



LOCHSIDE ELEMENTARY NEWSLETTER

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“At Lochside Elementary we promote creativity, curiosity, critical thinking and compassion to foster socially responsible and resilient life-long learners.” Our mission statement emulates that we want our students, your child as members of Lochside School community to be engaged, active learners. Join us in talking with your child about the Lochside Beliefs: We take care of ourselves by being responsible, being active, making healthy choices and playing safely; We take of each other by: being polite, helpful, and cooperative, friendly, respectful of others, and solving problems in peaceful ways; and We take care of this place by: respecting our environment, treating our school with care, and reducing, recycling and reusing.

Respectfully,
Ms. Erika Moser, Principal

EMERGENCY PREPAREDNESS

In the event of an earthquake, Lochside staff members have been reviewing emergency procedures. We have a school plan to look after all of our students in the event of an earthquake. We will have an earthquake drill on **Thursday, October 18th**. Volunteer Parent Bernhard Spalteholz has been helping us to update our emergency supplies. Thank you to LEPAC for supporting the purchase of emergency supplies.

Drop Off and Pick Up Safety

Please remember to:

- * Come early for drop-off and pick-up
- * If possible avoid peak times: 8:40 am and 2:48 pm
- * Do not leave vehicle parked in the Drop-Off Lane
- * Keep moving to not block access to our parking lot
- * Meet your child outside
- * Please leave the Staff Parking spots for Staff



Date	Events
Oct. 8 th	Thanksgiving Monday Holiday
Oct. 10 th	Ready Set Learn @ 3:30
Oct. 18 th	1:00 pm Earthquake Drill / Great BC Shakeout
Oct. 18 th	Halloween Dance @ 5- 8:30 pm
Oct. 19 th	NID – Provincial Day
Oct. 24st	PHOTO RE-TAKES
Oct. 31 th	Wacky Hair Day
Nov. 6-8 th	Early Dismissal @ 1:48 Reporting Conferences
Nov. 9 th	Remembrance Day Assembly @ 10:30 am
Nov. 12 th	Remembrance Day
Nov. 23 rd	NID
Nov. 26 th - 30 th	Reporting/Communicating with Parents
Dec. 18 th - 20 th	Winter Concerts
Dec. 21 st	Last Day: Winter Break
Jan. 7 th	First Day in January

TERRY FOX RUN



THE
**TERRY
FOX RUN**
for cancer research

Students, staff and parents participated in the Terry Fox Run held on September 21st. All of our students and staff did an amazing job of taking part in the run! We were able

to raise over \$1,000.00 for the Terry Fox Foundation to support cancer research. Well done everyone and thank you for your support and enthusiasm for this event! Thank you to Mrs. White, Mrs. Erickson and Mme Cannady for organizing this event.

On behalf of all our students, parents and staff thank you, parent Kirsty H. for ensuring our little ones get a "brown bag" if they forgot their lunch kit at home or did not pack enough food!



INDOOR SOCCER



We have students signed up for indoor soccer. The students are divided into teams and play practice games during the noon hour. Our students will play after school games against other elementary schools in the coming

weeks. Thank you to Ms. Seabrooke, Mr. Niedjalski, Mrs. Takhar, Ms. Howells and Mr. O'Connor for coaching our students.

Walking and Wheeling Celebration Week



A Big Thank you to Mrs. Jodi Holland, Mrs. Tina Lazaruk and all of the parent volunteers for spearheading this healthy school initiative.

Wonderful participation from our students and parents.

HYDRATION



We are grateful to our Lochside PAC for providing two water bottle filling stations

for our school. Drinking enough water is an important choice for health.

At Lochside we are committed to helping kids learn to take care of themselves, each other and the environment. Our first Wellness Week challenge this year involves HYDRATION. This is a great way to take good care of oneself, and to reduce use of single use water containers by using your own water bottle, so we can take care of the environment too.

Drinking enough water to stay properly hydrated is something that we often forget to do.

Aside from quenching our thirst, consuming enough water can help improve digestion and kidney function, prevent fatigue and headaches, increase brain function and heart health, and even protect our joints and cartilage.

Throughout the next five days/week, let's each try to drink 1L of water per day to make sure we are all staying properly hydrated.

Hydration Work-out:

- water bottle
- target – drink 1 litre every day at school
- 2 blue elastics and one orange or red
- place on bottle in order: orange on top followed by 2 blue; as you finish a bottle, place 1 blue above the orange. Success = reverse order of elastics – two blue above the orange

We are hosting the **RSL Wednesday, October 10th** from 3:30 – 5:45 pm. This is an opportunity for parents and preschoolers to visit



Lochside Elementary and become familiar with our school. There will be a school tour available with our Lochside Student Leaders and participation in learning activities.

PCEC "1000 X 5" Children's Book Recycling Project

Now entering our 10th year of operation, the PCEC "1000 X 5" Project is off to a great start—with a grand total of over 126 thousand books collected since we began. That accomplishment has only been possible with support of the School District and help from the students, families, and staff at your schools. Thank you

so much! If you can donate gently used children's picture books, please bring them to the school. Drop box located in main foyer. For further information, please contact: Daphne MacNaughton, PCEC "1000 X 5"



ProjectLeader: d1mvictoria@shaw.ca

Keeping Your Child Safe –



With Halloween fast approaching, we want to think of ways to keep our children safe while trick or treating. Up to about 9 years of age, children do not have the skills to be safe in traffic. Many children have difficulty judging speed and distance and concentrate for only short periods of time. This will be especially true with the added excitement of Halloween. In addition, there will be many strangers on the street on Halloween night. Here are some safety tips:

- Teach your child road safety rules and to look, listen and think about traffic!
- Know where they are!
- Know what they are doing!
- Know who they are with!
- Teach your child about personal safety and talking to strangers.
- Teach them to not go with or accept anything from someone they do not know.

Be Safe and Have Fun!