

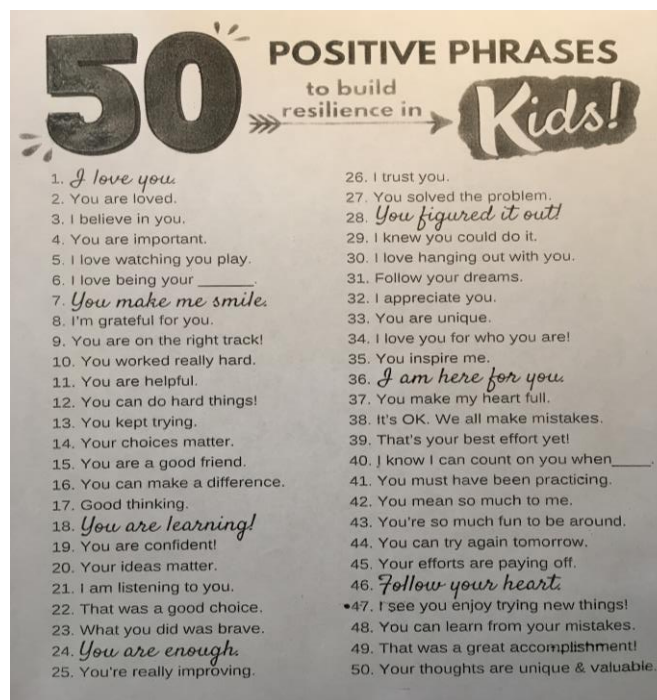
# École Panorama Heights Elementary School

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## School Newsletter- May 2018

Happy May Days!

This month I want to share with you 50 phrases to build resilience in kids. Building resilience is helping our children learn the ability to manage stress and feelings of anxiety and uncertainty – something that plagues our society today. It does not mean your child will not experience any difficulty or distress. Rather, it's teaching them how to 'bounce back' from stress and help them be more successful independently in the future. Here are 50 different things you can say to your child! Enjoy!



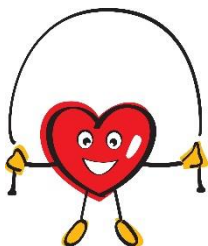
To all our moms – and those who are in the role of mom- thank you for all you do. Being a mom is the best and most important job we can have. It's also exhausting but so rewarding! Happy Mother's Day to you!

Ms. Yu



### TRAFFIC/Drive Thru

We appreciate you parking on the side streets and walking in but please be courteous to our neighbours. Parking in their driveways, blocking their driveways or flow of traffic is very stressful for them. A few of them have called City of Coquitlam By-Laws and/or the local RCMP and they will issue tickets. Thank you!



### JUMP ROPE FOR HEART

Thanks to your generosity and kindness our school raised \$7250.85 for the Heart and Stroke Foundation. The children enthusiastically jumped in the gym, learned some skipping techniques and had a great time. Most importantly, they did something great and should be proud of themselves! Thank you to our parents who helped support the cause!

### ARRIVING LATE/LEAVING EARLY



Just a reminder that if you are arriving late to school or leaving early for any reason, please make sure to sign your child out at the office. Even if you are just going home for lunch, please sign your child out. The reason is that we need to make sure where your little ones are at all times in case of an emergency or other incident.



### CLASS PLACEMENTS

Please read the attachment about class placement and school organization. We took some time to try to explain how it all works and hopefully this will answer some of your questions. Thank you!

### LICE AWARE

Head lice are tiny insects that live on the scalp. The best way to detect lice is to use a fine tooth comb. Anyone can get lice – it doesn't matter if your hair is clean or dirty. It is spread through direct hair to hair contact or indirect contact with use of helmets, hats, hair accessories, etc. Should a child have head lice we will make the class aware (without naming the child) and we encourage you to check your child's hair regularly. Thank you!



### USED BOOK FAIR

Help us raise money for the **JDRF** (Juvenile Diabetes Research Foundation) by donating any gently used books to Panorama Heights Elementary's 1<sup>st</sup> **Used Book Fair**. Books can be dropped off to Mme Lozynyc (room 1) or Mme Elliott (room 15), by **Monday, May 21st**. All books, including adult novels, will be accepted.

The Book Fair will be **Thursday, May 24<sup>th</sup> from 9:00 am – 12:10 in the gym**. Most books will be around **1\$**. We are not only raising money for a good cause, but also promoting the importance of recycling and literacy. Please come join us!



### PAC NEWS <http://panoramaheightspac.ca>

The next PAC meeting is the AGM and will be on Monday, May 14<sup>th</sup> at 7:15 in the library. Please come! Visit the [PAC website](#) for information on Hot Lunch, Athletic Club, Treat Days, Movie Nights and more!



## **ANNOUNCEMENTS and ATTACHMENTS**

Please see attachments for information on the following:

- Summer Learning
- iRide (Port Coquitlam and Port Moody)
- Bell schedule
- 2018/2019 School Calendar
- Class Placement information
- Community School Summer Camps

### **PANORAMA MONTHS AT A GLANCE**

#### **MAY**

- 14 PAC AGM Meeting 7:15 Library
- 15 HAT DAY – wear your favorite hat!
- 16 Class and School Wide Photo / Grade 5 Photo  
PAC sponsored Walking School Bus Hot Chocolate 8:45-9:00
- 21 Victoria Day – school closed
- 23 Welcome to Kindergarten Event 9:30-11:00 in gym
- 25 District Track Meet
- 28 Pro-D Day (no school for students)
- 31 PAC sponsored SPRING FAIR 5-8pm

#### **JUNE**

- 6 EAL Luncheon (all EAL students)
- 7 Gr 5s: Grade 6 for Half Day at Middle School (am)
- 8 Gr 5s: Year End trip to Camp Sasamat
- 11 PAC Meeting 7:15 Library
- 15 PAC Sponsored: Donuts for Dads
- 15 PAC Hot Lunch
- 20 Shorts and Shades Day
- 20 PAC sponsored Walking School Bus Hot Chocolate 8:45-9:00
- 22 Sports Day
- 28 Last day; Grade 5 Leaving Ceremony; Term 3 Reports home

Want more dates? The School Calendar can be found on our [website](#).