



KELSET Elementary School

1800 Forest Park Drive North Saanich, BC V8L 4B8

Phone: 250.655.4648 SAFE ARRIVAL: 250.655.1194 Fax: 250.655.4384

Email: KELSET_Elem@sd63.bc.ca Website: <http://KELSET.sd63.bc.ca/>

CALENDAR

JANUARY

- 29.....Kindergarten Information Evening; 7-8:30 pm; at Sidney Elementary School
30.....Swim Club

FEBRUARY

- 3-7.....Kindergarten Registration Week for September 2014
3.....Div. 9 & 12 Bake & Garage/Desk Sale
6.....Grade Five Camp Information Evening; 7 pm
6.....Swim Club
10.....Family Day; students not in session
12.....PAC Meeting; 6:30 pm
13.....Fun Lunch
13.....Swim Club
20.....Grade 4/5 Field Trip to UVic Symphony
20.....Swim Club
20.....Family Movie Night; details TBA
21.....Non-Instructional Day; students not in session
27.....Swim Club
28.....Popcorn Day

MARCH

- 5.....PAC Meeting; 6:30 pm
5.....District Swim Meet at Commonwealth Pool
6.....Swim Club
7.....Family Dance; details to TBA
10-21...Spring Break

SAFE ARRIVAL PROGRAM

please email

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.)

JANUARY 2014

NEWSLETTER

BOUQUETS TO...

- all of the parents and students who assisted with the Bottle Drive - it was a very wet one, but it was still very successful! The determination/steadfastness of the volunteers (**Jen Langard, Jos Barnard, Michelle Cote, Gwen McEwen, Janice Putter, Heather & Isaac Lal, Shaun & Caidy Abbott, Marc & Riley Glesby, Jane & Jonathan May, Nina & Ella Parry, Melissa Arneson, Marissa Benthams, Reagan Grieve, Tina, Joey, & Olivia Halaaz, Anna Marie Powell, Tracy Schmidt, Wendy Tisdall, Tracy Lawrence, Sara, Lucas, Charlotte, & Wyatt Benson, Shannon Johnsen, Derek Williams, Jeannine Wakely and Sarah Bohl**) was much appreciated!! Thanks to all who contributed bottles and cans. Thanks to **Mr. and Mrs. McRae**, for once again providing the horse trailer for storage!
- all of the staff and parents who are offering a variety of extra curricular activities at our school!
- thank you to **Graham Sucksmith**, for refurbishing and donating the wooden orca that now "watches over" the Stream of Dreams salmon on our fence!



LITERACY DAY

Thanks to the family members who joined us to for reading time on Monday morning! It has been exciting to see the wonderful bookmarks that students and families have created! As well, we had a very entertaining assembly on Monday, where the Paper Bag Princess (**Ms. Collett!**) and Captain Underpants (**Mr. Franceschini!**) were interviewed by the Cat in the Hat (**Mrs. McManus!**). They shared stories of how their families modeled a love of books, about being a curious researcher, and how reading and writing develop super powers - with imagination being one of the greatest super powers of all!

KINDERGARTEN REGISTRATION

Kindergarten registration will be held next week, February 3rd through 7th. Please bring proof of age and proof of address. The District Kindergarten Information Evening is being held this Wednesday, January 29th, from 7:00 to 8:30, at Sidney School. Please spread the word to neighbours with Kindergarten-age children.

TRAFFIC/PARKING

Thank you very much for your cooperation in helping to ensure that our parking lot is as safe and "effective" as possible.

- Our main challenge occurs when drivers leave their vehicles in the DROP OFF LANE. This results in our buses being delayed, as they can't pass the parked vehicle, and not only puts the buses off schedule but causes the other vehicles to get backed up also. If everyone uses the DROP OFF LANE as it is intended, our parking lot generally runs smoothly.
- Please note that there is RESIDENTIAL ONLY parking on Haro Park Terrace.

CROSSING GUARDS

We now have a Crossing Guard at the Panorama crosswalk, at the McTavish/East Saanich intersection and at the Bazan Bay Road crosswalk each morning and afternoon (and no longer have a Crossing Guard at the crosswalk near Pender Park Drive.) This change is a result of parental requests and in consultation with the RCMP and the School District.

LOST AND FOUND

Our lost and found is overflowing. Please check the lost and found next time you are in the school. Any items that are not claimed by the end of the school year are donated to charity. It's a great idea to label your child's clothing.



ARTREACH PROGRAM

A couple of times each year, several of our classes have the opportunity to participate in a artsREACH printmaking and painting workshops. ArtsREACH workshops are provided to our school free of charge, enriching our students experiences in the fine arts. The artsREACH program is run by a local, non-profit society called OCTA Collective. (OCTA stands for Only Creative Thinking Allowed). This society raises funds for the artsREACH program through grant applications, fundraising, and private donations. To find out more about artsREACH visit their website at www.artsreach.ca. We are pleased to invite artsREACH into our school and look forward to further fine arts workshops provided by their professional instructors.

EXTRA CURRICULAR

The following extra curricular activities are currently being offered at our school. Thanks to the staff and parent volunteers, for making these wonderful opportunities available to our students!

- **Swim Club:** Grades 3, 4 & 5; Thursdays after school; with **Mrs. Doebling, Mrs. Jespersen, Mrs. McRae** and **Mrs. Trottier**
- **Basketball:** Grades 4 and 5; Tuesdays and Thursdays, at lunch time; with **Mrs. Hodgson, Mrs. Postlethwaite** and **Mr. Whalen**
- **Juggling:** Fridays, at lunch time; with **Mme. St. Amand**
- **Rainbow Loom Crafts:** Fridays, at lunch time; with **Ms. Willock** and **Mrs. Abbott**
- **Dance Club:** Mondays, at lunch time; with **Ms. Ashcroft** and **Ms. Willock**
- **Craft Club:** Grades 4 & 5; Wednesdays, at lunch time; with **Mrs. Bocking, Mrs. Garvin** and **Mrs. Jones**
- Thanks to **Mrs. Hodgson, Mrs. Postlethwaite, Ms. Smith** and **Mrs. Underwood** for coaching **soccer** in the fall; thanks to **Mrs. Fawkes** for coaching the **Skipping Club** October through December; and thanks to **Mrs. Hodgson**, for providing Grade Four and Five students the opportunity to play **floor hockey** in December and January.



Beginning in late February, we will have **Cross Country** for Grades 2 through 5, with two lunch time practices per week and after school Meets on April 16th , 23rd and 30th (Wednesdays).

In May and June, we will have **Track and Field** activities, for Grades 3, 4 and 5. There will be lunch time practises, as well as opportunities to practise during P.E. classes, and there will be a District Field Meet and a District Track Meet in early June.

CLOTHING DONATIONS WELCOME!

We continue to find that we need spare clothing for when accidents occur and children don't have extra clothing at school. Should you have **pants**. that your child has outgrown, we would welcome them at the office.

PLEASE RETURN BORROWED CLOTHING!

Should your child have occasion to borrow extra clothing from the office, we appreciate it being washed and returned as soon as possible. Thank you!

**Saanich Schools (SD63)
Kindergarten 2014 Information Evening**
(Children born in 2009)

**Be Informed... Be Involved...
Learn About...**

- Engaging learners through play.
- Optimal learning environments for the success of every child.
- Beginning literacy, language and numeracy development.
- A day in kindergarten.
- Opportunities to be involved at school.
- French Immersion option (K - 12)

Kindergarten Information Evening
Wednesday, January 29, 2014
7pm - 8:30pm
Sidney Elementary
2281 Henry Avenue, Sidney

Kindergarten Registration in School District 63
takes place at your
Neighbourhood School
February 3 - 7, 2014.
Children born in 2009 are eligible.



Every success for every child
www.sd63.bc.ca



**Saanich Schools (SD63)
Kindergarten Registration for Fall 2014**

February 3 to February 7, 2014 at your neighbourhood school. All children born in 2009 are eligible to begin Full Day Kindergarten.

Our Kindergarten programs offer:

- Teachers who are knowledgeable in early childhood development.
- Engaging learning opportunities through play.
- Optimal learning environments for the success of every child.
- French language instruction.
- Rich literacy and numeracy experiences.

Register February 3 to 7, 2014 at your neighbourhood school.

Brentwood Elementary	Keating Elementary	Prospect Lake Elementary
Cordova Bay Elementary	KELSET Elementary	Sidney Elementary
Deep Cove Elementary	Lochside Elementary	

French Immersion registrations:

- Deep Cove Elementary (North Zone)
- Keating School (South & Central Zone)

To register at your neighbourhood school please bring:

- Proof of your address (resident driver's license, utility bill, etc).
- Proof of your child's age (birth certificate).
- Your child's BC Care Card.

After February 7, all K-8 registrations will be done at:

Saanich School Board Office
2125 Keating Cross Road, Saanichton
8am to 4pm

Kindergarten Information Evening:
January 29, 2014, 7pm - 8:30pm
Sidney Elementary School Gym
2281 Henry Avenue, Sidney



Every success for every child

www.sd63.bc.ca

Saanich Schools



PENINSULA BOX LACROSSE

Registration is open for the 2014 season at
www.penlax.com.

Pre-season sessions will take place in
a few weeks and the season starts up after
spring break.

Open to players aged 5-16...come out and
play the fastest game on two feet!



**PENINSULA SOCCER ASSOCIATION
Spring Soccer Program**

The program runs Tuesday nights from April
22 - June 10.

Information and registration can be found on
the Peninsula Soccer Website's homepage at
<http://www.peninsulasoccer.ca/>



FOOD FOR THE FUTURE!

"I want to be a farmer when I grow up!"



A FAMILY DAY RALLY TO SAVE THE Agricultural Land Reserve 12 NOON • MONDAY, FEBRUARY 10TH BC LEGISLATURE GROUNDS

FOR FURTHER INFORMATION:

www.FarmlandProtection.ca
www.facebook.com/FarmlandProtection

Girls Softball for ages 5-19

Have fun,
make friends,
play Softball!

Be part of a team,
learn new skills
and get some
fresh air!



www.extremefastball.com

2014 Registration Dates:

Saturday January 18: 1:00-3:00pm
Saturday February 15: 1:00-3:00pm
Wednesday February 19: 6:00-8:00pm



at Rom Knott Park
Wallace Drive across from Brentwood Elementary School

We INVITE YOU to the 5th annual



A Celebration of Physical Literacy Fun for the Family!

HOSTED BY: Greater Victoria Sports Hall of Fame & PISE

WHEN: May 3, 2014, 11am-3pm

WHERE: PISE, 4375 Interurban Road

PRESENTED BY: Island Savings Credit Union

We are very excited to announce that the 5th annual Island Savings Family Sport and Recreation Festival, a celebration of physical literacy fun for the family, will be held at PISE on Saturday, May 3, 2014, and we invite you to be a part of it. The event this year will be bigger and better, featuring popular activities for all of the family to experience. This event attracts over 1200 children and parents to participate in a variety of sports, obstacle courses, zip-lining provided by Adrenaline Zipline Adventure Tours, rock wall climbing, plus we are offering free physical literacy activities for children.

The primary purpose is to inspire families to be more active, and to encourage youngsters to be more physically literate by getting involved in sports and recreational activities. It is a chance for kids to be introduced to new opportunities at the club and community level, and for parents to learn more about keeping their kids engaged in healthy activities.

We look forward to seeing you there!

Warmly,
Jackie Connelly
HR & Admin Coordinator, PISE



Brought to you by...



CENTRAL SAANICH LITTLE LEAGUE 2014 BASEBALL SEASON REGISTRATION DATES

**In person at Clubhouse: January 25-26, February 1-2
from 1:00pm - 4:00 pm**

Please print the form from our website and bring to registration on the above dates or mail in by February 28th, 2014

OR
**Register Online Now At
www.csllittleleague.com**

**Concession and Uniform deposit cheques MUST be brought to uniform pickup time (TBA)

UMPIRES NEEDED

Interested in umpiring? CSLL is in need of umpires for this coming season. For more information please email umpirechief@csllittleleague.com. Umpire sign-up sheets will also be available at registration. **Training available.**

SPONSORS

CSLL relies on our community sponsors to support our program. If you know of any individuals or companies that would be interested in being one of our sponsors, please have them contact Niki Post at sponsorship@csllittleleague.com. We appreciate any support!

MARK YOUR CALENDARS

Winter Clinics – Bayside Middle School
Wednesdays starting January 15th to March 5th
Ages 5 to 8 yrs from 6pm to 7pm
Ages 9 to 12 yrs from 7pm to 8pm

HATS, GLOVES AND INDOOR RUNNERS ARE REQUIRED.

CONCESSION EMPLOYEES

CSLL will be hiring concession employees. Must be minimum 14 years of age, responsible, able to handle cash and hold a current food safe certificate. If you are interested, please email Stacey at paidconcession@csllittleleague.com

www.csllittleleague.com

PROGRAMS FOR CHILDREN AT THE SIDNEY/NORTH SAANICH LIBRARY JANUARY – FEBRUARY 2014

Good Morning Rhyme Time. Bring your littlest ones to the library for stories, songs, rhymes and fun. Thursday, Jan. 9 to Feb. 27, 10:15 to 10:45 am. Ages 0-5 years. Free. Drop-in or register at [250-656-0944](tel:250-656-0944).

Lego Stories: Use our Lego to build your own creation. A new theme will be explored at each meeting, and your work will be displayed at the library. Ages 5 years +. Friday, Jan. 10, 24, Feb. 7, 21, March 7, 14, 3:15 to 4:15 pm. Free. Register at [250-656-0944](tel:250-656-0944).

Family Literacy Day: Celebrate Family Literacy Day and learning together as a family! Join us for a family storytime, try our fun activity stations, and enter our prize draw. Free bags of books for children ages 0 to 6 years provided by Peninsula Connections for Early Childhood. Sunday, January 26, 1:15-2:45 pm. All ages. Free. Register at [250-656-0944](tel:250-656-0944).

**Vancouver Island Regional Library
Sidney/North Saanich Branch
10091 Resthaven Drive
250-656-0944**

My Library Card Gets Me What: Homework Help. Learn about the library's databases to help students with reading and research projects: Tumblebooks, Canada in Context, Litfinder and more. Wednesday, January 29, 6:30-7:15 pm. For parents, kids and teens. Free. Register at [250-656-0944](tel:250-656-0944).

Reading Buddies: Practice your reading with a Big Buddy! Children in grades 2 to 4 are paired up with teen volunteers to read books, play games, and have fun. Wed., February 5 to March 5, 4:00-5:00 pm. If you would like your child to participate in the program, please fill out an application form at the library. If more children apply than space permits, participants will be selected by lottery. Application deadline is Friday, January 24. For information, call the library at [250-656-0944](tel:250-656-0944).

Music Under the Moon

for FAMILIES with PRESCHOOL CHILDREN



with

Barb Ruddell (Early Childhood Educator) & MENETIYE (SENĆOTEN Teacher)

- ❖ Engage children & caregivers through story & music reflective of local WSÁNEĆ Culture
 - ❖ Learn new songs
 - ❖ Create a craft
- ❖ Make connections and have fun!

Thursday, Feb. 6 th	Sidney School 4:00pm-5:00pm 2281 Henry Avenue, Sidney, BC
Thursday, Feb. 13 th	Brentwood School 4:00pm-5:00pm 7085 Wallace Drive, Brentwood Bay, BC
Thursday, Feb. 27 th	Lochside School 4:00pm-5:00pm 1145 Royal Oak Drive, Victoria, BC
Thursday, Mar. 6 th	SENĆOTEN Language Nest 4:00pm-5:00pm 7449 West Saanich Road, Saanichton, BC

No registration or costs required



Saanich Schools
Great Places to Learn
& Safe Places to Be

Sidney Family Day LEGO WEEKEND!

FEBRUARY 8-10 - SIDNEY BC - FAMILY FRIENDLY AND AFFORDABLE

SATURDAY FEBRUARY 8

LEGO displays and activities at the Shaw Ocean Discovery Centre. *regular admission rates apply

SUNDAY FEBRUARY 9

Watch LEGO professional Robin Sather build a giant LEGO firetruck at the Sidney Fire Hall, in honour of their 100th year of service. *no charge

MONDAY FEBRUARY 10

Join LEGO professional Robin Sather at the Mary Winspear Centre and help him build a massive LEGO mosaic. *no charge

ALL WEEKEND

Town-wide LEGO Treasure Hunt
Sidney Museum's Exciting LEGO Exhibit
And EVEN MORE Fun Family Activities!



www.sidneyfamilyday.ca



HEAD LICE AWARENESS

Outbreaks of head lice are common throughout the school year. Although head lice are a nuisance, **head lice are not a health risk.**

Head lice spread quickly by close, head-to-head contact. Lice cannot live on furniture or carpet, and they cannot jump or fly. There may be few or no symptoms, but itching may occur.

You can help by:

- Checking your child's head with the wet-combing method of detection once a week throughout the school year.
- Encouraging your child to wear their hair tied back, and avoid touching heads with other students.
- Using the wet-combing method of treatment if you notice lice on your child's head.
- Telling the classroom teacher if your child has head lice, so other parents can be notified.

For more information contact:

- Your local Health Unit
- Review the pamphlet "Wet Combing – How to Get Rid of Head Lice" available at your school and health unit

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

HEALTHY RELATIONSHIP WITH FOOD

Developing a healthy relationship with food is one of the best ways for children to enjoy healthy foods, feel good about themselves and have a healthy body weight throughout life. **A healthy relationship with food means trusting children to know how much they need to eat in order to grow the way nature intended.** Parents play an important part in helping children to develop a healthy relationship with food.

Tips for helping your child develop a healthy relationship with food:

- Enjoy family meals together. Serve meals and snacks at about the same time each day so children know what to expect.
- Offer a variety of healthy foods. Offer your child the same foods as the rest of the family.
- Let your child decide how much to eat from the foods offered. Offer him small portions and provide more if he is still hungry.
- Allow plenty of time for your child to notice when she feels full.
- Trust your child to know how much to eat. If your child refuses to eat, remove uneaten food without comment. A skipped meal will not harm a healthy child.
- Never force or bribe your child to eat and do not withhold food as punishment or offer it as a reward.

Healthy foods served in a relaxed family atmosphere are the best way to help children develop a healthy relationship with food. Turn off the TV and let the answering machine take calls during family meals. Keep family meals positive and supportive.

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/
- www.elynsatter.com
- www.healthcanada.gc.ca/foodguide

PREPARING FOR PUBERTY

Kids grow up, sometimes sooner than we like! In general, puberty usually starts for girls between the ages of 9 and 11, and for most boys between the ages of 10 and 13, although the exact age at which puberty starts varies widely among individuals. Puberty is a time when children mature physically, emotionally and intellectually. This process may last for several years.

Your pre-teen may feel excited or embarrassed about their new body, worried about being normal, happy to be growing up, confused about sexual feelings and experiencing mood swings. Here are some things you can do to assist your child to be prepared for puberty:

- Don't wait until you notice changes in your child's body before you start discussing puberty. Changes will be well underway before you see anything.
- Children need information about puberty before it starts. Your child may not be in puberty, but they may have questions about others who are.
- Puberty occurs at different rates for everyone – assure your child that puberty will occur when the time is right for him/her.
- Explain the changes that are similar for boys and girls and those that are different.
- Assist your child to cope with puberty. Puberty is hard work and his/her body will require more sleep, good nutrition, good coping patterns and extra attention to hygiene.
- As many children and adolescents are uncomfortable with their changing bodies, respect the need for privacy and independence.
- Be a positive role model.

Your local public library and health unit have books, videos and other resources on puberty and sexual health.

For more information contact:

- Your local Health Unit
- HealthLinkBC at 8-1-1 (a free call) or www.healthlinkbc.ca
- www.viha.ca/children/school_years
- www.sexualityandu.ca

Health Units:

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Peninsula	250-544-2400	Victoria	250-388-2200
Saanich	250-519-5100	West Shore	250-519-3490

UNDERSTANDING THE PHYSICAL ACTIVITY RECOMMENDATIONS

Bodies are designed to move and children and youth need to be moving more. According to the Public Health Agency of Canada, children and youth should do at least 60 minutes each day of moderate to vigorous activity.

Types of activity: aerobic and strength

Physical activity should include vigorous intensity activity at least 3 days each week and strengthening activities 3 days a week.

Vigorous activity is when the heart rate is increased and one cannot speak more than a few words at a time without taking a breath. These would include activities like running, basketball, soccer and cross-country skiing.

Strengthening activities are for muscle and bone strength. Children can build muscle by climbing and swinging on playground equipment. Youth can do push-ups and curl-ups to build their muscle strength. Bones need to be strengthened through activities like running and jumping rope where the muscles push against the bones to make them stronger.

Adults need at least 2.5 hours of physical activity each week for health benefits and should focus on moderate to vigorous intensity activities. Parents who are active tend to have children who enjoy being active. If you and your family are not meeting these guidelines, begin slowly and gradually increase the amount of time you spend being active as you become accustomed to it. Ideally, find a fun activity that the whole family can do together.

For more information contact:

- Physical Activity Guidelines www.csep.ca
- www.activehealthkids.ca
- Public Health Agency of Canada www.phac-aspc.gc.ca/pau-uap/paguide/index.html
- Healthlink BC www.healthlinkbc.ca/kb/content/special/aba5595.html#aba5596

What is moderate to vigorous activity?

On a scale of 0 to 10 (0 is completely at rest, 10 in absolute maximum effort)

Moderate activity is 5-6
Vigorous activity is 7-8