



October 2015

Newsletter

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Dear Parents / Guardians:

It has been a productive month of school at Lochside Elementary. We are off to a great start as students have settled into their classes and are working to meet the learning outcomes in each area of the curriculum. During my classroom visits I have observed students who are engaged in their learning and making progress in all subject areas. Thank you to all of our staff for welcoming the students back and establishing such a positive learning environment in our school.

I would like to thank our teaching staff for hosting our Open House/Welcome Back BBQ on Thursday, September 17th. It was a huge success as we had great participation from our parents and/or guardians. Parents enjoyed interacting with other parents and members of our school community as well as connecting with their child's teacher(s). Just a reminder that if you have not had a chance to meet your child's teacher, then please make a point of connecting with him or her over the next few weeks.

Respectfully,
Joe Grewal, Principal

EARLY DISMISSAL November 3rd, 4th, & 5th

We have Early Dismissal Days coming up on November 3rd, 4th and 5th. This is an opportunity for you to connect with your child's teacher. **Students will be dismissed at 1:48 pm** on each of the three days. Teachers will be conveying information to parents about the times, schedules, etc. If you have any questions please contact your child's teacher

TERRY FOX RUN

Students, staff and parents participated in the Annual Terry Fox Run. All of our students and staff did an amazing job of taking part in the run! We were able to raise over \$700 for the Terry Fox Foundation to support cancer research. Well done everyone and thank you for your support and enthusiasm for this event!

PHOTO RE-TAKES

Wed. Oct. 21st



INDOOR SOCCER

We have over 50 students signed up for indoor soccer. The students are divided into three 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 teachers Sherry Seabrooke, Mark Niedjalski, Bob Warrender, Karen Smith, Carolin McDonnell and Helena Takhar for volunteering their time to coach.

PARKING LOT REMINDERS

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 if possible and not block access to our parking lot right at the front entrance
- Arrange to meet your child outside if possible
- Please leave the Staff Parking spots for Staff
- **Federal Election – October 19th** – Avoid the parking lot if possible



A Framework to Foster
Self-Regulation
& Emotional Control

ZONES OF REGULATION

The Zones of Regulation curriculum contains lessons and activities to help your student gain skills in the area of self-regulation; to gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum is designed to help students recognize when they are in different states called "zones," with each of the four zones represented by a different color. The student will learn how to use strategies and tools to stay in a zone or move from one to another. Each person will experience different times in the day where they change between different zones colors. The aim of the program is to help children increase their awareness of how their body is feeling, being able to label it, and then learning ways to change the

way they feel. Each experience we have in a day will require us, or cause us, to be in a different zone (e.g. you want to be in a blue zone when you are about to fall asleep, but you don't want to be in the blue zone during a competitive basketball game).

The Zones colours are as follows:

- **Blue** – the “slow, sad, tired, sleepy, sick” zone
- **Green** – the ready to go, ready to learn, happy, alert, awake and attentive zone
- **Yellow** – excited, nervous, anxious, silly zone
- **Red** – the angry, mean, scared and super silly or super excited zone

<http://www.zonesofregulation.com>

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 the students in the event of an earthquake. We will have an earthquake drill on Thursday, October 15th. Parents Kevin Shields and Bernhard Spalteholz have been helping us to update our emergency supplies. Thank you to LEPAC for supporting the purchase of emergency supplies.



REMEMBRANCE DAY ASSEMBLY

We will be hosting our annual Remembrance Day Assembly on Tuesday, November 10th at 10:00 am.

Parents/Guardians are welcome to join us for this important assembly as we pay tribute to the men and women who have served, and continue to serve our country during times of war, conflict and peace. Please remember to send in a small **donation to support the Poppy Fund** that helps veterans in need of clothing, shelter, transportation, medical assistance, etc.

DATES TO NOTE

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| Fri. Oct. 9 th | 9 am Story Theatre Presentation |
| Sun. Oct. 11 th | Thrifty Foods Fun Run |
| Thu. Oct. 15 th | 1:00 pm Earth Quake Drill / Great BC Shakeout |
| Mon. Oct. 19 th | Federal Election |
| Fri. Oct. 23 rd | NID – Provincial Day |
| Fri. Oct. 30 th | Wacky Hair Day |
| | 5:30 pm Halloween Family Dance |
| Nov. 3, 4 & 5 th | 1:48 Early Dismissal |
| Tue. Nov. 10 th | 10:00 am Remembrance Day Assembly |

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| Wed. Nov. 11 th | Remembrance Day |
| Thu. Nov. 12 th | NID – Non-Instructional Day |
| Fri. Nov. 13 th | NID – Non-Instructional Day |
| Nov. 30 - Dec. 4 th | Reporting Week |
| Fri. Dec. 18 th | Last day before Winter Break |
| Mon. Jan. 4 th | School Re-Opens |

BUSY HALLWAYS

Please do your best to leave a clear path for students to move in the hallways. In case of an emergency we have to be able to evacuate the building as quickly as needed. Here are some suggestions to help ease the congestion:

- Please do not block any of the hallways
- Leave a clear path for student traffic.
- Arrange to meet your child outside of the school.
- If possible, leave baby strollers outside.

MORNING WATCH/SAFE ARRIVAL



If your child is registered for Morning Watch and will be late or absent from school, please email: lochsidesafearrival@sd63.bc.ca If you are not registered for Morning

Watch, then please email your child's teacher or call the school office. Please note that if your child is a bus student, then he or she is automatically registered for Morning Watch. Thank you to Carolyn Phillips for coordinating the Morning Watch Program. Also thank to volunteers Mark Creswick, Daniel Cook, Wayne Hunter, Jeff Thom and Mary-Anne Babcook.

Wanted a Parent to Fix The Tetherballs Chains



Our students enjoy playing with the tetherballs when they are attached to the poles out by the rocks. However the chains have broken off and the tetherballs can't be used any longer. We are wondering if there is a parent who is interested in fixing the tetherball chains which go from the ball to the poles. Please see Mr. Grewal or Ms Seabrooke if you are able to help.

Coupon Books

A big thank you to Scarlet Yum and parent volunteers for organizing the Save Around Coupon Book sales. Thank you also to Kitlin Louie for her help in the office. Please return the \$25 payment or the booklets to the school by October 26th

DISTRICT POLICY

The Board recognizes that from time to time students or parents (or guardians) may have concerns regarding the operation of the School District. All complaints concerning schools, personnel, programs or procedures will be dealt with in a fair, respectful and timely way. The procedures that the Board has enacted to deal with concerns are described in the following policies: Policy 1360 (Complaints regarding Personnel, Programs or Procedures) and Policy 1110 (Parent/Student Appeals Bylaw)



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

If you can donate gently used children's picture books, please bring them to the school. Drop box located in main foyer. The books will be forwarded to volunteers at the Saanichton Individual Learning Centre where they will be processed for distribution to young children and families living on the Peninsula. For further information, please contact: Daphne Macnaughton, PCEC "1000 X 5" Project Leader: dlmvictoria@shaw.ca

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Keeping Your Child Safe - AVE A HAPPY HALLOWEEN

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 tips to help keep your child safe:

- 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 the danger of talking to strangers.
- Teach them never to go with or accept anything from someone they do not know.
- When children understand how to be safe, parents can be more relaxed about their children being out for Halloween

TRICK OR TEETH!

When it comes to Halloween candy and tooth health, the "all or nothing" approach is best.



Giving children their Halloween candy over days or weeks is not the best choice. The risk of tooth decay increases with the amount of sugar and the number of times teeth are exposed to it.

Tooth safe suggestions for enjoying Halloween treats are:

- Serve a healthy dinner (or snack) before trick-or-treating. This will leave less room for sugary snacking. You will know your child has eaten **something** nutritious on this exciting night.
 - Limit the number of times teeth are exposed to sugar by encouraging children to enjoy some candy at one sitting. Then, be sure to brush their teeth afterwards.
 - Cut down on the number of sugary treats children receive by handing out "tooth-friendly" options like stickers, temporary tattoos, fancy pens and pencils, or toothbrushes!
- And of course, remember to floss and brush with fluoride toothpaste before going to bed, or there could be some very *scary* results.



Reflex Math is an online software application designed to help students of all ability levels to develop fluency with their basic facts in addition, subtraction, multiplication and division. Students in grades 2 to 5 have their individual login information. This application can be accessed from home. If you need any more information, a login and password, etc. please ask your child's classroom teacher, Sandi Rainer or Mr. Grewal. Thank you to LEPAC for their on-going support for this software program.

