



# KELSET Elementary School

1800 Forest Park Drive North Saanich, BC V8L 4B8

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## CALENDAR

### November

29.....Popcorn Day  
Soccer Jamboree (a.m.)

### December

4.....Anawim Assembly; 10:30 am  
5.....**1:48 Dismissal**, to facilitate  
Home/School Conferences  
11.....**PAC Meeting**; 6:30  
13.....Popcorn Day  
16.....**Carolling**; 6:30 pm  
19.....Fun Lunch  
20.....Last day of First Term

### January

6.....First day of Second Term  
8.....**PAC Meeting**; 6:30 pm  
11.....**Bottle Drive**; 9:00-1:00 pm  
16.....Fun Lunch

## NOVEMBER 2013

## NEWSLETTER



### BOUQUETS TO...

- Wendy Thompson, for her efforts with our fall fundraisers! And a big thank you to all who have supported the various programs!
- The PAC, for the very enjoyable Movie Night and Games Night!
- Mrs. Hodgson, Mrs. Postlethwaite, Ms. Smith and Mrs. Underwood, for coaching our Soccer Team! Mrs. Fawkes, for coaching the Skipping Team! Mme St. Amand, for sponsoring the Juggling Team!

### MUSIC SESSIONS

The PAC has generously provided funds to allow Mrs. Rose to provide Music lessons for all of our students this year and these sessions began last Friday. Mrs. Rose will have two singing sessions with all primary and intermediate students prior to the Christmas break. Beginning in January, Mrs. Rose will provide three ukulele lessons per month for our Grade 4 and 5 students and one singing/ movement lesson per month for the primary students. We know that the students will enjoy these sessions very much! Thank you, PAC, for making this extra learning opportunity possible!

### CAROLLING

We hope you will join us in the gym at 6:30 on Monday, December 16<sup>th</sup>, to enjoy singing Christmas carols. This will provide a chance to connect with other students and families prior to the Christmas break and hopefully help get everyone into the Christmas spirit! *Cash donations or donations of non-perishable food items and new or very gently used gift items will be gratefully accepted at the door*, to assist us in providing food and gift hampers to needy families in our school community.

### DONATIONS FOR ANAWIM HOUSE

Please remember to send in donations for the stockings that we are putting together for the homeless, by Friday, December 6<sup>th</sup>.

### BOTTLE DRIVE

Please save your bottles, cans, etc. for our January Bottle Drive! The trailer will be available at the front of the school for "drop offs" from Monday through Friday on our first week back. Or, you can drop your items off on the morning of the 11<sup>th</sup>. Your assistance with sorting, etc.(any time between 9:00 and 2:30) would be much appreciated!

### SAFE ARRIVAL PROGRAM

please email

[kelsetsafearrival@sd63.bc.ca](mailto:kelsetsafearrival@sd63.bc.ca)

or call **250-655-1194**

if your child will be absent or late.

(Please do not call the main office number, thank you.)

## W.I.T.S.

Auxilliary Constable Tim Fletcher and Constable Kathy Rochlitz will review the W.I.T.S. Strategy with our Kindergarten to Grade Two students this Thursday, November 28<sup>th</sup>. The W.I.T.S. strategy is used effectively throughout Island schools. Ask your children to tell you how they “use their W.I.T.S.”

### W alk Away

I gnore

T alk it Out

S eek Help

- The children are encouraged to **walk away** to remove themselves from a troublesome situation and perhaps to calm down.
- They are encouraged to **ignore** little things.
- They are encouraged to **talk out** conflict, before a situation gets too stressful or when everyone has calmed down.
- The students are encouraged to **seek help** any time they feel they need assistance solving a problem. We emphasize the difference between telling an adult to get help with a problem and telling an adult to get someone in trouble (“tattling.”) Also, students are encouraged to seek help if little problems are repeatedly happening.

## REPORTING/CONFERCING

By the end of the month, parents/guardians will have received report cards for the first term and by early December, parents/guardians will all have had the opportunity to conference with their children's teachers. The conferences and report cards provide opportunities to celebrate each individual's successes, to identify areas for continued development and to set goals and discuss ways to support progress toward these goals. Hopefully, everyone begins the second term rejuvenated from the Christmas break and with a clear idea of the areas to focus on, in order to maximize each students' progress.

## PROBLEM SOLVING STEPS

The District – and hence the school - has a clearly articulated problem solving process. Generally, for classroom-specific matters, you should begin by discussing your concerns with the classroom teacher and for school-level matters, you should begin by discussing your concerns with the Principal or Vice Principal, unless a discussion with your child's teacher seems an appropriate first step. Usually, as questions are asked and information and perceptions are shared, the “problem” is better understood and appropriate plans can be made, as necessary, to allow the concerns to be addressed to everyone's satisfaction. Please see the chart below for further details about the problem solving process encouraged by the school and District.

### Problem Solving Process:

- The Teacher - begin here to find the facts regarding classroom matters and develop a plan if required. This is the person to check with on all matters pertaining to your child's educational needs.
- The Principal/Vice Principal - the principal and vice principal are the educational leaders and have a broad perspective on the school. They will make every attempt to help develop a plan to address your concern.
- Assistant Superintendents – Scott Stinson and Mark Fraser will offer additional insights and support to help solve the problem.
- The Superintendent – Nancy Macdonald is the District's senior administrator and will make every attempt to solve the problem at the District level.
- The Trustees - contact the Trustee(s) in your Zone by phone or write a letter to the Chair of the School Board.

**Formal Appeal Procedure** - If your concerns are still not addressed satisfactorily, you may formally appeal a decision according to the regulations outlined in the District Appeal Policy. Request a copy from your school, your COPACS delegate or the School Board Office, or visit the District website at [www.sd63.bc.ca](http://www.sd63.bc.ca).



## **SCHOOL PLAN**

Below you will find an update on our efforts toward continuous school improvement, including a few highlights from each goal/priority area of our School Plan.

### **Goal #1: to increase student engagement in learning...**

- Inquiry projects and activities allow students to focus on the topics and questions that they are curious about;
- Teachers are working collaboratively to ensure that individual students have instruction and learning activities suited to their current level/needs;
- Technology is being used in a variety of ways to ensure that students are working on materials at a “just right level” and with materials that are motivating to them (for example, many students are really enjoying using the Reflex Math program, to develop their command of basic math facts and other students are enjoying the Raz Reader and Lexia reading programs.)
- Classroom instruction is significantly enhanced by the use of our ceiling-mounted LCD projectors (the internet makes many valuable resources readily available to teachers and students) and document cameras (for example, many students love to share their writing using the document camera. Thanks to PAC for helping fund this project.)
- The Student Links section of our webpage provides valuable resources for students to use to support their learning at home, as well as during the school day.

### **Goal #2: to improve literacy achievement**

- We continue to expand our collections of levelled books, including non-fiction materials of different complexities, from “easy readers” to more advanced. We are getting quite an impressive collection!
- Teachers at each grade level have identified key literacy strategies to focus on, providing a K to 5 sequence of the most effective reading responding strategies. In this way, KÉLSET students are assured of leaving Grade 5 with a toolkit full of the most effective reading/writing strategies.
- Teachers at each grade level have determined the most effective ways to provide spelling instruction for their group of students. In some cases, the Words Their Way program is being used as in previous years, but in several cases, spelling programs are being used in classrooms with daily reading writing lessons, in order to try to better meet student needs.
- Attempts to engage students in “just right” and motivating materials and activities, as outlined under Goal 1, should lead to increased literacy skill development.

## **Ongoing Priorities:**

### **Valuing Diversity**

- We continue to encourage students to be appreciative of the many ways that everyone is different, including strengths and challenges in different areas and unique family and cultural backgrounds.
- We are guided by the District's Enhancement Agreement as we plan activities to increase the knowledge of and respect for the First Nations, Metis, Inuit and Other Indigenous Cultures.

### **Social Responsibility**

- We continue to help students to understand that our KÉLSET Beliefs (see next page) should guide all of our actions.
- We encourage students to be “bucket fillers” and to remember “The Golden Rule.”
- Grade Four and Five students enjoy Leadership activities, including assisting at lunch eating time and on the playground.
- Students, staff and parent volunteers remain committed to our Green Team initiatives.
- Students have cross-grade connections through their Buddy Classes.

### **Numeracy Achievement**

- A main focus in this area this fall has been the school-wide use of Reflex Math, for students in Grades Two through Five. We are excited about the potential that this program (which was piloted in Grade Five last year, with great success) has to build our students' math fluency.
- A continued focus on hands on, real life math experiences helps to ensure that learning is as meaningful and relevant as possible.
- Teachers continue to work collaboratively to find the best ways to ensure that instruction is as effective as possible and tailored to meet students at their levels.

### **Active, Healthy Lifestyles**

- Classes participate in Daily P.E., including enjoying our Weekly Class Walks.
- Students in Grades 4 and 5 enjoy “Enriched/ Alternate P.E. Activities”, such as golf, water sports, karate, tennis and curling.
- Teachers encourage healthy snacks and students enjoy the Fruit and Veggie program.
- Regular extra curricular sports activities are offered.

We are excited about our school improvement initiatives and student, staff and parent successes! We remain committed to ongoing reflection and collaboration as we strive to make each student's time at KÉLSET as successful and rewarding as possible.

Please take a moment to provide us feedback, using the "tear-off" below.



Bouquets to:

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Student/Staff/PAC Successes:

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Concerns/Suggestions...

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Name: \_\_\_\_\_

**OUR BELIEFS**

We belong to the KÉLSET Pod

**SAFE** **HELPFUL** **CARING** **COOPERATIVE** **HONEST** **HEALTHY**

**WE TAKE CARE OF OURSELVES:**

- by being responsible and engaged learners
- by playing safely and solving problems in peaceful ways
- by keeping active and making healthy choices

**WE TAKE CARE OF EACH OTHER:**

- by cooperating, helping and being kind
- by being considerate of individual differences
- by including and welcoming others

**WE TAKE CARE OF OUR COMMUNITY & OUR WORLD:**

- by being respectful of school property, other people's belongings and shared spaces
- by reducing, re-using and recycling
- by supporting those in need

**KELSET ELEMENTARY**

## BC HEALTHY KIDS DENTAL PROGRAM

Basic dental coverage is available for children through the Healthy Kids Program. Dependant children under 19 years of age may be covered for dental care if the family is approved to receive premium assistance for BC Medical Services Plan (MSP).

Children are eligible for up to \$1400 of basic dental services every two years. This includes services such as exams, x-rays, fillings, cleanings and extractions. Some services are limited. For example the program does not cover orthodontic treatment. Healthy Kids may not cover all of the costs and there may be additional charges for each visit. Before treatment begins, confirm that your dentist is accepting children covered by the BC Healthy Kids Program, and what part of the services will be covered.

To use the services, take your child's BC Care Card to the dental office and they will confirm coverage before each appointment.

To find out if your child is covered call:

- 1-866-866-0800 Press "4" and then "2" (have your child's Care Card Number handy)

Or access the website at [www.sd.gov.bc.ca/factsheets/2005/healthy\\_kids.htm](http://www.sd.gov.bc.ca/factsheets/2005/healthy_kids.htm)

For more information contact:

VIHA Child, Youth and Family Community Health Dental:

Victoria	250-519-5100
Esquimalt	250-519-5311
Nanaimo	250-739-5845
Port Alberni	250-731-1315
Courtenay	250-331-8526
Campbell River	250-850-2124
Toll Free	1-800-663-7867

## KINDERGARTEN IMMUNIZATION PROGRAM

Child, Youth and Family Community Health provides immunization clinics throughout the year for Kindergarten aged children.

The following are the most common vaccines given to children at this age. Some children may be missing some vaccines and have not completed their childhood immunizations. Public Health Nurses or Family Physicians can ensure that your child is fully immunized against the following vaccine preventable diseases.

Vaccine	Vaccine Schedule
Diphtheria, Tetanus, Pertussis and Polio (given in one shot)	Most children in kindergarten are due for this vaccine.
Varicella (Chickenpox)	Most children in kindergarten are due for a <u>second</u> dose of this vaccine. <ul style="list-style-type: none"> <li>• Children who have had chickenpox disease or shingles when they were <u>over</u> one year of age do not need this vaccine.</li> <li>• Children who had chickenpox disease when they were <u>younger</u> than one year of age OR who have never had chickenpox disease should have already been given 1 dose of this vaccine and now need a second dose.</li> </ul>
Hepatitis B	Most children in kindergarten should have already been given 3 doses of this vaccine.
Measles, Mumps and Rubella (given in one shot)	Most children in kindergarten should have already been given 2 doses of this vaccine.
Meningococcal C	Most children in kindergarten should have already been given 1 dose of this vaccine.
Hepatitis A	Aboriginal children can be given 2 doses of this vaccine.

All of these vaccines are provided free of charge by the health unit or your family doctor. To check your child's immunization status or to make an appointment, phone your local health unit. For more information contact:

- Your local Health Unit
- HealthLinkBC at 8-1-1 (a free 24 hour service) or [www.healthlinkbc.ca](http://www.healthlinkbc.ca)
- HealthLink BC Files [www.healthlinkbc.ca/servicesresources/healthlinkbcfiles/index.html](http://www.healthlinkbc.ca/servicesresources/healthlinkbcfiles/index.html)
- Your family doctor
- [www.immunizebc.ca](http://www.immunizebc.ca)

Health Units:

Esquimalt	250-519-5311	Salt Spring Island	250-538-4880
Outer Gulf Islands	250-539-3099	Sooke	250-642-5464
Peninsula	250-544-2400	Victoria	250-388-2200
Saanich	250-519-5100	West Shore	250-519-3490

## LIFE-THREATENING FOOD ALLERGIES AND SPECIAL DAYS

Special days like birthdays, Easter and end-of-the-year parties are times of celebration with friends, family and food. However, there are students in our school with life-threatening food allergies and these students are especially at risk during these times. You can help to keep allergic students safe by:

- Celebrating with stickers, games or prizes instead of food
- Not sending or bringing peanut and nut-containing products to the school or classroom

Refer to your school's policies and procedures around life-threatening food allergies for more information.

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/healthyeating/](http://www.healthlinkbc.ca/healthyeating/)
- HealthLink BC File #100 Severe Food Allergies in Children: [www.healthlinkbc.ca/healthfiles/hfile100a.stm](http://www.healthlinkbc.ca/healthfiles/hfile100a.stm)
- Anaphylaxis Canada [www.anaphylaxis.ca/](http://www.anaphylaxis.ca/)
- Your doctor
- Your pharmacist

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## PREPARING FOR HOLIDAYS – GOING SHOPPING

While we look forward to spending time with family and friends during the holiday season and seeing the excitement in our children, holiday shopping can sometimes be a bit of a trial for parents, especially when it's necessary to take the children with you. To help your children to behave responsibly during your holiday shopping trips, try the following ideas:

- Before you leave home, tell your child where you will be going, what you will be buying and when you will be back.
- Plan some activities for the shopping trip. For example, you can involve your child in the shopping trip, i.e. make a shopping list for him/her; ask him/her to choose a toy for their cousin; or for younger children, spotting different colours, shapes and sizes of items while you shop.
- Make a few appropriate shopping behaviour rules and discuss them with your child before you leave. Make the rules positive and state them clearly, i.e. stay close to Mom or Dad; walk in the store; ask before you touch.
- Praise your child for behaving well and following the rules, i.e. "You are staying close to Dad while we shop Brendan, thank you."
- If your child does not follow the rules, remind them and tell them what to do instead, i.e. "Stop running, you are to walk in the store."
- Back up your instruction with a consequence if your child still does not follow the rule, i.e. you can ask them to stand beside you for a short, set period of time, and then resume the shopping trip.

Planning ahead and explaining the rules and consequences to your child before you set out on your holiday shopping trip can help to make your trip more enjoyable. Have a happy holiday season.

For more information contact:

- Your local Health Unit
- Triple P Positive Parenting Program [www.triplepvip.ca](http://www.triplepvip.ca)

Health Units:

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# Visit Sidney this Christmas!

Here's just SOME of the great activities and fun things to do in SIDNEY over the Christmas season!

- Nov 21 - Jan 2** Festival of Trees, Mary Winspear Centre  
A great family activity that gets everyone in the "spirit".
- Nov 29** Holiday Open House  
Over 30 Sidney Businesses stay open until 8:00pm!
- Nov 29 - Dec 19** 21 days of Christmas, Passport to the North Pole  
Fun local shopping promotion with AMAZING prizes!
- Nov 30** Sidney Sparkles Santa Claus Parade  
The annual event that kicks off the Holiday season in style at 5:00 pm.
- Nov 30** Sidney Sparkles Sailpast  
This floating Candy Cane Lane starts right after the parade!
- Dec 7, 14, 21** Photos with Santa & Complimentary Gift Wrapping  
From 10 - 2, at the Sidney Pier Hotel, have your purchases wrapped and BYOC (camera) for a photo with Santa! (Food Bank donations welcome)

Get details and see the full events calendar at  
[www.distinctlysidney.ca](http://www.distinctlysidney.ca)



## COMMUNITY CRAFT FAIR

**Bayside Middle School**  
1101 Newton Place (off Wallace Drive)  
Thursday, December 5th  
3pm to 7:30pm



Boys & Girls Club Services  
of Greater Victoria

1240 Yates Street  
Victoria BC V8V 3N3  
P [250] 384.9133 F [250] 384.9136  
[www.bgvic.org](http://www.bgvic.org)

**For those interested in selling your crafts,  
for more information or to book your table  
please contact:  
Michelle Willis at 250-652-1135 ext. 208.**

Saturday December 7th at Breathing Space, Brentwood Bay

## Yoga Adventures for Children

move play be silly create imagine stretch be still dance sing be free

Join Jennifer Medak and Jenny Darychuk as they lead children on playful and creative yoga adventures through yoga poses, storytelling, games, dance, creative movement and mindfulness activities.



\*Saturday December 7th  
3-5 year olds 1:30-3:00  
6-10 year olds 3:15-4:45

\*\$20.00 per child

\* Breathing Space- 7167 W Saanich Rd. Brentwood Bay

Please email  
[yogaadventuresforchildren@gmail.com](mailto:yogaadventuresforchildren@gmail.com)  
or call (604) 219-5073 to reserve your spot..space is limited!