



École Nestor News

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Dear Parents:

January 26, 2011

Principal's Message



I recently heard that physical activity guidelines are being changed. Children between the ages of 5 and 11 are now encouraged to engage in moderate to vigorous physical activity for 60 minutes each day. The guidelines used to encourage a longer period of time each day, but with only 12% of Canadian children meeting the standards, some new ideas were clearly needed. The new standards will also include advice for parents regarding how much screen time is appropriate for young children. You can find more information on the new standards at participation.com.

January is often the month when many people think about physical fitness. New Year resolutions inspire many to put on running shoes and hit the road. I had not run since high school when my mom asked me to join her to do the Sun Run; that was fourteen years ago and I now can't imagine not running. Cross Country skiing has become my latest physical challenge and this has also been a great way to connect with my 18 and 10 year old children.

At Nestor, students are encouraged to be physically active on a daily basis. A typical day on the playground often involves playing soccer, tag, hide and seek or a game of basketball. Recently, students have been getting rosy cheeks from square dancing (this is part of our Dancefest). In the next few months, there will be many active pairs of feet with the Como Lake Relays, Track Attack and the District Track and Field Meet. In this Newsletter, you will find some information on the Sun Run. Please consider getting involved in this wonderful opportunity. Here are a few athletically theme information items: we recently purchased new PE equipment (basketballs, volleyballs, beanbags) – thank you PAC; I will be organizing an intramural hockey league for students in grades 3 – 5; Tennis XL will offer an afterschool program for Nestor students in May.

Whether you run, walk, dance, ski or volley, physical activity will make you healthier and bring great joy to your life. Have fun being fit!

There is a Provincial wide non-instructional day on **Friday, January 28th**. Teachers at Nestor will be meeting in various professional development activities. **Students do not attend school on Friday.**



**Professional
Development Day**

Website

Ecole Nestor's website is a great way to keep track of our busy school and to find other school related information. Mrs. Boekhout is the site administrator and she works hard to keep everything up to date. I encourage you to visit Nestor in the cyber world - www.sd43.bc.ca/elementary/nestor/!

Farewell Madame Label

I would like to take this opportunity to wish Diane Label much health and happiness in her retirement. Diana is a Teacher Assistant who has worked in School District #43 for 21 years, over 3 of them at Nestor. We will all miss the great passion and enthusiasm she brought to Nestor every day. Merci and bon chance, Madam Label!



Parking Update

I would like to start by thanking those parents, guardians, family members and daycare providers who have worked collaboratively with the school in adhering to the parking procedures and by laws as delineated by the District and City of Coquitlam. Despite our successes, it seems that dangerous driving and parking practices continue to be an ongoing challenge.



I recognize that parking is limited and having to walk is inconvenient. However, some drivers are putting students and adults at risk. Drivers are utilizing the Staff Parking area and sidewalks to park their vehicles. The result is that pedestrian traffic is put at risk. Coquitlam By Law officers have been present on numerous days issuing tickets and yet dangerous practices continue. I am asking drivers to please arrive early, park in designated areas and not place their children at risk by not accompanying them across the street.

Some parents have spoken of approaching the city to consider having a crosswalk installed. Although I would support such an addition, drivers choosing not to follow traffic by laws will continue to place others at risk and inconvenience residents. The main issues associated with our traffic are as follows:

- Cars driven by non staff members using the staff lot and sometimes the handicap parking spots
- Cars being parked on sidewalks blocking these areas for pedestrian use
- Drivers sitting in vehicles and calling out to children as they cross Nestor Street unaccompanied
- Drivers using the drop off zone for pickup in the event that cones are not blocking the entrance

Students are frequently reminded of the importance of being safe and following rules. Parent/guardian decisions to respect or ignore parking rules send a message to students and I thank those who have conveyed a message of safety and thought for others by following the rules of the road and our school property.

Kindergarten Registration

Kindergarten registration for September 2011 will be held throughout the district on February 8, 9 and 10, 2011. Nestor offers full day Kindergarten (in both English and French Programs).



Nestor K Registration (English and French):

9:15-3:15 February 8 - 10

All applications are processed on a first-come, first-served basis, however, we do anticipate having room in both programs.

Registration for early French Immersion will take place at the same time as the regular English program. It is very important to note that you will only be able to register for **one program**.

Parents should register their children at the elementary school serving their neighbourhood/ catchment. If you have a child at Nestor currently – you are considered ‘in catchment’! **Proof of citizenship for parent and child (i.e. birth certificate, PR Card, Passport) and proof of residency in B.C. (e.g. rental contract, property purchase agreement or tax notice, along with utility bill, etc.) is required.** Only those students who are five years of age by December 31, 2011 can be accepted for September 2011.

Donations of Used Books Needed!

Mark your calendars! The PAC is starting to collect donations for our Used Book Sale on **Friday, May 6th**. If you have any gently used books that you could donate please drop them off in the blue book bin in the office. We are collecting books for children and adults this year. More details to follow.

Chinese New Year (The Year of the Rabbit)

On Thursday, February 3rd we will be acknowledging the Chinese New Year by having a small “Dragon Dance” through the halls of Nestor School at 11:00 a.m. Students are encouraged to wear “red” on this day. It is always educational to learn about the festivals of the many cultures that make up our school and our country. The dragon costume is spectacular to see, and was hand-crafted by many of the parents of Nestor . . . so come out and watch!



Scholastic Book Fair 2011

We are having the Scholastic Book Fair on **February 7, 8 and 9th**. The Book Fair will take place in the Library. Students will be given an opportunity to browse during scheduled class visits. Information and pamphlets will be sent home next week. Your child could win \$25 worth of books and also \$25 worth of books for his/her classroom.

This is a very worthwhile fundraiser and a great opportunity to browse and buy books! Proceeds from the fair will go towards the purchase of new books for the Library. You are invited to attend as follows:

February 7 and 9	8:30 – 9:00 a.m.
	12:15 – 1:00 p.m.
	3:00 – 3:45 p.m.
February 8 (all day)	8:30 – 3:30 p.m.

Dates at a Glance



Jan. 26	Early Dismissal at 2:00 – Student Led Conferences
Jan. 27	Early Dismissal at 2:00 – Student Led Conferences
Jan. 28	Nestor Professional Development Day – School Closed
Feb. 3	Chinese New Year
Feb. 7 – 9	Nestor Book Fair
Feb. 8 – 10	Kindergarten Registration for 2011-12 school year
Feb. 8	Dance Fest
Feb. 16	Nestor will host an Official Citizenship Ceremony
Feb. 17	Heritage Fair
Feb. 18	District-wide Professional Development Day
Feb. 23	Grade 3’s to Orpheum
Feb. 25	Good Stuff Awards Assembly - 9:00 a.m.
Mar. 17	2 nd Term Report Cards go home
Mar. 18	Last day prior to Spring Break – Early Dismissal @ 2:00
Mar. 18	Good Stuff Awards Assembly
Mar. 21 - Apr. 1	Spring Break
Apr. 4	Return to school from Spring Break



Anxiety Workshop

Hazel Neill, our school counsellor will be offering an evening workshop for Nestor parents during the week of March 7th, 2011 (specific date to be confirmed). The focus of this workshop will be on understanding more about anxiety and, in particular, how that presents in children. Referring to materials such as the "Friends for Life" program Hazel will give practical examples of how to support children who experience anxiety and how to build their emotional resilience. This will be an interactive workshop with lots of opportunities to share and to participate if you choose to." Specific details will be published in our February newsletter as well as the Nestor Parents' Group newsletter.

Community News



- **Challenger Program**

For children and youth who have physical, developmental and intellectual disabilities within the Tri-Cities area (5 to 18 years of age). Our program provides these special kids with an opportunity to enjoy the full benefits of Little League participation at a level structured to their abilities. For more information: <http://www.challengerbaseball.com/about.html>

- **Coquitlam Minor Lacrosse**

The Coquitlam Minor Lacrosse Association will be holding their regular Registration session on February 6th, 2011 from 10AM to 2PM at Poirier Sports and Leisure Complex (633 Poirier Street) in the Large Multi-Purpose Room on the 2nd Floor above the Curling Rink. Please refer to www.coquitlamlacrosse.ca for information regarding registration.



- **Safe & Sound First Aid Training Ltd.**

Register online at: www.learnfirstaid.ca or call (604) 945-7277

Pro D Day Babysitting Course For children ages 11 – 15 years old

Day/date:	Friday, February 18 (School District 43 Pro D day)
Time:	9.00AM - 5.00PM
Price:	\$63.00+GST per child (includes book, certificate & mini first aid kit)
Location:	1160 Lansdowne Drive, Coquitlam



Sincerely,

**Mr. Sean Della Vedova
Principal**