



LOCHSIDE ELEMENTARY SCHOOL NEWSLETTER

1145 ROYAL OAK DRIVE
VICTORIA, B.C. V8X 3T7
Telephone: (250) 658-5238
Fax: (250) 658-4982

Email: admin_lsd@sd63.bc.ca Website: Lochside.sd63.bc.ca

MARCH 2015

Dear Parents / Guardians:

Teachers have been busy collecting data about your child's progress during the second term for the purpose of writing progress reports. The second term reports will be sent home by the end of this week. These reports provide a summary of your child's progress in the core areas of social responsibility, literacy and numeracy. If you have any questions or concerns about your child's progress please contact his or her teacher.

Finally a reminder that schools will close for an additional week during Spring Break. The school closure week (March 9 - 13th) will be added to the Spring Break week (March 16 - 20th). This will result in the school being closed March 9th to March 20th. The extra week of school closure was done for budgetary purposes. Schools will re-open on Monday, March 23rd. Have a great Spring Break!

Sincerely,

Principal,
Joe Grewal



STAFF PARKING LOT AT THE BACK OF THE SCHOOL

We have noticed some parents driving into the smaller staff parking lot, dropping their children off and then turning around. This is not a safe place to turnaround as there are many children waiting or playing in this area. There is the potential for injury with cars driving in and then backing up again to get out of that small space. Please drop off using the appropriate lanes at the front of the school.

SCHOOL VISION:

"At Lochside we promote creativity, curiosity, critical thinking and compassion so that students can become socially responsible and resilient life-long learners."



EXTRA-CURRICULAR CLUBS

There are many different extra-curricular activities taking place at Lochside. Currently we have basketball, Swim Club, Saanich Reading Book Club, Knitting Club, Lego Club, Singing Club and Scottish and Modern Dance Clubs. A big thank you to staff members, parents and student teachers who are providing these opportunities for students at Lochside Elementary.

Swim Club	Ms McLeay
Basketball	Ms. Seabrooke, Mr. Warrender, Mr. Niedjalski, Mr. Kachmar & Mr. Grewal
Reading Club	Mrs. Heppell
Scottish Dance	Gael Forster
Modern Dance	Student Teacher Brittany Wong
Knitting Club	Mme Hillier
Singing Club	Ms Hawley
Lego Club	Mrs. Dunphy & Mrs. Larson



DATES TO NOTE

Mar. 4 th	12:00 – 2:30 pm Swim Meet @ Commonwealth Place 1:30 pm Whole School Performance – Story Theatre
Mar. 2 - 6 th	Reports go home
Mar. 6 th	12:00 - 2:30 Basketball Jamboree Grade 4/5s at ROMS
Mar. 9 – 20 th	School Closure & Spring Break
Mar. 23 rd	School Re-Opens
Apr. 3 rd	Good Friday
Apr. 6 th	Easter Monday
Apr. 8 th	Class & Whole School Photo

SCHOOL GOALS & SCHOOL PLAN

After Spring Break we will be revisiting and revising our School Plan. Our current school goals are:

- 1) To raise our level of achievement in numeracy.
- 2) To improve the level of student engagement in school.

If you have any feedback on how we are doing please send me an email at: Jgrewal@sd63.bc.ca We would especially like to know which things are working well and which things we need to look at improving. I'm looking forward to any feedback that you have for us.



PINK SHIRT – ANTI-BULLYING DAY FEBRUARY 25th

Students and staff participated in the annual Anti-Bullying Day by wearing pink shirts.

Showing respect for yourself and each other is a daily expectation for all of our students. Here at Lochside Elementary our school vision is to promote creativity, curiosity, critical thinking and **compassion** - so that our wonderful students may become responsible, resilient life-long learners. Vice-Principal Joan O'Leary and a group of staff members have organized a special school-wide Kindness Project. Students learned about positive thinking and 'filling your bucket.' We had an assembly to present skits and emphasize the importance of being kind to others at Lochside.

STUDENT REGISTRATION

Registrations for 2015-2016 are being taken at the School Board Office (2125 Keating X Road). Please bring proof of child's age (birth certificate preferred), child's Care Card and proof of residency (driver's license, utility bill, rental agreement, etc.). For more information call (250) 652-7300.

Please telephone us at:

(250) 658-5238 if your child(ren) will NOT be attending Lochside Elementary next year. Thank you!



CROSS-COUNTRY

Cross Country season will commence after Spring Break for students in Grades 3 to 5. Practices will be held during the lunch play period at school. Students are required to wear proper running gear and shoes if they would like to join us for the practices. In order to prepare students we are recommending that they do some running outside of the school practices. The Cross Country Meets will be held in April at Centennial Park in Central Saanich.



School District Budget 2015 - 2016

Our District Executive and our School Board have started to look at the Saanich School District's budget for the 2015-2016 school year. If you would like more information about the budget please visit our School District's website:

<http://www.sd63.bc.ca>

Click on the 2015-2016 Budget link found under Quick Links on the left hand side.

STORY THEATRE PERFORMANCE

1:30 pm

Wed. March 4th

There will be a performance for students by Story Theatre Co. on Wednesday. Parents are welcome!

LOST AND FOUND

The Lost and Found area is full of lost clothing items. Please check for your child's lost clothing over the next couple of days. After Spring Break we will be sending the clothing to a local charitable organization.



EASY IDEAS WITH VEGGIES AND FRUIT

Most children don't get enough vegetables and fruit each day. School-age children and youth need 5 to 8 servings of fruit and vegetables per day. Try these ideas with salad dressing or yogurt for dipping, or include a slice of cheese:

- Sweet peppers, cucumber slices, carrot sticks, cherry tomatoes, celery, broccoli or cauliflower
- Oranges, berries or cut-up fruit
- Apple, pear or banana slices packed with a teaspoon of lemon juice to keep them from going brown
- Kiwi cut in half with a spoon for scooping
- Chunks of watermelon or cantaloupe

Encourage your child to eat more vegetables and fruit:

- Children learn by watching you. They will be more willing to eat vegetables and fruit if they see you eating them.
- Involve children in buying and preparing vegetables and fruit.
- Cut and serve them in many ways. For example "ants on a log" – celery with hummus and raisins

on top or celery and dip.

- Add dried or fresh fruit to breakfast cereals or yogurt, or make a fruit smoothie.
- Prepare vegetables in ways you have never tried before, e.g. use sweet potatoes and yams instead of potatoes to make great oven baked fries.
- Buy pre-cut vegetables and salads.
- Try vegetables and fruit cold, hot or right from the freezer. Frozen grapes or blueberries make a terrific snack. Serve vegetables with different dips and sauces.
- Offer vegetables and fruit at snack and meal times. It can take up to 20 times of offering the same food before a child will accept it. With time children will learn to eat what you eat.

A child's intake varies from day to day. Trust that a healthy child will meet their nutrient needs over time. For more information contact:

- Your local Health Unit
- www.healthlinkbc.ca/dietitian/



Lochside Lizards Triathlon Club Swim Bike Run

This year Lochside Elementary School is introducing a new sports club – Triathlon! If your son or daughter likes to ride a bike, run on the playground and can swim independently, this club will teach them how to put all three sports together! Local triathlete and parent, Derek Frohloff will coach a weekly bike and run session at Claremont High School.

Your child will gain experience cycling and running and will learn about transitioning between swimming, biking and running. The emphasis, first and foremost, will be on fun.



PRE-REQUISITE: Able to swim 100-150 metres in order to participate as an individual in a triathlon race. There is the option of participating as a relay team, but we encourage all club members to gain some swim experience.

WHO: Open to students in Grades 3, 4 and 5. Students from other grades are welcome if accompanied by a parent. Currently there are 20 spots open on the team.

WHAT: Triathlon Club coached by Derek Frohloff. Supported by Teacher Liaison, Sandra Bell and Lochside Elementary Parents Advisory Council.

WHERE: Bike and run sessions will take place at Claremont High School Track.

WHEN: Bike and run sessions will start Saturday, April 11, 2015 (1:30-2:30 pm).

Please bring your bike, helmet, running shoes, socks, small towel and a water bottle. Other practice dates: April 18, May 2, May 9, May 23, May 30 (1:30-2:30pm).

WHY: Keep Fit! Have Fun! Try something new! As well, participants in this club may like to enter in some local Youth Triathlon events that occur in June. The first of these will be the Victoria Youth Triathlon <http://vicyouthtri.ca/> on June 7th, 2015. The race distances at this one are determined by age (child's age as of Dec 31, 2015):

6-7 year olds: 50m swim, 2 km bike, 500m run

8-9 year olds: 100m swim, 4km bike, 1km run

10-11 year olds: 150m swim, 6km bike, 2km run.

If you think your son or daughter may be interested in joining this brand new Lochside club, please pick up a registration form from the office and drop it off by **March 6th, 2015.**

If you have any questions, please email:

Mike Brooks, parent

mikebrooks@telus.net

Allison Spencelayh, parent

allison75@shaw.ca

Tina Lazaruk, parent

lazaruk22@gmail.com



PENINSULA TRACK AND FIELD CLUB RUN, JUMP AND THROW "TRACK RASCALS" PROGRAM for 2015

**INTRODUCTION TO TRACK & FIELD
FOR 6, 7 and 8 YEAR OLDS
TUES. AND THURS., 4:15 – 5:15pm**

**BLUE HERON TRACK (at Parkland School),
APRIL 7 – APRIL 30**

**REGISTRATION: PHONE – LESLEY FOSTER –
250-656-5660**

Phone in to the Lesley to register for the Track Rascals. Then come to the first session on April 7 at 3:45 to fill out registration form if not done before. Make sure athlete has warm clothing and running shoes.