



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. 15
Feb 15, 2016**

**Principal: Ms. Susan Ross
E-mail: suross@sd43.bc.ca
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.

Self-Regulation Parents' Corner

Here is a reminder of the five areas of self-regulation. They refer to being calm, alert, focused and ready to learn in the following areas:

Physical – Emotional – Behavioral – Social – Academic

This week let's talk about emotional self-regulation. First of all, what is it? When we talk about being emotionally self-regulated at school we mean being emotionally calm, focused and ready to learn. It means being able to experience feelings like, for example, frustration, excitement, confusion, anger and not to be overwhelmed. When we help children learn to manage their feelings and adjust to the task at hand we encourage them to develop strategies to be self-aware and successful learners. They learn to manage impulsive and uncomfortable feelings which in turn support behavioral, social and academic demands.

Seaview staff is engaged in a process of learning and understanding more about how to encourage emotional self-regulation in students. Perhaps one of the most important aspects of this journey, and something that is relevant to home and school, is the idea of adults working to regulate themselves when dealing with children and challenging situations.

Try this at home:

Consider, when supporting children at home your own verbal and non-verbal actions and their effect:

Facial expression

Tone of voice and speech (volume, pitch, pace)

Words and language we choose

Position of body –at the child's level? Using gestures? Moving?

Thinking about our own emotional self-regulation as parents and teachers goes a long way to supporting children's ability to adjust their emotions in challenging situations and sets up successful interactions all around. Articulate to children when

you're aware of your own self-regulation and be explicit. This models the need for people at all ages and stages to be aware and take on the challenge of adjusting to any given situation. Everybody wins!



SCHOOL NEWS

Student Conferences (Early Dismissal, 2pm): February 16th & 18th

Currently, schools conduct three formal and two informal reporting periods. This year's student conference dates (an informal reporting) occur on Tuesday, February 16th and Thursday, February 18th.

At Seaview we aim to optimize our opportunities to communicate and partner around student learning and have been engaged in an ongoing exploration of processes to make communication meaningful and accessible to parents. To communicate student learning this February, teachers have customized the processes for their classrooms.

Students were given appointment time slips on Friday. Drop-in dates require no appointment.

Please mark your calendars for the early dismissal time of 2pm on both days

Friday, February 19th is a district professional development day.



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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 application dates and deadlines please go to www.sd43.bc.ca

SCHOLASTIC BOOK FAIR HOURS

Our February Book Fair is taking place starting Monday, February 15th through Thursday, February 18th and will be open briefly before school and keep after school hours as follows:

Daily mornings: 8:30 - 9:00am

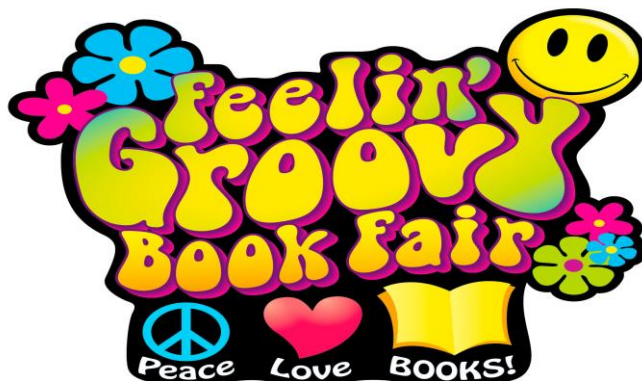
Monday, February 15th: 3-4pm

Tuesday, February 16th: 2-5:45pm

Wednesday, February 17th: 3-4pm

Thursday, February 18th: 2-5:30pm

To parent volunteers, we'd like to extend on behalf of our school and community sincere thanks in advance of the event for bringing the fair to our school. It's always a treat to see families coming together around books and reading. Students really look forward to the fairs. We appreciate the contribution! Thank you.



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
Goal Planning and Using Strategies**

Congratulations to the following students: **Alexandra, Christopher, Johan and Kida**

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

COMMUNITY SCHOOL NEWS

Good Day Seaview Parents,

Just a reminder that an open gym is being held from 2:00 until 3:00 this Tuesday and Thursday to accommodate children after early dismissal and before programs start at 3:00. Attendance will be taken to ensure only children attending programs are at the gym. We are unable to provide care for students who do not attend programs.

In other news, the School of Wonderstanding (SOW) registration is full with one spot remaining at the time of this newsletter. There will be a wait lists of 10 students kept in case any openings come available.

If you are wondering if there is care for your child after SOW is done at 2:45pm, there is provided by our own Seaview Daycare. Please contact Dana at 604-765-4022.

SEAVIEW MONTESSORI provides the following **licensed** programs within Seaview Community School (1215 Cecile Drive Port Moody):

1. Group Daycare - (with a morning preschool component) for ages 2.5 to 5 years (7am - 6pm Monday thru Friday)
2. Preschool - Montessori and Play-based: 3 and 5 day programs (9am - 12pm Sept to June)
3. Out of School Care: (7am - 9am, 3pm - 6pm) Open during Pro D Days, Winter/Spring Break. Open July and August with an all-day summer program.

As for registration for the Spring After School Programs, our aim is to open registration the week before Spring Break. I will post the dates of registration and dates of programs running as soon as I have confirmed them.

Cheers
Paul Dondo
Community School Coordinator
Cell # 604.612.6279

Children's Swap Meet at Poirier Community Centre, **630 Poirier Street, Coquitlam, BC**

There will be a Children's Swap Meet at the Poirier Community Centre and Centennial Pavilion on Sunday, February 21st 2016 from 9:00 a.m. – 1:00 p.m. There are still 30 tables left! There will be a good selection of gently used baby and children's clothes, books, toys and accessories. Admission for buyers is free! Poirier Community Centre is a City of Coquitlam Recreation facility located at 630 Poirier Street in Coquitlam.

For more information, please contact 604-927-4386

PAC News

Teaching Kids To Be Smart About Social Media

Free Parent Workshop

for parents of District 43 students
online registration is required

SPECIAL GUEST SPEAKER: Carol Todd, Founder of the
Amanda Todd Legacy Society

DATE: Thursday, March 3, 2016

TIME: 7:00—8:30pm (doors open 6:30pm)

LOCATION: Gallery Room—Winslow Centre
1100 Winslow Avenue, Coquitlam

ONLINE REGISTRATION REQUIRED:

<http://dpac43socialmedia.eventbrite.ca>

QUESTIONS?

District 43 Parent Advisory Council (DPAC)

100B Winslow Avenue, Coquitlam BC V3J 2G3

Phone: 604-939-3690 / Email: office@dpac43.org

Website: www.dpac43.org

February 2016

Monday

Tuesday

Wednesday

Thursday

Friday

<p>15</p> <p>Book Fair Week</p> <p>15th-18th Gymnastics through to March 11th</p>	<p>16</p> <p>Book Fair Week</p> <p>Student Conferences Early Dismissal 2:00</p> <p>Ready Set Learn Fair Seaview 9:00-11:30</p>	<p>17</p> <p>Book Fair Week</p>	<p>18</p> <p>Book Fair Week</p> <p>Student Conferences Early Dismissal 2:00</p>	<p>19</p> <p>Pro D Day</p> <p>No School</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p> <p>Div. 6 & 7 to Burnaby Village Museum</p>	<p>26</p> <p>No Assembly today see March 4th</p>
<p>29</p>	<p>March 1</p>	<p>March 2</p>	<p>March 3</p>	<p>March 4</p> <p>Assembly</p> <p>9:15</p>
<p>March 7</p>	<p>March 8</p>	<p>March 9</p>	<p>March 10</p>	<p>March 11</p> <p>Report Cards Home</p>