



Home of the Mighty Voyageurs

PITT RIVER NEWS



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www.sd43.bc.ca/pittriver

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SPECIAL HARD COPY EDITION OF THE NEWSLETTER

If, in the future, you would like to receive an emailed version of the newsletter, please send your request to dpearson@sd43.bc.ca and you will be added to the distribution list.

PRINCIPAL'S MESSAGE

Pitt River in ACTION! That is how it feels for the students and staff as we head into the final school week in December. *Today our students are bringing home their first term, formal report card.* We are very pleased with the academic success our students have achieved. We will continue to work with students as they re-evaluate and update their individual school goals for term two and we encourage families to be a part of this new goal setting. In addition to academic success, we have a number of celebrations in the community for extra-curricular and social responsibility successes. Some of these notable successes include: Vow of Silence day, Gr. 7 girls volleyball district champions in both the A and B level divisions, over 100 students participating in either choir or band outside of the regular school day, our October random act of kindness day (which received recognition in the Vancouver Sun), and currently we are organizing Christmas Hampers for SHARE.

Operating under our CARES philosophy, we have established Pitt River Community Middle School as a strong successful learning community. Kindness is at the heart of our CARES philosophy and this time of year creates an opportunity for people to recognize the kindness that exists in their lives and to share their kindness with others. We would like to thank our students and their families for the kindness and caring that they bring to our school.

We wish all our families a joyous holiday season and a Happy New Year.

LEADERSHIP NEWS

The Me2We Leadership class organized and participated in a very successful Vow of Silence. The students who participated were required to spend as many hours in silence as possible in one day (up to 24 hours), which meant no Facebook, texting, speaking or passing notes to name a few. The idea behind the Vow of Silence is to raise awareness that there are many children around the world who have no voice and no rights. The people living in such a village are often required to walk several hours in each direction to fetch water that is very dirty and hazardous to their health. As a school, we raised over \$1100 that will go towards a Clean Water project for a village in need. Once those children have their basic needs met (in our case, with clean water that is close to home), they can begin to receive an education which will give them a voice now and in the future. We'd like to thank all the donors who were so generous in supporting this initiative..

The other Leadership class has been busy planning out some holiday fun for the whole school. All students will get to participate in festive activities every morning next week, as well as an awesome spirit assembly to have some fun before Christmas break.

DATE: December 11, 2009

CALENDAR 2009-10

(Reminder to check your Fridge Magnet regularly)

- Dec. 15 - Santa's Pancake Breakfast
- Dec. 16 - PAC Meeting 7pm
- Dec. 18 - Last Day before Christmas
- Dec. 21 - Jan 1 - Winter Break
- Jan. 4 - School Reopens

In this edition....

- Dates to Remember
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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: Every Tuesday

Time: 9:00-9:30am

We look forward to seeing you!

Ms. Luddu, School Counselor

OTHER SCHOOL HAPPENINGS

BAND & CHOIR UPDATE

The Band and Choir Concert was fabulous. Mr. Lambert wishes to congratulate all the young Pitt River musicians who performed on Wednesday, December 9th, in the school assembly and at the 7pm evening concert on a wonderful and entertaining performance.

All Band classes will resume in January. Grade 7 & 8 classes will begin on January 4th and Band 6 and all Choir classes will begin on January 5th. Parents or students RENTING band instruments should contact G&G Music at 465 4900 or Mr. Lambert at school if there are any questions about your rental contracts

Are you looking for that perfect holiday gifts for the young Pitt river musician? A few suggestions are sheet music , jazz CDs, pop music books, solo and duet books, new reeds, new guitar or bass guitar strings, and all these can be bought from Long and McQuade, Northwest Music, Tom Lee, Coquitlam Music ,and of course G and G Music (Maple Ridge).

- TIPS to keep band instruments clean over the Christmas holiday: take the reeds off, oil the valves, toothbrush out the guck out of mouthpieces and take music and band instruments out of their cases and play Christmas carols for family and friends.

Drama

Drama classes are presenting Christmas plays in class during explorations in blocks 5 (grade 8) and in Blocks 6 for Wolverines, and Block 7 for Moose, each day during Holly Jolly week, December 14-17th.

Library News

Have a safe and happy winter break. Remember that students are allowed to take books home for the holidays. We have several excellent Christmas and Hanukah reading books. For those who don't like fiction there are many histories of the season and craft books. Please try to make sure that the books are put in their backpacks after they have finished reading them, to insure that they get back to the school after the winter break.

Would you also be on the lookout for any Pitt River books that have not made it back to our school. Thank you.

TECH TALK with Mr. Lum Are You a Tech Savvy E-Parent?

Use the following list to find out just how technology savvy you are as a parent. Simply answer "yes" or "no" to each of the following statements by marking your answer with a check in the appropriate column. Then total your number of "yes" answers to determine your score.:

- I use e-mail to communicate with teachers about my youngster's academic progress. Yes___ No___
- I enforce Internet safety rules ("Net Rules") within my household. Yes___ No___
- I provide my youngster with appropriate technology to complete homework tasks. Yes___ No___
- My family has guidelines for selecting and purchasing software. Yes___ No___
- I monitor my youngster's use of technology for entertainment and learning purposes. Yes___ No___
- I use technology to keep informed about important parenting issues (such as participating in parenting listservs or researching information on Web sites). Yes___ No___
- I help my youngster use technology resources to reach his or her unique learning goals. Yes___ No___
- I attend training sessions to enhance my own ability to use technology. Yes___ No___
- I am familiar with the technology standards that my youngster is expected to meet at school.
- I am familiar with my school community's technology plan. Yes___ No___

Total Number of "Yes" Answers: _____

If your score is between 1-2 you are barely technology savvy. If your score is between 3-5 you are somewhat technology savvy. If your score is between 6-8 you are very technology savvy. If your score is between 9-10 you are remarkably technology savvy.

Web Sites for Parents

- Visit the [ParenTech \(http://www.parentech.org/\)](http://www.parentech.org/) Web site to learn more about parenting in the digital age.
- [Discovery Channel Online \(www.discovery.com\)](http://www.discovery.com) is an added resource to the television programming on the Discovery Channel, The Learning Channel, and Animal Planet. The site also has great science and history resources and games. [Ask Dr. Math \(http://forum.swarthmore.edu/dr.math/\)](http://forum.swarthmore.edu/dr.math/) is a Math Forum Project that provides homework help. It is maintained by Swarthmore College.

NEIGHBOURHOOD HAPPENINGS



Build Your Bones For Active Living For Life!

Building strong bones during childhood and adolescent years is key to maintaining good bone health for life. There are several factors that are critical to building strong bones. From a nutrition perspective, having a diet rich in calcium and Vitamin D is essential for healthy bones and teeth. But other lifestyle factors like physical activity and being smoke free also play a role.



Here are some bone building facts:

- Children and teenagers need calcium rich foods. This means at least 2-3 daily servings of milk, yogurt, cheese, salmon with bones, fortified beverages (like soy milk or orange juice), almonds, kidney beans, black beans and tofu made with calcium.
- Vitamin D is also needed; it helps in the absorption of calcium. Foods such as milk, eggs and fatty fish contain vitamin D. Our body can make its own vitamin D when we are exposed to sunlight.
- Exercise like walking or weight training (in fact all exercises except swimming and cycling) helps keep bones strong and prevents calcium loss.
- Dietary sources of calcium are best because they contain other nutrients too. If you are unable to get enough calcium from your diet, calcium supplements are an alternative.
- Smoking cigarettes has been linked to poor bone health. Studies show that smokers have a cluster of poor health behaviours which have a

A Coquitlam **MINOR** **LACROSSE** **Registration**

New & Returning Players
Monday, January 11th, 2010
MIKE BUTLER ROOM, DOGWOOD PAVILLION,
624 Poirier St., Coquitlam • 5:30 pm - 9:00 pm
Coquitlam residents only. Limited space in older divisions, wait-lists may be formed. Check our website for details.
www.coquitlamlacrosse.ca

The following documentation/payment must be provided to have registration accepted:

- 1) Bring proof of residency - a hydro, gas or property tax bill
- 2) Bring player's Care Card
- 3) NEW PLAYERS MUST PROVIDE A PHOTO COPY OF THEIR BIRTH CERTIFICATE
- 4) Please get PDF registration form from website and type in information. Print out 3 copies, sign all copies and bring to registration. A \$20 discount to returning players registering Nov. 23rd. Cash or post-dated cheques will not be accepted.

COACHES AND VOLUNTEERS WANTED!

Applications available at Registration.
Registrar: Tammy Nelson 604-945-8492 • email: t_nelson@telus.net



MERRY CHRISTMAS AND ALL THE BEST
IN 2010
FROM THE STAFF AT PITT RIVER MIDDLE

Thall

Langford

[Signature]

P. Ludda

R Blackburn

A. Chapel

L. Preece

B. Jevens

C. Baldern

E. Caldwell
D. Chen

[Signature]

[Signature]

[Signature]

[Signature]

[Signature]

[Signature]

Wendy
Walden

Richelle Cooke

Prashant
Jeyaman

Christine
Dunn

[Signature]
H. Hawkins

[Signature]

Mr. Lambert
all the best
at Christmas

[Signature]

[Signature]

Ken
Coker

Kristie
Morrish