



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

MAY

- 1.....**Cross Country Mini Meet**
(Grade Twos); 11:20
- 8.....**Whole School and Grade Five Photo** (a.m.)
- 12.....**Non-Instructional Day**;
students do not attend school
- 14.....**Grade Fives to NSMS**;
9:15-11:30
NSMS Grade 8 Band; 12:30
NSMS Grade 5 Parent Orientation; 7:00
- 15.....**Fun Lunch**
Grade Fives to Bayside;
9:45 – 11:45
- 19.....**Victoria Day Stat.**
- 23.....**Bikeo Rodeo**
- 24.....**Bottle Drive**; 9:00-1:00
- 28-30...**Grade Five Camp**
(Camp Thunderbird)
- 28.....**Grade Fours at Day Camp**
(Camp Pringle)
- 29.....**Bayside Grade Five Parent Orientation**; 7:00

JUNE

- 6.....**Spring Fair**; 5:00 – 8:30
- 9.....**Learning Showcase**; 12:30;
details to follow
- 10.....**Field Meet**
- 11.....**Learning Showcase**; 6:15
details to follow
- 12.....**Track Meet**
- 20.....**Fun Day** (morning)
- 23.....**Grade Five Luncheon and Farewell Assembly**; 12:45
- 25.....**Year End Assembly**; 1:00
- 26.....**Last Day for Students**

SAFE ARRIVAL PROGRAM

please email

kelssetsafearrival@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.)

APRIL 2014

NEWSLETTER

BOUQUETS TO...

- to all parents who contributed to the staff appreciation luncheon! The soups, breads and desserts were delicious and the decorations were wonderful too! The staff felt very appreciated!
- Congratulations to all members of the Cross Country Team, for a great season! Thanks to all staff who assisted with the team: **Ms. Ashcroft, Mrs. Bocking, Mr. Franceschini, Mrs. Garvin, Mrs. Hodgson, Mrs. Jespersen, Ms. Jost, Mrs. Manning, Mrs. Mason, Mrs. McRae, Ms. Rashleigh, Mrs. Shields, Mrs. Steele, Mrs. Postlethwaite, Mrs. Trottier and Ms. Willock!** Special thanks to parent runner, **Matthew Joinson** and to **Marie Garvin** and **Montana Cardiff** for their support!
- **Ms. Fawkes**, for coordinating the very successful and enjoyable Jump Rope for Heart Event! We enjoyed the “kick off assembly,” featuring the Synergy Skippers including KELSET's **Rachel, Lisa, Jessica and Emily A.**, on March 28th!
- **Shiva Blondeau** and her Mom, **Petra**, for the Multiple Sclerosis Awareness Campaign! Thanks to all who donated to the coin drive!



BUDDY BENCH ASSEMBLY

Volunteers are welcomed to assemble two benches that have been purchased for our playground (Buddy Benches!) Please let Mrs. Lawson know, by phone or email, if you are able to assist.



RECENT HAPPENINGS

- various classes have enjoyed presentations through the **Gallery in the Schools** program and have enjoyed painting lessons through the **Artsreach** program;
- several classes are involved in the **Growing Young Farmers** initiative, with Mr. Organic and other classes have enjoyed a variety of planting activities;
- the Grade Three classes have been **raising salmon!**
- **ducks** are about to hatch in Mrs. Manning's class!
- many classes enjoyed the play "**Cinderella**" at the Parkland Theatre;
- we enjoyed the performance by the **Bayside Band** on April 9th;
- the Grade Three students have been participating in the **Swim to Survive** program;
- the Grade Four and Five students have been enjoying **tennis** lessons;
- students in all grades have continued to enjoy the **special music sessions** with Mrs. Rose! Thanks again to the PAC for funding this initiative!
- Mme St. Amand's students have enjoyed performing **French plays** in recent weeks!
- The Grade Four/Five classes have all almost completed their **DARE** sessions, with Auxilliary Constable Tim Fletcher.

TRACK AND FIELD

Our final extra curricular activity is about to get underway! Students in Grades Three through Five will be enjoying long jump, ball throw, sprints, the 800 metre and relay events. They will need to listen closely to daily announcements to know when their practises will be occurring.

MARK YOUR CALENDARS FOR THESE SPECIAL YEAR END EVENTS...

Whole School Photo

The Whole School and Grade Five photo were rescheduled to May 8th because of the rainy weather on our April photo day.

Bike Roadeo

On Friday, May 23rd, the RCMP will run a Bike Roadeo for students from Kindergarten through Grade Two. **Children are encouraged to have their bike and helmet at school on this day.**

Bikes may be dropped off (in the hallway by the library) up until 6:30 p.m. on the 22nd and from 7:30 a.m. on on the 23rd. Please pick the bikes up again by 6:30 on the 23rd.

Parent Volunteers are needed to assist with the Roadeo. If you are able to help, for the morning, afternoon or for the full day, please phone or email Mrs. Lawson.

Bottle Drive

Please save your bottles and cans for our Bottle Drive on Saturday, May 24th, from 9:00 to 1:00.

FUN FAIR 2014!!

Plan to join us Friday evening, June 6th, for games, face painting, horseback rides, a silent auction, great food and more!!

FUN DAY 2014!!

Parents/guardians are welcome to join us for the morning on Friday, June 20th. In the morning, all students will have the opportunity to rotate through a variety of stations, of their choosing.

Grade Five Farewell Assembly

A special assembly to "celebrate" our Grade Five students will be held on Monday, June 23rd, at 12:45. Grade Five family members are strongly encouraged to attend this assembly. All students will attend this assembly and all parents/ guardians are welcome also. Refreshments will be served for Grade Five students and their families, following the assembly.

Our **Year-End Assembly**, including a **movie to review our school year**, will be held on **Wednesday, June 25th**, at 1:00.

Parents/guardians are encouraged to attend this assembly.

STUDENT PLACEMENT

Staffing decisions are currently being finalized throughout the District and we are beginning to make decisions regarding class configurations and student placements. We consider many factors as we determine the composition of classes and placement of individual children. We strive to ensure that each class is a workable instructional and social group. In each class, we try to ensure a balance amongst the following:

- gender;
- intellectual strengths and learning needs;
- friendships;
- social/emotional/behavioral strengths and needs; and
- cultural diversity and English as a Second Language needs.

While considering the needs of the school/class as a whole, we take into account the learning and social needs of each child.

Staff members will be working together closely to make thoughtful student placement decisions through very comprehensive processes.

If you wish to convey information to us, for consideration during the student placement process, please request an "Information From Parents/ Guardians" form from the office. It is important to understand that staff members often have specific reasons why students are placed in ways that may be different than parents have requested.

If you wish to provide input regarding your child's placement, please return completed forms by Monday, June 2nd.

REMINDER!

Please send a fork or a spoon with your child's lunch when needed! Students are not permitted to use the microwave for safety reasons. Please do not send lunches that need to be heated. Thank you!



LOST AND FOUND

Our lost and found is overflowing. Please check the lost and found next time you are in the school or visit:

<https://www.facebook.com/pages/Kelset-Elementary-PAC/160145434052826>

to view photos of items. 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.



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.

MOVING?

If you are planning to move to another school for next year, or have a change of address or phone number, please contact the office with the information. Thank you!



COMMUNITY NEWS...

STUDIO 63

Teaching Salon



Opening Mon. APRIL 7

Haircuts for the whole family by our hair design students

Hours of Business:

- Monday - Wednesday 12- 4 pm
- Thursday 12 - 6 pm

Location:

- 1649 Mt Newton X Rd Saanichton BC



GIVE US A CALL AT **250.652.5381**
TO BOOK AN APPOINTMENT OR JUST **STOP BY!!**

The Society for the Community Arts Theatre at Stelly's

BENEFIT DANCE

Featuring

COMMODORES BIG BAND

Friday, May 9th, 2014

Doors Open 7:00 pm Dancing 7:30 pm

Tickets \$15 per person

BAYSIDE MIDDLE SCHOOL

1101 NEWTON PLC
Brentwood Bay, BC



Tickets available at
The Dollar Den, Brentwood Bay,
and at the door
Proceeds to support the design and
construction of a
Community Arts Theatre

Complimentary coffee provided
by Fresh Cup Roastery
Light snacks provided by Stelly's students

For more information visit theatreatstellys.com

FUN for the whole FAMILY! 11am - 3pm, Saturday, May 3

Over 30 activities!

Ride the **AdrenaLINE** Zipline!
(by donation)

Great family
draw prize!

5th ANNUAL

IslandSavings

FAMILY SPORT & RECREATION FESTIVAL

FREE!

Adapted Sport options!

4371 Interurban Road

Brought to you by...



Thank you to our sponsors...



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 200 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...



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

HELPING CHILDREN MAKE HEALTHY CHOICES

How do we teach children to make decisions, to choose responsibly? Start early and reinforce often. Children make decisions every day about what to wear, what to eat, what to do and who to play with. Success with simple decisions such as these, can lead to success with the hard decisions that come with adolescence. You can help by reinforcing the decision-making process with your child.

- Define the problem to be solved – list facts and feelings
- Think of at least three options for the problem
- List the "good" and "bad" of each option
- Think about how options will affect others
- Choose the best option
- Evaluate the decision

For more information contact:

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

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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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"SCREEN" TIME CAN BE HARMFUL TO YOUR CHILDREN'S HEALTH

Screen time, or time spent watching TV, playing video games or in front of a computer, has been linked with many harmful effects to children's health. Research shows the strongest predictor of childhood obesity is the number of hours spent watching TV, surfing the net or playing computer or video games. Other research has shown that:

- Children who watch more TV eat more calories and drink more pop.
- Children who watch TV eat more low-nutrient, high-calorie foods.
- Academic achievement drops sharply for children who watch more than 10 hours of TV a week.
- TV interferes with the development of intelligence, thinking and imagination skills.
- TV interferes with language development.
- TV impedes development of longer attention spans.
- Certain types of TV cultivate aggressive or violent behaviours.

It is recommended that children accumulate at least 60 minutes of moderate to vigorous physical activity every day in order to achieve and maintain a healthy weight and for proper gross and fine motor development.

The Canadian Sedentary Behaviour Guidelines recommend limiting recreational screen time to no more than 2 hours a day and limiting the overall amount of sedentary time spent sitting and indoors each day.

Encourage your children to be active by:

- Playing outdoor or indoor games.
- Being active as a family. Go for a walk or hike together every day before or after dinner.
- Taking advantage of after school programs.
- Finding an activity or sport they like to do. Sign up for a group that meets regularly at the local recreation centre.

For more information contact:

- www.csep.ca
- www.activehealthykids.ca
- www.publichealth.gc.ca/paguide
- www.limitv.org



Boys & Girls Club
Services of Greater Victoria
A good place to be

Parenting Programs
Spring 2014

Parents Together

HELPING PARENTS AND TEENS GROW TOGETHER

Would you like the opportunity to strengthen your relationship with your teen while increasing your parenting knowledge and confidence in a non-judgemental group setting?

The Boys and Girls Clubs of Canada – Parents Together program is an education and group support program for parents of teens. The group offers practical ideas and skill development, in a safe, confidential environment.

THE CURRICULUM COVERS THE FOLLOWING AREAS:

- Attachment/relationship-based parenting
- Adolescent development
- Self-care
- Turning over responsibility
- Respectful/compassionate communication
- Strength-based parenting
- Temperament
- Negotiating boundaries

PARENTS TOGETHER PROGRAM

WHERE: Boys & Girls Club Services of Greater Victoria, 1240 Yates Street, 3rd floor

DATE/TIME: Tuesdays, 6:30-8:45pm, April 08, 2014 start, program is on-going

SUGGESTED COSTS: \$30/person plus \$15 for program book/additional materials
Subsidies Available – Please Inquire

REGISTRATION: Must pre-register as minimum seating available (small group – max 15 participants)

FOR MORE INFORMATION/REGISTRATION CALL

Jan Townsend at 250.217.4929
or email: jtownsend@bgcvc.org

A full description of Parenting Programs offerings can be found at:
www.bgcvc.org

Supporting Parents In Raising Their Families

Parents Together is a copyrighted program from the Boys and Girls Clubs of Canada and is generously funded locally and provincially by the Ministry of Children and Family Development.



Boys & Girls Clubs
of Canada
PACIFIC REGION



Boys & Girls Club
Services of Greater Victoria
A good place to be

PARENTING PROGRAMS SPRING 2014

STEP-PARENTING BLENDING FAMILIES FOR TODAY

Boys & Girls Club Services of Greater Victoria and Ecole Bayside Middle School are pleased to offer an

Evening Community Workshop for
parents / caregivers of children & youth, age 8-14

Parenting Programs provide safe, respectful environments which honour confidentiality and deliver practical ideas and skill development.

Would you like the opportunity to understand and strengthen relationships within stepfamily dynamics? This workshop may be beneficial for:

- ☞ Stepparents
- ☞ Biological Parents
- ☞ Grandparents
- ☞ Soon-to-be Stepparents
- ☞ Interested Community Professionals

Where: **Ecole Bayside Middle School**
1101 Newton Place, Brentwood Bay, BC

Date/Time: **NEW DATE - WEDNESDAY, MAY 14, 2014**
6:30pm - 8:30pm

Suggested Cost: \$15/participant - Community members **SUBSIDIES AVAILABLE - PLEASE INQUIRE**
\$10/participant - Boys & Girls Club participants/families

Registration: reception@bgcvc.org or 250.384.9133
Please pre-register as space is limited.

SUPPORTING PARENTS IN RAISING THEIR FAMILIES HELPING PARENTS AND YOUTH GROW TOGETHER



United Way
Greater Victoria

For more information:

Jan Townsend - 250.217.4929 | jtownsend@bgcvc.org

A full description of Parenting Programs offerings can be found on our Website: www.bgcvc.org

Cadboro Bay United Church Presents:

MARK KISTLER'S FINE ARTS SUMMER CAMP!

AUGUST 18-22, 2014

Drawing in 3-D! Claymation! Puppetry Movie Making!

When they were growing up, parents watched author/illustrator Mark Kistler as Commander Mark on *The Secret City* (PBS) and on *The Imagination Station*. NOW, this new generation can learn from acclaimed Art Educator, Mark Kistler, LIVE in-person. Come aboard for a dynamic pencil power adventure! Parents are invited to participate. Mark Kistler has written 9 best-selling how-to-draw books, starred in 200 television episodes and taught millions of people the world over how-to-draw. He can teach your kids, too!



MARK KISTLER - DRAWING in 3D!
Houston, Texas
Author, Illustrator, Teacher, Dad, Ring Leader



TOMMY SIMMS - CLAYMATION!
University of Wisconsin, Milwaukee
Animator, Claymation, Puppetmaster



JAMIE HAZELWOOD - PUPPETRY!
University of Wisconsin, Milwaukee
Animator, Claymation, Puppetmaster

DETAILS: ALL campers will have the thrill of experiencing ALL three Visual Art Disciplines: Drawing in 3-D, Claymation, and Puppetry Movie Making!

WHERE: Cadboro Bay United Church, 2625 Arbutus Rd., Victoria BC V8N 1W4

WHO: Ages 6-17

TIMES: Half Day! Choose either 8:30 am - 12:00 noon or 12:30 pm - 4 pm

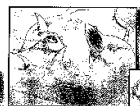
DATES: August 18-22, 2014

WHY: Because learning visual arts skills builds important creative thinking skills and GENIUS BRAIN POWER! Many of Mark's alumni are game designers and animators with renowned projects including Shrek, Madagascar, Bugs! Life, Toy Story, Marvel Comics, and Leapfrog Toys. **GET YOUR KIDS TO TURN OFF THE SCREENS AND TURN ON THEIR IMAGINATIONS!**

COST: Registration fees are posted at www.markkistler.com

Calling the next generation of artists, illustrators, animators, cartoonists, movie makers and digital game designers!

Mark Kistler's Fine Arts Camp is YOUR place to dive into your favorite arts in a fun inspiring place! Escape into your own artist world - be with friends who see, hear and live in the world as YOU do. This summer we have special visiting guest artists from around the USA! These Master Artists are your guides to drawing, illustration, claymation and puppetry movie making!



CLASS SIZES ARE VERY LIMITED, register on-line TODAY at www.markkistler.com

CELEBRATING 40 YEARS OF PANTHER PRIDE



ALL ALUMNI CELEBRATION

**MAY 30, 31
& JUNE 1 - 2014**

*"A Proud Past
Building a
Brilliant Future"*

REGISTER NOW:

www.parklandalumni.ca

