



Birchland Elementary School

E-News

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Mr. Frank Pearse, *Principal*

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November 12, 2013

Principal of the Matter – fpearse@sd43.bc.ca

I am in the interesting position of working as an Elementary School Principal while having young children at home as well. Not surprisingly, I often notice similarities in my own children and those I work with at school. In both arenas the last few weeks have been very hectic, between Halloween and changed schedules we have recently had three four day weeks. When schedules change, sleep patterns usually change and ultimately our children get less sleep. Lack of sleep directly affects our children by making them more hyperactive, cranky, impulsive and reduces their attention span. In short it reduces our children's ability to self-regulate their emotions.

Sorting through some blogs and articles online over the weekend I came across a piece by Dr. Jim Taylor on the "Psychology Today" website. Complete article can be [found here](#).

The influence of sleep on children is profound. Quality sleep has been found to be associated with improved attention, reduced stress, greater emotional control, better mood, improved memory, greater ability to learn and return information, better grades, improved mental health, lower risk of obesity and other health problems, and longer life.

Sleep experts say that children ages three to six need 13 hours of sleep, seven to 12 year olds should get 11 hours, and children ages 12 to 18 need nine hours of sleep each night. Disturbingly, children are staying up later and not getting enough sleep these days. One study found the value of "early to bed, early to rise" in which children who went to bed early and awoke early got more exercise and were healthier and thinner. In contrast, children who went to bed late and work up late were more likely to watch television, use computers, play video games, and snack on unhealthy foods during those late evening hours. Plus, they were more likely to view advertising for junk food and fast food. The result was a trade-off of physical health for a more sedentary life.

Given the obvious benefits of a good night's sleep and the clear harm caused by not enough sleep, it's your responsibility for ensuring that your children develop good sleep habits and get a good night's sleep. The great thing about sleep is there are a lot of practical steps you can take to help your children get more sleep. It starts by recognizing the importance of quality sleep and making it a priority in your family and essential for your children. If sleep is important to you (and it should be because lack of sleep can bring out your worst as a parent), sleep will be important to your children. At a practical level, create quality sleep habits for your children. These sleep practices include removing televisions and computers from your children's bedrooms. It also involves creating end-of-evening quiet time and consistent bedtime routines that encourage sleep (e.g., a warm bath and reading).

I would strongly encourage you to read the rest of the article available at the above link, and although I completely understand how difficult it can be in our fast-paced world, hope you can try to continue to make sleep a priority for your children.

Have a great week!

Frank Pearse
Principal

Christmas Concert

Our Christmas Concert will take place on Thursday, December 19th at 6:30 pm. There will also be a dress rehearsal that parents are welcome to attend on Thursday, December 19th at 1:30 pm.

Lunch Lady Survey

Thank you very much to those of you who responded to the “Lunch Lady Survey” over the past two weeks. Half of the parents who responded indicated that they loved the Lunch Lady while the other half indicated that they would prefer that the Lunch Lady was not offered at Birchland.

Those who liked Lunch Lady indicated that convenience and quality of food were the main reasons they liked it, and they it was used at a ‘treat’ or for a ‘special occasion’ for their children. Those who did not like it indicated that their children pressured them into ordering, it was expensive and the food quality was not the best.

With this information I think that it is best that we continue to offer the service of the Lunch Lady, but would like to remind families that our BPAC is running regular Hot Lunch days as well. If making a choice between the two, please remember that the Lunch Lady is a private company providing a service for you, while the BPAC Hot Lunches (Munch A Lunch) is a fundraiser being run by volunteers at the school and provides money for activities and events at the school.

E-Forms

If you have not already done so, **please take a few minutes to fill out our on-line e-forms**. The forms can be access from our school website or by clicking [here](#). Please note that these forms are in addition to the “Verification” sheets that were sent home and that the Emergency Release Form and Medical Alert Form must be printed and sent to the school in hard copy. If you would like a paper copy of any of the forms to fill out please contact the office.

Running Club

Is back! Thank you to Mrs. Joinson for getting our running club up and running. It will be at lunch time on Tuesday and Thursday’s.

Extra Clothes

As the wet and cold weather come upon us, we would greatly appreciate if the kids had an extra pair of clothes (pants, underwear, socks and shirt) in case they get too wet or dirty. Thank you for your assistance.

Communicable diseases

PARENTS: Please report any serious illness (such as measles, mumps or whooping cough) that can be spread through close contact with others (coughing, sneezing, sharing spit). We would also ask that you report any cases of Lice or Hand Food and Mouth Disease to the school office.

Coquitlam Express - Tickets

Friday, November 29th at 7 pm at the Poirier Sports & Leisure Centre. Tickets are \$5 each. Order forms will be going out next week and are due Friday, November 22nd. Please make cheques payable to; BPAC

Learning, Land and Neighbourhoods

The number of students enrolling in the school district is growing -- in the next decade there will be 5,000 more students. New schools will need to be built and others refurbished or enhanced to meet growing demand. In addition, building on the work done last year, the board is reviewing district properties to ensure we are getting the best value for students today and in the future. The school district has launched a community engagement process to help identify solutions and inform the board's actions and decisions.

We invite you to visit our [Learning, Land and Neighbourhoods section of the District website here.](#)” Also attached is the [Community Consultation Guide for the initiative.](#)

Two Weeks at a Glance [\(Click for the full Birchland Calendar\)](#)

Please keep a close eye on the calendar as the next few weeks are very busy!

- Tuesday, Nov 12
 - E News letter
 - Lunch Lady (optional)
 - Photo retakes
 - Science Alive
- Thursday, Nov 14
 - **BOOKFAIR STARTS!**
 - Aboriginal Education Program
 - Outdoor Education Club
- Friday, Nov 15
 - Fire & Lockdown Drill
 - First Aid Kits - orders due
 - Hot lunch – paper orders due
- Monday, Nov 18;
- Tuesday, Nov 19
 - Lunch Lady (optional)
 - Science Alive
- Wednesday, Nov 20;
 - Theme Day/Wacky Wednesday – wear neon or your favourite colour
 - BPAC Hot Lunch; FreshSlice PiZZA
 - Bookfair – Family Night 6-8 pm
- Thursday, Nov 21
 - Aboriginal Education Program
 - Outdoor Ed Club
 - BPAC Meeting @ 6:30 pm in the library

November						
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					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Student Safety



As we are sure you have heard there have been numerous bear sightings around Birchland in the past week. We will continue to monitor bear activity and communicate with you when we believe there is a bear in the area immediately surrounding the school. As we did last Friday please be prepared in the event that we need to keep your child at school after dismissal until they can be picked up or safely transported home. As we have done in the past we will continue to use e-mail to immediately advise parents if there are bears on or around our school property.

Bear Aware provides excellent safety information about bears: <http://www.bearaware.bc.ca/>

School Meals Program

Once again this year School District 43 will be providing the School Meals Program at Birchland Elementary. All food preparation takes place within our school district and the meals are delivered to the school each morning. Order forms will be available on our website sometime this week, and we will send a note to parents when this happens.

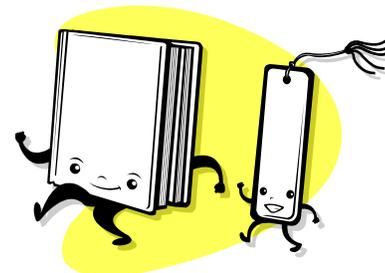
The cost for each lunch is \$4, however, as this program does receive outside financial support, families can speak with Mr. Pearse to ask for this charge to be reduced or waived altogether.

BPAC – leavoldwall@shaw.ca

BOOKFAIR – November 14 to 20 in the library at lunch and after school.

Family Night - Wednesday, November 20th 6 to 8 pm.

Please note this is a fundraiser for the school. Thank you for your support.



BPAC Hot Lunch Program!

This year, BPAC is excited to offer online ordering for our Hot Lunch!

BPAC lunches are planned to run every two-three weeks, and 100% profit of our lunches goes directly back into our school! We have already enjoyed Chinese Food from Ming&Sing, Pizza from Freshslice! And Sushi (sushi Shelter 101). We have also set up a Dairyland account which allows us to offer 2% or Chocolate Milk with most meals.

Once your account has been created (click here to [create](#)), you can order online www.munchlogin.com Payments can be made online, or by cash or cheque payable to 'BPAC'

Upcoming Lunch Dates

- November 20– Pizza; paper orders accepted until Friday Nov 15

If you have not already set up an online ordering account for your child, please visit the [Munch Account Page!](#)

** VOLUNTEERS needed for Nov 20 – pls

Email Stella at

Goncalves_stella@hotmail.com **



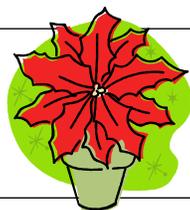
Bulldog Cinch Sacks!



\$10

Order online
www.munchlogin.com

Poinsetta – order forms are going home today!



Interested in outdoor family photos Nov 24/25 ??? email birchlandpac2011@hotmail.com

Fundraising

With First Aid Kits



Notice of a meeting of the members

BPAC Meeting

All welcome! Please help us plan our goals for the 2013/2014 school year! We will also discuss our Hot Lunch Program, Fundraising, Upcoming activities and vote in our remaining PAC positions.

When: **Thursday, November 21st**

Time: **6:30 pm**

Where: **Birchland's Library**

Coffee & Tea will be provided

Hope To See You There!

on-sight childcare provided if needed, please RSVP to arrange Childcare to goncalves_stella@hotmail.com or sign up on the PAC Board

Community Information

The following groups have requested that we distribute information regarding their community events. Although some of these activities may take place in School District 43 Schools we do not organize or endorse these groups or organizations, we simply pass along the information.

Glenayre Elementary's 1st Annual Holiday Gift Gala – Friday, Nov 29th from 6 to 9 pm at Glenayre Elementary. Click here for more information.

Port Coquitlam Skate Club – club information is available [here](#).

Coquitlam Express – latest [newsletter](#) is available on line.

SHARE has recently launched the SHARE Bear Kids Club! The club is meant to recognize the great work done by our countless young fundraisers and to encourage others to join in! Here's an article recently published about one of these kids: <http://www.tricitynews.com/news/219813641.html> Please find attached a press release about the club and a registration form. You can also find out more information and download the form here:

<http://www.sharesociety.ca/WaystoGivetoSHARE/HowtoHostanEvent/tabid/328/Default.aspx>

City of Port Coquitlam – celebrating 100 years! [Please click here for information.](#)



Learn in the Tri-Cities | Face-to-face | www.ce43.com



Study English. FREE learning opportunities!
Join our Foundations English classes for adults which focus on basic reading, writing, speaking and listening skills.

REGISTRATION AT MONTGOMERY ADULT LEARNING CENTRE
Thursdays ONLY until December 19 4:00 - 7:00 PM
Thursdays January 9 - ongoing 4:00 - 7:00 PM

PLEASE BRING:
1 Proof of Canadian Status 2 Photo ID 3 Two proofs of BC residency

MONTGOMERY ADULT LEARNING CENTRE
380 Montgomery Street, Coquitlam
British Columbia, V3K 5G2

FOR MORE INFORMATION CALL OR VISIT
604.936.4261 | www.ce43.com





COMPUTER BASICS *Free class!*
internet keyboarding word processing email
"Literacy Foundations Information Technology"

Where: CLOC
Tuesdays & ThursdaysDec 3 - Mar 11 11:45 - 3:00 PM course # 7A27-1
Tuesdays & ThursdaysMar 13 - Jun 26 12:00 - 3:00 PM course # 7027-2

Where: Montgomery Centre
Tuesdays & ThursdaysDec 3 - Mar 116:00 - 9:15PM course # 4A66-1
Tuesdays & ThursdaysMar 13 - Jun 26 6:00-9:00PM course # 4066-2

A free class for BC residents* 17 years of age and older.
This 80 hour computer basics class is ideal for the beginner.

Register in person at Montgomery Centre or call 604 936 4261 for more information. Visit www.ce43.com

* Students wishing to register must be a Canadian Citizen, Permanent Resident, SAR, Refugee claimant or have a work visa that is valid for one year or more, proof of status and residency is required for registration. Intermediate English required.



COQUITLAM CONTINUING Education