



Riverview Park Elementary

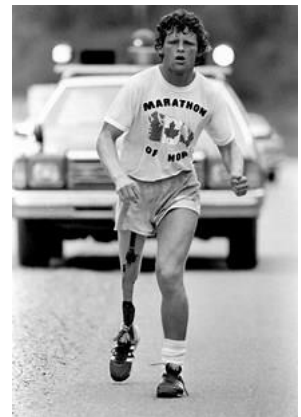
Mr. D. Shannon, Principal

Telephone: 604-945-7004

Website:

<http://www.sd43.bc.ca/riverviewpark>

Newsletter 1 September 17 2018



Our Mission at Riverview Park Elementary is, "In learning and in life, we at Riverview Park Elementary are responsible, kind, and curious."

IMPORTANT UPCOMING DATES

September	20,25,27	RVP TEAM TIME - in the gym after attendance
	21	Professional Development Day
	25,28	BOKS (Building our Kids Success) in the mornings in the gym from 8:00am - 8:40am
	27	Hot Lunch Day - Pizza (PAC Sponsored)
	28	School Terry Fox Run (District Terry Fox Run - info to follow)
	30	ORANGE SHIRT DAY
October	1	PAC Meeting in the library 7:00pm-8:30pm
	2,5,9,12,16,23,26,30	BOKS (Building our Kids Success) in the mornings in the gym from 8:00am - 8:40am
	8	Thanksgiving Day - no school
	9	Picture Day (Individual photos)
	10	Early Dismissal (for students in grs.1-5) for parent / teacher (p/t) interviews; students dismissed at 1:43; P/T interviews 2:00-5:00pm, 6:00-8:00pm (dinner break from 5:00-6:00pm) *Regular day for kindergarten students*
	11	Early Dismissal (for students in grs. 1-5) for parent / teacher interviews; students dismissed at 1:43; P/T interviews from 2:00-5:00pm *Regular day for kindergarten students*
	9-12	Watch for information about our first BOOK FAIR

Principal's Message

Welcome (back) to RVP everyone!! It's hard to believe that two weeks have already flown past us. This first part of the year is an important time for our students. They have moved into their classrooms and have begun the process of settling into the routines and expectations of their class(es), they have started bonding with classmates (and making new friends) as they work together on different assignments, and they have been learning about and putting into practice the importance of Belonging.

Belonging is one of the four quadrants of the Circle of Courage (along with Independence, Mastery, and Generosity) that helps guide what we do at RVP. It is believed that giving our students, your children, experiences in these four domains will lead to resiliency. Resiliency is the ability to overcome or recover from difficulties. It involves a belief in yourself, and the confidence to know that you can handle different situations or experiences that happen in your life. While I think that as parents we can all agree that we want our children to be resilient, we often make choices (for them) that do the opposite (even when well intentioned). I have three words that I'd like to share with you that can help (more on this later).

How many times has your child come to you with a problem or a challenge and because you're in a hurry or because it is something that you know you can solve quickly, you do it for them? You do this because you know that, for you, it is a simple thing to fix. The problem is that you have just shown your child, through your actions, that you do not believe they can solve the problem themselves (even though that was not your intention). It then becomes easier for your child to come to you with other problems because they know you can help them by fixing it, and in the mean time they become more and more dependent on you to solve problems for them. Through this process, they learn that others (e.g. adults) can and will solve problems for them without them having to do it themselves. As this becomes a habit, the challenges can get more and more complex, and when you reach that point (different for all of us) when you want them to attempt to solve a problem for themselves, you get frustrated when they say that they do not know how to or what to do. You may then realize that they may not know how to because they have not had to solve problems in the past.

I am not saying that, as parents, we should not help our children - far from this. What I am saying is that before you help your child with a challenge, first ask them what they have done or tried to fix the problem. You can guide them or ask questions to clarify things so that they think further about what they could do or try. The point is not to immediately solve the problem for them without knowing that they have made an effort. There may be times when three words "figure it out" may be the most important ones you say to them. It may be challenging to do, especially if you are in a hurry, but it will pay big dividends later when they know for themselves that they have the confidence to handle problems that come their way.

Self-reflection: think about your own experiences and times when you looked to others to solve problems for you. Did you have the opportunity to try to solve them yourself or did you learn to rely on others to solve problems for you. What was this like for you? Do you still do it? How, if possible, were you able to overcome it? What was your "A-Ha" moment?

An example I will share is an experience I had in a university math class. We had a math problem at the beginning of every class. I'd start on it and inevitably would say to the teacher, "I don't get it." He'd respond, "What don't you get?" I'd say, "The question." He'd say, "What part of the question?" I think you see where this is going. He was calm and I'd get more and more frustrated. After a couple of weeks of going through this process with him, he said to me, "I can give you the answer, but I will not always be beside you to do this. If you learn it for yourself, you will not need me to answer it for you." In that moment, I realized that for as long as I could remember, I had asked my math teachers the same question(s) and they would give me the answer (especially when I pushed for it). Perhaps I wore them down, or they thought it would just be "easier" to give me the answer. At any rate, it was after that moment that math changed for me and I no longer disliked it as I had in the past.

You can imagine, when students tell me, "I'd don't get it," (to any problem) I do not give them the answer, but instead say, like my university math teacher said to me more than 25 years ago to me, "What don't you get?"

D. Shannon

RVP Staff for 2018/19

It is my pleasure to introduce our 2018/19 staff to everyone. We are:

Mrs. Allen	Student Services	Mrs. Lagran	Educational Assistant
Mrs. Bellet	Kindergarten	Ms. Lange	Gr. 4/5
Ms. Bentzen	Strong Start Facilitator	Ms. McDonald	Educational Assistant
Mrs. Braun	Educational Assistant	Mr. Morrison	Gr. 4
Ms. Brunoro	Noon Hour Supervisor	Ms. Naso	Custodian (am)
Ms. Bryan	Educational Assistant	Mrs. Parkinson	Gr. 2/3 (with Mrs. Sexsmith)
Mr. Colbourne	Gr. 4/5	Mrs. Payne	Secretary
Mrs. Cox	Gr. 3 (with Mrs. Heinrichs)	Mrs. Robb	Gr. 1
Mrs. Davidson	Gr. 1/2	Mr. Ross	Gr. 4/5
Mrs. Dean	Noon Hour Supervisor	Mrs. Ross	Kindergarten (with Mrs. Hassanali)
Mrs. Dickson	Educational Assistant	Mrs. Sexsmith	Gr. 2/3 (with Mrs. Parkinson)
Mrs. Donnelly	Student Services	Mr. Shannon	Principal
Mrs. Hassanali	Kindergarten (with Mrs. Ross)	Ms. Strong	Speech Language Pathologist
Ms. Hawker	Noon Hour Supervisor	Ms. Tamimizadeh	Custodian (pm)
Mrs. Heinrichs	Gr. 3 (with Mrs. Cox)	Mrs. Vikse	Educational Assistant
Mrs. Howell	Student Services	Ms. Wachowski	Counselor
Mrs. Jacobsen	Student Services	Ms. Westfal	Library/student services
Mrs. Koe	Gr. 1/2	Mrs. Wragg	Music

Parking, Routines and Schedules

Parking, pickups and drop offs have gone quite smoothly. Let's keep up the great work! Thank you to everyone for making it run smoothly. The true test will happen once the weather becomes less sunny. If we practice the same process there is no reason to believe that it will be any different.

Please remember that the mornings and afternoons are very busy in our parking lot. Please take your time in and around the school as there will be many children and adults out and about. We ask that you only park in the designated areas and that you do not park in the staff parking lot or in the pick up/drop off lane. In the afternoon, some parents arrive early and wait at their vehicles in the drop off lane until students are dismissed. Please do not park your vehicle and walk away to meet your child. By leaving your vehicle, traffic backs up. We want to have students picked up and vehicles moving to maintain flow through the roundabout. You can park your car (legally) on Clearwater Way or Mara Drive and walk over to meet your child as an alternative. Please do not stop beside vehicles in the pick-up / drop off lane and ask your children to walk out to your car. Your child's safety is of the utmost importance to us. When you ask your child to walk between vehicles, you are placing them at risk. It is important that students also know that this is not okay - we will also do our part to teach them this. Please be aware that in the parking lot there are spaces that are designated for handicapped parking. These spaces are open to anyone with a handicap parking pass. If you do not have a pass please do not park in these spaces, not

even for "just a few minutes." If these three spaces are full, and you have a handicapped parking pass, you are able to park elsewhere in the parking lot. We want to be sure that we are taking care of you.

If your child is late for school please remind them that they need to come to the office before they go to class so we can be sure that we know they are here, because in some cases the class attendance may already be at the office when your child arrives. A phone call is made to parents or emergency contacts for any child who is absent without notification. Please call the school (604 945-7004) if your child will be absent or late. Please also note that being punctual is a life skill. When students arrive late, they miss the morning routine(s) of their class and this can create stress for them. It also disrupts the class. While we understand that occasionally being late is acceptable, repeatedly or consistently being late is not.

Finally, students arriving early to school will not be supervised. We ask that students remain outside until the bell and that they line up at their classrooms. In some cases teachers may open their doors slightly earlier than this but they are not obligated to do so. If students are inside, they are expected to follow the rules of their classroom and to do quiet activities. Failure to do so may result in such privileges being removed.

Allergy Information

There are a number of students at RVP that have nut allergies (from minor to severe). We please ask that you keep this in mind when making lunches for your children, and especially when bringing in treats of any kind that are intended for all the students in the classroom (e.g. for birthdays). If nuts or nutty foods are brought in to a classroom where the allergy is severe, we may need to separate students, for safety. It is our hope that we will not have to do this. Thank you for your consideration.

CRITICAL INFORMATION – forms, forms, forms

You will be receiving three forms on Monday: Student Verification Form, Emergency Release Form, and our PAC newsletter. Please complete these forms and send them back to the office ASAP.

I will include an attachment (with this newsletter) of the letter I emailed last week about the process for creating a school cash on line account as well as the process for filling out the various forms that are required (and those that are voluntary). You should now be able to create a school cash on line account. For other forms, along with payments for school supplies, I'll send out a reminder when you are able to complete these. Thanks everyone for your patience.

RVP Team Time

Parents – you are always invited to join us for RVP TEAM TIME. Team time takes place on Tuesdays and Thursdays in the gym, immediately after the attendance has been taken. This year, Tuesdays will consist of learning about a MESSAGE – a message that may tie to a value (which we will take from our school planners), the circle of courage, or the core competencies. The other day (Thursday) consists of MOVEMENT in which students lead the school in dance to get our bodies moving and our minds clear. We would love to see more of our parents take part. I will let everyone know if there are days when TEAM TIME is not happening.

TWITTER

I will try to send things out regularly on our school Twitter account. Please follow us. We are: @RiverviewParkEI. Please encourage other parents to join. We are currently at 106 followers (which has almost doubled since last time this year).

Kids Plus Accident Insurance

In the past, we have handed out pamphlets with information about how to acquire accident insurance for your children. This year, the student accident insurance program, Kids Plus, has moved online (and will no longer be sending out information in paper form). You can check out their main website at kidsplus.ca for coverage information.

Orange Shirt Day - Every Child Matters

Orange Shirt Day is on Sept. 30th this year. We are asking students to wear orange on **Monday, Oct. 1st** to recognize the importance of this day and the message that it serves.

Orange Shirt Day grew out of 'Phyllis' story' of having her shiny new orange shirt taken away from her on her first day of school at the St. Joseph Mission (SJM) residential school. She never got her shirt back. This date was chosen because it is the time of year that children were taken from their homes and placed in residential schools and the emphasis on the message is that every child matters.

To learn more about Phyllis' story, please check out the following website: www.orangeshirtday.org.

Terry Fox Run and Assembly

We will be having our school Terry Fox run on Friday, Sept. 28th. There will be an opportunity to run in a Terry Fox district run in October (more information will follow about details).

You can donate money to the Terry Fox run either by bringing it in and dropping it off, or also by donating money online in our school's name. I will make the first donation by giving \$1 per student (\$250 in total). I encourage everyone to give to this noble cause. Originally, all Terry was asking for was \$1 per Canadian. I know we can do much better than this. We will collect money beginning this week and right up to the district run in October. Let's continue to do what we do at RVP - continue to do many wonderful things in our community and in the Tri-Cities.

If you are interested in donating online, the website is www.terryfox.org. Click on the donate button (top right) and select 'to a student / school.' Scroll down to the schools (listed alphabetically) and go to page 64 - Riverview Park Elementary is on that page (at least it was on my computer).

Moresports

Moresports will be back and will run after school on Tuesdays from 3:00-4:30. Registration is limited to 30 students on a first come first serve basis. The program will start in early October. I will send out further instructions about how to register when the registration process opens.

Moresports is a neighbourhood based after school program that provides physical activity opportunities to children at their own school. The focus is on fun, inclusion and connecting kids to sport, other kids and older youth mentors. The partnership between School District 43, City of Coquitlam and a host of other supporters assures that the costs are kept low and that there are no barriers to anyone participating.

Our motto is to Include Always!

We believe in the value of the connection between our Program Leaders and the children who take part. Our Leaders are hired and trained by the City of Coquitlam who are a certified High-Five Organization. This means that Healthy Child Development practices are put into place.

BOKS (Build Our Kids Success)

The BOKS program will run on Tuesday and Friday mornings (same as last year) from 8:00-8:40am. The first date for BOKS will be Tuesday, Sept. 25. Included with the newsletter is the necessary paperwork that has to be filled out and handed in if you would like your child to take part. The program will be led by leadership students from Charles Best Secondary. BOKS is a program that promotes physical activity to improve mental functioning and physical well-being. We hope to have the BOKS program run each term this year. For this term, BOKS will run until the end of November.

Grade 5 Get Active! Program

The letter required for the registration for this program (for grade 5 students) was sent home on Friday. Please be sure to take advantage of this program. With the receiving of a Get Active card, grade 5 students are able to access all drop in swimming, skating, and gymnasium programs in Coquitlam, Port Coquitlam, and Port Moody free of charge! The card is valid from Sept. 4, 2018 to Sept. 3, 2019.

Foundation Skills Assessment (FSA)

This year, like last year, this assessment will be administered in either October or November. More information will follow. It is intended to assess students' skills in numeracy, reading and writing. This assessment is done with grade 4's (in elementary). I will include more information about the assessment and procedures and plans for administering it in future newsletters.

Fruit and Vegetable Program

We have already had our first delivery of fruit (Okanagan peaches) and milk from the BC School Fruit & Vegetable Nutritional Program (BCSFVNP). Every 2-3 weeks (on average) we will receive enough fruit or vegetables for two servings for each student in the school. If you wish for your child to not take part in this program, please contact the school and let us know. Our next delivery date is during the week of September 25 and we will be receiving Bartlett pears.

We understand that some children have allergies to some foods. Please be sure to let us know if your child has any specific allergies to fruits, vegetables, or milk. Also, please talk to you children about their allergies and remind them of what they can and should not eat. Thanks to Shelley Frick and Keiko Kamisuki for organizing and distributing the milk and fruit/vegetables to our classrooms.

Dressing appropriately for the weather

Parents, please make sure that your children are dressed appropriately each day for the weather. We do our best and will make every effort to get students outside at recess and lunch, even on some days when it is raining. It is crucial that students come to school prepared for this. Students are also expected to dress appropriately when they do go outside (we will teach and provide reminders, but ultimately it is up to the students to take responsibility for this).

Volunteers

Research has shown that having parents in the building to help out and to be involved in the education of their children is not only valuable, but that it also contributes directly to better schools. We love to have parent volunteers in to help us out, even if it is only for a small amount of time. We value having our parents involved in our school. If there is ever a time when a parent is supervising more than their own child, a criminal record check (which is free when accompanied by a note from the principal of the school – see Mrs. Payne) needs to be completed. If you are interested in volunteering in any capacity, please come in and get the applicable forms from the office.

Communication

As parents, you will have many opportunities to meet with your child's teacher throughout the year. If you have any concerns about your child, or if you just want information, please take some time to arrange to talk to your child's teacher. Do not put it off and wait until things become overwhelming. I'm happy and willing to talk to parents about concerns, questions, and/or information, however, if you have a classroom concern, it is always appropriate to talk to the classroom teacher first. Problems can often be resolved through early, respectful conversation. It is often the little issues that are unresolved that become bigger issues later. Our parent / teacher interview meetings will be happening in October and this will provide you the opportunity to meet your child's teacher and help them better know your children. If a situation arises before these scheduled meetings, please address it before these meetings.

StrongStart

The StrongStart program is open to students aged 0-4. StrongStart is a parent participation program for children and their caregivers where exploration, learning, and fun take place! It is a wonderful program for younger children where they can experience learning through play and hands-on activities. It also helps them become more familiar with and comfortable in a classroom and in the school. Ms. Bentzen is our StrongStart Facilitator.

Registration:

Registration for the StrongStart program takes place in the classroom. Ms. Bentzen will assist you with this and can answer any questions you have about the program. All children must be registered to attend StrongStart.

PAC News

The Riverview Park PAC (Parent Advisory Committee) is excited to welcome everyone back for another great year at RVP!! There will be a PAC newsletter that your child should bring home today (Sept. 17). Check out the various programs that will soon be up and running at RVP (at lunchtime and after school).

Please remember to take part in our PAC meetings. As parents of children who attend RVP, this is a great opportunity to meet your PAC team and other parent volunteers. Meetings are held in the school library and begin at 7:00pm.

Our PAC Meeting Schedule is as follows:

September 17, 2018

October 1, 2018

November 5, 2018

December 3, 2018

January 14, 2019

February 4, 2019

March 4, 2019

April 8, 2019

May 6, 2019

June 3, 2019 (PAC AGM and Elections)

District and / or Community News

School District 43 (Coquitlam) is looking for permanent and casual noon hour supervisors.

Up to 5 hours a week, (1 hour a day during the school's lunch time).

Monday to Friday while school is in session (off spring break, winter break and summer break).

Rate of pay: \$20.65 an hour plus 16% in lieu of benefits.

If you are interested, please send your resume to : humanresourcesupport@sd43.bc.ca.

Please feel free to check out the Publications and Community Listings and links on our district webpage at: <http://www.sd43.bc.ca/Pages/publications.aspx>