



Cape Horn News

155 Finnigan Street, Coquitlam, BC, V3K 5J2

Phone 604-526-4428 • Fax 604-937-8006 • www.sd43.bc.ca/capehorn

PRINCIPAL'S MESSAGE:

Remembrance Day Program

Parents, families and friends are welcome to join the staff and students of Cape Horn School for a Remembrance Day ceremony Tuesday, November 10th beginning at 10:45 in the morning. It will be a short presentation that enables all of us to stop our busy day and reflect on the sacrifices of the past made for the freedom of the future. As it is a solemn occasion we request that no applause be held for this gathering.

Children will be given poppies to wear on Tuesday and you are asked to bring a donation to support the work of the Royal Canadian Legion. Their donations will be collected prior to the Remembrance Day Assembly.

Supervision

Playground supervision begins at 8:30 each morning. The first bell rings at 8:40 am to signal the beginning of our school day. Supervisors will be on the playground during the 10:20 am recess and 11:55 am lunch time.

The Staff Parking Lot is an out-of-bounds area for students at all times during the school day. We also want to remind parents/guardians to refrain from parking in front of driveways of homes that are near to the school. We want to ensure that we respect their property at all times. Thank you for your cooperation.

Bill McGovern
Principal



Learning: The Voyage of Discovery

Our Mission Statement:

To provide a safe, caring and challenging environment so that students will be prepared for their lifelong "Voyage of Discovery"

Non-School Days

Wednesday, November 11th



Remembrance Day

Friday, November 20th

District Non-School Day

PAC HOT LUNCH DAY



Thursday, November 19th

PAC TREAT DAYS

Tuesday, November 10th
Friday, November 27th

This is an important document. Please arrange to have it translated

此為重要文件,請翻譯成中文。

이것은 매우 중요한 서류입니다, 정확한 번역을 부탁드립니다.

این مدارک از اهمیت ویژه ای برخوردار است لطفاً ترجمه شده آن را در خواست فرمایید.

ESTE ES UN DOCUMENTO MUY IMPORTANTE.POR FAVOR, TRATE DE QUE SE LO TRANSLADEN AL ESPAÑOL LO MAS PRONTO POSIBLE.

To jest ważny dokument. Prosimy o przetłumaczenie go.

CALENDAR



NOVEMBER

- 10 • Remembrance Day Assembly @ 10:45
- PAC Ice Cream Day

11 Remembrance Day (schools closed)

18 PAC Meeting @ 8:00 pm

19 PAC Hot Lunch Day

20 Non-School Day (all SD43 schools closed)

27 PAC Treat Day

DECEMBER

1 Early Dismissal @ 1:45 for parent/teacher interviews (report cards home)

3 Early Dismissal @ 1:45 for Parent/Teacher interviews (report cards home)

4 Remaining Report Cards go home

10 Christmas concert (afternoon & evening)

• PAC Treat Day

18 • Last day of school before Christmas Break

JANUARY

4 Back to school

13 PAC Meeting

22 PAC Movie Night "Minions"

29 Pro-D - no school for students

FEBRUARY

8 Family Day (no school)

10 PAC Meeting

19 Pro-D - no school for students

26 PAC Poker Night Fundraiser

MARCH

9 PAC Meeting @ 8:00 pm

11 Last day of school before Spring Break

14- Spring Break, Good Friday and Easter Monday

29 Back to School

APRIL

15 Pro-D - no school for students

Weather Days

In the event of heavy snow, ice or extreme temperatures, a decision on school closures will take place as soon as possible after 6:00 a.m. that day.

- Check the district website at www.sd43.bc.ca beginning shortly after 6:00 a.m.
- Be sure to hit Refresh when checking back.
- The district website posting is official.
- Tune in to CKWX 1130 AM, CKNW 980 AM or CBC 690 AM for updates.



If parents believe the local conditions are unsafe, they should keep their child(ren) at home. Please do not call the school to request information about closure, as staff are attempting to make it to work under adverse conditions and may be trying to call in their location. Thank you for your co-operation in this matter.

Early Dismissal - Parent/Teacher Interviews



On Tuesday, December 1st and, Thursday, December 3rd, there will be early dismissal for students at 1:45 p.m. to facilitate Parent-Teacher Conferences. Sign-up schedules will be posted on Tuesday, November 24th, in the front hall across from the office.

Report Cards

Formal Report Cards will be handed out to parents at the Parent/Teacher Interviews on the above two days. If you are unable to make a time to meet with your child's teacher on either of those days, then the report cards will be sent home with the students on Friday, December 4th.

Emergency Release Form/District Policies Form



If you have not already done so, please complete and return your child's emergency release form to the office. This is the form that our staff will use to release your child to someone that you designate, if you are unable to get to the school in case of an emergency. If we do not have an Emergency Release Form on file your child will have to remain at the school until you are able to pick them up. We also have this form available online at www.sd43.bc.ca/capehorn under "Parent E-Forms". Please note that the form cannot be submitted electronically, it must be filled in and printed and dropped off at the office.

Also the District Policies and Permissions E-Form should be submitted online if you have not done so. This form does submit electronically and provides permissions for photo release, walking field trips, social media consent, etc.

Scholastic Book Fair

The fall book fair was a big success, with total sales topping \$2,000. With the credits awarded to our school, we were able to purchase books and classroom items. Thank you to everyone who attended, and to Mrs. Papa and Mrs. Agostino, who volunteered at the cash desk, helped set up, and take down the book fair. Congratulations to the following draw winners: Ding, Reona, Ryan, Max, Sarah, Leo, Gabriella, Cora, Nathan, Trysten, Chase, Carson and Ravneet! We'll be hosting another book fair in the spring.



Christmas Concert

It's hard to believe that we are thinking about Christmas, but it will be here before you know it! Once again we will have an afternoon and an evening concert here at the school, on December 10th. The purpose of the afternoon concert is so that younger children not yet in school can attend. The evening concert is generally for an older audience, same performance. Mr. McGovern will be raffling his parking spot in the front of the school and "VIP seats" (front row). These tickets will be made available closer to the concert.



Cape Horn T-Shirts

Introducing our brand new school t-shirt, designed by students for students (and staff and parents), depicting our 4 pillars of Rights. Our students can take pride in wearing their new t-shirt on field trips and special occasions. These t-shirts were so popular that we ran out of stock, but have re-ordered and now have a good selection in all sizes.

We are selling T-shirts for only \$10 each at the office (this is not a fundraiser). If you would like to purchase our school spirit t-shirts, please visit the school office for an order form or call 604-526-4428 and we will send one home or email one out to you.



Helping Hands

HELPING HANDS Mme Gibson and Mr. McGovern are the advisors for our student committee. They have been planning with this hard working group of students to have activities that are not only fun for everyone but also give back to our community. We will be having spirit days, will do fundraising activities to donate to charities and will be working on community projects such as food drives, community clean-ups. Our student members this term include: Tyler, Emily, Mariechen, Grace, Fawn, Sandra, Laylia, Boris, Peter, Mark, Matthew, Diana, Carson, Arjun, Brooke, Conner, Rhiannon, Gabriel, Hayden, Alayna, Liam, Jacelyn, Ethan, Sophia and Elise.

Outside Recess and Lunch

Rain, rain go away We are still going outside to play

"There is no such thing as bad weather, just bad clothes"



Students will be going outside at recess and lunch on most days and should come to school prepared to play outside. Boots and water-resistant jackets with hoods will help keep children warm and dry. **Please make sure that your child has a change of clothing at school.**

Emergency Preparedness

Just a reminder that if you have not already done so, please send \$5.00 to your child's teacher to help cover the cost of emergency preparedness supplies, together with family photo and comforting note.



Lost and Found



If you are joining us for our annual Remembrance Day Assembly, please take this opportunity to check out the "lost and found" located at the top of the stairs to the lower classrooms. It is amazing how many items were "lost" in the first two months of school! Please think about labeling your child's clothing, especially running shoes, coats, jackets and lunch containers.

Lunchbox Theatre presents ... Wizard of Oz

The children in our Lunchbox Theatre program have been working hard in preparation for their upcoming School Fundraiser Evening performance of The Wizard of Oz, on Wednesday, November 25th. Doors open at 7:00 pm and we will be selling concession items for the show. Cash donations will be accepted at the door in lieu of ticket sales. All money raised will go towards the purchase of our school's new gym sound system. We hope to see you there!



TIPS FOR PARENTS: SUGGESTIONS ABOUT TEASING

Children may have strong feelings about being the victims of teasing, and that can make it hard to talk with them about it. Here are some suggestions to help at home.

Try Saying: "I'd like to understand what happened. Why don't you tell me about it?"

The reason: Listening respectfully to children - hearing their experience of events and interactions - is one very important way to give them your support. Remember to listen before offering advice.

Try Saying: "That must have felt awful..."

The reason: Acknowledging children's feelings without judgement is a good way to help children feel safe talking with us about difficult and embarrassing topics.

Try Saying: "I remember being teased when I was your age..."

The reason: Feeling alone, or singled out, is one of the more painful aspects of being teased. Hearing that you had difficult times when you

were a kid will help children feel less alone -- and most children love stories!

Try Saying: "Let's think about what we can do about this..."

The reason: It's best not to start problem solving until your child feels as though you understand, or are trying to understand, his or her experience. Engaging children in the problem-solving process helps them feel competent and helps them build important skills.

Try Saying: "You know, it's hard to believe, but lots of times people who tease are really unhappy."

The reason: It's helpful if children begin to understand that kids who tease may have problems and are less than all-powerful.

Try saying: "Would you like me to do something about this?"

The reason: Children may or may not want parental intervention, but it's important to offer it as an option. They may feel that talking to

other parents or teachers will make things worse instead of better.

Some people are more sensitive to teasing than others. How we talk to our children about it will depend on what we know about them. Ask yourself these questions: Are my kids especially sensitive? Can they laugh at themselves? Has this kind of thing happened before? How do they generally get along with their peers?

Most children are occasional targets of hurtful teasing. How you and your children approach teasing will depend on your family's style of interacting. Encourage kids to avoid games that involve coming up with increasingly gross, or nasty put-downs. These can lead to hurt feelings and even fights. If your children are persistently the victims of teasing, in a variety of situations, they may be sending out signals that encourage it. In that case, it may make sense to seek professional help through the school.

If you have any further questions, make sure to contact me at school. Thanks!

Food Drive



Beginning Monday, December 7th we will be supporting the Share Christmas Food Drive, sponsored by Student Leadership, the Burquitlam Lions and the Coquitlam Fire/Rescue, through the collection of non-perishable foods. Boxes will be placed in classrooms and in the main entrance of the school. Also, you will be able to make a contribution at our Christmas concerts on the afternoon and evening of December 10th.

Thank You to:

- The parents who remember to phone in when your child is absent or will be late. Your help is sincerely appreciated as it not only saves us time in phoning, but also removes the stress and worry we have if we can't reach you.
- Those parents who turn up regularly as helpers, particularly with the primary reading program.
- All our parents who support the fundraising efforts of our PAC either in time or purchasing goods.
- The parents who helped with the Halloween Fun Day.

School District #43 Coquitlam

155 Finnigan Street
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Check out the website for news
and announcements!
www.sd43.bc.ca/capehorn

Halloween Coloring Contest

Congratulations to the following Halloween coloring contest winners:

Funniest: Arta, Darius, Michael
Artistic: Alan, Reona, Ethel
Friendliest: Shandy, Alessia, Sheila
Scariest: Paryss, Anthony, Sophia

SUMMER READING CLUB RESULTS

Please see letter below from Coquitlam Library to Cape Horn:

Congratulations! We're happy to announce another win for your school – well done! We would also like to provide a list of names below of the children who participated in the summer reading program. We encourage you to recognize these children in an announcement or at an assembly. In total, 2058 children took part in this year's Coquitlam Library club!

We held medal ceremonies on Saturday, August 15th and Saturday, September 12th where we presented reading medals to over 341 children. Students who were not able to attend the medal ceremony were asked to pick up their medals from the Information Desk of the library at which they registered.

The top school in the Poirier area is Cape Horn Elementary with a 35.4% registration rate. The top school in the City Centre area is Nester Elementary with a 23.1% registration rate. Both schools will have their names engraved on our Summer Reading Club trophies, kindly donated by CUPE 561, Coquitlam Centre Mall and the Coquitlam Teachers' Association, which will be presented at a school assembly.

Here are the participants: Fiona, Armaan, Roya, Benney, Evan, Kiarra, Jacob, Jackie, Caleb, Jesse, Alex, Andreea, Phoenix, Siryn, Dylan, Maya, Liu, Katea, Drogonfly, Katelyn, Rhys, Joseph, Peter, Ethel, Dayton, Tyler, Malcolm, Sheila, Acacia, Alayna, Lucas, Madelyn, Milo, Carseph, Bryce, Jaden, Jasper, Alex, Daniel, Leo, Alyssa, Tammy, TJ, Tristan, Sienna, Boris, Connor, Abby, Mariechen, Mark, Maxene, Emily, Grace, Arta, Kyle, Shandy, Matteo, Valeria, Diana, Gabriel, Daniel, Nathan, Caelan, Hannah, Kiera, Farhad, Alan, Roney, Omar, Sofia, Caleb, Janella, Ethan, Sefora, Eden, Jackson, Morgan, Dylan, Sanca, Tiensa, Lucas, Avril, Alithia, Brooke, and Jason.

PAC News

Pac Meeting

The next PAC meeting is on November 18th at 8:00 p.m. There will be no PAC meeting in December as it is a short month.

Fundraising News:

Treasure Trays

Our popular Treasure Trays will be featured again this year. Each class will be responsible for putting together a theme basket that will be wrapped by PAC volunteers and on display throughout December. We are asking if each child could bring an item pertaining to the theme chosen for its division or a \$5.00 to \$7.00 cash donation. In the past, some parents have chosen to pool together to purchase a more expensive theme item. All cash donations are used to purchase items pertaining to the theme baskets. Tickets for the Treasure Trays will be available for purchase in December and will be sold until the end of the day on Wed, Dec., 10th. Ticket order forms will also be sent home. Please

be sure to put your name & phone number on the back of each ticket before placing in the draw boxes. All draws will be held in the school gym after the evening Christmas Concert on Dec. 10th.



Thrifty's Smile Card

We are signed up on the Smile Card Fundraising Program. It's simple and there is no cost to you. Thrifty's Food Smile Card's will be available by emailing ginapapa13@gmail.com. Please include in your email, your child's name and division/teacher and the number of cards you would like. Bring the card with you every time you go grocery shopping. Before you load your groceries at the till, ask the cashier to load any \$\$ amount on the card you like. Card load must take place before groceries are rung up. You can pay with cash, debit or credit card. Pay for your groceries with the Smile Card. When your card is running low, just load it back up. 5% of the card load will be donated to Cape Horn PAC. This will be an ongoing fundraiser.

Cookies, Pies & Purdys:

Order forms will come home soon, with delivery the first week of December. Please remember, if you can't make it to pick up your order, please arrange for someone to pick up for you as there is no freezer or storage space available at the school.



PAC Movie Night

January 22nd - Keep this night free so you won't miss this fun annual event! This year the movie "Minions" will be showing. Watch for info right after Christmas break.

Poker Night:

The CHPAC will be holding Poker Night on Friday, February 26th. Stay tuned for more information regarding this popular Cape Horn fundraiser!



WHAT YOU
need to know



SELF-REGULATION | A PARENT'S GUIDE

Self-regulation and your child's health

Calm, alert and learning: who wouldn't want their child in that optimal state of mind?

Naturally, your child's overall health—both physical and mental—is a priority for you as a parent. And who would guess that a major influence on our health as adults and kids lies deep inside the brain, in a system that regulates how well we respond to stress. The beating of your child's heart, your child's breathing, digestion, how well your child pays attention and learns, even your child's facial expressions and ability to hear your voice are all controlled by this system in the brain.

This internal regulation system acts like the thermostat on your furnace. Let's say you set the thermostat to 18°. The furnace works around this set point by turning on when the temperature falls below about 15° and turns off when the temperature hits 21°. But the thermostat can break if it gets overused, and the same thing can happen to your child's

"brain thermostat" when there is too much stress. The thermostat, or ability to self-regulate, simply gets overwhelmed.

Signs of stress

It's usually pretty obvious when your home thermostat breaks down: the house is too cold or too hot. It's also pretty straightforward for your child. Here are some simple signs that a child's stress system is overworking:

- Trouble falling asleep or staying asleep
- Crabby mood in the morning
- Easily upset—even over little things, trouble calming down when this happens
- Volatile mood
- Trouble paying attention, or even hearing your voice
- Frequent anger, or signs of sadness, fear or anxiety



Series on Self-Regulation: What You Need to Know
June 2015

This resource was developed by the Society for Safe and Caring Schools & Communities, in partnership with Dr. Stuart Shanker and The MEHRIT Centre. It is freely available to use in support of creating welcoming, caring, respectful and safe learning environments for children and youth. Download this resource and more at www.safeandcaring.ca and www.self-reg.ca.



SELF-REGULATION | A PARENT'S GUIDE

Finding the causes

If these signs are evident in your child, you can help by “playing detective” and exploring what the reasons might be that have led to the stresses that resulted in the observed behaviours. Even very young children can actively engage in figuring out why they are in a state that isn't pleasant or comfortable for them or for you. Stress might be coming from all sorts of things. Any combination of the following can lead to stress that can upset the thermostat. Your child might be:

- Sensitive to lights, noises, crowds or strong smells
- Underslept
- Responding to the effects of too much junk food or sugar
- Under-exercised or inactive
- Watching too much television or spending too much time playing video games or on other devices

Next steps

Sound difficult? These are proven steps towards having a happier, and healthier child. With the right kind of support, the results can happen fast.

Contact The MEHRIT Centre at info@self-reg.ca or visit www.self-reg.ca for further information.

Stuart Shanker, The MEHRIT Centre

5 steps of self-regulation

Your child's wishes are the same as yours: to be happy, to have friends, to pursue interests and be successful at school. Here are some steps you can take with your child to get there:

1. Read the signs and reframe the behaviour
2. Recognize the stressors
3. Reduce the stress for your child
4. Reflect—help your child learn to reflect on their own self-regulation
5. Respond—help your child learn to respond to stressors and return to calm



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