



CENTRAL COMMUNITY SCHOOL

School District 43 (Coquitlam)
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Mission Statement:

Working together at Central Community School, our mission is to foster lifelong thinking, learning and caring while promoting responsibility in a safe, nurturing environment.

Looking Ahead.....

The coming three months are extremely busy and exciting for Central students. We have Como Lake Relays, Track and Field, as well as after school programs. The grade 5 students are learning about Pitt River Middle School as they begin to transition. There is an Emergency Release Drill in May and two professional development days, one on April 19th and the other on May 17th. Students are preparing for the Maypole festival during Port Coquitlam May Days. During this time the weather will be improving and summer will be quickly approaching. Through all this the teachers will continue to work their magic in the classroom.

Central is a dynamic place where students get multiple opportunities. That is even more evident during these next few months. Please look at the calendar below for specific dates. Thank you.

Reminders:

Attendance – Studies show that the number one indicator for academic success is attendance. This includes absences and late. Please do your best to have your child arrive to school on time. When students arrive late, it disrupts their learning and the learning of their classmates. Thank you for your support and efforts in this regard.

Grab and Gab – Friday morning at Central, feel free to come and join us for coffee and treats. We would love to see you and chat. This is an opportunity to meet and solve the world's problems. 😊

The breakfast program – Central has a breakfast program where nutritious breakfasts are served daily to those students that are signed up and have paid the nominal fee of \$10 a month or \$0.50 a day. Breakfast includes fruit, eggs, cereals, toast, juice and milk among other things. Please contact Ms Archer or Mr. McCutcheon for more information.

Emergency Release Day – May 8th we have an emergency release drill where parents or emergency contacts are asked to collect their children as if we have had a significant emergency. The students will be available for pick up at 1:50 pm. Dismissal will occur at 2:45 as normal.

Screen-Free Week Challenge:

Join individuals from around the world **on April 29th to May 5th** to celebrate Screen-Free Week. Take the challenge to turn off television, computers, and video games and turn on the world around you!

Jean's day is coming to Central Community School →April 25th.

Don't miss your chance to be part of the original Jeans Day event and support BC Kids! See Mrs. Thomas for your Jean's Day button by donation while supplies last.



Erase Bullying Training

In February, Ms. Cox, Ms. Spencer and I attended the Erase Bullying training which was a ministry mandated program schools were required to attend. The presenter, Theresa Campbell, President of “Safer Schools Together” and accomplished presenter, provided extensive information into the realities of youth culture in today’s technological society.

Listed below are several of the key points Theresa made during the training session:

- The “Puppet Master” concept – often students who engage in ‘bullying’ type behavior are being manipulated by someone or by a group. These controllers are able to create the situation but are not directly connected to the event thereby avoiding detection.
- Bullying is an overused term. Often things are referred to as bullying but are not. Bullying is when there is a perceived discrepancy in power and a reoccurrence of incidents.
- The impact of technology is significant and parents are ignorant to all the potential issues:
 1. Parents need to remove violent video games from their children. These can cause children to lose touch with reality regarding the impact of violence.
 2. “Cyberbullying can happen which is better classified as “social assassination” in a variety of ways.
 3. Does your child have an iPod? If so, with specific apps they are able to communicate with people through texting and other means. BC research shows that this is not just a high school or middle school issue. This is also happening at elementary school.
 4. Apps exist, popular amongst elementary children, that allow a photo or video to be taken and uploaded, that then “disappears” from the device in a certain period of time (say 15 seconds) and is untraceable. Here is a list of apps she says we should watch for: Whatsapp, textplus (allows the iPod to act as a phone), Snapchat, Line, Kik, Statigram, and another I believe is called “Keefle” (not sure about that one).
 5. Needhelpnow.ca – a way to start to work on getting photos or videos removed from the internetAs you can see the training session was very informative and requires serious consideration. There are further sessions next year and we at Central will be discussing this as a staff and PAC group.



The Bullying Games is a show based on research completed in selected SD43 schools by the Leadership Group from Terry Fox Secondary. The group went into Elementary, Middle and Secondary Schools and selected students were asked a series of questions on bullying. Using these real life incidents, the show looks at these bullying issues from the victims’ point of view as well as the bullies.

The show is written and directed by Mandy Tulloch who won awards including Excellence in Educational Initiative. Past shows include the Cinderella Series and Hawaiian Myths & Legends which showcased rainbow casts, local talent and promoted diversity, multiculturalism and cross generational programs.

CENTRAL COMMUNITY SCHOOL

AFTER SCHOOL PROGRAMS

SO YOU THINK YOU CAN DANCE:

MONDAYS 6/\$35

Sign up for our "So You Think You Can Dance Program!" It is a combination of dance and gymnastics. Have some fun learning some basic dance moves and creating a short routine to popular tunes to show off your own style as well as some easy gymnastics on our tumbling mats. Let's get DANCING!

FUN WITH FOOD:

TUESDAYS 7/\$45

Come out and make healthy snacks and dishes. Eat and learn about what food taste great and keep your body healthy. There are lots of great dips and dishes like muffins, cookies and sandwiches can be made healthy and they taste great too!

KARATE

TUESDAY/THURSDAY

This program covers the basics and tradition karate concepts and skills of Karate through fun and interactive games and drills that encourage motor skill development and social interaction. Classes focus on physical fitness, karate skills and discipline. Karate will help to develop hand-eye coordination, reaction, discipline and confidence. This is perfect for any kids that want to try out a new sport or to participate in an activity that supplements their other sports.

RHYTHMIC GYMNASTICS

WEDNESDAY 7/\$40

Rhythmic Gymnastics is an elegant sport both in physique and performance. It involves the use of body movement with apparatus by throwing and catching the apparatus (rope, hoop, ball, ribbon, and clubs). Students will put these skills together in choreographed routines with music.

LITTLE GARDENERS

WEDNESDAY 7/\$25

Little Gardeners is a program for students wanting to learn about the environment and the world that surrounds us. The participants will build their own garden, plant plants and maintain it. While the garden is growing the students will learn about different aspects that effect the environment and the world. This program will teach them some biology and ecology. Overall kids will have fun outdoors while learning about different aspects of the environment.

PAINTING, DRAWING AND MIX MEDIA

WEDNESDAY 7/\$40

This program will provide an introduction to drawing, painting and mixed media. The subject matter will be of animals, faces and landscape. It will be fun and not too technical, with room for self expression. Students will use acrylic paint and work on canvases with primary colours.

WACKY WEAVING

THURSDAY 7/\$40

Come out and learn how to weave! For all you art lovers, here is a course that will allow you to use your creativity in creating art masterpieces. Join us and have fun learning about fibres and their uses while creating beautiful handmade crafts. Each session will be an opportunity to learn about, and explore a variety of fibre art techniques including spinning, inkle weaving, felting, tapestry, and more.

ON THE BALL SOCCER

FRIDAY 7/\$40

Using games and activities, you will learn to play and/or improve your soccer skills playing this beautiful game. Regardless of skill level, games are encouraged with an emphasis on fun and cooperation!

BRICKS 4 KIDZ- AMUSEMENT PARK RIDES

FRIDAY 7/\$40

Our motto is we learn, we build, we play. We have over 10 different themes from inventions, sports, transportation, natural disasters, animals and more. There are over 100 builds that are custom to Bricks4Kidz and we add more every month. We use special Lego for all of our builds and the children learn about gears and axels, how to put them together to make things move and faster and slower. Come out and build, build, build

HOW TO REGISTER:

SPRING 2013 AFTER SCHOOL COMMUNITY PROGRAMS ONLINE

Dear Parents;

We are excited to announce that our **Community School Afterschool Programs Registration** is now online and even more exciting is that you can now pay with **Visa; MasterCard or Interac/Debit** from most major banks.

We are the first Community School to offer the convenience of paying online. We have contracted with Karelo which is a local Event Registration Company used by hundreds of organizations in the Lower Mainland. The Pay site is secure and you can Google Karelo to check it out.

You will now be able to see if a class is full and be put on a wait list. You can get instant confirmation of your spots in the After School Community Programs. You will require an email address in order to get your confirmation # and print out a receipt for your payment.

You will create a User Profile with Karelo with a username and password. This profile is kept and you will use it every time you go in to register for an event. If you already have a profile with Karelo log in and search for Central our program event then comes up.

The Button on our **NEW Community School Afterschool Program Website** will take you directly to our CENTRAL Registration page.

There are directions are below to guide you through the process.

1) Access the **Central Community Elementary School website:**

<http://www.sd43.bc.ca/elementary/central/Pages/default.aspx> then click on the **Community School Programs** under the drop down menu labelled 'Program and Services'.

2) To view the programs click on the appropriate days of the week. Before you register please read the important information. To register for programs please click on the button **"Spring Programs click to register"**.

3) To sign up for programs click the "Sign up Now" button. Before you sign up for programs you will need to create an account with Karelo. This account will be used to sign up for any future programs and events at the Community Schools or any other programs with Karelo. After you have signed up, you can register for the Community School Programs.

There is a Raffle open to Online Registrants only. You will receive an email from Karelo with Confirmation # when you complete your registration and pay. Contained in the email is a raffle ticket. Please fill this out and drop it off to the office to enter the draw for 1 of 3 Gift Cards.