



# Seaview Community School

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Phone: 604 936-9991 Email: [Seaview@sd43.bc.ca](mailto:Seaview@sd43.bc.ca)  
"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. 9  
Nov 23, 2015

Principal: Ms. Susan Ross  
E-mail: [suross@sd43.bc.ca](mailto:suross@sd43.bc.ca)  
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

### Self-Regulation at Home: Emotional Regulation Strategies & Tips

Parenting is one of life's greatest gifts and at times one of life's greatest challenges. From time to time we can ask ourselves, how do we respond to our children's needs, impulses and behaviors? Our responses can help set a strong foundation for how children will manage their own feelings, impulses and needs both now and in the future. Here are some hints for home that align with our work in emotional regulation at Seaview:

- 1. Be consistent.** This one can be tough but consistent routines, structures, expectations and responses help children to feel secure. Creating consistent structure in a child's external environment helps the child over time to develop self-regulation.
- 2. Use language to help your child identify and express feelings.** Identify and label your child's strong emotions. For many children, this has a calming effect and helps them begin to develop a 'feeling' vocabulary and a sense of positive control. Being able to identify and label their own feelings helps children's ability to understand others' feelings and supports development of empathy and understanding for other.
- 3. Provide guidance on acceptable behaviours.** It is often easier for children to learn something new than to stop something they're already doing. For example, telling your child, "When you are frustrated you can stomp your feet or jump up and down" can be more effective than telling your child, "Don't \_\_\_\_\_." This helps children learn to manage strong feelings in acceptable ways, to find the tools that work for them.

4. **Engage in play that promotes self-regulation.** Play is a very effective way for children to develop self-regulation skills. They need to cooperate, communicate, share, empathize, take turns, explain ideas, wait for a turn, problem-solve, the whole gamut. Pretend play with other children can be a cooperative activity that helps children to negotiate their feelings and impulses in a fun, natural and healthy way. Play is the work of the child!

## **Winter Concert**

We are excited to present, ***A Canadian Christmas***, our winter concert, on **Tuesday, December 15<sup>th</sup>**. Students will perform two shows in our school gym, a matinee at 2pm and an evening show at 6pm. Students will have a regular 3pm dismissal on concert day and be able to go home to rest and recharge for the 6pm show. **The 6pm performance is often very crowded with limited seating therefore we recommend, whenever possible, attending the 2pm show.**

Additionally, there is a scheduled dress rehearsal for **Monday, December 14<sup>th</sup> at 1:30 pm** and we encourage young children and additional family members to attend this performance. **No tickets are necessary for the dress rehearsal, therefore no limit on family members attending.**

Our school community shows incredible support toward this special performance every year; and, as you know, seats are at a premium - especially those in the front row. The 2pm show is an excellent alternative – same show, great seats. **This year we will be taking tickets at the shows, every audience member must show one for admission.**

We will be holding a raffle on concert day for coveted front row seats. You can purchase tickets at 1:30 and 5:30 in the school amphitheatre. Parents, for a nominal price, will be able to purchase raffle tickets before the show and enter to have their names drawn for **pairs of seats** in the front row. **There will be 10 names drawn for 2 seats each.** The seat raffle is a very popular and lots of fun.

Our proceeds are donated to SHARE Family and Community Services on behalf parents from Seaview Community School. Last year we were able to donate over \$300 to families in need.

## **Winter Concert Tickets**

Our Winter Concert will be on Tuesday, December 15<sup>th</sup> at 2:00 and 6:00 p.m. **2 tickets for each performance** will be sent home on **Monday, December 7<sup>th</sup>**. You may exchange you tickets for another show time, use or turn in these tickets for another family to use at the office after December 6<sup>th</sup>. Please call Mrs. Kristjanson in the office if you have questions.



## **Winter Weather Ahead!**

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

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. 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.

Some of our schools are in very different climate zones from one another and there may be the need for select closings within the district. If there is a partial closure of schools within the district, these individual schools will be identified.

On occasion, full district or partial district closure is required.

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

Any district-wide or partial closure will be decided by 6:30 a.m. at the latest and will be announced via 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.

We encourage families to continuously check the School District 43 website for updates and changes.

Parents seeking information on transit bus schedules need to consult the Translink website: <http://www.translink.ca/>

Sorry but this is the picture off the City of Port Moody Website!



## **Calendar Additions – Revised BC Curriculum Implementation**

As per our superintendent's letter sent home last week (and attached) please note **Tuesday February 9, 2016** and **Friday May 13, 2016** will be non-instructional days. Schools are closed to facilitate teachers' ability to work together in on curriculum planning and implementation.

## **Tea Time Celebration**

This week's students are being recognized at *Tea Time* for demonstrating the following quality of emotional regulation at school:

### **Self Regulating When Energy is High or Low**

Congratulations to the following students: Jacob St Jean, Berra, Saya and Shane W.

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 efforts at school.



*With Ms. Ross*

# **School Forms**

## **E Forms Information**

At the beginning of **each** school year, there are number of necessary forms that we need you to complete.

**E Forms are online and due now.** It is crucial that you complete the required forms for each student.

They are available online in our Seaview Community Portal [www.sd43.bc.ca/elementary/Seaview](http://www.sd43.bc.ca/elementary/Seaview)

1. **School Policies**
2. **Emergency Release**

Additionally, you will find on that page the following optional forms:

- **Medical Alert** - To be completed at the start of each school year but only if your child has a medical concern.
- **Volunteer Application** - To be completed once at each school level by parents and non-parents who are planning to volunteer at our school. Note: you also need to drop off a criminal record check (CRC) at the school office. Contact the school to ensure your CRC is still valid.
- **Driver Application** - To be completed at the start of each school year by volunteers who are planning to transport students during school field trips. Note: you will also need to drop off a driver's abstract and a criminal record check at the school office and complete a Volunteer Application form (once per school level).
- **Absence Report** – (available currently) To be completed when your child is going to be away from school.

## **COMMUNITY SCHOOL NEWS**

Good Day Everyone,

As the old saying goes, what was old is now new! It's Paul Dondo here back again and taking over from Dasha as your Community School Coordinator. I'm very excited to be back and look forward to serving you all again. It will be slightly different this time around as my office is not based out of Seaview but I do plan to be here often enough to help you with your concerns. Just a reminder that the After School Programs in the gym will be cancelled on December 9, 10, 11, 14 and 15 as the gym will be closed for the Christmas Concert preparations. Please feel free to contact me if you have any questions. My email address is [pdondo@sd43.bc.ca](mailto:pdondo@sd43.bc.ca) and as soon as I have a phone number I will let all know. Till next week, take care!

Cheers

Paul Dondo  
Community School Coordinator  
[pdondo@sd43.bc.ca](mailto:pdondo@sd43.bc.ca)

**SEAVIEW PAC MOVIE NIGHT**

**THE MINIONS ARE COMING TO SEAVIEW!!!!**

**DON'T MISS OUT ON SEEING THE MINIONS AT SEAVIEW**

**DATE: FRIDAY NOVEMBER 27, 2015**

**DOORS OPEN: 6:00 PM**

**MOVIE RUNS FROM: 6:30 PM – 8:01 PM**

**WHERE: SEAVIEW GYM**

**ADMISSION: \$2.00**

**CONCESSION WILL BE OPEN!**

**\*\*ALL STUDENTS AND CHILDREN MUST BE ACCOMPANIED BY AN ADULT. ANY CHILDREN NOT WITH AN ADULT WILL NOT BE ALLOWED TO ATTEND THE MOVIE\*\***

**WE HOPE TO SEE YOU THERE!**

**SEAVIEW PAC**





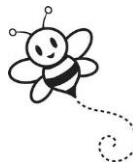
# Let's make some Dough!

COBS Bread in Suter Brook Village has teamed up with Seaview Community school!

With every purchase you make at Suter Brook COBS, mention that you are with Seaview Community School, and **5%** of your purchase will be donated back to Seaview!

No cards necessary! Not even a coupon book! Just mention Seaview and that's it! Easy as Pie...or in this case Bread...or Fun Buns, or cinnamon rolls, or savory croissants...oh I could go on and on!

So be sure to mention **Seaview Community School** the next time you are shopping at COBS Bread in Suter Brook!



## **COBS Bread ~ Suter Brook**

154 Brew St.  
Port Moody  
604-461-2716

**November & December 2015**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> <i>Assembly 9:15</i>  <i>Kindergarten vision &amp; hearing screening 1:00pm</i>  <i>Movie Night</i>  <i>6:00 pm</i>
<b>30</b>	<i>December 1</i>	<b>2</b>	<b>3</b>	<b>4</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>14</b>  <i>Dress Rehearsal</i>	<b>15</b>  <i>Winter Concert</i>  <i>2:00 pm &amp;</i>  <i>6:00 pm</i>	<b>16</b>	<b>17</b>	<b>18</b>  <i>Report Cards Home</i>