



Seaview Community School

1215 Cecile Drive, Port Moody, BC V3H 1N2
Phone: 604 936-9991 Email: 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. 13
Susan Ross
January 4, 2016
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Principal: Ms.

E-mail:

Website:

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

Happy New Year Seaview Community

Welcome back! Seaview staff extends warm wishes for a healthy and happy 2016. We are energized for what promises to be an exciting and learning rich term for our students and wish to invite parents to keep connected over the course of the upcoming months and stay strong in our partnership to support students to thrive in our school. Your involvement, queries and contributions are encouraged and always welcome.

Self-Regulation Parents' Corner

Sometimes the best way to think about helping children with self-regulation is to consider teaching self-regulation skills as similar to helping children learn to read, count or ride a bike. We use a variety of strategies at home and at school to teach these skills and can do the same to help our children learn to self-regulate. It is a widely held belief in the educational community that having well developed self-regulation skills is in fact the strongest predictor of successful learning at school.

One of the most effective ways we can support self-regulation is to ensure our children are ready to learn by having good rest, nutrition and energy levels. **Often the optimal state for learning is calm, focused and alert. How do we help our children in their ability to recognize when they are calm, focused and alert?**

In the emotional domain, we are working to develop students' ability to identify and manage feelings and emotions, to be mindful of the feelings of others and to grow their ability to communicate their feelings effectively. **We can't assume that children are able to manage feelings independently, they need adults to help them manage their emotions. They need practice.**

Here are some strategies for home:

1. Be a detective. Try to figure out your child's stressors, what helps them stay calm and alert, what helps them to gain energy when they are lethargic and having trouble with a task or direction?
2. Help your child to identify their state of readiness for an activity. For example, "We need to start getting ready for bed now. Are you feeling calm and ready to sleep? Are you feeling too excited to sleep? What can we do to get calm and ready to sleep?"
3. Use hints and cues. Children often need suggestions modeled to them when they are having difficulty with an activity or social conflict. Try offering suggestions like, "I notice you are frustrated. Do you think you need a break from this activity? Try cuing them like, "We're going to leave for soccer in 5 minutes and I notice you are slow and sleepy. What do you need to do to get ready to play?"
4. Model self-regulation. Don't hesitate to be explicit with children when you are adjusting your own thermostat! This goes a long way to help them understand that we all need to be responsible for getting ready for a task.
5. Practice using a feeling vocabulary at home and reflecting feelings back to your child. Use stories and favourite characters or programs to talk about feelings and communication. Be brave and label your own feelings for them!

Please do not hesitate to be in touch with either myself or your child's teacher if you have special interest or questions about self-regulation in your son at Seaview. Your questions help us get better and tie us together.

Sincerely,

Ms. Susan Ross, Principal



Registration Information 2016 - 2017

Programs of Choice, Kindergarten Registration & Cross Catchment

Elementary Programs of Choice

EARLY FRENCH IMMERSION

Information Meetings for Parents

Rochester Elementary – Monday, January 4th at 7pm

Coquitlam River Elementary – Tuesday, January 5th at 7pm

Kilmer Elementary – Wednesday, January 6th at 7pm

Irvine Elementary – Thursday, January 7th at 7pm

Glensayre Elementary – Friday, January 8th at 7pm

Application Process

Online only – January 14th – 20th

Space is limited. Applications are accepted on a first come first served basis

EARLY MONTESSORI

Information Meetings for Parents

Winslow Centre (Gallery Room) – Monday, January 11th at 4pm – 5 pm or 7pm – 8pm

Application Process

Application forms will available at the information meeting and online. Applications must be received to the Board Office by, Wednesday, January 20th by 4:30pm

Applications for Kindergarten/Grade 1 is done by a random draw and is limited to the number of spaces available. Late application forms will not be part of the draw.

BILINGUAL MANDARIN

(Kindergarten or Grade 1 Entry)

Information Meetings for Parents

Walton Elementary – Tuesday, January 12th at 6:00pm

Application Process

Application forms will available at the information meeting and online. Applications must be received to the Board Office by, Thursday, January 21st by 4:30pm

Applications for Kindergarten/Grade 1 is done by a random draw and is limited to the number of spaces available. Late application forms will not be part of the draw.

REGGIO INFLUENCED PROGRAM

(Kindergarten to Grade 5 Entry)

Information Meetings for Parents

Meadowbrook Elementary – Wednesday, January 13th at 6:45pm – 7:45pm

Application Process

Application forms will available at the information meeting and online. Applications must be received to the Board Office by, Thursday, January 21st by 4:30pm

Kindergarten Registration

Begins February 2nd, 3rd, 4th at catchment schools

Information on Registration Documentation can be found on the District website www.sd43.bc.ca

Middle Programs of Choice LATE FRENCH

IMMERSION Information Meeting for Parents

Pitt River Middle – Monday, January 11th at 7:00pm

Moody Middle – Tuesday, January 12th at 7:00pm

Banting Middle – Wednesday, January 13th at 7:00pm

Application Process

Online only – January 15th – 21st

Space is limited. Applications are accepted on a first come first served basis

LATE MONTESSORI (Grade 6 Entry)

Montgomery Middle – Tuesday, January 19th at 7:00pm

Application Process

Application forms will be available at the information meeting.

Secondary Programs of Choice

IB Intake

Information Meeting for Parents

Port Moody Secondary – Tuesday, January 5th at 7:00pm – 8:30pm

Port Moody Secondary – Wednesday, January 6th at 7:00pm – 8:30pm

Inquiry Hub

Information Meeting for Parents

Millside – Thursday, January 14th at 6:30pm

Cross Catchment (K-12)

Cross Catchment begins on Friday, February 5th at 9:00am and closes on Wednesday, February 17th, at 4:30pm

Application Process

Application forms will be available on-line and paper at 9:00am on Friday, February 5th

For a more detailed list of Programs of Choice, application dates and deadlines please go to www.sd43.bc.ca

COMMUNITY SCHOOL NEWS

Happy New Year Seaview,

I hope that all of you had a wonderful break that was filled with rest, laughter, and golden memories that last a lifetime.

Well now we are all back to work and school it is time to ensure that your child(ren) are registered for After School Programs which **start next Monday Jan. 11th**. A reminder that **registration closes this Friday Jan. 8th**. The brochure is available online and all instructions to register are there as well. When you get your confirmation email that acts as your receipt for tax purposes so make sure that you save that email.

A reminder that Brick4kidz and the City of Port Moody have their own registration web site and you need to register with them. All other programs are on the Karelo registration web site.

Once again, if you have any questions please do not hesitate to contact me.

Cheers
Paul Dondo
Community School Coordinator
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pdondo@sd43.bc.ca

Parenting Classes

Parenting Class at Rochester Elementary

Fine Tune Your Parenting Skills
Systematic Training for Effective Parenting
7 week Course
Starts January 19 and ends March 1st.
Location: Rochester Elementary
Time: 7-9 PM
Faciliator
Marna Omichinski
Contact: momichinski@sd43.bc.ca

Parenting Wisely Course at Porter Elementary

**Starting January 19 and January 20
See attached flyer for more information**

PAC News

Still open for orders!!!!

Seaview Community School Hot Lunch Program

Winter 2016

Online ordering is now open for our winter menu at www.munchalunch.com/schools/seaviewcommunityschool/

You can pay for your orders by credit card OR Paypal account OR cash OR cheque (post-dated accepted)

Please place your orders by December 31, 2015

If you need assistance with ordering, or do not have access to the internet, please inquire at the school office.

Thank-you for supporting this important PAC fundraiser!

January 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4 <i>School Opens</i>	5	6 <i>Snack Day</i>	7	8
11 <i>Hip Hop Classes</i>	12 <i>Hip Hop Classes</i>	13 <i>Hip Hop Classes</i>	14 <i>Hip Hop Classes</i>	15 <i>Hip Hop Classes</i>
<hr/> <i>Afterschool Programs Start Today</i>		<hr/> <i>Hot Lunch Day</i>		

18	19	20 <i>Earthquake Drill</i> <hr/> <i>Snack Day</i>	21	22
25 <i>PRO-D Day</i>	26	27 <i>Hot Lunch Day</i>	28	29 <i>Assembly 9:15</i>