



February 2019

PRINCIPAL: Mr. Robbie Dhillon
SECRETARY: Ms. Sharon Binng and Ms. Judi Miehl

<http://schoolsweb.sd68.bc.ca/parkave/>

FROM THE OFFICE

Dear Parents,

So, who wished for all the snow?!?! What a crazy few days it has been, hopefully the snow is in our rear view mirror now as it melts away. It seemed like just yesterday we came back from winter holidays and here we are at over 50% done this school year. There has been a lot going on at Park Avenue the past little while, please do take some time to come to the school and walk through the halls before or after school to see all of the wonderful work the children are producing. I would like to thank our teachers, educational assistants and other support staff for their excellent work this school year. .

I would like to extend a thank you to those staff, parents and volunteers for helping out with various activities either before school, on field trips, during long recess or after school. The activities further enhance the overall experience of the children.

Progress Reports

You received your child's first report card of the school year last week (Friday February 8th). This report presents a brief summary of your child's learning progress since the start of the school year. It does not replace the ongoing discussions you have with teachers either in person or through your child's planner. It does not replace the time you spend working with your child at home, taking time to read together, to organize notebooks, to edit writing and to discuss and celebrate learning. If you wish to discuss any portion of your child's report, please write a note on the envelope. The envelope also needs to be returned in the next few days.

Planning Ahead for the rest of the year

Here are a few suggestions to reflect on this past term and to plan for the next term:

- "What were some important things you have learned so far this year?" or "What have been your favourite moments up to now?" Write these positive memories in the planner or in a journal.

What would you like to be able to do better? How can we work together to help you meet your goals? Review planners and notebooks for ideas.

Thank you to members of our PAC for your continued contributions to the school. These members work tirelessly at the school to aid in your child's day to day school life. Your help and assistance is appreciated by the staff, students and Park Avenue Community.

Please look through the calendar below as some dates have changed and other activities have been added for this newsletter. There are many staff members and parents involved in making these activities possible.

Yours truly,

Mr. Robbie Dhillon
Principal

SCHOOL CALENDAR 2019

BC Family Day (students do not attend).....	Mon Feb 18
Ready, Set, Learn (@ Bayview) 5-7 PM	Tues Feb 19
Non Instructional Day (students do not attend).....	Mon Feb 25
Non Instructional Day (students do not attend).....	Tues Feb 26
PAC (6:30 PM).....	Mon Mar 4
Formative Assessment Conference (Portfolio Style) (5:30-7 PM).....	Wed Mar 6
Spring Forward 1 hour	when you go to be on Sat Mar 9
Last Day before Spring Break/Easter.....	Fri. Mar 15
First Day back.....	Tues Apr 2
PAC (6:30 PM).....	Mon Apr 15
Good Friday	Fri Apr 19
Easter Monday.....	Mon Apr 22
School Track Meet (Gr 3-7).....	Thurs May 9
Non Instructional Day(Students do not attend).....	Fri May 10
PAC (6:30 PM).....	Mon May 13
Victoria Day (students do not attend)	Mon May 20
PAC Fun Fair.....	Sat May 25
Zone Track Meet	Tues May 28
District Track Meet (Rotary Bowl).....	Thurs Jun 6
Welcome to Kindergarten (AM).....	Fri Jun 7
PAC (6:30 PM).....	Mon Jun 17
Formative Report Issued	Thurs Jun 27
Last Day of School (school dismissed at 2:37)	Thurs Jun 27
Administration Day.....	Fri Jun 28

LOST AND FOUND

Our lost and found box is located just inside the main door. If your child does not come home with a piece of clothing please check this box. Items were donated to charity before our break. Our main doors are often open around 7 AM, so please feel free to take a look early, or right after school.

ANTI BULLYING DAY (PINK SHIRT) WEDNESDAY FEB 27

On Wednesday, February 27th we would like to encourage students and parents to wear pink to school for anti-bullying day.



The Ministry of Education has a guide developed to assist parents regarding bullying behaviour and other safety

issues with the E.R.A.S.E. program. The guide can be found at www.erasebullying.ca/

What is Bullying Versus Conflict?

Building respectful and safe schools proactively address bullying and all forms of unacceptable behaviour including harassment, discrimination or violence. The definitions below are adapted from various Canadian safe schools' networks including: The National Crime Preventions Strategy.

What is Bullying?

Bullying is when someone, or a group of people, deliberately upset or hurt another person or damage their property, reputation or social acceptance on more than one occasion. There is an imbalance of power in incidents of bullying with the bully or bullies

having more power at the time due to age, size, status, or other reasons.

Bullying may occur because of perceived differences, such as, culture, ethnicity, gender, sexual orientation, ability or disability, religion, body size and physical appearance, age or economic status. Bullying may be motivated by jealousy, distrust, fear, misunderstanding, or lack of knowledge. It can continue over time, is often hidden from adults, and will probably continue if no action is taken.

Types of Bullying

There are four broad types of bullying:

- **Direct physical bullying:** includes hitting, kicking, tripping, pinching, and pushing or damaging property.
- **Direct verbal bullying:** includes name calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse.
- **Indirect bullying:** is often harder to recognize and can be carried out behind the bullied person's back. It is designed to harm someone's social reputation and/or cause humiliation. Indirect bullying includes: lying, and spreading rumours, playing nasty jokes to embarrass and humiliate, mimicking, encouraging others to socially exclude someone, or damaging someone's reputation or social acceptance.
- **Cyber bullying:** is direct verbal or indirect bullying behaviours using digital technologies. Some examples include: harassment via cell phone/texting, setting up a web-bashing site or deliberately excluding someone and/or attacking them via social media sites like Facebook.

What Bullying is Not

Many distressing behaviours are not examples of bullying even though they are unpleasant and often require teacher intervention and management.

- **Mutual conflict:** involves an argument or disagreement between people but not an imbalance of power. Both parties are upset and usually both want a resolution. Unresolved mutual conflict can develop into bullying if one of the parties targets the other repeatedly in retaliation.
- **Social rejection or dislike:** is not bullying unless it involves deliberate and repeated attempts to cause distress, exclude or create dislike by others.
- **Single episode acts:** of nastiness or physical aggression are not the same as bullying. If someone is verbally abused or pushed on one occasion they are not being bullied. Nastiness or physical aggression that is directed towards many different people is not the same as bullying. However, this does not mean that single episodes of nastiness or physical aggression should be ignored or condoned as these are unacceptable behaviours.

It is important that all students recognize that they are each responsible for helping to create a safe, caring, and respectful environment at Park Avenue.

15 MINUTES OF FUN: LEARN WITH YOUR FAMILY



ABC Life Literacy Canada is encouraging Canadian families to have "15 Minutes of Fun" learning together. Learning can happen at any time. Practicing literacy together every day has tremendous benefits for both children and parents. Here are some great ways to get started:

1. Read a "wake up" story in the morning (after reading your bedtime story the night before).
2. Search online for fun places to go in your community. Pick out a spot for your next family day trip.
3. Make up a new recipe together and post it online.
4. Tell knock-knock jokes together while doing the dishes.
5. Create a story with your family: take turns writing one sentence at a time, then read the whole story aloud when you're done.
6. Write a review of a book you read together as a family. Send it to the author through email or snail mail.
7. Organize a book swap at your school or with your friends.
8. Track your trip to school, the park, and the grocery store on a map. Find a different route to take to each place.
9. Learn to play a musical instrument. What about the ukulele?
10. Write a note to include in a grown-up's lunch – ask them to write back!
11. Make a popsicle stick model with your family.
12. Write your names graffiti-style using chalk on your sidewalk – you may need to shovel first!
13. Play a board game together.
14. Look up the words to your favorite song online. Have a sing-off with your friends!
15. Count how many steps it takes to get from your bedroom to your kitchen. Find out who in your family has the most steps to a snack!

READY, SET, LEARN TUESDAY FEBRUARY 19

There will be an event for families and their children aged 3 to 5 (and parents/guardians) on **Tuesday February 19th, from 5-7 PM at Bayview Elementary**. It is called "Pizza Party Jamboree" and the intent is to provide families good information about how to support a young child's early learning and development. It will also allow families to develop positive connections between other families, the school system and local community agencies. Bayview is hosting this event for our school, as well as Georgia Avenue and. Preregistration (2507415266 or rsireg@sd68.bc.ca) is required and all the information has been emailed out on our weekly emails already.

APPROPRIATE CLOTHING FOR WEATHER CONDITIONS



The cool wet weather has not left us and at this point looks like it will be around for a while. There may be days students will ask the question "Is it an inside day?" The answer on most days is no. Students will be going outside to play at recess and lunch unless it is raining heavily. We

thank you for ensuring your child comes to school with appropriate rain and cool weather clothing. At Park Ave we believe in the importance of fresh air and outside play for all students and appreciate your assistance in this regard. **It is also advisable students have a change of clothes in their school bags, including socks.** Warm gloves are always a good idea as well.

SCHOOL REGISTRATION 2019-2020

To register your child in Nanaimo-Ladysmith Public Schools, the online, centralized **registration began on January 9, 2019.** The following information will help determine if this process will apply to you.

Take a moment and ask yourself the following questions:

1. Is my child new to Nanaimo-Ladysmith Public Schools?
2. Do I have a child that will be turning five years old on or before December 31, 2019 that will be entering Kindergarten? **Applications must be received by June 15, 2019 to ensure a placement in your child's catchment-area school.**
3. Do I want to register my child in Late French Immersion? **(see list serve for more detailed information)**
4. Do I want to register my child in Early French Immersion? **Applications will be received until January 31, 2019, at which time student selection will be determined by lottery. Parents will be notified in early February 2019. Late French Immersion Students are placed as space permits.**
5. Do I want to register my child in secondary academies? **(see list serve for more detailed information)**

Applications will be received until March 15, 2019, at which time student selection will be determined either by lottery or tryout/audition. Parents will be notified in May 2019.

6. Do I want to apply for a school transfer request (out-of-catchment)? **Applications are due March 31, 2019**

For more information please visit, www.sd68.bc.ca or email ereg@sd68.bc.ca

ABSENCES OR LATES



If your child is absent or late for school please phone the school as early as possible to notify the office (and preferably before 8 AM). The school office does have a 24 hour voice mail and you can leave a message stating your name, your

child's name, grade and teacher. This will avoid the phone call from the office to you in the morning, as well as help us to ensure all students are accounted for as quickly as possible. **On the topic of lates, please ensure your child arrives to school by 8:45.** Being late to class can impact your child's day as critical

information (ie shape of the day) is covered early on, as are the morning announcements. Being late can also cause distractions for students and staff.

INTERNET SAFETY –KEEPING YOUR CHILD SAFE

Internet safety for children is an important subject and something many parents are concerned about. The internet does have many good points, but there are dangers, and parents and children should be particularly cautious.

So, what can you do to protect your children when they are online?

Use A Child Safe Browser

These are browsers that block websites with content that is not appropriate for children to view. Although you can never be completely sure it will block everything, it will at least go some way to protect children from content that is not child friendly.

Observe Children When They Are Using The Internet

It may not always be possible, but where it is, you should observe what your children are looking at, or at least be in the same room as them.

Limit Internet Usage

There are many reasons to limit the time your children spend on the internet. Spending too much time on the computer is not healthy, and the less time they spend online the less chance of them coming across something they shouldn't.

Stay In Touch

Parents should keep abreast of the latest online threats, so they know the dangers their children could face. It is a good idea to read up on the subject occasionally. If you are educated on these matters, you can educate your children, thus protecting them from internet dangers.

The better placed you are to protect your children the better, but children themselves also need to be aware. So, what should parents tell their children to do and not to do when using the internet?

Don't Give Away Personal Information

Parents should tell their children not to give information such as their telephone number, their address or their age to people online. There are times when they cannot be sure who they are talking to and who will see this information.

Don't Meet Up With Online "Friends"

Children should not meet up with someone they have met online. The problem here is that it is easy to hide your identity online, so you never know who you will really be meeting.

Don't Give Information About You Away

Any information children would not be comfortable with everyone knowing should not be shared online. Whether true or not, this could be seen by anyone and may not disappear in a hurry. If there is something they wouldn't share with their entire school it should not be revealed online, because all of their friends (and even people they don't know) may be privy to this information.

Don't Post Pictures Of Yourself Online

Any pictures posted online have the potential to get anywhere. They can even be manipulated. For obvious reasons children posting pictures of themselves online could lead to problems.

Don't Tell People Your Plans

Again, this could be seen by anyone. If people know where children will be and when, then they will easily be able to find them. This means they could be tracked down by anyone, from school bullies to child predators.

Don't Respond To Messages If Not Comfortable Doing So

If a child is sent a message online they should not respond unless they feel comfortable. All they have to do is ignore it or delete it or turn their computer off.

HEAD LICE

LICE love to hang out in schools and other buildings where there are lots of warm heads. Prevention is needed to help stop the spread of these pesky, yet non-health threatening creatures. Please check your child(ren)'s heads on a regular basis and inform the school if you notice any nits or live bugs.

If you discover your child has head lice please notify the office so a letter can be sent notifying other families that there has been a case of head lice in the class. This letter includes instructions of how to check and treat head lice.

Below are suggestions for treating head lice. Further information can be found on the "Parent" page on the school website under "school documents. If you require further information please contact the Health Unit at 755-3345.

Thank you for working together to control this problem. Your co-operation is very much appreciated.

SUGGESTED TREATMENT FOR HEAD LICE MANAGEMENT

- Wash the hair with usual shampoo and rinse.
 - Put a lot of (1/2 cup) inexpensive conditioner on the hair.
 - Untangle the hair using a wide-toothed comb; leave the conditioner in.
 - Comb the hair with a lice comb (special metal comb available at pharmacies).
 - Divide the hair into small sections; for thick hair you will have to divide it into smaller sections.
 - Place the teeth of the comb next to the scalp and draw comb down full length of hair.
 - If the comb tugs the hair add more conditioner or turn the comb around (usually the lice combs are beveled and combing toward the scalp/hair is more comfortable and pulls less).
 - After each stroke, rinse the comb in a sink or bowl of warm water and wipe dry, then check the comb for lice (you don't want to give them a ride back to the head).
 - Continue section by section until all hair is combed.
- Note: It takes about ½ hour or more to comb the whole head.

If you find live head lice:

- Repeat the above treatment starting with the conditioner.
- Check all other family member's heads (wet and conditioned).
- REPEAT THE SUGGESTED TREATMENT EVERY 3 TO 4 DAYS FOR 2 WEEKS ON THE HEADS THAT HAVE LICE. This will remove the lice as they hatch, and before they are able to mate and move to another head.

If you choose to use a pesticide shampoo, we recommend that you only use one treatment. For re-infestation, use the combing-conditioning treatment described above.

For more information, please contact the local Public Health Unit at 250-755-3345.