whenever you have any questions or concerns. A concern caught early is usually less likely to develop into a misunderstanding.

LITTERLESS LUNCHES

This year, we would like to encourage litterless lunches. 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;

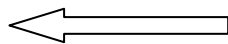
1. Use reusable containers for snacks and lunches
2. Cut down on the items with a lot of packaging.
3. Use a leakproof container for transporting "messy garbage" home.

BC FRUIT AND VEGETABLE NUTRITIONAL PROGRAM



Once again this year, we will be part of the Fruit and Veggie Program. Every two weeks or so, everyone in the school will get a healthy snack. The students have really enjoyed trying different fruits and vegetables in the past few years. If you do not want your child to participate in the program, please call the office and let us know. If you have any questions, we would be happy to answer them for you!

NEW SYSTEM FOR FORMS



We have a new "paperless" system for forms this year. On the Mary Hill website: <http://www.sd43.bc.ca/elementary/maryhill/Parents/Forms/Pages/default.aspx> you can submit many of the forms electronically. Click on Parents, then on Forms and the permissions are all there. Under School Policy, you can give permission for walking field trips, photos and videos and internet use. You can also apply to be a Volunteer to help out with classes and to be a Driver Volunteer. The Driver's abstract must be updated every year. The Criminal Record Check is good for 5 years. There are more details about all the Volunteer forms in this newsletter. If you cannot access a computer, please come to the office and we will give you access to the forms. You can also get paper copies of the forms at the office. Here is a direct link to the forms on the website.

HEALTHY MEALS YOUR KIDS WILL ACTUALLY EAT

As kids head back to the classroom, many parents are already dreading the task of packing lunches. The challenge: coming up with a healthy meal your kids will eat. A balanced school lunch should include building blocks from all four food groups to help sustain a child's energy and alertness throughout the day. Lunch should offer whole grains for carbohydrate (energy), protein to help slow digestion and keep kids feeling full longer, fruits and vegetables for fibre and vitamins and a drink for hydration. To get your kids to eat a healthy lunch, consider the following suggestions:

Work with your kids: Children who help select and prepare their lunches are more likely to eat them. Take your kids to the grocery store. Have them identify healthy foods they like from each food group.

Plan in advance: Trying to figure out what to pack on a busy morning often results in a lacklustre meal tossed into a lunch box. Have your child help prepare lunch the night before for a less hectic morning. Have nutritious foods on hand that your child will eat. Pre-package snack foods in snack-sized bags such as whole grain crackers, dry cereal, air-popped popcorn and vegetable sticks.

Don't overpack: Parents are often so worried as to whether their child will eat their lunch, they overpack the quantity and selections of food. Kids tend to fixate on eating the snacks and treats, leaving the sandwich and vegetables as a last choice. Pack these components in every lunch: grains, protein and fruit and vegetables.

Think outside the (lunch) box: Include variety to prevent kids from getting bored with their lunch. Instead of a whole sandwich, pack half a sandwich along with crackers and part skim milk cheese. Make sandwiches with mini whole wheat pita pockets, mini bagels, whole grain crackers or whole wheat tortillas instead of regular sliced bread. Alternatives to sandwiches included baked chicken strips with honey mustard, pasta salad, pita and hummus, and mini burritos made with rice and low fat refried beans.

Include fruit and vegetables: Bite-sized fruit and vegetables are often more appealing to kids because they're easier to eat. Pack cherry tomatoes, baby carrots, broccoli florets, red pepper strips or cucumber coins with a small container of hummus or low-fat ranch dressing for dipping. Instead of the usual apple, try grapes, berries, dried cranberries or cherries. If fresh fruit gets boring, try packing individual fruit cups (canned in 100-per-cent juice or water) or unsweetened applesauce.

Pack water: Rather than sugary drink boxes, pack water. Pack fruit instead of fruit juice to add fibre to your child's diet. If you do opt for juice boxes, choose 100-per-cent fruit juice and limit your child's intake to one cup a day. If you're the parent of an overweight child, keep in mind the calories kids drink don't fill them up, so they will consume more calories without the benefit of dampening their appetite.

Include snacks: Growing, active kids need to refuel every two to three hours to sustain their blood sugar and help them concentrate and learn in class. A snack at morning recess can prevent kids becoming overly hungry before lunch. Healthy snacks include nut-free granola bars, air-popped popcorn with a sprinkle of Parmesan cheese, homemade trail mix (e.g. dried cranberries, raisins, shredded coconut and Shreddies), cheese, crackers and yogurt drinks.

Limit treats: Make a rule for how often you'll pack cookies, candy, chips, sugary drinks or other treats. Kids need to understand these are not everyday foods, but rather once in a while treats.



IS YOUR CHILD GOING TO BE ABSENT OR LATE FOR SCHOOL?

Please phone the school to advise us if your child will be absent or late for school. We have an answering machine if you need to call outside of school hours. This greatly helps reduce the time Mrs. Kochen spends phoning home every morning. Phone: 604-942-0264

SCHOOL DISTRICT NO. 43 (COQUITLAM) ELEMENTARY SCHOOL MEAL PROGRAM

The school meal program is available once again this year. Thank you for your quick response the first week of school. If you would like to order lunches for October, the forms will be on line later this month - <http://www.sd43.bc.ca/elementary/maryhill/Pages/default.aspx>. If you have any questions regarding the lunch program please contact Margo McKnight.

PARENT BOOK CLUB

Calling all readers! Our Parent Book Club will be starting again. Our book selection is "The Secret Daughter" by [Shilpi Somaya Gowda](#). Please pick up the book at a book store or library and join us to discuss it on Thursday, October 6th at 6:30 pm. We will chat about the book for about an hour. Everyone is welcome. At the meeting, we will choose our book for the next meeting. An article in The Vancouver Sun a while ago suggested that, "More important to a child's long-term literacy skills, however, is his or her parents' own reading skills, 'Children require having parents who are interested in reading and literacy as well,' Eaton said. 'The schools can't do it alone.'" Let's show our kids that we all love reading - see you on the 6th!



THE LUNCH LADY AT MARY HILL



If you are interested in ordering lunch each Monday for your child, the order forms are available at the office or you can go to the Lunch Lady Website and order and pay online: www.thelunchlady.ca

STUDENT INFORMATION VERIFICATION FORMS

Students will be bringing these forms home this week. Please check the contact and medical information carefully and make any necessary changes. In the event of an emergency this information is very important. Have your child return the form to the classroom teacher as quickly as -possible.

INDIVIDUAL PHOTO DAY - FRIDAY, OCTOBER 7TH

This year you will receive a proof sheet to help you decide whether or not you would like to order pictures. You must have your photo taken for school services whether you are buying a package or not. Photo packages will be delivered to the school in approximately 3 weeks. Retake day will be announced later.



MARY HILL ELEMENTARY STAFF: 2011 - 2012

<u>Div.</u>	<u>Room</u>	<u>Grade</u>	<u>Teacher</u>
1	5	4/5	Sandra Carter (Department Head)
2	10	3/4	Tia Guglielmucci
3	8	2/3	Peter Wunderlich
4	13	1/2	Christina Castoro (Department Head)
5	14	Kindergarten	Benji Coghill
11	3	4/5 FI	Nicole Elliot (W. TH. F); Michael Barnes (M. T)
12	11	3/4 FI	Melissa Toal
13	12	2/3 FI	Andréanne Porlier
14	6	1/2 FI	Nicole Buchanan (Department Head)
15	1	1/2 FI	Lise De Repentigny
16	9	K FI	Charlene Lohnes
17	Kindergarten	K FI	Véronique Hains

Principal: Margo McKnight

Support Teachers:

Librarian/ESL	...	Zeljka Medan
Resource	...	Jeff Nay (T. W. TH. F.)/Tami Cameron (M) Room 7
French LA	...	Chantal Schuler (M. TH mornings) Room 7
Counselor	...	Gail Markin (Monday morning and Tuesdays)
Music	...	Sherri-Lyn Citulec (W. TH)
Speech/Language	...	Joanne Russell

Support Staff:

Secretary	...	Pearl Kochen
Teacher Aide English	...	Eileen Doran
Teacher Aide French	...	Lindsay Williams
Special Ed. Assistant	...	Katharine Phillips
Special Ed. Assistant	...	Susan Parsons
Special Ed. Assistant	...	Brandy Killacky
Custodian PM	...	Eric Halstead
Custodian AM	...	to be announced
Noon Hour Supervisor	...	Ann Bergeron
Noon Hour Supervisor	...	Lara Pinard
Noon Hour Supervisor	...	June Lam

IMPORTANT DATES:

Thursday, September 15

Friday, September 23

Wednesday, September 28

Thursday, October 6th

Friday, October 7

Monday, October 10

Wednesday, October 12

Friday, October 21

Monday, October 24

Wednesday, October 26

Friday, October 28

Wednesday, November 9

Thursday, November 10

Friday, November 11

Monday, November 15

Wednesday, November 16

Friday, November 25

Wednesday, November 30

PAC Meeting: 6:30 pm

District Professional Day - students do not attend

Assembly - 10:45 am - Parents welcome!

Parent Book Club - 6:30 pm

Individual Photo Day

Thanksgiving Day - school closed

Assembly - 10:30 am - Parents welcome!

Provincial Professional Day - students do not attend

Canadiana Musical Theatre - 1:30 pm - *parents welcome!*

Assembly - 10:45 am - Parents welcome!

PAC'd Lunch

Axis Theatre Presentation - 1:00 pm - Parents welcome!

Remembrance Day Assembly - 10:30 am - Parents welcome!

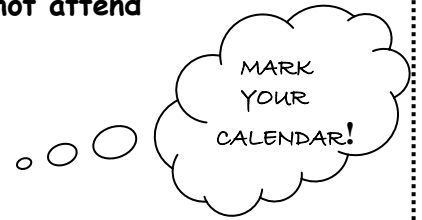
Remembrance Day - school closed

School closed

Assembly - 10:45 am - Parents welcome!

PAC'd Lunch

Assembly - 10:45 am - Parents welcome!



VOLUNTEERS IN SCHOOLS / VOLUNTEER DRIVERS

As in past years, we acknowledge that school volunteers provide a valuable contribution to the successful operation of our school. The support volunteers provide to Mary Hill Elementary has a direct and positive influence on the quality of education for our students.

Volunteer activities may include:

- volunteering with small groups or individual students;
- assisting students with special projects;
- assisting with coaching opportunities
- providing transportation and supervision on field trips and extra-curricular events; and
- assisting staff with organizational tasks.

While encouraging volunteer involvement in our school, we are also committed to providing a safe, secure and caring environment for all our students. The Board of Education of School District No. 43 (Coquitlam) recently approved volunteer procedures, which are now in effect. To support this, volunteers must fill in the following forms.

VOLUNTEER DRIVER CHECKLIST - Note: We require our volunteer drivers to carry a minimum of \$1,000,000 in liability coverage on their vehicles.

- Complete the "School Volunteer Application" form
- Complete the "Driver Certification of Insurance and Vehicle Specifications" form

- Complete the School "Volunteer Code of Conduct" form
- Obtain a free "Driver's Abstract" from ICBC (see instructions below)
- Obtain a free "Criminal Record Check" (see instructions below).
- Return all of the above to the school in the envelope provided

VOLUNTEER CHECKLIST (for volunteers who will not be driving students at any time during the school year)

- Complete the "School Volunteer Application" form
- Complete the School "Volunteer Code of Conduct" form
- Obtain a "Criminal Record Check" (see instructions below).
- Return all of the above to the school in the envelope provided

DRIVER'S ABSTRACT - How to get one

You can obtain a printed copy of your **driver's abstract** free of charge by attending an ICBC point of service and presenting your driver's license or by telephoning 1-800-950-1498 (ICBC Customer Service). The document will then be faxed within minutes, or mailed to you. For your convenience, you are welcome to have ICBC fax your driver's abstract to our school at 604-942-3157. This needs to be updated yearly.

CRIMINAL RECORD CHECK - How to get one

1) Volunteer letters: In order to waive the \$60 processing fee, we require a letter from the school, with the parent's name on it. A form letter, with a blank line for the parent to insert their name is acceptable. If an applicant attends without the letter, and does not wish to return with a letter, they are charged \$60 regardless of the reason they are getting the search done.

2) Fingerprints: Due to enhancements to the Vulnerable Sector search, the RCMP is casting a broader net, and fingerprints *MAY* be required to verify information on applicants, even if they have had a clear record in the past. Results from fingerprinting can take from 30 to 120 days. Please note that the requirement for fingerprints does NOT imply any criminal activity. Rather, it is a way to help us eliminate the applicant from any such activities. This is particularly important for people who will be working with children, the elderly, and persons with disabilities.

3) Hours of Operation: Coquitlam RCMP front counter is open Mon-Fri, 8:00 a.m. to 8:00 p.m. Saturdays, 8:00 a.m. to 4:00 p.m. and Sundays/Stats 10:00 a.m. to 4:00 p.m.

4) Identification: Applicants **MUST** present current Government-issued photo ID, and proof of where they live. A BC Driver's Licence is perfect if it contains their current address. If the applicant's address is not current, please recommend that they have it updated before attending the RCMP. If the applicant does not possess a BC Driver's Licence, they can also present BCID with their current address, OR a current valid passport and a piece of computer-generated mail, such as a bank statement, that has their current address.

Complete the "Consent for Disclosure of Criminal Record Information" form. Take this form, the Volunteer letter from the Principal, and picture I.D. to the Coquitlam RCMP detachment at 2986 Guildford Way corner of Pinetree Way (604-945-1550). These are valid for up to 5 years. You may receive the criminal record check on the spot or within a day or two.

Packages with all the forms and information are available at the office. If you have any questions about volunteering at Mary Hill Elementary or the process involved, please do not hesitate to call the school at 604-942-0264.

SCHOOL CALENDAR 2011/2012

Schools Open	Tuesday, September 6
Non-Instructional Day (Common District Day)	Friday, September 23
Thanksgiving Day	Monday, October 10
Non-Instructional Day (Common District/Provincial Day)	Friday, October 21
Remembrance Day - school not in session	Friday, November 11
School Not in Session	Monday, November 14
Schools Close for Winter Vacation	Friday, December 16
Winter Vacation	December 19 - January 2
Schools Open	Tuesday, January 3
School-Based Non- Instructional Day	Friday, January 27
Non-Instructional Day (Common District Day)	Friday, February 17
Early Dismissal - 1:35 for Student-Led Conferences	Thursday, March 8
Friday, March 9	Schools Close for Spring Vacation
Spring Vacation	March 12 - March 23
Schools Open	Monday, March 26
Good Friday	Friday, April 6
Easter Monday	Monday, April 9
Non-Instructional Day (Common District Day)	Thursday, April 20
Victoria Day	Monday, May 21
School-Based Non-Instructional Day	Monday, June 4
Schools Close	Thursday, June 28
Administrative Day	Thursday, June 29



Community News

12TH ANNUAL ABOUT READING MOTORCYCLE RIDE FOR LITERACY

Sun., Sept. 18, 2011 RAIN OR SHINE! - ALL MAKES & MODELS OF BIKES/CARS WELCOME

- Literacy Motorcycle Ride to promote reading and to buy new books for SD43 School Libraries. Donations of \$25 receive a tax receipt and a chance to win \$1000 vacation package at Harrison Hot Springs Resort & Spa.
- This is a Scrabble Run. Ride starts at Boulevard Casino, 2080 United Blvd, Coquitlam with stops at Sasquatch Inn, Harrison Hot Springs, Duke's Pub and ends at Barnes Harley-Davidson® Langley (200th & Hwy 1) with a BBQ and prizes.
- Sunday, September 18, 2011 • Registration & Pancake Breakfast 8:00 am • Start Time 9:30 am
- **PRE-REGISTRATION** - Barnes Harley-Davidson® 8859 - 201st Street Langley or call 604.534.6044 First 50 to register get a FREE T-shirt!
- **DAY OF REGISTRATION** Boulevard Casino, 2080 United Boulevard, Coquitlam
- **CONTACT** Ingrid Hueston • 604.534.6044 • ingrid@barneshd.com
- **PRESENTED BY Barnes Harley-Davidson®, Tri-Cities Chapter of HOG® & BOULEVARD CASINO** 8859 - 201st Street • Langley • 604.534.6044 www.barneshd.com

FRENCH LESSONS AT THE MAILLARDVILLE FRENCH CENTRE - Join us and learn French and see the many advantages that it offers! We offer three levels, from beginner to conversation. Classes begin October 4th and run for 10 weeks. Cost: \$100 for Société francophone de Maillardville members. Membership is available: \$10 yearly. **Register before September 16th. Space is limited.**

RECREATIONAL PLAYSCHOOL FOR 3 TO 5 YEAR OLDS: Afternoon Playschool at Central Community School on Tues/Thurs from 12:30 pm to 3 pm beginning Sept. 26th to Dec. 15th. The cost is 22 sessions for \$247.50. It will be hosted in our StrongStart Classroom (room 137). Pool time is included at Hyde Creek Recreation Centre and skating at Port Coquitlam Recreation Complex. Register by calling the Port Coquitlam Parks and Rec. Center at 604-927-PLAY or www.experienceit.ca.

SUCCESSFUL STARTS: Wendy Fitzjohn from Westcoast Families will be hosting a special series of workshops geared for parents of pre-Kindergarten and Kindergarten students. There will be 3-one hour sessions from Wed., Sept. 14th to Fri., Sept. 16th from 9 am - 10 am in Central Community School's multi-purpose room. The focus is on getting off to school in a successful way by setting up bed time routines, planning easy yet healthy lunches, organizing morning routines, etc. Space is limited as there are only 20 spots with child minding and transportation available. Contact Miss Tambellini at Central Community School 604-941-0355 to sign up or for further details.

PLACE MAILLARDVILLE - Fun with French

- For 6 - 10 year olds - Thursdays - Sept. 15 - to Dec. 15 - 6:00 - 7:15 pm - \$98.00 for 14 weeks
- Program Leader: Monsieur Mehdi Hadjoudja
- Learn french naturally through crafts, games and activities.
- Register: www.placemaillardville.ca - 1200 Cartier Avenue, Coquitlam
- 604-933-6166 info@placemaillardville.ca