



Central Community School

Lest We Forget

Welcome to November! This month is a time for reflection and thoughts of peace. It is also a month where we have to remember where our ‘wet weather’ gear is, and later, our ‘winter weather’ gear. It is a month of productive learning for students, leading up to the end of term one. November is also a busy time of intramurals, volleyball tournaments, club meetings, and class activities. Late in the fall we always have a heightened awareness around seasonal flus. We monitor our attendance patterns carefully and our caretakers are extra diligent about sanitizing high traffic areas such as railings, counters and door-knobs. Your children

receive frequent prompts to ensure proper hand-washing techniques and have all learned to cough or sneeze into their arm to contain the spread of any virus.

The very best advice during this flu season is a follows:

Students (or staff) who get ill with any flu-like symptoms should go home and stay at home until they are symptom-free, feeling well and able to fully participate in all activities.

Thank you for taking the time to read this newsletter. Being informed is a powerful way to be involved in your son/daughter’s school life.



Central, home of the Chinooks

Central’s Got Talent!!!

This year Central students will have an opportunity to showcase their talent at one of three talent shows. Ms. Hoang and Ms. Robinson will be auditioning students and working with them to help make their performance

“audience” ready. Performances can include singing, dancing, playing a musical instrument, martial arts demonstrations, poetry reading, etc. We are expecting that students will be adept in their performance before coming to

the audition. Please come to the audition with whatever music or equipment is necessary. Performance dates are December 5th at a special assembly, March 15th at the Recognition Assembly and June 21st at a special assembly.

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Daylight Savings Time

Remember to set your clocks back one hour on Sunday, Nov. 4th!



Halloween 4 Hunger

For the past few years Riverside has worked in conjunction with our middle and elementary feeder schools to collect non-perishable food items for the Share Food Bank during our Halloween for Hunger (H4H) campaign. Students from Riverside will be going door to door on Halloween night to collect food items. Citadel & Pitt River students have often done the same whereas our elementary students have collected food items within their schools. We will come to

Central on Thursday, November 1st to pick up the donated food items. We will arrange for a truck from Share to pick up the donated food at Riverside. They will weigh the load and let us know how many pounds of food the Southside Family of Schools collected. If you are able to make any contribution of food it would be greatly appreciated.

Central's costume parade will go through the gym at 1:00 on October 31st.



Terry Fox Fundraising, No Clowning Around!

Congratulations to students and families for your generous donations to this year's Terry Fox campaign. Our school raised \$ 1140! As this exceeded Mr. Watkins challenge of raising \$1000 he agreed to spend a day at school dressed as a clown,

complete with a new red hairdo! On behalf of the entire staff at Central we thank you for your contributions as we continue to work together to find a cure for cancer.



Winter Weather

“There is no bad weather, there is just inappropriate clothing” – German Wald Kindergarten Program.

Please make sure that your child has appropriate clothing for our fall and winter weather. The Ministry of Education is putting

greater emphasis on daily physical activity and outdoor play is an important component. Unless it is really pouring, the children will go outside at recess and at lunch so that they can get some fresh air and be physically active. Rainproof jackets with hoods or umbrellas are essential!



Thieves at Work at Central

It is with great frustration that I have to report to parents and the Central community that our school has been the victim of copper thieves for the second time this year. In early September we had several copper ventilation pipes stolen from the roof of our school. The holes and subsequent rain led to thousands of dollars in wa-

ter damage to our library and surrounding rooms. The damage was covered by School district insurance but that is money that would be better spent on resources for students. On Wednesday, October 10th our school was targeted again as thieves stole more copper pipes and copper drains. Fortunately we were able to identify the theft and make repairs

before the rain set in. If you live around the school property and you see any suspicious activity please call the police immediately. There is increased security and police presence in the evenings but extra vigilance on the part of parents and neighbours could help stop this from happening again.



Vandal Watch

Our school is an important place in our neighbourhood and we all want to do everything we can to eliminate vandalism on school grounds. Schools are most at risk on weekend evenings especially when the weather is good. Keep your eyes and ears open for suspicious activities. Signs of trouble include

late night trespassers and the gathering of groups of people. Everything you see and hear helps. Note the physical characteristics and clothing of individuals. If you see automobiles, jot down license

Please report any suspicious activity to the local police.

plate numbers. Report All Suspicious Activities to the Vandal Watch Tipline.

604-927-7600

Remembrance Day Ceremony

Our Remembrance Day Ceremony will be held in our school gym, on November 8th beginning at 10:45 am. This is an important occasion to honour those veterans who have served our country so that we may know peace. This assembly is always very poignant and meaningful.

REMINDER:
FRI, NOV. 9th –
School Not in Session
MON, NOV. 12th –
School Not in Session



Donate Your Used Books to Us

Gently used books are needed for distribution to families at our Family Play and Learn events. If you are cleaning out bookshelves and closets, please consider donating them to our cause.

Please drop them in the box provided at the office.



Movie Night at Central

Bring your kids out for a fun family movie night! November 16th at 7:00 our PAC will be showing Madagascar 3 in our gym. All children must

be accompanied by an adult. The cost of the movie is \$2.00

“Madagascar 3 is hilarious!” -
Mr. Watkins



S-Vibe Hip-Hop Performance

Has your child been dancing around your house lately? They were probably practicing for their Hip-Hop performance at school.

S-Vibe taught each Grade level a dance of their own

and worked with them for 5 sessions. Each class had an opportunity to perform for their peers on October 18. Huge thanks to our PAC for funding this opportunity for our students. Next year we

may look at having a larger final performance and open it up for parents to attend. Check our website for this year’s “Gangnam Style” teacher performance!!!

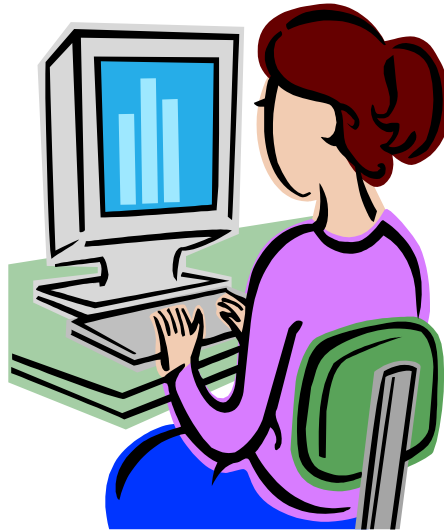
You've Got Mail

This year at Central we will be publishing an electronic version of our school

newsletter. We will email the newsletter and also post it on our Central Community School website. Please bookmark our website for easy access to Central

info and updates. If you would send your email address to:

“anthomas@sd43.bc.ca”



Our wonderful secretary Mrs. Thomas will create a mailout list to ensure you never miss an edition. If we do not receive your email address we will provide your child with a paper copy to take home.

“E” newsletters will help us reduce our paper and photocopying budget and will also help reduce waste in our environment.

Young Children Need Their Sleep

Lack of sleep affects children's learning.

Children need about 9-10 hours sleep a night.

To help your child get enough sleep:

Set a regular bedtime routine

- Have a quiet time 30 minutes before bedtime (read, warm bath, etc)



- Avoid caffeine-containing soft drinks and chocolate. Provide a cool, dark, quiet room.

Got Milk?



Fortified soy milk also has about as much calcium as regular milk. Choose your favourite milk and enjoy. Your bones will love it!

Canada's Food Guide

recommends the equivalent of 2 cups of milk per day for children 4 - 8 years old, whereas youth 9 - 18 years old should aim for 3 - 4 cups per day.



**Central
Community School**

SCHOOL DISTRICT 43 (COQUITLAM)

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Thinking, Learning, Caring

[http://www.sd43.bc.ca/
ELEMENTARY/CENTRAL/Pages/
default.aspx](http://www.sd43.bc.ca/ELEMENTARY/CENTRAL/Pages/default.aspx)

**Working together at
Central Community School,
our mission is to foster
life long thinking,
learning,
and caring.**

We promote responsibility

in a safe and nurturing environment.

Next PAC Meeting: 6:30 Monday, November 19th in the library

**Central
Community
School
Parent
Advisory
Council
Meeting**

**All parents,
guardians,
teachers and
staff are
welcome and en-
couraged to
attend.**

**Refreshments
and goodies will
be served.**



Central Community School

Parent Advisory Council Meeting

PLEASE NOTE TIME CHANGE FOR THIS MEETING ONLY

Date: Monday, November 19, 2012

Time: 6:30 PM

Location: Library (2nd floor – past reading row)

6:30 PM – The meeting commences.

Guest Speakers – Deanna for Costco Fundraising and James Gill on Smartboard usage.

2. Chair's welcome and approval of the October 2012 Minutes.
3. Principal's Report
4. Treasurer's Update
5. Fundraiser's Update
6. DPAC Update
7. Old/New Business

Next Meeting – Monday, December 17, 2012

**CENTRAL COMMUNITY SCHOOL
Calendar 2012-2013**

Wed. October 31 Halloween Activities

Fri. November 9 School not in Session

Mon. November 12..... Remembrance Day Holiday

Thurs. November 15 Recognition Assembly 2:00/Lifetouch Retakes

Mon. November 19.....PAC Meeting/SmartBoard Demonstration

Tues. November 20.....Gr.5 Volleyball Tourney 3:30—7:00 @ Citadel

Thurs. November 22 Performing Arts- Michael Mitchell (10:30am)

Wed. December 5.....Central Talent Show (Time TBA)

Fri. December 7.....Christmas Store

Fri. December 14 Recognition Assembly 2:00

Mon. December 17..... Reports Home

Wed. December 19..... Christmas Performance (Time TBA)

Fri. December 21.....Last Day of School

Mon. December 24- January 6.....Winter Vacation

Mon. January 7 School Reopens

Dear Parents,

Re: Appropriate Halloween Costumes:

Halloween is fast approaching and once again Children of the Street Society is raising awareness about inappropriate Halloween costumes, which glamorize the sexual exploitation of children and youth, the gang lifestyle and costumes which sexualize children and youth.

Dressing up as a “pimp” or “ho” glamorizes the sexual exploitation of children and youth, which is a form of abuse and modern day slavery. In reality, the sexual exploitation of children and youth leads to multiple, long-term disadvantages to the victim including homelessness, mental illness, drug and/or alcohol addiction, sexually transmitted infections, HIV and AIDS, drug affected babies, post traumatic stress syndrome from physical, emotional and sexual abuse, social stigma, and barriers to future employment.

Recruiters often attempt to lure children and youth by making false promises and offering gifts or intangible things such as popularity, love, and belonging. Children and youth can be recruited *anywhere*, including school grounds, shopping malls, and online through social networking sites and chat rooms.

Once again this year, the Society would like to take this message one step further. ***Not only are we asking the community to be socially responsible by wearing Halloween costumes which do not glamorize the sexual exploitation of our children and youth, we're also asking children, youth and adults to take the notion of social responsibility one step further by not wearing costumes which glamorize the gang lifestyle.***

With troubling similarities between recruitment into a life of sexual exploitation, youth who are recruited into the gang lifestyle are also made false promises of money, power, respect, a sense of family, and protection – promises which lead to violence, criminal activity, and the risk of death. The issues of sexual exploitation and gangs not only have similarities, they can also be connected. Girls can play a variety of roles in a gang, including participating in criminal activity, and being sexually exploited by male gang members.

This year, the message is simple: it's not socially acceptable to dress up as a ‘pimp,’ gangster, or sex trade worker this Halloween. Earning a profit off of the buying and selling of children and youth, glamorizing the sex trade or a gangster lifestyle, is only further contributing to our false perceptions about these harsh realities.

Please encourage your school community to choose socially responsible Halloween costumes that do not glamorize the sexual exploitation of children and youth, sexualize young people, or glamorize gang involvement. Instead, please encourage children and youth to choose appropriate costumes that represent their own individuality and creativity.

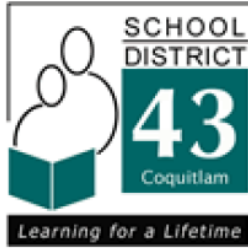
Children of the Street Society is a provincial Society and federal Charity dedicated to the prevention of sexual exploitation of children and youth since 1995. The Society's mission is to take a proactive approach through public awareness, education and early intervention strategies to prevent the sexual exploitation of children and youth while offering support to families. The Society's vision is a world where children and youth are safe and free from all forms of sexual exploitation. For more information visit childrenofthestreet.com.

We wish your students a safe and fun Halloween. For further information, please do not hesitate to contact us at 604-777-7510 or at info@childrenofthestreet.com.

On behalf of Children of the Street Society,

Diane Sowden, Executive Director

www.childrenofthestreet.com



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October 22, 2012

Dear Parents and Guardians,

Recently we lost a member of our school community. Amanda Todd was a Grade 10 student at CBE, and we all grieve her loss. We now know the story of Amanda and her struggles in dealing with bullying. As you can imagine, this is a very difficult time for Amanda's loved ones and for many members of our community. We extend our heartfelt condolences to Amanda's family and those touched by this tragedy.

Suicide is a complex issue that involves many contributing factors. We know that bullying can elevate the risk of suicide in those young people who are already vulnerable. We also know that we're in a critical period when high profile trauma intensifies already existing symptoms. This can contribute to an increase in suicidal thoughts among these vulnerable students.

Awareness and education are key to preventing bullying. As parents, it is important that you watch for changes in your child's behavior and signs of stress. Open dialogue with your child is critical to supporting them. We ask that you talk to them about bullying, appropriate internet use and how they are feeling. If you are concerned about your child's welfare please talk to a school staff member or seek help from other community support services.

I encourage you to review the following resources:

- The www.deal.org, www.bullying.org or www.cyberbullying.ca websites include facts on what bullying is, why people bully and who they target and how parents can deal with their child, whether they are being bullied or are the ones doing the bullying.
- Link to Ministry of Children and Families <http://www.gov.bc.ca/mcf/> (also included as an attachment)
- Link to Ministry of Children and Families page on suicide prevention http://www.mcf.gov.bc.ca/suicide_prevention/index.htm

As a School District we will continue to follow up on every reported case of bullying and attempt to seek resolutions. We will also continue to use a variety of programming to raise awareness of the issue and the supports available. Staff will be watchful for signs of increased anxiety.

In addition, we are looking at ways to work with the broader community to increase dialogue about a collaborative approach to this serious issue. Let's hope that Amanda's legacy will be that bullying of any kind will not be tolerated and that caring people banding together can have a positive impact on their community.

Tom Grant, Superintendent

/attach

StrongStartBC- is a free, drop-in early learning program for children aged 0-5 accompanied by a parent or care-giver. This program is funded by the Ministry of Education. In the Coquitlam School District, there are thirteen StrongStart Centres, located at the following schools:

Call 604-937-6381 for more information. (Staff Development Strong Start)

At each StrongStart Centre in the Coquitlam School District qualified early childhood educators facilitate family literacy activities in a play-based learning environment. StrongStart Facilitators lead learning activities to support each child's physical, social, emotional and intellectual development. Learning activities including stories, music, dramatic play, construction, and art help children get ready for success in kindergarten.

No Charge! ☐ FREE SNACK PROVIDED ☐ EVERYONE IS WELCOME!

To register online and for further information, please visit our website at:

<http://www.sd43.bc.ca/Programs/StrongStart/Pages/default.aspx>

Morning Programs 8:45 – 11:45 am Afternoon Programs 12:45 – 3:45 pm

Central Elementary—Tazeen Bharucha 2260 Central Avenue, Port Coquitlam

The Usborne book fair and Read-a-Thon was a huge success.

A big thank you goes out to our 26 wonderful Read-a-thoners who worked hard reading 30 minutes a day for 10 days in order to get pledges from their friends and family.

Because of their efforts, the library acquired a little over \$600 in much needed new books that the whole school can benefit from. The Read-a-thoners were able to use half of the pledge money they collected to purchase books for themselves.

Many thanks to Leanna Smith (Hannah's mom) for collecting and routing the pledge forms and money to our Usborne Books sales representative, Christine Knoll.

It was truly a win-win situation. We are planning to have another Read-a-thon in February.

Our Read-a-thoners are:

Abdul Al-Zuhair	Div. 01 Huston	Madeline Plowright	Div. 06 Cahill
Maria Grieg	Div. 02 Campbell	Elijah Narayan	Div. 07 Reese
Victor Xu	Div. 03 Lim	Aftab Molla-Nejad	Div. 08 Pilling / White
Anthony Bassetto	Div. 04 Wollitzer	Darby Sawchuk	Div. 08 Pilling / White
Ella Bowie	Div. 04 Wollitzer	Lisa Anderson	Div. 08 Pilling / White
Bailey Walker	Div. 05 Robinson	Quinn Zivny	Div. 09 Pharaon
Hannah Smith	Div. 05 Robinson	Ranya Al-Zuhair	Div. 09 Pharaon
Mariah Weisz	Div. 05 Robinson	George Plesu	Div. 10 Miner
Segan Iwanow	Div. 05 Robinson	Marcellus Gray	Div. 10 Miner
Rebecca Gallop	Div. 06 Cahill	Abigail Jones	Div. 11 Smith
Riley Watts	Div. 06 Cahill	Chase Zivny	Div. 11 Smith
Ethan Fukuhara	Div. 06 Cahill	Micah Aldous	Div. 11 Smith
Joshua Quinn	Div. 06 Cahill	Natalie Smith	Div. 13 Strong Start