



## **Seaview Community School**

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"At Seaview Community School We CARE"

(Care About and Respect Everyone)

**Our mission is to provide safe academic, social and physical learning to all students with the support of the community**

NEWSLETTER No. 4  
Oct 14, 2015

Principal: Ms. Susan Ross  
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Website: [www.sd43.bc.ca/seaview](http://www.sd43.bc.ca/seaview)

### **OUR SCHOOL GOAL**

To grow students' self-awareness and personal management reinforcing self-regulation skills and ensuring all students thrive at school.

### **SCHOOL NEWS**

## **A Waac of a Success!**

Seaview staff would like to offer warm thanks to all families for joining us to celebrate our community during the harvest season once again this year. We hope that you enjoyed the student presentations and feasting together as much as we did. It was such a pleasure to come together and celebrate and we thank you for keeping the spirit of our special community so strong.

To each and every family in our Seaview community, thank you for your commitment to working with us to provide a nurturing environment for learning, one ripe with challenge and recognition that enriches every day at school for our students. We value very highly our community partnership with you. We are all tied together.

## **Self-Regulation Parents' Corner: A Refresher**

### **Self-Regulation At Home: A Strategy Sampler**

The development of self-regulation is a process that all children undergo over the course of their development. In fact, adults practice their own self-regulation too! Think about those early mornings and what it is you need to do, for example, to get yourselves (and the kids) ready for the day: a cup of coffee, some quiet time, maybe a walk around the block with the dog to get energized. We all have a thermostat to adjust in order to be ready to face tasks at any given time, to calm ourselves or alert ourselves. Building this awareness in our students is an instructional focus at Seaview.

Following is a sampling of a few strategies for home that help support children to self-regulate:

- **Providing predictable bedtime routines and making sleep a priority**

Did you know that children in the elementary age group require anywhere from 10 to 11 hours of sleep every night to achieve optimal alertness and function during the daytime? Our busy lives make this sometimes difficult to prioritize. Think about ways to calm before bedtime and discuss the importance of sleep and rest with children at home.

- **Change the environment by eliminating distractions**

When it's time to adjust the "Thermostat" and get ready for restful activity (ie bedtime, reading times, etc) try reducing distractions: turn off the TV, change the lighting, provide a soothing object or activity. Interestingly, research shows that any screen time two hours prior to bedtime inhibits the ability to sleep deeply and get the quality rest we need to recharge.

- **Help children to anticipate transitions**

Giving children ample warning when a routine or activity is going to change helps them self-regulate and adjust to the change. For example, "In ten minutes we're going to turn off the TV and get ready for bedtime. Next will be a five minute warning. What can you do to get ready for TV time to be over?"

Working towards developing self-regulation skills in our students is an ongoing commitment at Seaview Community School. We welcome your questions and comments and continue to look forward to working together to provide the best possible outcomes for children.

## **Tea Time Celebration**

This week and last week students were recognized at *Tea Time* for demonstrating the following quality of emotional regulation at school:

### **Showing kindness and empathy to others**

Congratulations to the following students: Layla, Ashley S., Benji, Cooper, Hala, Alice and Nicolette.

During tea time we share stories of the actions students are taking in the emotional regulation domain and we are very proud of our students for demonstrating such exceptional kindness and empathy to their peers. We look forward to further celebration at our monthly assembly in the coming weeks.



*With Ms. Ross*

## **Federal Election Polling Station at Seaview**

Our school gym is an official polling station this coming Monday, October 19th and we expect an exceptionally busy parking situation to occur throughout the day.

Wherever possible, please avoid driving to the school that day and endeavor to park on the street if you do. On this day it is a priority that the electorate have access. Also, staff needs to be able to park for work in our staff parking lot which will be closed off in the morning.

Handicapped parking needs to be left fully available for voters.

Thanks in advance for your cooperation.



October 19, 2015

**Hi, Seaview Community!**

***The Fall 2015 After School Programs brochure are out!*** See the attachment for this session's program brochure and registration information. The programs are starting this Friday on October 16<sup>th</sup> and run until December 18<sup>th</sup> 2015. Registration is open. Visit the Community Programs page on the Seaview Community School website to register.

The programs are filling up fast; there are limited spaces available in ***Introduction and Advanced Karate, Awesome Art and Willy Wonka and the Chocolate Factory.***

There are new exciting programs such as ***IMAGINATION INK*** – a fun creative writing program, ***DANCE ADVENTURE*** – a hip-hop and jazz dance, ***MUSIC EXPLORATION*** – *this a new type of musical exploration that focuses on your voice; and always popular ***SCIENCE ALIVE*** program by SFU students that gives a chance for students to learn about science in a fun and exciting way.*

**Kindergarten Parents please note:** We have for several years not included Kindergarten aged children in our Fall Programs. Staff feel that your children have already many new things and procedures to learn as they become acclimatized to their school. In our experience adding one to two hours to their school day proves to be difficult for both your children and our program leaders. We want your children to have a wonderful and safe educational experience. We ask for your understanding and support. Our programs will be open to registration of your children into our winter programs beginning in January and our spring programs in April.

If you have any questions please contact:

Dasha Belskaya - Community School Coordinator

[dbelskaya@sd43.bc.ca](mailto:dbelskaya@sd43.bc.ca)

**[Seaview Montessori now provides the following licensed programs within Seaview Community School:](#)**

- 1. Group Daycare:** (with a morning preschool component) for ages 2.5 to 5 years. Time: 7 AM – 6 PM; Monday to Friday
- 2. Preschool:** 3 and 5 day programs. Time: 9 AM – 12 PM; September to June
- 3. Out of School Care:** 7 AM – 9 AM & 3 PM – 6 PM. Open during Pro D Days, Winter & Spring Break. Open July and August with an all-day summer program.

To register now contact the Centre at 604-765-4022 or email [seaviewmontessori@shaw.ca](mailto:seaviewmontessori@shaw.ca)

## **PAC Meeting Tonight**

**Wednesday October 14, 2015**

**In the School Library at 7:30 PM**

This meeting will be about our PAC BUDGET and FUNDRAISING EVENTS for the year. This meeting can sometimes run longer than others there will be free childcare available in the community room while the meeting takes place.

## **Seaview Community School Hot Lunch Program**

Our Hot Lunch program is back and our ordering system is going GREEN! Instead of filling out a paper order form families can place their orders online at <http://www.munchalunch.com/schools/seaviewcommunityschool/>.

Simply register your family, add your children and then click the green "Order Lunch" button. You can pay for your orders by credit card, Paypal, cash or cheque.

Please place your orders by October 9, 2015. If you need assistance with ordering, or do not have access to the internet, please contact Jessie Hurley at [jhcherish@gmail.com](mailto:jhcherish@gmail.com) or inquire at the school office.

Our thanks to the Seaview parent community for supporting this important fundraiser and to our wonderful volunteers who help make this program a success!

### **PAC 2015-2016**

Chair: Amy Hallman;

Vice Chair: Joanne Winsor

Secretary: Kerry LeCorre

Treasurer: Shannon Jorgensen

DPAC: Connie Caldwell

SPC: Amy Hallman, Jessie Hurley, Becky Dolton

Member at large: Jessie Hurley

Stay tuned for upcoming

Information regarding dates and opportunities.

**October & November 2015**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<b>12</b>  <i>Thanksgiving</i>  <i>Stat</i>	<b>13</b>  <i>Fire Drill</i>	<b>14</b>	<b>15</b>	<b>16</b>
<b>19</b>  <i>Field Trip</i>  <i>Div 8, 9, 10 to</i> <i>Apple Barn</i>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>  <i>Provincial Pro D</i>  <i>(No School)</i>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>  <i>Assembly 9:15</i>    <i>Halloween</i> <i>Parade</i>  <i>1:00 pm</i>
<b>2</b>  <i>Photo Retakes</i>	<b>3</b>	<b>4</b>	<b>5</b>  <i>Dreamrider</i> <i>Theatrix</i>  <i>Presentation</i> <i>11AM</i>	<b>6</b>
<b>9</b>	<b>10</b>  <i>Remembrance</i> <i>Day Assembly</i>  <i>11:00 am</i>	<b>11</b>  <i>Remembrance</i> <i>Day</i>  <i>Stat Holiday</i>	<b>12</b>	<b>13</b>

