



# LOCHSIDE ELEMENTARY SCHOOL NEWSLETTER

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## MARCH 2014

### 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 10-14<sup>th</sup>) will be added to the Spring Break week (March 17-21<sup>st</sup>). This will result in the school being closed March 10<sup>th</sup> to March 21<sup>st</sup>. The extra week of school closure was done for budgetary purposes. Schools will re-open on Monday, March 24<sup>th</sup>. Have a great Spring Break!

Sincerely,

Principal,  
Joe Grewal

### SCHOOL VISION:

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

### SCHOOL GOALS



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

After Spring Break we will be working with our School Planning Council members to review our school vision and goals.

Your School Planning Council members are: Tracey McMicking, Sharon Hallsor and Rachel Calder. We will be meeting with staff on our School Planning Day on April 7<sup>th</sup> to review our vision, school goals and our strategies. We would welcome any feedback about our goals or any other aspect of our school. Please email me at: [Jgrewal@sd63.bc.ca](mailto:Jgrewal@sd63.bc.ca)



### EXTRA-CURRICULAR CLUBS

There are many different extra-curricular activities taking place at Lochside. Currently we have basketball, Swim Club, SPCA Club, Red Cedar Book Club and Scottish and Bhangra Dance Clubs. A big thank you to staff members and student teachers who are providing these opportunities for students at Lochside Elementary.

#### **Swim Club Basketball**

Ms McLeay & Mrs. Gillingham  
Ms. Seabrooke, Mr. Warrender, Ms McKean, Mrs. Takhar & Mr. Grewal

#### **Red Cedar Scottish Dance Bhangra Dance SPCA Club**

Ms Wende  
Gael Forster  
Miss Sundher & Miss Kayal  
Miss Nguyen

### DATES TO NOTE

Mar. 7 <sup>th</sup>	Popcorn Day
Mar. 10-21 <sup>st</sup>	School Closure & Spring Break
Mar. 24 <sup>th</sup>	School Re-Opens
Mar. 26 <sup>th</sup>	6:30-8:00 LEPAC Meeting
Mar. 26 & 27 <sup>th</sup>	Scholastic Book Fair
Mar. 28 <sup>th</sup>	LEPAC Fun Lunch
Apr. 7 <sup>th</sup>	NID School Planning Day
Apr. 10 <sup>th</sup>	Class Photo Day LEPAC Presentation – "Building Resiliency in Our Children"
Apr. 11 <sup>th</sup>	Popcorn Day
Apr. 16 <sup>th</sup>	3:15 pm X-Country Meet 6:30-8:00 LEPAC Meeting
Apr. 18 <sup>th</sup>	Good Friday
Apr. 21 <sup>st</sup>	Easter Monday
Apr. 22 <sup>nd</sup>	Earth Day

Apr. 23<sup>rd</sup> 3:15 pm X-Country Meet  
 Apr. 25<sup>th</sup> LEPAC Fun Lunch  
 Apr. 30<sup>th</sup> 3:15 pm X-Country Meet  
 May 6<sup>th</sup> 9:00 – 10:30 K Orientation

### **RED CEDAR BOOK CLUB**

Children in Grades 4 and 5 were invited to join the Red Cedar Book Club this year to read up to 21 books from nominated lists of Canadian non-fiction and fiction titles. A group of forty students in the Red Cedar Book Club will decide which one of the titles on the list they feel is the best Canadian book of the year and vote for their favourite. Many Lochside students have already read all 21 books!



The purpose of the program is threefold:

1. To enrich and broaden students' reading experiences,
2. To promote literacy through the reading of quality Canadian literature
3. To encourage students' thoughtful evaluation of these books

The Book Club is organized by our Teacher-Librarian, Donna Wende.



### **PINK SHIRT – ANTI- BULLYING DAY FEBRUARY 26<sup>TH</sup>**

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.

Our Peacekeepers are giving out green 'bracelets.' made from fuzzy pipe cleaners. They are acknowledging the younger students and each other for being kind and helpful. In February we have held "Pass it On Week." Children were able

to gift their bracelet to a friend and acknowledge how the kindness helped them out. We are creating a display of random acts of kindness using the bulletin board by the gym. On **February 26<sup>th</sup>**, Pink Shirt Day, students, parents and staff took part in an assembly to further accentuate the importance of kindness. Mrs. Kenny and her class did a story theatre presentation of Kathryn Otoshi's book titled, "One." Mrs. Gillingham and her class presented two dances and a song about friendship. The kids are enjoying giving high-fives and being helpful! You can really see them glowing with this positive focus and positive energy.

### **STUDENT REGISTRATION**

Registrations for 2014-2015 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 on Mondays, Wednesdays and Fridays at lunch play period. 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 to do some running outside of the school practices.



Please note that parents are responsible for making their child's transportation arrangements to and from all meets. The meets are held on Wednesdays at 3:15 pm. The meet dates are April 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup> at Centennial Park in Central Saanich. Centennial Park is located at Wallace Drive and Hovey Rd.



### **THRIFTY FOOD 1.5K FAMILY RUN**

The Thrifty Foods 1.5K Family Run - as part of the 25th Annual TC10K - takes place on Sunday **April 27** at 11 am.

Anyone can enter as part of a school team in the Island Farms Schools Challenge, or enter as an individual. To help kids train for the event we have developed an 8-week training program where kids

can run 3 times a week and complete their final run on race day. The trainer is also online and can be downloaded from the Family Run page on the TC10K website.

<http://www.tc10k.ca/event-updates/thrifty-foods-family-run/>

**Scholastic Book Fair**  
**March 26<sup>th</sup> and 27<sup>th</sup>**  
**Check out website for times**



### **School District Budget** **2014-2015**

The Annual School Communities Meeting will be held on Wednesday, April 2nd from 3:30 - 5:00 p.m. at Bayside Middle School in the Multipurpose Room.

The purpose of this meeting is to provide input into the development of the 2014/15 School District #63 Budget. An invitation from the District is extended to all representatives to attend (Teachers, Administrators, CUPE and Parent Representatives

### **Children Count 10th Annual** **Early Childhood Resource** **Fair**



Saturday, April 5 from 10:00-1:00 at Brentwood Elementary School. For parents/caregivers and children (birth to 6 years) living within the Saanich School District. It's FREE! Learn about Community Resources: Beacon Community Services, Public Libraries, Early Years Community Liaison, Panorama Recreation, Child Care Resource & Referral, VIHA Infant Development Programs, NIL/TU'O Child and Family Services, Strong Start and more.

### **Child Development Resources & Information:**

- Growth & Development
- Dental Health & Nutrition
- Speech & Language
- ChildCare & Preschools
- Infant Development Programs
- Kindergarten
- Car Seat Safety
- Early Literacy
- Mother Goose Programs
- English As Second Language Program

### **Bring the children along for...**

- ✓ FacePainting
- ✓ StoryTime
- ✓ Arts & Crafts
- ✓ Music & Dance
- ✓ Bouncy Castle
- ✓ Snacks ...and lots of fun!



### **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
- HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or [www.healthlinkbc.ca/dietitian/](http://www.healthlinkbc.ca/dietitian/)
- [www.dietitians.ca](http://www.dietitians.ca)



### **VICTORIA TRACK AND FIELD**

Does your child enjoy running? Would they like to learn the field events or maybe try different track events such as hurdles? Victoria

Track and Field Club welcomes all aspiring track and field athletes 9 years (born 2005) or older. We are preparing for our upcoming season, which starts after March break. We practice, learn, and have lots of fun **Tuesday** and **Thursday** nights from 6 to 7:30pm at the Oak Bay track. We will be having a **Meet the Coaches Night** on **March 27**. More information and registration forms can be found at: [www.victrack.ca](http://www.victrack.ca)

### **PENINSULA TRACK AND FIELD CLUB RUN, JUMP AND THROW**

For several years, Peninsula Track and Field Club has run a program for 6 to 8 year olds (born 2006, 2007, 2008) in which they are introduced to the basic physical skills of Running, Jumping and Throwing, all of which are the basis of most sports. This year the program will be run at the Parkland School Track on Mondays and Thursdays from 4:15 to 5:15 pm. The start date is April 3 and the last session will be on **April 29, 2014**



Full details of the program (including pictures from past years) are posted on the Pen Track web site at:

<http://www.pentrack.org/TrackRascals/TrackRascals.html>

The emphasis of the program is to make running, jumping and throwing as well as introducing the young athletes to some of the basic skills of track and field AND most other sports. Last year, we had an enrollment of 20 athletes, some of whom are returning this year or who have moved up to the regular track and field program.

Tom Dingle  
Events Coordinator and Statistician  
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Pen Track website: [www.pentrack.org](http://www.pentrack.org)