



Home of the Mighty Voyageurs

PITT RIVER NEWS

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BAND & CHOIR CONCERT

The Annual Band and Choir concert will be held on Wednesday, December 9th from 7:00—8:45 pm in the Main Gym. Every year the performing groups put on a Christmas Concert which feature performances by students in Choir, Beginning Band 6 and Advanced Band 7/8 with some student duets.

All Band and Choir students must be at the school at 6:30 to set up for the concert. They are also required to wear their band/choir uniforms—white shirt (no logos), black pants or skirt and their Pitt River vests.

We look forward to seeing many family members and friends come out to be entertained and to see first hand the wonderful progress the students have made.

Mark your calendars!!!

DATE: November 26, 2009

CALENDAR 2009-10

(Reminder to check your Fridge Magnet regularly)

- Nov. 23 - NOL Meeting 6:30
Main Gym
- Nov. 27 - "I" Day Term 1
- Dec. 9 - Christmas Concert at 7pm
- Dec. 11 - Gr. 6 Immunization
- Dec. 16 - PAC Meeting 7pm
- Dec. 18 - Last Day before Christmas
- Dec. 21 - Jan 1 - Winter Break
- Jan. 4 - School Reopens

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Trading Post Profile

By now some of you may have heard your child using the term "Trading Post". The Trading Post is run by our Youth Worker, Mrs. Cooke, who has established a safe place for students to gather before school, at Nutrition Break, and at lunch. A variety of activities such as board games, video games, crafts, cards and reading materials are available for students to enjoy. In addition to connecting and supporting students with constructive social activities, the Trading Post allows the school to support the nutritional needs of our students. It is important to the staff at Pitt River that our students do not go without food during the school day. If a student does not have a lunch and does not have money to purchase from the cafeteria then the student can register at the Trading Post for a meal supplement. The more common items provided to students without lunches are: Sandwiches, salad, pasta, granola bars, toast, cereal, oatmeal, juice, fruits and veggies.

The Trading Post philosophy involves a give and take approach to community membership. If you, as a community member are in a position to give to the Trading Post, then donations are welcome; if your son or daughter, as a community member, would benefit from resource support during the school day, then the Trading Post is a place they can turn to.

If you have any questions or would like to find out more information, please do not hesitate to contact the main office to speak with Mr. Cober or Mrs. Cooke.

Newsletter By Email
Would you like to receive your newsletters by email? Then send your request to
dpearson@sd43.bc.ca
and you will be added to our distribution list!

OTHER SCHOOL HAPPENINGS

Library Update

Christmas 2009 and you have a child in Middle School. These are special times and yet they can be trying times. The library wants to lower your stress by giving your child the opportunity of spending some quality time over the holidays reading. We have sports magazines, comic books, interesting topic books and some of the latest must reads for the whole family. The following are just a few samples of some high interest materials for over the holidays:

- sports illustrated
- Dirt Bike
- Boys' Life

-Transworld Skateboarding and Snowboarding – great read if you're hitting the hills.

- Canadian Musician
- Discovery Girls

-Bark!- Is published by BC's SPCA. If you have anyone in your family who is interested in local news regarding the care and treatment of local animals this is a must read magazine for you.

Now if you are looking for something that will be a longer read try a comic book such as:

Archie, *Star wars*, or *Bone* we have 1 to 9.

How about something more current and relevant to world events such as, , *Sunrise over Fallujah* by Walter Dean Myers. This book covers some of the issue taking place in Iraq.

Or Rick Riordan's, *Percy Jackson & the Olympians The Demigod Files*.

What about, *Malice* by Chris Wooding? The 3D cover alone is worth the time to check it out.

Did you know that *The Diary of a Wimpy Kid* is being made into a movie that was filmed right here in Vancouver? And did you know that we just purchased the latest issue? Well, now you know. It's reading great?

If the above books are not screaming out to you how about some books by Karen Rivers? She has written some great books about issues that relate to girls in Middle school. The three titles we have are; *Barely Hanging on*, *The Actual Total Truth* and *Waiting to Dive*. These are great age appropriate and inspiring books that are easy reads.

But maybe you have a daughter that would rather read *Boys are dogs*, by Leslie Margolis. The title is intriguing and by the reviews I don't think you will be disappointed.

Perhaps you want something more seasonal? Might I suggest some great picture books with incredible illustration;

Only A Star, by Margery Facklam, *The Gathering Tree* by Larry Loyie, *The Huron Carol*, by Father Jean de Brebeuf, and *Runaway Dreidel!* By Leslea Newman.

Now for the bad news. The library always wants to support literacy for everyone however this holiday seems to be the number one time that the most books go missing. We would like to suggest that you keep a special place in the house for library books. This will provide easy access to them upon returning to school in January.

Lastly there are two books that have not been return to the library but are frequently asked for, *Harry Potter, Order of the Phoenix* and *The Last Olympians*.

Please have a look around and see if they have found a way into your house. Or maybe you have a copy that you no longer want and we could replace our missing copy.



Band & Choir News

Our choir will be singing at the Christmas Carol concert at Kwayhquitlum Middle on Monday Dec. 7th from 10:00—11:30 am. Choir students will probably leave the school during Block 1.

Performing Arts

- New explorations classes in Performing Arts just finished their first in-class drama plays , and now start on their second musical project.
- Drama 8s will be presenting a full one act play in Block 7 in the last week of December classes for interested Core and Grade 8 exploration classes.
- Music 6/7 in Blocks 6 and 7 are now writing happy blues songs to present next week in class.



LEADERSHIP NEWS

Halloween for Hunger is an event created by Free the Children, an organization that promotes social responsibility world-wide. The goal of Halloween for Hunger is to get food donations to refill our local food bank while Trick-or-Treating. Our school has joined Riverside Secondary School as well as several other schools in the Southside of District 43 to collect donations. Pitt River alone raised over \$25 in cash and 360 food donations through trick-or-treating and donations from the school dance. Thanks to all the students and families who participated and made it happen!

NEIGHBOURHOOD HAPPENINGS



2010 SPRING JUNIOR FIELD HOCKEY PROGRAM

The TRI-CITY EAGLES FIELD HOCKEY CLUB has offered a field hockey program to younger players since 1991. The Spring program runs for approximately 10 weeks from April through until the end of June. There is a mini program for those with 2000 to 2003 birth dates, and a junior program for those with 1992 to 1999 birth dates.

Registration deadline is February 5, 2010 (and February 26, 2010 for Mini's). Late registrants add \$10 late fee, if space is still available. More information on the Spring program is available through the Club's web site at www.tcfieldhockey.com or by contacting Brian Lewis at 604-619-4034.

Traditionally our Spring program has only included girls. The Club is entertaining the idea of putting together a BOYS TEAM, depending on sufficient enrollment. Call 604-619-4034 to register your interest.

We hope to see your daughter/son on the field hockey pitch this Spring!

Coffee Mornings at Pitt!

Drop by the Counselling area Tuesday mornings for some coffee, tea, and treats!



Sit and chat with other parents and school members to inquire about questions you may have, ideas you want to share, or to come and hear about what is happening in the community.

When: Starting Tuesday, October 27/09

Time: 9:00-9:30am



We look forward to seeing you!

ELSA

English Language Services for Adults
Free basic and intermediate level English training and settlement for newcomers and permanent residents.

For more information go to
...☎ www.elsanet.org
...☎ <http://www.elsanet.org>

To apply, phone or go to:
Surrey Test Centre
#202 - 7337 137th Street Surrey,
BC V3W 1A4
604-507-4150

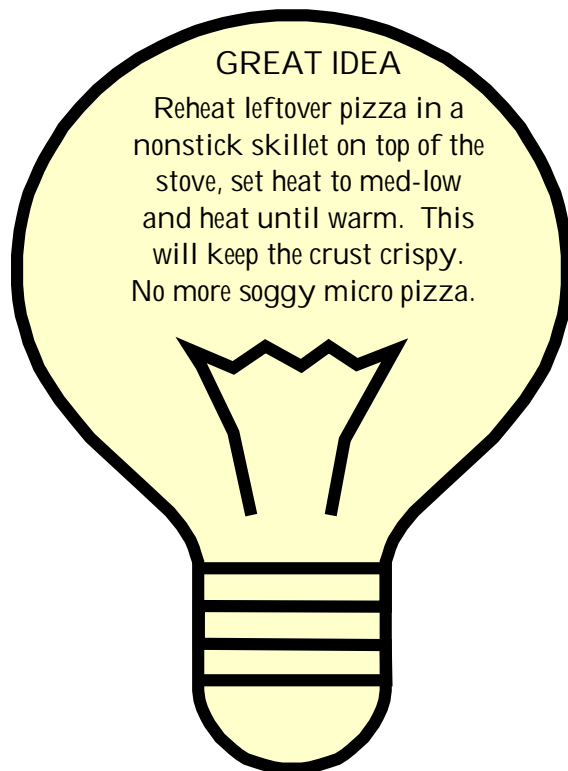
Continuing Education, SD#43,
ISS and SUCCESS provide ELSA
classes in the Tri-Cities.

Continuing Education has space
in evening Level 4 and 5
classes at Gleneagle High School.
Call **604.936.4261**.



GREAT IDEA

Reheat leftover pizza in a nonstick skillet on top of the stove, set heat to med-low and heat until warm. This will keep the crust crispy. No more soggy micro pizza.



Limiting Screen Time



Too much screen time can interfere with activities such as being physically active, reading, doing homework, playing with friends, and spending time with family. Try the following tips to reduce screen time:

- Set limits on screen time. Your children should spend no more than 2 hours a day watching TV, surfing the internet or playing video games.
- Remove the TV or computer from your child's bedroom. Children with TVs in their rooms spend almost 1½ hours more per day watching TV than kids without a set in their room.
- Provide other options and alternatives. Watching TV can become a habit for your child. Provide other alternatives for them to spend their time, such as playing outside, learning a hobby or sport, or spending time with family and friends.
- Be a role model. As a parent, set a good example for physical activity and screen time in moderation. If your kids see you following your own rules, they will be more likely to do the same.
- Make physical activity a fun family routine. Do not rely on "active" video games to get children moving.

Canada's Physical Activity Guide suggests at least 90 minutes of physical activity per day for children and youth. Yet, research studies show that more than half of Canadian children and youth are not active enough for optimal growth and development.

For more information: http://www.actnowbc.ca/?section_copy_id=248§ion_id=402

Eat Well...Be Active...Live Tobacco Free.

