



# LOCHSIDE ELEMENTARY PARENT/GUARDIAN WEEKLY

Tom Vickers - Principal  
Joan O'Leary – Vice Principal

## Friday, February 5, 2021

Parents/Guardians,

This week we would like to highlight some information about online gaming. In a recent survey 85% of parents were worried about the length of time their children are spending online. However, during this pandemic, with more restrictions on playdates, many children are finding that digital games are a great way to connect with friends. Many games involve problem-solving skills and provide a chance for creativity to shine. At the same time, there are many features of online games that need to be managed for safety.

Here are some helpful guidelines to use as you balance screen time, and make it a safe and enjoyable experience.

The Canadian Pediatric Society recommends:

- ★ For children under two years old screen time is not recommended
- ★ For children two to five years old limit screen time to less than one hour a day
- ★ For children older than five limit screen time to less than two hours a day

In addition, they recommend:

- ★ Be a good role model with your own screen time.
- ★ Turn off TV during meal times.
- ★ Turn off background TV when no one is watching.
- ★ Avoid using screens an hour before bedtime.
- ★ Choose activities such as playing outdoors, reading or crafting over screens.

[Common Sense Media](#) is a reliable source of information on age-appropriate game and video/movie choices. For example, here are ratings on some games and apps that many Lochside students are talking about:

Discord	13 years+ Video game chat with slick features and mature content.	Minecraft	8 years+ Encourages creativity.
Mario Kart	8 years+ Cartoonish racing.	GTA (Grand Theft Auto)	18 years+ Crime, violence, alcohol and more = not for kids
Fortnite	13 years+ Action game involving shooting each other.	Messenger Kids	13 years+ Facebook created app appeals to kids but collects data, including location tracking.
Roblox	13 years+ Chance to design games, but also potential for iffy content.	JusTalk Kids	13 years+ Slimmed down version of adult chat app - use with caution.

If you are interested in setting up parental controls, here are some tutorials on setting up features such as limiting chat, detecting bad language and setting time limits:

[How to Enable Parental Controls on Every Video Game Platform](#)  
[The Ultimate Guide to Gaming and Chatroom Safety - Bark](#)

If you are looking for some mentoring and guidance, you can reach out to Shannon Husk. Shannon is an expert and can help parents set up controls and develop plans to maintain limits and healthy online activities. You can reach her at 250-588-3861 or by email at [shannon.husk@telus.net](mailto:shannon.husk@telus.net)

With appreciation,  
 Tom Vickers and Joan O'Leary

<b>CALENDAR</b>		
<b>Please Note: This calendar is in process - there will be updates going forward</b>		
<b>February</b> 12 Non-Instructional Day 12 Chinese Lunar New Year - Year of the Ox 🐮 14 Valentine's Day ❤️ 15 BC Family Day Stat. Holiday 16-19 FSA Assessments Gr. 4 24 <b>Pink Shirt Day</b> 26 Fire Drill 🔥	<b>March</b> 3 & 4 Early Dismissal @ 1:48 8-12 Report cards go home this week 15-26 Spring Break 🌸 29 School Reopens 🏫	<b>April</b> 2 Good Friday † 4 Easter Sunday 🐰 5 East Monday Holiday (in lieu) 6 Student Learning Survey Gr. 4 21 PIRLS Survey for Gr. 4 23 Non-Instructional Day

**Information Items:**

<p><b>February is Kindness Month</b></p> 	<p>We will be focusing on kindness as a learning community:</p> <ul style="list-style-type: none"> <li>• Kindness increases empathy, happiness and optimism</li> <li>• Kindness improves physical and mental health</li> <li>• Kindness lowers stress and anxiety</li> <li>• Kindness increases inclusiveness and peer acceptance</li> <li>• Kindness improves concentration and academic success</li> <li>• Kindness enriches friendships and teacher-student Relationships</li> </ul> <p><a href="#">Check out these resources</a> on Kindness and Self-Compassion</p>	
<p><b>Please pack cutlery for your child(ren)</b></p> 	<ul style="list-style-type: none"> <li>• It would be appreciated if parents could remember to pack spoons and forks in lunch kits for yogurt, applesauce, puddings, pasta, soups etc.</li> <li>• We have a limited supply of plastic cutlery and are aiming to reduce/eliminate the use of plasticware. Be kind to our home planet 🌍</li> </ul>	

<p><b>February Mental Health &amp; Wellness Snapshot</b></p>	<ul style="list-style-type: none"> <li>The Saanich School District remains committed to wellness and the promotion of positive health in our schools and communities. In an effort to support mental wellness and social-emotional learning, we will be issuing monthly snapshots, intended as an invitation to learn together as we foster and promote positive health in our own lives, and the lives of those around us. Please follow the link to access our February <a href="#">Snapshot</a> on Kindness and Compassion.</li> </ul>
<p><b>Playground Mud</b></p>	<ul style="list-style-type: none"> <li>We have been working with the Director of Facilities to rectify our muddy playground. They are committed to repairing the drainage system and will bring in more wood chips in the meantime. We appreciate your patience as we work through this situation during the rainy season.</li> </ul>
<p><b>Friday Jokes of the Week</b></p> 	<p><b>What did one lightbulb say to the other lightbulb on Valentine's Day?</b> I love you a whole watt!</p> <p><b>Do skunks celebrate Valentine's Day?</b> Of course, they are very scent-i-mental!</p> <p><b>What do you write in a slug's Valentine's Day card?</b> Be my Valen-Slime!</p>
<p><b>Valentine's Day</b> 🍷</p> 	<ul style="list-style-type: none"> <li>Students can bring Valentine Cards for their classmates for Valentine's Day. Please - cards only - no other treats this year. There is no risk of transmission of COVID19 relating to paper products; however food and little toys carry a greater risk.</li> <li>Parents, please follow the advice of your child's classroom teacher when preparing Valentine Cards. 🍷</li> </ul>
<p><b>What is Mental Health?</b></p> 	<ul style="list-style-type: none"> <li><b>1st Annual Parent Involvement Evening:</b></li> <li>School District 63 and COPACS presents on the topic of mental health <ul style="list-style-type: none"> <li><b>March 11, 2021 Save the Date</b></li> <li>Time: 7:00-8:30 pm Virtual Meeting <b>(Registration details to follow)</b></li> </ul> </li> </ul>
<p><b>Pink Shirt Day</b> February 24</p> 	<ul style="list-style-type: none"> <li>Please encourage your child(ren) to wear an item of PINK to celebrate friendship, inclusivity and working together in peaceful ways.</li> <li>Choose kindness and be a buddy!</li> </ul> 

**Art  
Submissions  
Invited for  
Children's  
Health  
Foundation of  
Vancouver  
Island**



- Children's Health Foundation of Vancouver Island is holding a themed art show which will give all children and youth aged 6 - 18 the opportunity to create artwork for the rooms of Q'w'alyu House. Q'w'alyu House is being built to welcome families who need to travel to Campbell River for pediatric care, it is like Jeneece Place here in Victoria. This is a wonderful opportunity for the community to be involved in a fun art project and have the opportunity to have your artwork displayed at either Q'w'alyu House or an online art gallery on the Foundation's website. This art show is open to all amateur young artists aged 6 - 18 who reside on Vancouver Island and the surrounding islands. The show will be open for submissions until February 28, 2021.

How to enter:

1. Choose one of the following themes: hummingbird, bear, orca, seal, elk, eagle, butterfly, salmon, frog, starfish, or rainbow.
2. Print off and complete the entry form link [here](#). Remember to include a title for your artwork. Remember to include a title for your artwork.
3. Create your themed artwork on 8.5" x 11" paper.
4. Once complete, mail your artwork and entry form to  
Attn: Aimee Kapil Children's Health Foundation of Vancouver Island 345 Wale Rd, Victoria, BC, V9B 6X2
  - Include a cardboard insert to avoid the artwork being damaged or bent in transit. Write 'do not bend' on the envelope.
5. Have fun! You can submit up to three pieces of artwork with different themes but be sure that each piece is accompanied by a separate entry form.
  - Please note submitted artwork will not be returned
  - Only artwork submitted on 8.5" x 11" paper will be accepted
  - Please complete one application form for each entry
  - Selected artwork will be on display at Q'w'alyu House for a minimum of 2 years
  - **Please submit your artwork by February 28, 2021**