

Ecole Panorama Heights Elementary School

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School Newsletter- October 2017

Hello/Bonjour Panorama Heights Families,

I recently read a great article that was posted about defining the differences between **rude** vs **mean** vs **bullying**. Signe Whitson is a child and adolescent therapist and her article in Huffington Post differentiates between them because although we don't want to minimize anyone's experience, it is also important not to create a "boy who cried wolf" phenomena. In other words, the overuse of the term can lead to a risk of it losing its urgency.

In short,

rude = inadvertently saying or doing something that hurts someone else

mean = purposefully saying or doing something to hurt someone once (or maybe twice)

bullying = intentionally aggressive behavior, repeated over time, that involves an imbalance of power

Read the article in its entirety at: https://www.huffingtonpost.com/signer-whitson/bullying_b_2188819.html

Ms. Yu

SCHOOL GOAL

For students, parents and staff of our community to build relationships by actively listening and supporting each other.

This month we have been working on **active listening** using our whole body. Teachers have been working with students on this very important skill in class. We also had an assembly to review it, show examples of good listening and try it out!

So you can have a look at what we discussed please see the attached poster (in French and English). Enjoy having a conversation with your child about this. I'm confident they can teach you all about it!



TRAFFIC/Drive Thru

Well, good try with the drive thru being closed until 2:30...

So the gate being closed only made things marginally better. Actually I heard the traffic on Meadowvista just backed up. It was better when the police were here but they can't be here all the time.

After consulting with our RCMP officer, we're going to try to close the gate right until 3pm starting immediately.

What does that mean?

If you want to pick up your child at dismissal then you will have to park your car and walk to the school. Bring an umbrella and enjoy a nice walk with your child. You can park on Meadowvista, further down along Johnson and on Robson. (Don't park across the street at the daycare – they will tow your car!)

The other option is to wait until 3pm and pick up your child then. He/she can wait in the drive thru for you. There is covered area at the front door in case it rains and they will be ready to jump in.

The rationale behind this is a staggered pick up (I'd love to try to change the schedule of the school but due to union regulations I can't do that). So let's try this. Send me your feedback and we'll keep trying. Of course, it really depends on each and every one of you. We can do it!



TENNIS ANYONE?

This year we have been able to acquire the professional services of a tennis coach. Gerry Macken will be here teaching tennis to all the students. Each student will get 6 sessions during their PE class. The cost of the program is just over \$2 per session – for a total of \$13 per student. A notice will be coming home in the next day or two. For financial support please contact Ms. Yu directly.



HALLOWEEN

Join us on Tuesday, October 31st at 1:15-2:15 for our annual Halloween Parade. Children are asked to bring their costumes to school and change at lunch time. Parents are invited to meet in the gym. All classes will parade through. Please- no masks or props that promote violence will be allowed. Please save those for Halloween night.



TERRY FOX FUNDRAISER

Congratulations to all the kids, teachers and parents who gave it their all for our annual Terry Fox Run. As a school we raised just about \$3000! Way to go Panorama! Thank you also to our PAC who provided treats to all of our kids!



PAC NEWS

<http://panoramaheightspac.ca>

Join us for the next PAC meeting on Monday, October 16th.

ANNOUNCEMENTS and ATTACHMENTS

Please see attachments for information on the following:

- Active Listening (French and English)
- Salmon Come Home event

To learn about a variety of community organizations' events, activities and information [please visit this webpage](#).

PANORAMA MONTH AT A GLANCE

OCTOBER

- 16 PAC Meeting 7:15pm
- 18 Kindergarten Field Trip to Laity Pumpkin Patch
- 19 Interim Reports Home
- 20 Pro-D Day – No school
- 26 Photo Retakes (for those who want retakes or who were absent)
- 27 Hot Lunch (info to come from PAC)
- 31 Halloween Parade 1:15pm (come to the gym and see our costumes!)

NOVEMBER

- 9 Remembrance Day Assembly 10:45 am
- 10 School Not in Session
- 13 Remembrance Day Holiday – School closed
- 17 PAC Movie Night 5pm-8pm. Adult Supervision required
- 20 PAC Meeting 7:15pm
- 24 Non Instructional Day – No school for students
- 30 Term 1 Report Cards

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