



KELSET Elementary School

1800 Forest Park Drive North Saanich, BC V8L 4B8

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CALENDAR

MARCH

- 6.....Visiting Band, from Campbell River; 1:45
- 7.....Family Dance; 6:00-8:30; details below
- 8-23.....Spring Break

APRIL

- 2.....Early (1:48) Dismissal, to facilitate Home/School Conferences
- 3.....Fun Lunch
- 7.....Non-Instructional Day; students do not attend school
- 9.....PAC Meeting; 6:30
- 11.....Photo Day
- 16.....Cross Country Meet; Centennial Park; 3:15
- 18.....Good Friday Stat Holiday
- 21.....Easter Monday Stat Holiday
- 23.....Cross Country Meet; Centennial Park; 3:15
- 25.....Jump Rope for Heart
- 30.....Cross Country Meet; Centennial Park; 3:15

MAY

- 12.....Non-Instructional Day; students do not attend school
- 15.....Fun Lunch
- 21.....PAC Meeting; 6:30
- 22.....Science Ventures lessons in each class
- 24.....Bottle Drive; 9:00-1:00
- 28-30...Grade Five Camp

JUNE

- 9.....Learning Showcase; 12:30; details below
- 11.....Learning Showcase; 6:15
- 18.....PAC Meeting; 6:30
- 20.....Fun Day (morning)
- 23.....Grade Five Luncheon and Farewell Assembly; 12:45
- 25.....Year End Assembly; 1:00
- 26.....Last Day for Students

JANUARY 2014

NEWSLETTER

BOUQUETS TO...

- **the members of the Swim Club**, for a successful season! Thanks to sponsors **Mrs. Doehring, Mrs. Jespersen, Mrs. McRae** and **Mrs. Trottier!**
- **Members of the Basketball team**, for a great season! Thanks to coaches, **Mrs. Hodgson, Mrs. Postlethwaite** and **Mr. Whalen!**
- **Mrs. Rose**, for the great music sessions she is providing for our students each Friday morning and for the many extra hours of preparation involved! Hearty thanks to our **PAC** for their generous financial support of this initiative!
- **Our PAC Executive and other parent volunteers**, for another very enjoyable Movie Night!
- **The parents who recently assisted with laminating the early primary Home Reading materials!** Thank you to our **PAC**, for providing the funds to purchase these special books, to facilitate Home Reading!
- Thank you to **Ms. McManus** and **Mrs. Monette**, for their efforts with the 250 Nights of Reading program, including the awesome display and fun incentives! Congratulations to **all students** for their accomplishments! **Thank you to parents/guardians, for encouraging the all-important reading habit!**
- **Kathy Mikkelson** and **Sara Benson**, for organizing our new Lost and Found system, and to Brian Bennett, for building the display rack for the school!
- Thank you **Heather Lal, Carolyn Moeller, Lindsay Trudeau** and **Jodi Castillo**, for the great overhaul of the servery!
- the KELSET School community, for surpassing our Spread the Net goal! We raised \$5767. With the matching grant, this equates to \$40 369 (4036 nets)!! Congratulations to **Levi and Anya Viinikka**, for initiating this project and thanks to their Mom, **Jennifer**, for all of her efforts!



REPORT CARDS

Report cards will be issued throughout the month of March, at times determined by the teacher, based on their instructional/ assessment schedules and personal schedules.

BELIEFS DAY

We enjoyed a wonderful assembly last week, reinforcing the KELSET Beliefs and focusing on the Golden Rule and Filling Buckets. Mrs. Rose's and Mrs. Jespersen's class presented the "Filling Buckets Alphabet." Ms. Willock's class did choral speaking of their ideas for filling friends' buckets. Mrs. Rose, Mr. Williams and Miss Peloquin (spelling??) performed a special song about the golden rule and celebrating the late Pete Seegar. Thing One and Thing Two (Emily and Emily!) did a commercial to encourage reading! Golden Girl (Ms. Collett) told a special story, based on Oscar Wilde's, The Happy Prince, that featured Mr. Franceschini as the happy prince and Ms. McManus as Sparrow. The children and staff enjoyed wearing their school clothing and/or school colors, with accents of gold and also our special blue and green, pink and gold ribbons.

The children had special bookmarks on which they made a commitment to following the Golden Rule. The school was decorated with golden ribbons and balloons too!

EXTRA CLOTHING

During the snowy/rainy weather, we regularly have students slip and get wet/muddy. It is VERY helpful if each student has an extra pair of clothing at school (the clothes need not be fancy or favorites!) - this avoids parents needing to make a special trip to the school and/or the child having to spend part of the day uncomfortable in wet clothes.

We have a **SMALL** quantity of extra clothes available at the school. **WE WELCOME DONATIONS OF PANTS, UNDERWEAR AND SOCKS**, for emergencies.

If your child comes home in any of this extra clothing, **PLEASE WASH AND RETURN BORROWED ITEMS PROMPTLY.**

LEARNING SHOWCASE

We look forward to providing demonstrations of the students' learning in their music sessions with Mrs. Rose and through the extra-curricular clubs (Juggling, Skipping, Dance, etc.) in an afternoon (12:20) performance on Monday, June 9th and an evening (6:15) performance on Wednesday, June 11th. These performances will provide an alternative to the "Variety Shows" this year.

We look forward to "showcasing" the students' ongoing achievements; the emphasis will be on demonstrating the students' enjoyment and skill development, as opposed to "perfectly polished performances."

HEAD LICE

As in all schools and other places where large numbers of children gather, head lice is a semi-regular occurrence at our school. While head lice is a nuisance (and at times can become very frustrating!), it is not a health hazard. We work closely with the Public Health Nurse associated with our school and follow the protocols VIHA recommends.

The best way to avoid infestations in your home and in our classes is for parents/ guardians to do regular (i.e. weekly) checks of their own children's hair. As well, it is important that you notify the school if you discover that your child has lice, so that we can inform other parents/guardians in the class, so they may be especially vigilant with their lice checks. It is important to follow the specific procedures described by VIHA and/or the pharmacy, in order to effectively and efficiently deal with lice. Don't hesitate to contact the school or the Public Health office should you have any questions about treatment, etc.

One of our families needs to find a home or homes for a couple of young cats (1 - 2 years old) and also for a '72 Oldsmobile, that is ready to be a restoration project! Please contact Mr. Franceschini if you may be interested...

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.)

FAMILY DANCE

The KELSET FAMILY SPACE DANCE is happening this Friday, from 6:00 - 8:30pm! You don't want to miss this stellar event. Come in costume as your favourite Star Wars character (no light sabres please), an alien, an astronaut, or you can wear glow in the dark or neon clothes.

Just a reminder: all students and their siblings must be accompanied & supervised by a parent or guardian. It's a FAMILY Dance, after all!

And there are still some cosmic volunteer jobs to be filled, so please check out this link for our Dance Volunteer Sign Up Sheet.
www.signupgenius.com/go/30E0A4BADAC28A13-family

Hope to see you all there!

EXTRA CURRICULAR

Cross Country practises will begin the week after Spring Break. Students in Grades 2 through 5 may participate in the lunch time runs (Mondays and Fridays and some Wednesdays, etc.). We run the Panorama trail and loop back to the school along East Saanich Rd. We have lots of staff participants, to ensure safety. The Grade 3-5 students are encouraged to participate in three after school meets at Centennial Park in April. The Grade Twos will have their own special "Mini Meet" at the school in early May! Parents are welcome to run with us at our practises or to be marshalls along our route.

Track and Field will begin for students in Grades 3 through 5 in May. All students in these grades will be introduced to long jump, ball throw and running activities, including relays, through PE classes and those who choose to can attend lunch time practises and attend the District Meets in early June.

Best Wishes for a restful, fun, active and sunny Spring Break! See you on Monday, March 24th!

COMMUNITY NEWS...

Please join us for **Children Count**

10th Annual Early
Childhood Resource Fair

Saturday, April 5, 2014
10:00 to 1:00pm
Brentwood Elementary School
7085 Wallace Drive

For parents/caregivers and children
(birth to 6 years) living within the
Saanich School District



Learn about your 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
- ★ Strongstart
and more



Bring the children along for...

- Face Painting
- Story Time
- Arts & Crafts
- Music & Dance
- Bouncy Castle
- Snacks

...and lots of fun!



Community Partners:



Child Development Resources & Information:

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

PENINSULA

Track and Field Club

a member club of



"TRACK RASCALS" PROGRAM

for 2014

**INTRODUCTION TO TRACK & FIELD FOR 6, 7 and 8 YEAR OLDS
JUMP!! RUN!! THROW!!**

MONDAYS AND THURSDAYS, 4:15 - 5:15pm
BLUE HERON TRACK (at Parkland School), APRIL 3 - APRIL 28
REGISTRATION: PHONE - LESLEY FOSTER - 250-656-5660
Phone in to the Lesley desire to register the Rascal by phone. Then come to the first session on April 3 at 3:45 to fill out registration form if not done before. Make sure athlete has warm clothing and running shoes
Numbers may be limited so register early!!

AGE LIMITS: 'TRACK RASCALS' MUST BE
BORN IN 2006, 2007 OR 2008

THE REGISTRATION FEE OF \$55.00 WILL INCLUDE BC ATHLETICS MEMBERSHIP
AND SPECIAL PROGRAM T-SHIRT
EXPERIENCED COACHES WILL PROVIDE INSTRUCTION

COME AND JOIN US!

TRACK IS FUN!!!

Contact: Lesley Foster 250-656-5660 or Florence Dingle, 250-656-3341
For further information see: www.pentrack.org

We INVITE YOU to the 5th annual
IslandSavings
FAMILY
SPORT & RECREATION
FESTIVAL

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, 4371 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 2200 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 getting their kids engaged in healthy activities.

We look forward to seeing you there!

Warmly,
 Jackie Connely
 HR & Admin Coordinator, PISE



DOES YOUR CHILD HAVE A VISION PROBLEM?

Eyes are very important. The following guide can assist you in determining if your child has a vision problem.

Do your child's eyes look abnormal?

Eyes turn in or out, eyelids that droop and pupils that are different sizes may indicate your child has a vision problem. If you notice swelling or crusting of the eyelids or pinkness in the eye itself, your child may have an infection.

What is your child saying?

If your child complains about headaches, sore eyes, blurred vision or words that jump or move around the page when reading, or not being able to see the board, your child may have a vision problem.

What are you and the teacher noticing?

If you or the teacher notices your child tilts his/her head, covers one eye, rubs eyes or frowns when concentrating on an object, has difficulty in keeping place when reading (tracks words with a finger) or holds printed material in an unusual position, your child may have a vision problem.

Other common signs of a vision problem include lack of interest in activities that include concentrating on an object, lack of interest in reading and daydreaming in class.

If you notice any of these problems or there is a family history of vision problems, contact your optometrist.

For more information contact:

- Your local optometrist
- HealthLinkBC at 8-1-1 (a free call) or www.healthlinkbc.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

Child, Youth and Family Community Health
 SN-HP-107-30-13 – Revised 2013-07-13



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:

- Eat plenty of 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.
- Add extra vegetables to soups, casseroles and stews.
- 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. Never force children to eat. 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/healthyeating/
- www.dietitians.ca
- www.actnowbc.ca

Child, Youth and Family Community Health
 SN-HP-107-27-13 – Revised 2013-07-13



HANDWASHING FOR HEALTH

Germs spread easily in a classroom. Handwashing is the most effective way to stop the spread of germs that cause colds, influenza, diarrhea and other illnesses. It is important children learn how and when to wash their hands to decrease their risk of getting sick.

How to Wash Hands:

- Wet hands under warm running water
- Scrub with plain soap for a count of 20, all over hands and between fingers
- Rinse under running water for a count of 10
- Dry hands with a clean paper towel
- Turn off taps with a paper towel

When to Wash Hands:

- Before and after eating or handling food
- After using the toilet, handling pets, coughing, sneezing, or wiping noses

How long is 20 seconds?

- Slowly singing "Happy Birthday" twice takes about 20 seconds

For more information contact:

- Your local Health Unit
- HealthLinkBC at 8-1-1 (a free call) or www.healthlinkbc.ca
- www.dobugsnneeddrugs.org

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Child, Youth and Family Community Health
 SN-HP-107-01-13 – Revised 2013-07-13

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

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PEOPLE COME IN MANY SHAPES AND SIZES!

Part of healthy living is being comfortable with your body. Parents, teachers and caregivers play an important role in helping children feel good about themselves.

Children's bodies change and grow over time. It is normal for children to gain weight before a "growth spurt" (an increase in height). When this happens, they may appear chubby. Most children will outgrow this when their height catches up with their weight.

Here are some tips to help children cope with changes in their bodies:

- Avoid making too many comments about your child's appearance as this puts too much focus on looks.
- Avoid making negative comments about your appearance; role-model acceptance of your own body.
- Avoid making negative comments about other people's appearance.
- Let children know you love them just the way they are.
- Teach children to value qualities such as honesty and kindness in themselves and in others.

Remember, there are a variety of body shapes and sizes that are healthy. Active, healthy living and self-esteem are more important to health than size or shape.

The most important thing you can do for your child is to role model healthy behaviours and attitudes. If you feel good about yourself, your children are more likely to feel good about themselves too.

For more information contact:

- HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or www.healthlinkbc.ca/healthyeating/

SEXUAL HEALTH – LET'S TALK!

Sexual health – do you really have to talk about it? **YES! Sexuality begins in early childhood and continues throughout the lifespan.** Your child is getting a sexual health education from TV, music videos, the playground and from friends. Wouldn't you like it to be accurate? When asked, children say they want to learn about sexuality from their parents. **It's important to talk to your child/teen about sexuality, not just sex.** Here are some tips to help you start the conversation:

- Explore your attitudes and communicate your values
- Start early and keep talking
- Take the initiative – don't wait until they ask
- Find teachable moments
- Give accurate, age appropriate information
- Talk about more than the "birds and the bees"
- Assure your child he/she is normal
- When your child talks, listen

For more information contact:

- Your local Health Unit
- HealthLinkBC at 8-1-1 (a free call) or www.healthlinkbc.ca
- www.viha.ca/children/youth/healthy_sexuality/default.htm
- www.sexualityandu.ca
- The McCreary Centre Society www.mcs.bc.ca

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WHY USE FLUORIDE TOOTHPASTE?

Daily use of fluoride toothpaste is a cheap and easy way to protect children's teeth from decay. A dab of toothpaste about the size of a pea, used twice each day, is all you need.

Most water supplies on Vancouver Island do not have fluoride added. Therefore, it is very important to use fluoride toothpaste.

Spit out after brushing – don't rinse! This will allow small amounts of fluoride to stay in the mouth. The fluoride can help reverse areas of early tooth decay and slow down the decay process.

Toothpastes with special adult ingredients such as "anti-tartar", "whitening", and "anti-bacterial" agents are not recommended for children under age 12.

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