



# James Park News

## June 2018

Together We Can ... Learn, Belong, Take Care of each other and this place

Please help us as we strive to do our best at school

Dear Parents/Guardians,

### **Breakfast Club**

After joining the breakfast crowd in the learning commons this morning, I couldn't help but think how fortunate we are at James Park Elementary. Our dedicated student, parent and staff volunteers are the reason that over 130 students and parents can enjoy a free, nutritious breakfast every morning. Ms Ponsart, Ms. McCoy, Ms Alcazar, Ms McIntyre, Mr. Demetlika, Mr. Dalmann, Ms Halcro, Ms Moulard, Ms Dushenko, Mr. Stainton, Ms. Wong, Ms. Myers, Ms. Cummings, Mr. Fuentes Contreras, Ms. Hao, Ms. Bonhomme Poole, Ms. Guzman, Mr. Habash, Ms. Li, Ms. Stroud, Ms. Lin, Ms. Globut, Ms. Kinney, Ian, Emily, Maya, Justin, Taro and students of Div 3: Thank you! All of you are truly amazing! I also need to point out that serving breakfast five times per week would not be possible without the funding by the Breakfast Club of Canada. On that note, representatives from the Breakfast Club of Canada, along with some of their sponsors, will be at James Park on TUESDAY, DEC 11th to create a promotional video, Not Nov 30<sup>th</sup> like previously mentioned. Filming reverse consent forms for parents will be given to students at the end of this week. Please email this filled out and signed form back to us only if you DO NOT want your child filmed or photographed. Please contact the office if you have any specific questions.

### **School Values and Beliefs Prize Draw**

Safety, Kindness, Respect, Trust and Learning. Do you remember those values and beliefs? If you are new to our community, please be aware that these are our school values. More importantly, I encourage you to speak about and highlight these values with your child(ren) regularly. The more, the better! What does respect sound like? What does safety look like? At home? At school? Part of my vision for this school is that all students understand and live out those beliefs. Rather than "resolving" conflicts with sharp words, gestures and hostile body language, I am hoping that we all teach our children to resolve conflict in better, more respectful, kindly ways. If you feel inclined to participate in our prize draw, please complete the values and beliefs 11x17 sheet of paper that we have provided every student by the deadline for submissions- Friday, November 30. All returned forms will be entered in a draw for two \$50 White Spot gift cards.

### **New Staff Members**

A few staffing changes/additions have been made since October. We are glad to have the following staff members on board:

Mr. Jarrett Martin – Student Services

Ms. Tina Tong – Student Services

Ashley Verhaeghe – K/1 (for Ms Clancy who gave birth to baby Felix!!!)

Marissa Falk Varcoe - Educational Assistant

Alison MacDonald - Educational Assistant

### **Parking Lot Running Out of Parking Spots**

We have not only received another division this year, but our total number of staff members has increased significantly compared to the last school year. To illustrate, I calculated the number of staff members and breakfast club parent volunteers who are at school every day of the week: Monday – 46, Tuesday – 45, Wednesday – 47, Thursday – 46, Friday – 45

The issue is that our parking lot has 50 parking spots (2 are for handicapped parking; in other words, 48 parking spots). To ensure that parking spots are available for all staff members and breakfast program volunteers, **I will be asking our caretaker to close the parking lot for all parents with the exception of those who have a handicapped parking permit displayed on the windshield. This will be effective Monday, November 26.** Thank you in advance for your understanding.

### **Amendment to the 2019/20 School Calendar**

The school district would like to inform students, parents and SD43 staff that the 2019/20 school calendar has changed the date of the October Professional Development Day. The date of October 18<sup>th</sup>, 2019 has been moved to October 25<sup>th</sup>, 2019 to align with Provincial Specialist Association conferences. For more information on SD43 Calendars, please visit the school district website at [www.SD43.bc.ca](http://www.SD43.bc.ca).

Gerald Shong

Assistant Superintendent

School District 43 (Coquitlam)

550 Poirier Street, Coquitlam, BC, V3J 6A7

While the District tries to make the best decision with the information available, the weather does change quickly. Therefore, when schools remain open, decisions to stay at home during challenging weather conditions should be made by each family.

## **Winter Weather Ahead!**

Schools are not routinely closed due to snow or other inclement weather conditions. All schools in School District 43 (Coquitlam) will remain OPEN, if at all possible, during winter weather, including snowfall.

However, on occasion, a district-wide or partial-district closure is required due to extreme weather. Partial-district closures affecting individual schools may occur due to the very different geography within our school district. If there is a partial-district closure affected schools will be identified.

The decision on schools remaining open or needing to be closed, because of extreme weather, occurs **before 6:30 a.m.** so that families can plan and make alternate arrangements.

**Any district-wide or partial-district closure will be decided and communicated by 6:30 a.m. via the School District 43 website [www.sd43.bc.ca](http://www.sd43.bc.ca) and CKNW AM 980 radio, CKWX 1130 radio and CBC (690) radio.**

Extreme weather can also impact transit. Transit schedules may face significant changes or cancellations due to the weather conditions. Parents seeking information on transit schedules need to consult the Translink website: <http://www.translink.ca/>

We encourage families to continuously check the School District 43 website for updates and changes: [www.sd43.bc.ca](http://www.sd43.bc.ca)

Learn more about SD43's process for emergency and inclement weather status updates at: <http://www.sd43.bc.ca/NewsEvents/Pages/EmergencyInformation.aspx>

**One of our staff members recently came across this article and after reading it, I thought I'd share it in this newsletter.**

### **Smartphones, tablets causing mental health issues in kids as young as two**

13 Nov, 2018

[https://www.nzherald.co.nz/lifestyle/news/article.cfm?c\\_id=6&objectid=12154228](https://www.nzherald.co.nz/lifestyle/news/article.cfm?c_id=6&objectid=12154228)

Limiting your kids' screen time could do their mental health a world of good.

Children as young as two are developing mental health problems because of smartphones and tablets, scientists warn.

Just an hour a day staring at a screen can be enough to make children more likely to be anxious or depressed.

This could be making them less curious, less able to finish tasks, less emotionally stable and lowering their self-control, the [DailyMail](#) reports.

Although teenagers are most at risk from the damaging devices, children under the age of 10 and toddlers' still-developing brains are also being affected.

But research shows 'zombie' children spend nearly five hours every day gawping at electronic devices.

Researchers from San Diego State University and the University of Georgia say time spent on smartphones is a serious but avoidable cause of mental health issues.

"Half of mental health problems develop by adolescence," professors Jean Twenge and Keith Campbell said. "There is a need to identify factors linked to mental health issues that are [able to be changed] in this population, as most are difficult or impossible to influence. How children and adolescents spend their leisure time is [easier] to change."

Parents and teachers must cut the amount of time children spend online or watching television while they're studying, socializing, eating or even playing sport.

Professor Twenge said her study, one of the biggest of its kind, backs the American Academy of Pediatrics' established screen time limit – one hour per day for children aged two to five.

It also suggests a similar limit – perhaps two hours – should be applied to school-aged children and adolescents, she added.

The researchers analyzed data provided by the parents of more than 40,000 US children aged two to 17 for a nationwide health survey in 2016. The questionnaire asked about the youngsters' medical care, any emotional, developmental or behavioral issues and their daily screen time.

Adolescents spending more than seven hours a day on screens are twice as likely to have been diagnosed with anxiety or depression as those who spent an hour. Links between screen time and wellbeing are stronger among adolescents than young children, the study found.

Professor Twenge said: "At first, I was surprised the associations were larger for adolescents. However, teens spend more time on their phones and on social media, and we know from other research that these activities are more strongly linked to low wellbeing than watching television and videos, which is most of younger children's screen time."

Even moderate use of four hours is also associated with lower psychological well-being than one hour a day.

Pre-schoolers, or under-fives, who are high users are twice as likely to often lose their temper – and are 46 per cent more prone to not be able to calm down when excited.

Among 14 to 17 year olds, more than four in ten (42.2 per cent) of those in the study who spent more than seven hours a day on screens did not finish tasks.

About one in eleven (9 per cent) of 11 to 13-year-olds who spent an hour with screens daily were not curious or interested in learning new things.

Writing in the journal Preventative Medicine Reports, the professors said they were particularly interested in links between screen time and diagnoses of anxiety and depression in youngsters, which have not yet been studied in great detail.

They said: "Previous research on associations between screen time and psychological wellbeing among children and adolescents has been conflicting, leading some researchers to question the limits on screen time suggested by physician organizations."

The US National Institute of Health estimates children and adolescents commonly spend an average of five to seven hours on screens during leisure time. Evidence is growing of the adverse effects this has on health.

This year the World Health Organization decided to include gaming disorder in the 11th revision of the International Classification of Diseases.

And in December 2017 a team of Oxford University researchers found UK 'zombie' children's average daily screen time has leapt in a generation from just under three hours to four hours and 45 minutes.

Experts warn 'addicted' children risk sleeplessness, obesity and falling victim to cyber-bullying, while losing valuable social skills through a lack of face-to-face contact.

Get 50% off your  
Arts & Wellness Class!

Throughout the 2018-19 season all Arts & Wellness programs will be subsidized by 50%\*. Register online, by phone, or in person and the 50% subsidy will automatically be applied to all fees associated with the class.

\*Not valid for any other programs

home to our  
arts community

**PLACE  
DES  
ARTS**

## ARTS & WELLNESS: YOUTH & ADULTS

Explore your creativity and connect with others  
through the arts in a fun, supportive and social atmosphere!

### Adapted Art: Youth and Adults 10+ years

Explore visual art techniques in a safe and nurturing environment. This program is suitable for those with special needs and/or learning challenges.

Participants who require one-on-one support must provide their own support worker/volunteer aid.

Winter: Painting | Thu • Jan 17 - Mar 7 • 6:00pm - 7:30pm • ~~\$131~~ = \$65.50

Spring: Drawing | Thu • Apr 11 - Jun 13 • 6:00pm - 7:30pm • ~~\$155~~ = \$77.50



**FIND OUT MORE!**

1120 Brunette Avenue, Coquitlam | 604.664.1636 | [placedesarts.ca](http://placedesarts.ca) | [jau@placedesarts.ca](mailto:jau@placedesarts.ca)

## School Calendar – Days to Remember! James Park

Wed, Nov 20 <sup>th</sup>	Snow White Performance 4pm (Room 202)
Mon Nov 26 <sup>th</sup>	Fruit & Veggie(Pears)
Fri Nov 30 <sup>th</sup>	Hot Lunch
Tues Dec 4 <sup>th</sup>	Kindergarten Dental Screening
Wed Dec 19 <sup>th</sup>	Concert <u>Rehearsal</u> AM 1:30pm Afternoon Winter Musical 7-8pm Evening Winter Musical
Thurs Dec 20 <sup>th</sup>	Share Food Drive Pick Up
Fri Dec 21 <sup>st</sup>	Early Dismissal at 1:53pm Last Day of class before Winter Break
Mon Jan 7 <sup>th</sup>	School re-opens today

## School District No. 43 (Coquitlam)

### School Calendar 2018-2019

DESIGNATION	
Schools open	Tuesday, Sept. 4
Pro D Day	Friday, Sept. 21
Thanksgiving Day	Monday, Oct. 8
Pro D Day	Friday, Oct. 19
Non-Instructional Day for Redesigned Curriculum Training	Friday, Nov. 9
Remembrance Day Stat Holiday	Monday, Nov. 12
Schools close for Winter vacation (last day in session)	Friday, Dec. 21
Winter vacation period	Dec. 24 – Jan. 4
Schools reopen after Winter vacation	Monday, Jan. 7
School Not in Session	Friday, Feb. 15
BC Family Day	Monday, Feb. 18
Pro D Day	Friday, Feb. 22
Schools close for Spring vacation (last day in session)	Friday, Mar. 15
Spring vacation period	Mar. 18 – 29
Schools reopen after Spring vacation	Monday, Apr. 1
Good Friday	Friday, Apr. 19
Easter Monday	Monday, Apr. 22
Pro D Day	Friday, Apr. 26
Victoria Day	Monday, May 20
Last day of school for all students	Thursday, June 27
Administrative Day	Friday, June 28

**\*\* Please note: an additional 2 school-based non –instructional days will be selected by each school.**

**\*\*\* Jan 25<sup>th</sup> 2019 School Based Pro-D James Park**

**\*\*\* May 31<sup>st</sup> 2019 School Based Pro-D James Park**