



Hillcrest Middle School HAPPENINGS

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Nadine Tambellini, Principal Tony Romano, Vice Principal

www.sd43.bc.ca/hillcrest

Mission Statement:

The Hillcrest School Community is committed to providing educational opportunities in a safe and respectful environment that encourages students to become responsible lifelong learners, both individually and cooperatively.

September 15th, 2017



Tambellini Talks

Thank you to all parents for your support in getting the multiple fees and forms in and of course getting your children back into school routines. We appreciate all your help.

Just a heads up that for the continued safety of our students and staff, the outside doors will be locked during instructional time (during class time). Doors will be unlocked prior to nutrition break and lunch so that our students can return easily into the building but doors will be relocked after breaks so that any visitors/ strangers can only access the building via the front door by the office. We apologize for any inconvenience this may cause to our parents/visitors in advance but feel this measure is important to keep our students safe from any disruption to the school environment.

Attached with this newsletter is our Expectations Matrix for students. Our staff focused on the consistency, routine and practice of these behaviours in each area for the first week of school.

The weather is cooperating with us right now but fall weather is coming within the next few weeks. On that note, a little about inside days- we encourage students to go outside at lunch time to maximize noon hour supervision and safety, unless students are participating in an activity inside the building such as supervised intramurals or clubs. We do allow students to stay in the MPR too through the lunch hour – some finish eating their lunches, some chat amongst friends and other play cards or board games. At 12:40pm, an announcement reminds students to go to lockers, put away lunches, get jackets and go to the washroom before getting 20 minutes of fresh air. For inside days, however, students are reminded that they are welcome to remain indoors but they must decide where they want to be in the building. If they want to walk around they can still go outside. The expectation is the noise level be at an appropriate level and students engage in an activity which they do sitting down. Students are discouraged from roaming the hallways.

I need some help from parents with student safety travelling 'to and from' school. We do a series of PA announcements in the morning and ask that students travel in groups, stay on main road sidewalks and refrain from wearing ear buds or listening to music. It is so important that they are aware of those around the area. We also ask that students leave directly after school as this is when most streets and sidewalks are busy i.e. the safety in numbers rule. We also have been reminding students about being extremely careful if they are on bikes and skateboards: wear helmets, follow proper road safety and of course slowing down on busy roads or crowded sidewalks. We are also discouraging students from traveling through Mundy Park as it is less accessible if a problem or emergency occurs.

This past week also brought forth two topics for discussion on staff and of course with students: Honesty and rumours. We had many talks with our students about communication overall- the importance of being truthful, reporting when safety is involved and of course not spreading information that could prove hurtful or cause undue stress to others. Building resiliency within our students is a key area we are focusing on as a staff within our school goal of social responsibility. What does that mean you ask? It is working with students to move them forward in their ability to cope with stress and adversity. It is helping them to 'bounce back' positively when things do not go their way. This is the start of this journey.....

Again, thank you for your support for staff, your belief in our students and your commitment to our community.

Miss Nadine Tambellini

CALENDAR

September	20		Grade 6 Immunization
	20	6:30	Beginning Band instrument rental night
	20	Blk C	Hold and Secure drill
	21	6:30 pm	Meet the Teacher Night
	22		District Pro-D day
	26	11:00 am	Health & safety meeting
	29		Grade 6 Immunization Catch-Up

Yearbook Parent Photographers Needed!

Yearbook Club is looking for parents who would like volunteer a little of their time to snap some photos during school wide events at Hillcrest. You can choose to do one event or more if you wish. Your photos would be valuable to the Yearbook Club as we aim to have a good cross section of our student population to include in the book. All that is needed is a camera and we would supply you with a USB to download the photos. If this interests you, please email: mychan@sd43.bc.ca

Meet the Teacher

We invite you to attend our annual Fall Open House on **September 21st at 6:30 p.m.** We will begin in the gym area. This is an opportunity to meet your child's teacher and tour the school. This will not be an opportunity for lengthy interviews. If you wish a longer interview please contact your child's teacher to arrange for a convenient time. We look forward to visiting with you. Please note that the Scholastic Book Fair has been moved to later in the year.

Professional Day – September 22nd

Our first non-instructional day will be Friday, September 22nd. We will be closed to students on that day to allow teachers to plan for the year and participate in educational initiatives.

Beginning Band

Beginning Band Begins!

Wednesday, September 20th is Instrument rental night for all Beginning Band members. Professional musicians will be there from Long and McQuade to show you which instruments are available for rental as well as the basics of how they are played. Things will start at 6:30 pm in the Dramus Room 101. The first Beginning Band rehearsal will be the next Monday, September 25th at 7:47 am in the Gym. If you have any questions, please email Ms. Yeates at ayeates@sd43.bc.ca

HILLCREST OPPORTUNITIES

Gifted Testing:

We will be completing gifted testing in October. The NEW gifted testing takes three 1-hour sittings. We will do the testing all the Fridays (October 6th, 13th and 27th) we are in session in October. Students must be committed to attending all the testing sessions.

Usually we seek out teachers to nominate students in their classrooms. If students already have a gifted designation, we will not be retesting them. Most students were tested when they were in elementary school (grade 2 or 3).

With a gifted designation, students can apply to specific programs or opportunities such as MACC or Talons. If parents would like to nominate their child for testing, please contact Jon Wiskar, our challenge teacher, at JWiskar@sd43.bc.ca by September 29th. We will not be hosting gifted testing at any other point in the 2017-18 school year.

Proposed Student Exchange

We are very pleased to announce that we have the opportunity to participate in a national, subsidized student exchange program through **Experiences Canada** (formerly known as SEVEC). This program provides a unique opportunity for students to meet new people and experience diversity by travelling to another region of Canada and staying with a host family there.

Experiences Canada is a national charity which has been offering home stay exchanges to young Canadians for over 75 years. The organization is committed to offering safe, secure and educational exchange opportunities which encourage the intellectual, cultural, linguistic and social development of young people.

Through the program, our students will be twinned with a group of youth the same age from Quebec City, Quebec. Each group will travel for one week and hosting for one week (taking turns staying in each other's homes). The cost of travel from one region of Canada to the other is entirely funded by Experiences Canada through the Department of Canadian Heritage. There is a participation fee of \$100 per participant as well as an amount to be determined which will cover hosting activities, local transportation, etc. This program is only open to grade 7 and 8 students.

We will be holding an information meeting on **Thursday, September 21st at 5:30 in the library** for parents. In the interim, we encourage you to visit the Experiences Canada website at <http://www.experiencescanada.ca/home/> and in particular, view the **Parent Information Video**. **We request that the child interested in the program also attend the meeting with their parent(s).**



Homework Club

We have a Homework Club for our students after school from 3:10 – 3:55pm, Monday to Friday. We believe that this is an excellent opportunity for your child to get some homework completed before leaving school as well as to receive support or clarification with any aspect of homework in which he/she may be having difficulty.

Our Youth Worker, Ms. Penner- Hunt will be supervising the Homework Club. She can give extra clarification if your child is confused about a particular subject or assignment. If you are interested in your child attending on a regular basis please contact her at spenner-hunt@sd43.bc.ca. If students come on a drop-in basis, they will be asked to contact their parents to let them know they are staying for Homework Club.

Donations:

If you have any board games, books, Lego or puzzles at home collecting dust, you may donate them to the school. Please make sure that they are all complete with the necessary pieces. Thank you!

A Message from Ms. Dhaliwal

Now that the start-up is behind us (and a successful one at that!), we want to help students settle into some good routines to support their learning. **Eating well, exercising and having good sleep hygiene** are key physical components. Some students are still operating on their 'summer clocks' and staying up way past their bedtimes. As a result, they may find themselves sleeping in and scrambling to get organized and on time for school.

We want to reinforce the importance of starting the day on a positive note by encouraging students to **get organized the night before (including making lunch)** and **arrive at the school about 10 minutes before the first bell**. This helps them settle in for the day, as they put their backpacks in their lockers and prepare themselves for class.



Kateslem Afterschool Program:

Kateslem is a program that runs every day afterschool beginning the first full week of school and operating Monday to Friday from 3pm to 5:30pm with snacks provided. The Kateslem room is set up like a club with areas for homework use. Students will also access the gym, classrooms, and other parts of the building for planned activities.

The activities offered include:

- Homework assistance
- Literacy skills
- Life skills
- Health, nutrition and hygiene skills
- Community service and leadership
- Recreational activities
- Creative activities
- Friendship and conflict resolution opportunities

Kateslem has a needs-based registration program. Parents, teachers and counselors can refer students. Students can also refer themselves. HOWEVER, the commitment is for the year. There is no registration fee other than a \$25 donation, and each student is asked to donate one item of non- perishable food per month, to assist those in need

in the Coquitlam community. The link to the Kateslem is at <http://www.kateslem.com/program/> where you will find information and the registration forms at the bottom of link.

PLEASE RETURN YOUR COMPLETED APPLICATION FORM TO MISS TAMBELLINI VIA EMAIL ntambellini@sd43.bc.ca OR AT THE OFFICE if you are interested in signing your child up.



Continued Worries:

We continue to have students coming to school with skateboards and bikes. While this is not an issue, it is a problem if students do not have the appropriate protective helmet and/or are riding their transportation on school grounds. Students are to walk their bikes and skateboards onto the property for their safety and others.

Another worry: We do not offer ongoing supervision after 3:15pm. After this time, students who are remaining on the grounds are expected to be in the care of guardians or parents unless they are in a school sponsored activity.

PAC NEWS

Welcome back families!

Our first PAC meeting of the school year is next **Tuesday, September 19** at 7:00 pm in the Library. All parents and guardians are welcome and encouraged to attend.

The PAC will also be hosting a coffee and tea service in the Library during Meet the Teacher Night Thursday, September 21 at 6:30.

The PAC is on Facebook – find us at Hillcrest Middle School Parents (Coquitlam)

Should you have any questions about fundraising at Hillcrest, please contact Catherine Hubbs at hillcrestfundraising@gmail.com.

Fundraising Schedule 2017/2018

Ongoing: Discover Books and Big Brother Renew Crew donations bins, fundraising by donation

September – fundraising by donation begins, SPC cards

October – QSP magazines, Clothing/Book Drive, pizza lunches start

November – Poinsettias, gift cards, Purdy’s Chocolates, Winter Concert reserved seat auction and 50/50

March – Purdy’s Easter

April – Hanging baskets and bedding plants

June – Spring Concert seat sale and 50/50

Highlights of our current and upcoming fundraisers:

Fundraising by Donation: If you would like to support Hillcrest PAC by providing a donation please see the attached PAC donation letter/form. Alternatively, you can make your donation through the School Cash

Online (KEV) system by clicking [here](#). No other fundraiser has a 100 percent profit margin and for donations of \$25 or more you will receive a tax receipt from SD43.



Pizza Lunch Fundraisers: The PAC will be offering pizza lunch fundraisers in throughout the year. All orders and payments will be through the MunchaLunch system, which will be up and running early next week – look for detailed information coming out early next week.

We serve two teams on each date on a rotating basis - remember to order only on your child's team date.

PAC pizza lunch dates:

- Green and Red Teams - October 3
- Blue and Yellow Teams - October 17
- Orange and Green Teams - October 31
- Red and Blue Teams - Nov. 14
- Yellow and Orange Teams - Nov. 28

The pizza lunch coordinators for this year are Catherine Hubbs and Deb Dobson who can be reached at hillcrestlunches@gmail.com.

SPC Cards:

SPC is Canada's favourite loyalty card that provides students with discounts and deals at thousands of the best stores and restaurants across Canada.

SPC has teamed up with students' favourite brands like- Urban Outfitters, GNC, Forever 21, Adidas, DAVIDs TEA, Reebok, Amazon.ca, Bath & Body Works and more! Students are required to show their student card when making a purchase. More details at www.spccard.ca.



At a cost of \$10.00, most SPC Card members will cover the cost of the card on their first trip to the mall and the cards are valid until July 31, 2018! Cards may be ordered online at www.spccard.ca/purchase. Remember to **Promo Code 37268** for Hillcrest to receive the \$3.50 profit.



Clothing/Book Drive: Together with Big Brothers Renew Crew and Discover Books we will be having a combined **Clothing/ Book Drive** in early October. Please sort through your bookshelves, clean out those closets and drop off your donation to our student helpers at the gym entrance off the Como Lake parking lot. **If you can't wait until October to donate please deposit your books or clothing in the Discover Books bin or Big Brothers bin at the Como Lake**

entrance to the school. We receive seven cents per pound of donated books and approximately 16 cents per pound for donated clothing. Find out more about how your donated books are used at <http://www.discoverbooks.com>.



FROM OUR ABORIGINAL EDUCATION DEPARTMENT

For your information, the revised curriculum now being implemented across the province as per the Ministry of Education, includes integrated material related to Aboriginal culture, history and ways of knowing in each grade, K-12. The best summary of why this is important for all students is embedded in the First Peoples Principles of Learning:

First Peoples Principles of Learning

Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.

Learning is holistic, reflexive, reflective, experiential, and relational (focused on connectedness, on reciprocal relationships, and a sense of place).

Learning involves recognizing the consequences of one's actions.

Learning involves generational roles and responsibilities.

Learning recognizes the role of indigenous knowledge.

Learning is embedded in memory, history and story.

Learning involves patience and time.

Learning requires exploration of one's identity.

Learning involves recognizing that some knowledge is sacred and only shared with permission and/or in certain situations.

For more information on this topic, please access the Ministry website at:

<http://www.bced.gov.bc.ca/abed/documents.htm#curriculum>

In addition to letting you know about this important work, we are particularly interested in addressing the diverse needs of all our Aboriginal students. Coquitlam School District 43 is committed to the academic success, cultural connection and socio-emotional development of all Aboriginal Learners. We have one of the highest Aboriginal graduation rates in the Province, and are very proud of the work of all our educators and the Aboriginal Education Department. We wish to continue this excellent work and improve even more, with the renewed emphasis from the revised curriculum and embedding the First People's Principles of Learning across all curricular areas. As such, self-identification is important.

Self-Identification

What does "self-identification" mean?

It means that if you have *any* kind of First Nation (status or non-status), Metis or Inuit Ancestry in your family tree, no matter how far back in generations, you can "self-identify" as having ancestry. Official documentation or paperwork is not required.

Why self-identify yourself or your child?

Once students self-identify they may access a wide variety of academic, cultural and social/emotional supports, programs and activities (see examples below). Even if students do not access most the services available, self-identification helps assure programs and activities will be available for other students.

How Do We Self-Identify?

Please email our office at abedinfo@sd43.bc.ca and provide the following information:

- Student name, birthdate and home school
- Parent name and contact information
- Type of Ancestry (Status, Non-status, Metis, Inuit)

Common Questions

What types of support are available?

Aboriginal Education support may include such things as:

- Field trips
- “Rites of Passage” day camp in grades 5 & 8 for students moving on to new schools
- Cultural programs & activities in some schools
- Support from one of our staff members to “check in” with, make a connection and be available to talk or assist with personal issues
- Breakfast and lunch programs at some schools
- Aboriginal Youth Leadership Council for secondary students
- Invitation to Aboriginal Education community events
- Annual Honouring Ceremony for secondary students recognizing achievements and completion of grade 12. This ceremony is over and above school-based awards
- Awareness of, and applying for Aboriginal scholarships and bursaries for post-secondary.

Will student be pulled out of classes for extra support?

The only time a student will be taken from class for support is when this arrangement has already been made between our department, the parent and either the classroom teacher or school-based support team.

There are some programs offered to middle and secondary school students (such as our Aboriginal Youth Leadership Committee or post-secondary institution visits) but these types of activities require parental-signed permission forms. If these events are during school hours, you will have a full description and notification.

Is there a choice to self-identify and NOT receive extra supports?

There are cases where parents and students choose to self-identify but do not want any additional supports. Due to funding regulations, we need to provide regular contact with all students who have self-identified but the type of support can vary. The goal of our department is to work with parents and students to determine the type and amount of support and/or contact that is most comfortable and useful for each student. Other supports could include monitoring attendance and school progress, advising you of special events or simply just checking in with your child.

How do I find and contact the Aboriginal Education staff member assigned to student’s school?

Your school office can provide you with this information or call our Aboriginal Education office directly at 604-945-7386.

We will continue to provide service to all children with Aboriginal Ancestry for this 2017-18 school year. If you do not wish support from our department, please let us know by email. Unless we hear otherwise from you, we will assume that your child/children will continue with our program for this school year.

Department Contact

Should you have any questions or concerns throughout the school year, we encourage you to contact our office at 604-945-7386 to arrange an appointment with our District Principal, Ms. Gayle Bedard.

SAFETY MESSAGE FROM ICBC

Key messages:

- We're encouraging parents to review the rules of the road with their children and go over their daily route to and from school.
- Drivers should leave extra travel time so they aren't rushing and avoid any distractions behind the wheel.
- Drivers need to be focused on the road and watch for children, especially in or around school zones.

Secondary message:

- Police and Speed Watch volunteers will be closely monitoring drivers' speeds in school zones to make sure they follow the 30 km/h speed limit and help children get a safe start to the school year.

Tips:

Tips for drivers

- Every school day, unless otherwise posted, a 30 km/h speed limit is in effect in school zones from 8 a.m. to 5 p.m.
- When you're dropping off your children in school zones, allow them to exit the car on the side closest to the sidewalk. Never allow a child to cross mid-block.
- If a vehicle is stopped in front of you or in the lane next to you, they may be yielding to a pedestrian, so be prepared to stop.
- Watch for school buses. Vehicles approaching from both directions must stop for school buses when their lights are flashing.
- Before getting into your vehicle, walk around your vehicle to make sure no small children are behind it. Always look for pedestrians when you're backing up.

Tips for parents and students

Print ICBC's [child pedestrian safety tips](#) and post them in your home. Review the tips with your children – even older children need to be reminded about road safety.

- **Map it out.** Plan your child's walking route to school with them ahead of time. Review street names and landmarks to orient them.

- **Road rules.** Make a fun, interactive game out of guessing the correct traffic signs and meanings with your child.
- **Set a good example.** Never jaywalk or run to cross the street. Where possible, cross at intersections with a pedestrian crossing light or marked crosswalk.
- **Look.** Make sure all vehicles have stopped before entering the road. Make eye contact with drivers before crossing, even if the walk signal is on.
- **Listen.** Put away the electronic gadgets, cell phone and ear buds so you can hear approaching traffic that may be hard to see.
- **Be seen.** Wear bright clothes and/or reflective gear especially at night and in poor weather.
- **Railway crossings.** Only cross railway tracks at designated signals or signs and watch your step. Discourage play around or on railways.
- **Parked vehicles.** Avoid shortcuts through parking lots or around parked cars where it's harder for drivers to see small children.
- **Crossing basics.** Stop at the curb. Look left and right for oncoming vehicles, then look left over your shoulder for vehicles that might be turning. When the intersection is clear, start crossing and keep looking for approaching vehicles.
- **Sidewalk/no sidewalk.** Walk on the inside edge of the sidewalk away from the road, so you're further away from traffic. Walk facing oncoming traffic if there isn't a sidewalk, so you can see approaching vehicles and make eye contact with drivers.

Road safety education in schools:

- ICBC provides free road safety educational materials to B.C. schools to help students learn about road safety using fun and interactive activities. The materials are unique to each grade level from kindergarten to grade 10. To find out more, visit icbc.com/4teachers.
- Kindergarten to grade 7: Curriculum focuses on pedestrian, bike and passenger safety with fun interactive activities including a CD of road safety-themed songs (kindergarten to grade 3 only) and Walk Smart Bike Safe DVD.
- Grades 8 to 10: Curriculum topics include how to identify road safety concerns, strategies to avoid unnecessary risk and developing responsible attitudes towards driving. Available in CD and DVD format.
- Grades 11 to 12: More than 50,000 B.C. high school students listen to an ICBC road safety speaker every year. Speakers share their personal stories about being in a life-altering car crash, and motivate young people to think twice before taking risks while driving. The program helps young people to identify the risks of the road and encourages them to develop strong decision-making skills.

Key statistics:

- Car crashes remain the number one preventable cause of death for children and youth in B.C. aged 5 to 18.**
- In B.C., six children walking or cycling (aged five to 18) are killed and 370 are injured in crashes every year. In school and playground zones, 72 children are injured in crashes every year.*

- In the **Lower Mainland**, four children walking or cycling (aged five to 18) are killed and 253 are injured in crashes every year. In school and playground zones, 42 children are injured in crashes every year.*
- On **Vancouver Island**, two children walking or cycling (aged five to 18) are killed and 55 are injured in crashes every year. In school and playground zones, 11 children are injured in crashes every year.*
- In the **Southern Interior**, two children walking or cycling (aged five to 18) are killed and 43 are injured in crashes every year. In school and playground zones, 13 children are injured in crashes every year.*
- In **North Central B.C.**, two children walking or cycling (aged five to 18) are killed and 16 are injured in crashes every year. In school and playground zones, six children are injured in crashes every year.*

*Crash and injury averages based on 2011 to 2015 data reported by ICBC. Fatal average based on 2010 to 2014 police-reported data. School/playground zone injury statistics based on police data from 2010 to 2014 (five year average).

**2008 and 2009 coroner's data shows motor vehicle crashes as the leading external cause of death.

Note: Additional statistics available in statistics report in folder.

B.C. penalties:

- Speed in school zone: \$196 to \$253
- Speed in playground zone: \$196 to \$253
- Fail to stop for school bus: \$368
- Fail to yield to pedestrian: \$167

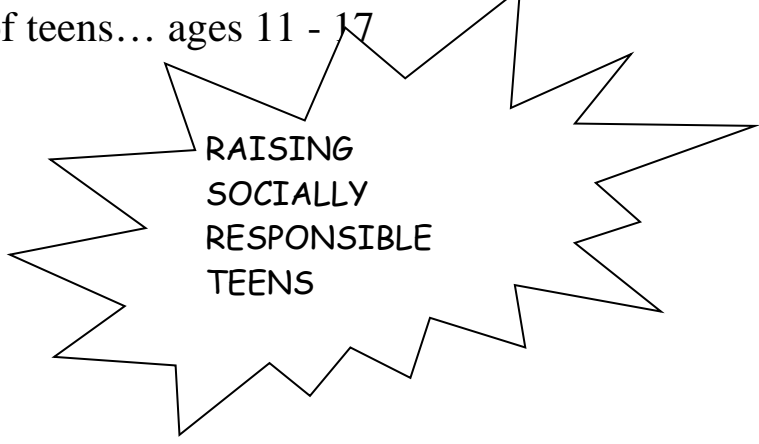
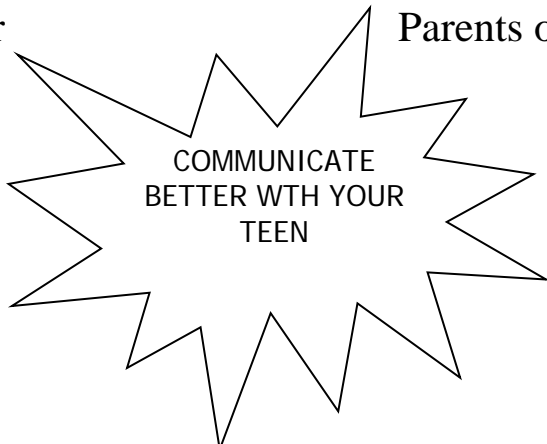
COMMUNITY EVENTS

Fine Tune Your Parenting Skills With

STEPS TO EFFECTIVE PARENTING

For

Parents of teens... ages 11 - 17



STEP offers a down-to-earth and practical way to meet the challenges of raising teenagers today. It's a group discussion program that paves the way to improved parent-teen relationships; more responsible teenage behaviour in home, school and community; and teenage self-esteem and self-reliance.

Place: *Eagle Mountain Middle School*

Time: 7p.m. – 9p.m.

Dates: Thurs. Oct. 12, 19, 26, Nov. 2, 9, 16, 23, 30, 2017

[This is an eight week program]

Facilitated by: Marilyn Abram, Certified Parent Facilitator

To register: E-mail: mabram@sd43.bc.ca [preferred]

Phone: 604-469-1133

Register as soon as possible as the class fills quickly!

Class is limited to 20 participants.

The only cost is \$25.00 for the parent workbook!