



LOCHSIDE ELEMENTARY PARENT/GUARDIAN WEEKLY

Tom Vickers - Principal
Joan O'Leary – Vice Principal

Friday, January 8, 2021

Parents/Guardians,

We want to extend a warm welcome to all of our students and families. It's a pleasure to see students re-engage with friends and learning routines. Reflecting back, we are so grateful to our top notch PAC for all of their work to lead and inspire generosity over the Christmas Season. Thank-you Lochside community for your fantastic contributions and gifts.

This month we will celebrate Family Literacy Day on Jan. 27th. We thank you all as parents/guardians for making learning a part of your day. You can enrich learning by talking about the weather or nature and exploring the "why" and wonder of learning right from your kitchen window. You can read side-by-side with your child, demonstrate a love of reading and take time to discuss your child's understanding of the topics and themes in stories. These times are not only irreplaceable moments between you and your children at home, but also crucial to supporting their learning at school.

The new year is an opportunity for a new beginning, but it is also an opportunity to re-focus on our work to support well-being for our learning community and to help all of our students grow as learners. Happy New Year!!

With appreciation,
Tom Vickers and Joan O'Leary

CALENDAR

Please Note: This calendar is in process - there will be updates going forward

January

12 LEPAC Meeting 6:30
19 Safer Schools Presentation
26-28
Kindergarten Reg for
in-catchment students
27 Family Literacy Day

February

12 Non-Instructional Day
15 BC Family Day Stat. Holiday


March



3 & 4 Early Dismissal
15-26 Spring Break

Information Items:

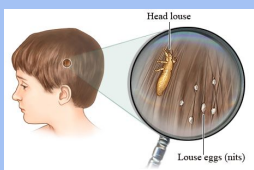
School Goals

- To foster the mental well-being and emotional literacy of all students through positive relationships and core competency skill development within personal and social responsibility.
- To improve students' ability to use a variety of written formats to exchange information, relate experiences, reflect and share learning.

<p>Safer Schools Presents: Social Media Awareness, Digital Footprints and Cyberbullying</p>	<p>Parents of school-aged children, please join us for this free event! Topics include: <i>Social Media Update, Pick Your Battles!, Current Research, Digital Footprint and Reputation, and Strategies to Use at Home.</i> Hosted by the Victoria, Sooke, and Saanich, School Districts. Date: January 19, 2020 Time: 6:00 - 8:00 pm Location: Zoom Symposium (link to come) 90 minute presentation followed by a 30 minute Q&A Reserve your spot at: https://docs.google.com/forms/d/e/1FAIpQLSd3bWXJrlt2rbRAsYZV_JnqjyUjWlj9q2Vop4WI5Rx8L1JUow/viewform</p>
<p>The Zones of Regulation</p>	<ul style="list-style-type: none"> • The Zones of Regulation Program is a program that we use at all levels at Lochside. The program teaches critical self-awareness and self-regulation skills. • Using a cognitive behaviour approach, the curriculum is designed to help students recognize when they are in different states called “zones”, with each of the four zones or emotions represented by a different colour. • The Zones of Regulation website provides a clear explanation with examples of how each zone works and strategies to help transition between the different zones. To learn more, go to www.zonesofregulation.com
<p>Try Zones at Home</p>	<ul style="list-style-type: none"> • If you want to create your own "zones" check in at home, see the video below: https://www.youtube.com/watch?v=l07xIKoNYEE&feature=emb_logo
<p>Lunch Waste & Water Bottles</p>	<ul style="list-style-type: none"> • Just a reminder that we are asking our students to “Pack In and Pack Out” any lunch items. • Please send water bottles and have all containers clearly labelled.
<p>Friday Jokes of the Week</p> 	<p>What is fast, loud and crunchy? A rocket chip!</p> <p>What did the Dalmatian say after lunch? That hit the spot!</p> <p>How do we know that the ocean is friendly? It waves!</p>
<p>Health and Safety at Lochside</p>	<ul style="list-style-type: none"> • We are beginning a new year with the ray of hope brought by the roll-out of vaccines. At the same time we all know it will be a long while before we can ease the safety measures we need to take to keep our school safe from COVID19. • Many thanks for your strength with all of this! Thanks for all the hand-washing/sanitizing; physical distancing; doing health checks and staying arranging for kids to stay home when sick; and donning your masks as you navigate our school grounds and walkways. All of these are critical to our collective safety.

	<ul style="list-style-type: none"> ● A special reminder with respect to masks - remember for adults this is a necessity when we are in common spaces, inside or outside, and cannot maintain physical distancing.
Rainy Weather	<ul style="list-style-type: none"> ● Please ensure your child is dressed for playing outside in the rain - and in case of slips in the mud, provide a change of socks etc. in his/her backpack. This helps us ensure the kids are comfortable for the day, and helps keep classroom chairs and carpets clean. A big shout out to those who have labelled their child's coat! Even the first name and initial helps us to return stray coats.
Lost & Found	<ul style="list-style-type: none"> ● Our Lost & Found continues to grow. Ninety five percent of the clothing items are not labelled so we are unable to return the lost clothing. ● If you are missing any items please have your child look through our clothing racks.  <ul style="list-style-type: none"> ●
Kindergarten Registration Fall 2021	<ul style="list-style-type: none"> ● Please click here for Kindergarten Registration Information 
Cordova Bay Fastball Registration	<ul style="list-style-type: none"> ● Cordova Bay Fastball is accepting registrations for the 2021 Season. U10 and younger play for free in Cordova Bay. Visit www.cordovabayfastball.ca for details and to register.

Head Lice Prevention



- When we have a report of head lice in a classroom, we notify all of the parents/guardians from that class so that they can take the necessary precautions. If you receive notice, please:
 - Check your child(ren) for head lice
 - Wash hairbrushes, combs, barrettes, and other items in hot soapy water
 - Vacuum carpets, mattresses, couches and other upholstered furniture
 - Machine-wash clothes (including backpacks), bedding towels and hats in hot water and dry in a hot dryer. If you don't have access to a washing machine, instead you can store these items in a sealed plastic bag for 14 days.
- Although head lice are a nuisance, they are not a health risk. Head lice cannot jump or fly. Head lice spread quickly by close, head to head contact and by sharing hats, helmets, combs, brushes, etc. Lice cannot live on furniture or carpet. The most common symptom is constant itching of the scalp.
- You can help by: Teaching your child to not share or borrow hats, hairbrushes, combs, scarves, helmets and hair accessories; Checking your child's head frequently (every 2 weeks) : Telling the classroom teacher if your child has head lice.
- For more information see this [HealthLink Guide](#)