



# LOCHSIDE ELEMENTARY SCHOOL NEWSLETTER

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**FEBRUARY 2014**

## PRINCIPAL'S MESSAGE

Dear Parents/Guardians:

January has been a busy month with students focused on curricular and extra-curricular activities at school. Reading continues to be one of our main areas of focus. Thank you for taking the time out of your busy day to read with your child on a daily basis. We had a great attendance at our Family Literacy Day on Friday, January 24<sup>th</sup> as many parents and/or guardians visited the school and read with our students. We concluded our Family Literacy Day with an assembly in our gym with presentations by First Nations storyteller Toby Joseph and three members of the Story Theatre group.

Lochside parent and music teacher, Brenda Greenwood is teaching primary students how to play Orff instruments. She is also working with the intermediate choir on Thursdays at lunch. Thank you to LEPAC for their support in allowing Brenda to work with our students.

Our school vision is to promote creativity, curiosity, critical thinking and **compassion** - so that our wonderful students may become responsible, resilient life-long learners. Compassion and kindness go hand in hand and are important aspect of everyday life. Vice-Principal Joan O'Leary along with a group of staff members have initiated a "Kindness Project." For more information, please visit our website.

Respectfully,  
Joe Grewal, Principal



### **ANTI-BULLYING PINK SHIRT DAY WEDNESDAY, FEB. 26<sup>th</sup>**

Students and staff are encouraged to dress up in pink to highlight Anti-Bullying Day across the province. At Lochside we like to think that everyday is an Anti-

Bullying Day and staff works together as a team encourage students to be respectful of each other. To get more information or resources please visit: <http://www.pinkshirtday.ca/about/>



Kindergarten registration is taking place at neighbourhood schools throughout the Saanich School District during the week of Feb. 3<sup>rd</sup> to the 7<sup>th</sup>. If you would like your child to attend a different school than your neighbourhood school, then you can fill an Out of Area form during registration. Out of District registrations will take place beginning the week of February 11<sup>th</sup> – 14<sup>th</sup> at the School Board Office on 2125 Keating Cross Road, Saanichton. Please bring the child's original birth certificate, Care Card number and a proof of residence.



Feb. 3 - 7 <sup>th</sup>	Kindergarten Registration
Feb. 5 <sup>th</sup>	6:30 pm Camp Thunderbird Mtg Parents of Grade 5 students
Feb. 6 <sup>th</sup>	ROMS Open House
Feb. 10 <sup>th</sup>	Family Day Holiday
Feb. 14 <sup>th</sup>	Valentine's Day – Wear Red Day LEPAC Fun Lunch
Feb. 19 <sup>th</sup>	6:30 pm LEPAC Meeting
Feb. 20 <sup>th</sup>	Grade 4/5s to the Symphony 5:45 pm Movie Night
Feb. 21 <sup>st</sup>	Non-Instructional Day
Feb. 26 <sup>th</sup>	Pink Shirt Anti-Bullying
Feb. 27 <sup>th</sup>	1:48 pm Early Dismissal
Mar. 5 <sup>th</sup>	District Swim Meet
Mar. 10 - 21 <sup>st</sup>	Spring Break



The basketball season is now underway for students in Grades 4 and 5. Ms. Seabrooke has organized all of the teams and created a schedule. Thank you to Mr. Warrender, Ms. Seabrooke, Mrs. Takhar, Mr. Grewal and Ms. McKean for helping to coach the teams. The students have been having fun learning new skills and playing games against each other at noon. We have also organized some after school games against Prospect Lake and Cordova Bay Elementary.

**Family Literacy Day**



**JANUARY 24<sup>th</sup>**

This event was a huge success with many parents and guardians joining us for reading in the classrooms. Thank you

to everyone who showed up at school to read with our students. What a great way to celebrate National Literacy Day!

**CROSSING GUARDS**

Thank you to all those students who assist with our school safety patrol. These students provide a valuable service to our school and to the safety of our students.



Safety patrols are on duty from 8:25 – 8:40 am and 2:45 – 3:00 pm. Just a reminder that the speed limit in school zones is 30 km/per hour. There are times when adults driving through the light at Lochside Dr. and Royal Oak Drive are not paying full attention. Please talk to your child (ren) about looking both ways before entering the crosswalk. Thank you for making the Lochside School zones safe for our students.

**COLD & FLU SEASON**



Cold and flu season is here. As the weather gets cooler and we move indoors, so do germs. Children need reminders to decrease the

risk of colds and flu in your house by: Washing hands often, covering coughs and sneezes, not sharing hand and face towels, keeping hands away from nose and mouth and not sharing food, drink, suckers, etc. with someone who is sick.

To help limit the spread of germs, please keep your child at home if he or she is feverish, coughing a lot, has a thick yellow or green discharge from the nose, or is otherwise obviously unwell.



**OPEN HOUSE**

**Grade 5 Parents**

**Thursday, February 6<sup>th</sup> 2014**

**6:00 pm**

Please join us in the multi-purpose room of Royal Oak Middle School for an Open House and Orientation. This event is open for:

- Families with students planning to attend Royal Oak in the 2014-2015 school year.
- Parents only, of current Grade 5 students in Prospect Lake, Lochside and Cordova Bay Elementary. (These Grade 5 students will have their own tour in the first week of May).
- Parents and students of families currently in School District 61 and 62 schools and other Saanich schools. This evening is usually well attended. Please carpool with friends if possible, parking will be extremely tight. Be prepared to park within the school neighbourhood and allow time for a walking to the school.

**MUSIC UNDER THE MOON**

for families with PRESCHOOL CHILDREN - with

Barb Ruddell (Early Childhood Educator) & MENETIYE (SENĆOŦEN Teacher)



- ❖ Engage children & caregivers through story & music reflective of local W̱SÁNEĆ Culture
- ❖ Learn new songs
- ❖ Create a craft
- ❖ Make connections and have fun!

Thursday, Feb. 27<sup>th</sup>

Lochside Elementary School

4:00 pm - 5:00pm

1145 Royal Oak Drive, Victoria, BC

*No registration or costs required*





## ***Eat Well Get Moving!***

Our school will be participating in the *Eat Well Get Moving!* program from February 1 to April 30, 2014. The aim of this exciting challenge is to get students to eat more vegetables and fruit and to be more active.

Each student and teacher will receive an *Eat Well Get Moving!* Crunch & Go Card for recording the physical activity they do and the number of servings of vegetables and fruit they eat. At the end of each month, cards are collected by teachers. Returned cards are entered into the random monthly draws for individual student, teacher and class prizes. There are a number of Grand Prizes that will be given out at the end of the program based on school and class participation.



### **How Can You Get Involved?**

- ◆ Encourage your children to participate in the *Eat Well Get Moving!* program. Remind your children to check off their “sneakers” and “orange slices” every day on their Crunch & Go card. Many classrooms keep their Crunch & Go cards at school.
- ◆ Make it a family affair. Plan meals and snacks with new and favourite vegetables and fruit and plan fun family physical activities!
- ◆ The Crunch & Go Cards are interactive and include activities for each month of the program. Students that complete the activities and return their cards will be entered in a draw each month for great prizes!

**February** – Students are asked to draw a picture of themselves eating veggies and fruit or being active.

**March** – Bake the recipe provided together and take a picture to send to us.

**April** – Do the fun word puzzles together and check our website ([fitinfitness.ca](http://fitinfitness.ca)) to see if you have the correct answers.

For more information on *Eat Well Get Moving!* please visit [www.fitinfitness.ca](http://www.fitinfitness.ca).

## **BOYS & GIRLS CLUB SERVICES OF GREATER VICTORIA, PARENTING PROGRAMS**

Website:<http://www.bgcvic.org/youth-family-and-parenting-programs/parenting-programs/>

- **Sat, Feb 15** - *Self-Care & Self-Understanding*, 9:30-11:45am; St Peter's Anglican Church Lakehill, 3939 St Peter's Road, Victoria; for parents / caregivers of preteens age 8-14; may attend individual workshop or as a series; free child minding available register Jan Townsend

\* Anti-Bullying-A Place to Begin; Creating Compassionate Family & Community Environments - **Mon, Feb 17**; 6:30-8:30pm; Bayside Middle School, 1101 Newton Place, Brentwood Bay; for parents / caregivers of preteens age 8-14 – register Jan Townsend

\* Navigating Ages / Stages of Children & Youth - **Thu, Feb 27**; 6:30-8:30pm; Bayside Middle School, 1101 Newton Place, Brentwood Bay; for parents / caregivers of children / youth age 8-18; register with Panorama Recreation Centre

\* Navigating Ages / Stages of Children & Youth - **Mon, Mar 03**; 6:30-8:30pm; Victoria West Community Association, 521 Craigflower Road, Victoria; for parents / caregivers of children / youth age 8-18; register with Victoria West Community Association

\* Strengthening Resilience & Attachment in Families - **Mon, Mar 26**; 6:30-8:30pm; Bayside Middle School, 1101 Newton Place, Brentwood Bay; for parents / caregivers of children / youth age 8-18; register with Jan Townsend

\* Parenting Without Power Struggles - 10 week program - **Wed, Mar 27 - Wed, May 29**; 6:30-8:45pm; St Peter's Anglican Church Lakehill, 3939 St Peter's Road, Victoria; for parents / caregivers of preteens age 8-14; free child minding available; register with Jan Townsend

\* Parents Together - ongoing sessional program will begin end of March / early April; meets on **Tuesday** evenings 6:30-8:45pm; Boys & Girls Club, 1240 Yates Street, Victoria; for parents / caregivers of youth age 13-19; register with Jan Townsend.