



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

October

- 7.....**1:48 Dismissal**; to facilitate Home/School Communication
8.....**PAC Meeting**; 6:30
9.....**1:48 Dismissal**; to facilitate Home/School Communication
10.....**Terry Fox Run**; 2:00; details below
13.....Thanksgiving Stat. Holiday
17.....**Photo Day** (Individual Student Photos)
24.....**Non-Instructional Day**; students do not attend school
31.....**Orange & Black &/or Wacky Hair Day!**

November

- 5.....**1:48 Dismissal**; to facilitate Home/School Communication
7.....**Non-Instructional Day**; students do not attend school
10.....**Non-Instructional Day**; students do not attend school
11.....Remembrance Day Stat. Holiday
18.....Photo Re-takes

December

- 4.....**1:48 Dismissal**; to facilitate Home/School Communication

Christmas Break is from December 20th through January 4th this year.

Non-Instructional Days in the Second and Third Term

Students do not attend school on the following dates:
Friday, February 20th
Friday, April 24th
Monday, May 4th

The Spring Break is from March 7th through March 22nd this year.

SAFE ARRIVAL PROGRAM

please email

kelsetsafearrival@sd63.bc.ca

or call **250-655-1194**

if your child will be absent or late.

SEPTEMBER 2014

NEWSLETTER

Welcome to the 2014-2015 school year! It has been a busy and exciting time as our 382 students have been settling into classes and the new school year. We extend a special welcome to all students and families new to our school, including our 47 Kindergarten students! We are very pleased with the learning communities that have been developing in our 16 classrooms!

Our Staff

Principal.....Grant Franceschini
Vice Principal.....Donna Collett
Kindergarten.....Joyce Manning
Kindergarten.....Rick Williams
Kindergarten/Grade1.....Jennifer Bailey
Grade 1.....Diane Bocking/Krista Hale
Grade 1.....Shauna Doebling/Sylvia Jones
Grade 1/2.....Monika Rose
Grade 2.....Ginny Underwood
Grade 2.....Jodi Steele
Grade 3.....Anne MacKinnon
Grade 3.....Maria St. Amand
Grade 3.....Thirell Trottier
Grade 4/5.....Lynne Willock
Grade 4/5.....Donna Collett/Justine Shaw
Grade 4/5.....Sara Postlethwaite
Grade 4/5.....Heather Fawkes
Grade 4/5.....Jessica Werk/Krista Hale



Learning Assistance/ Integration Support: Tracie Ashcroft; Anne Stewart
Reading Recovery: Shauna Doebling; Robin Dupree
Indigenous Education Teacher: Robin Dupree
Teacher-Librarian: Julie McManus
French as a Second Language Teachers: Justine Shaw; Natalie McKamey; Anne Stewart

Speech and Language: Annette Inglis
English as a Second Language: Kristin Sinats
Psychologist: Patricia Gabriel
Secretaries: Leanne Lawson; Wendy Fox
Library & Student Support: Kathy Monette
Technology Assistant and Student Support: Darrell Whalen
Student Support: Wendy Anderson; Carolyn Bannerman; Kimberly Bramadat; Susan Child; Ron Hadfield; Christine Jaroch; Tineke Legear; Linda Lieppi; Nicole Nason; Heather Ann McRae; Leanne Mitchell; Shyanne Smith; Ken Todd; Angie Waterhouse
Crossing Guards: Susan Child; Leanne Mitchell; Kathy Monette; Nicole Nason; Angie Waterhouse
Custodians: Jed Dyer; Mike Cacovic

We welcome Jennifer Bailey, Kimberley Bramadat, Krista Hale, Christine Jaroch, Natalie McKamey, Justine Shaw, Kristin Sinats and Jessica Werk to our staff!

SCHOOL HOURS

8:38	Warning Bell
8:40-11:14	Instruction
11:14-11:50	Lunch Play Period
11:50-12:14	Lunch Eating Period
12:14-1:40	Instruction
1:40-1:55	Recess
1:55-2:48	Instruction



BOUQUETS TO

- the **parents who assisted with the wonderful Grade Five Farewell** in June. We will miss our Grade Fives and wish them well as they begin their Middle School years.
- The **parents and staff who arranged the very special Retirement Celebrations** in June. We will miss Mrs. Garvin, Mrs. Hodgson, Mrs. Mason and Mrs. McRae very much! We thank them for their significant contributions to the KELSET and McTavish/Sansbury and/or Saanichton learning communities and wish them all a long, healthy and fun-filled retirement!
- the **PAC Executive**, for coordinating the school supply packages and the first day Meet and Greet!
- **our teaching and CUPE staff**, for the extra hours and extra efforts that went into getting our school "ready" under great time pressure this year!
- **our parents/guardians**, for their patience and understanding during the challenging finish to last school year and to the start of this school year because of the labour situation.
- **Joe Halasz and Tony Burton**, for installing shelves in our Earthquake Storage unit this summer!

NEWSLETTERS/BULLETINS

Once again this year, most newsletters and bulletins will be provided electronically. **Please take a moment to go to our school website (<http://kelset.sd63.bc.ca/>) to ensure that you have given us permission to email these important newsletters/bulletins to you.** Not only is this a "green" initiative, but it ensures the most timely communication, as "student post" isn't always reliable!!

SAFE ARRIVAL

As per District Policy, parents/guardians are asked to call the school's special SAFE ARRIVAL line (**250 655-1194**) or email (**kelsetsafearrival@sd63.bc.ca**) if their child is going to be absent or late. You may note the expected duration of an absence (i.e. when you know the child is going to be away for more than one day, you can just call on the first day, sharing when we should be expecting the child back at school.) You may leave a message 24/7 using this number or email address. Parent Volunteers and staff members use this information to make sure that all children are accounted for at the start of the school day. Thank you for your cooperation.

PLEASE BE PUNCTUAL!

We have a surprising number of students who arrive to school late. We realize that sometimes there are unavoidable circumstances that cause students to be late. However, if it is possible to have your child arrive on time, it helps to ensure that he/she doesn't miss important morning messages and other start of the day routines and activities, helps him/her to ease into the day calmly, and prevents disruptions to others in the class. Thank you for doing what you can to support timely arrivals in the morning!

EARLY DISMISSALS AND HOME/SCHOOL COMMUNICATION

Early Dismissals (1:48) will occur on Tuesday, October 7th and Thursday, October 9th, to facilitate opportunities for Home/School Communication. Classroom teachers will offer these opportunities in a variety of formats and will provide the details specific to their class. Teachers look forward to learning more about your child, to sharing observations from the first weeks of the school year, and to sharing important details about classroom organization and routines.

TERRY FOX SCHOOL RUN

Our annual Terry Fox Run is being held on Friday, October 10th this year. We will start the run on our field at 2:00. **We welcome and encourage parents and other family members to join us to run, walk and/or cheer others on.** We encourage donations, to support Terry's dream of finding a cure for cancer. **Donations can be made on line or in the classrooms or at the office.** If you can help prepare the oranges for the run in the late morning/early afternoon on the 10th, please call the school office.



SCHOOL GOALS for 2013-2015

Our School Plan was reviewed and updated in 2013. Our main goals and priorities are:

Goal One: to increase **student engagement** in learning

Goal Two: To improve **literacy achievement**

Ongoing Priorities:

- valuing **diversity**
- continuing our focus on **social responsibility**
- increasing **numeracy** achievement
- promoting **active, healthy lifestyles**
- developing **critical and creative thinking skills**

A copy of our School Plan is available on the bulletin board by the office.

MEDICAL CONCERNS

Please be sure to speak with your child's new teacher as soon as possible if your child has a medical condition that we should be aware of.

CLASS BUILDING/STUDENT PLACEMENT/CLASS COMPOSITION

Each year, the teachers and administrators put lots of effort and thought into building the classes for the new school year. Building classes is a very complex task and we strive to see that each child's needs are met, while attempting to meet the needs of all students, by establishing a good balance in each of the classes (i.e.: the number of boys and girls, academic strengths/needs and social/emotional strengths/needs.) Parents/guardians and/or students sometimes express disappointment over individual placements. It isn't always possible to meet individual preferences, because of the need to balance the needs of ALL students. We try to have at least one friend with a child, and a couple more friends if it is possible, and consider the other factors noted above, as we endeavour to create the best possible class compositions.

It is very difficult to move children once we have transitioned to the new classes, because numbers are tight, there are class size restrictions, and moving one child almost always affects other children too, compromising the overall composition of the classes - both the class being left and the class being joined. We can't move one child to meet his/her or his/her parents' preferences if it is going to compromise the balance in classes that we have worked hard to achieve. Therefore, changes to placement are very unlikely

All teachers want to provide a good year for the students in their class - in terms of curriculum, organization, management, communication, classroom community, student motivation, etc. Key to this success is relationship. Start by assuming that the teacher wants to do his/her best and that your child will have a positive and successful school year and work with the teacher to help him/her to know what you see your child needing in order to have a great year. Believe that the teacher wants the best for your child too and will do his/her best to work together with you and other staff to have those needs (and the needs of all the other children in his/her class) met as effectively as possible. Allow time for your child to settle in. Encourage your child to be positive. Remember that each teacher/student relationship is unique and each parent/teacher relationship is unique also. Like all relationships, the home/school partnership takes effort and the commitment of both parties to be successful.

We are feeling good about the classroom compositions that we have built and are excited about the positive learning communities that have already been established.



TRAFFIC/PARKING

Thank you very much for your cooperation – the first weeks of school have seen things going quite well in our parking lot! **Our main challenge occurs when drivers leave their vehicles in the DROP OFF LANE, during peak drop off and pick up times.** This results in the buses being delayed, as they can't pass the parked vehicle, disrupts the bus schedules, and causes the other traffic to back up also, preventing anyone from leaving the lot. If everyone uses the drop off lane as it is intended, our parking lot generally runs smoothly!

There are three KÉLSET Crossing Guards – one on Forest Park Drive, one at Bazan Bay Road, and one at the McTavish/East Saanich Rd. intersection. Crossing Guards are on duty from 8:10 until 8:40 and from 2:48 until 3:18.

Traffic in the parking lot and on Forest Park Drive will, of course, be congested at peak pick up and drop off times. The following suggestions serve as important reminders for those returning to KÉLSET this year and are especially important to families new to our school. We ask that parents be patient and cautious and show consideration for others, especially our students. Please:

- drive SLOWLY, obeying posted speed limits;
- obey all signs, including anti-idling signs;
- **use the drop off/pick up areas as intended, not for parking;**
- do not make u-turns on Forest Park Drive;
- be respectful of our school neighbours (avoid turning in their driveways, etc.);
- allow yourself extra time, so that you are not rushed;
- consider the school bus, car pooling, walking, cycling and other “green” options; and if possible, avoid the peak drop off time (8:30- 8:40 a.m.) and drop off between 8:20 and 8:30 and avoid the peak pick up time (2:45- 2:55), arriving at 3:00.

Please note that there is RESIDENTIAL ONLY parking on Haro Park Terrace.

There are a few drop off spots on the south side of Forest Park Drive. We encourage you to come up Forest Park Drive to see if there are any spots on the north side of the road, using them if possible. If necessary, please loop through the parking lot, which will enable you to turn left and park in available spots on the south side of Forest Park Drive. Please do not make u-turns on Forest Park Drive and avoid turning in the driveways on Haro Park Terrace. Please use the sidewalk and go to the crosswalk, to ensure safety in crossing Forest Park Drive.

Parents may park in the **north end of the Panorama lot**, during school drop off and pick up times. We appreciate this support from the Panorama staff! Again, please use the crosswalk, to ensure safety.

There is also parking on the south side of the Panorama lot, near the tennis courts and the Panorama administrators welcome KÉLSET parking there. The lot is close to the chip trail so children and parents can enjoy some fresh air and a brief walk on the trail, coming out right at the crosswalk.

INSIDE SHOES

We strongly encourage your child to have a pair of "inside shoes" at school. Muddy, wet "outside shoes" can then be exchanged for dry, clean shoes, helping to protect our floors and our students' feet. It is important that these shoes be suitable for use in the gym, as again, safety is a concern.

WEATHER AND SUITABLE CLOTHING

Please ensure that your child comes to school "dressed for the weather"...i.e.: jackets, appropriate footwear, etc. for days when there may be light rain and some mud. We usually will send the children outside at play times, unless the weather is very poor, as this gives them the opportunity to get fresh air, run off some of their energy and connect with their friends from other classes.

EXTRA CLOTHING AT SCHOOL

Many of our students like to play in the 'stream' that is part of our naturescape area. This is a wonderful opportunity for "natural play" and is a highlight of many of the children's day! While we encourage the children to play carefully and to avoid getting muddy and require children to wear boots when it is particularly mucky in this area, the children may sometimes still get wet or dirty. If your child likes to play in this area, we strongly encourage you to ensure that an extra set of pants, a shirt, socks and even underwear, are available at school (they can be kept in your child's cubby/locker); then, he/she can be assured of dry, clean clothing should it be necessary. Sometimes, the children slip on other parts of the field during the damp season and again, the extra clothing is very beneficial! (The clothes needn't be new and could be those too worn for every day wear.)



CLOTHING DONATIONS WELCOME!

We welcome pants, shirts, underwear and socks that your children have outgrown, to add to our supply of "spare clothing." While we encourage all children to have a spare set of clothing at school, "extras" come in handy from time to time! **We welcome your donations at any time throughout the year.** *If your child has occasion to use this extra clothing, we appreciate it being laundered and returned promptly!*

ELECTRONIC GAMES, ETC.

Game Boys, Nintendo and other such games can limit your child's active play and socialization during outside play times. Further, they can easily be lost, damaged or stolen. Therefore, we generally discourage such games being brought to school. **If children do bring such games to school, they do so at their own risk.** Staff will have limited time available to deal with the mishaps that can occur.



NO TRADING, PLEASE!

If children bring cards, etc. to school, we strongly encourage that they not "trade" them. Trading often results in misunderstandings or disappointments and we do not have the time/staffing to settle such disputes.

ACCIDENTS DO HAPPEN

The school district does not insure expenses for student injuries that happen on school grounds or during school activities. You are responsible for these expenses as a parent or guardian. However, the school district assists families to voluntarily purchase private accident insurance through the Reliable Life Insurance Company. Brochures are no longer distributed to students in September however the information can be viewed on-line at www.insuremykids.com

MICROWAVES

Please be aware that microwaves are not available for student use. We do not have the resources (enough microwaves, time, staff...) to heat lunches for students. If necessary, please ensure that meals are preheated and use a thermos.

SCHOOL HANDBOOK/CALENDAR

We have once again prepared the KELSEY School Handbook/Calendar. The Handbook/Calendar is available on our web site. If you require a paper copy of the Handbook and/or Calendar, as you don't have regular access to a computer, please call the school office.

HALLOWEEN IS COMING!

We will once again enjoy our tradition of having **WACKY HAIR** and/or wearing **ORANGE AND BLACK** on Friday, October 31st! Start planning with your child so as not to have a last minute panic!

A MESSAGE FROM THE GREEN QUEEN!

At KELSEY we pride ourselves in being green! We have great programs for recycling and growing food. We also have beautiful outdoor classrooms in our Naturescape garden and the forest.

Please help us:

- Pack waste-free lunches (use reusable containers);
- NO juice boxes or pouches please;
- Provide water bottles with your child's name and division on them;
- Write names on all possessions so that we know where to return the lost & found articles!

Thank you!!

Mme St. Amand (aka Green Queen)

We are looking forward to a positive, productive and fun school year!

COMMUNITY NEWS

STUDIO 63

Teaching Salon



FREE

HAIRCUT * STYLE * BLOW-DRY

BRAIDS / UP-DO'S / SCALP MASSAGE

(SCALP MASSAGE W/ORGANIC ESSENTIAL OIL \$5)

(NOURISHING MOISTURIZING MASQUE \$5)

SALON SPECIAL FOR THE

MONTH OF SEPT/OCT

HOURS OF BUSINESS:

MONDAY, TUESDAY, WEDNESDAY 1:00 TO 4 P.M.

THURSDAY 12 TO 6 P.M. UNTIL

NOV 6 (WINTER HRS. THURS. 9-4 P.M.)

**HAIRCUTS FOR THE WHOLE FAMILY
BY OUR HAIR DESIGN STUDENTS**

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

SCHOOL DISTRICT 63 SAANICH
HAIRDRESSING PROGRAM
THE INDIVIDUAL LEARNING CENTRE
1649 MT NEWTON X ROAD
SAANICHTON BC



HANDWASHING FOR HEALTH

Germ 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:

- HealthLinkBC at 8-1-1 (a free call) or www.healthlinkbc.ca
- www.dobugsneddugs.org

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-107-01-14 – Revised 2014-07-16



BREAKFAST IS STILL THE MOST IMPORTANT MEAL OF THE DAY!

Breakfast boosts brainpower. Children who eat breakfast do better on math and reading tests. Overall, kids who eat breakfast eat better. They eat more servings of grains, vegetables and fruit and milk. They get more of the nutrients they need every day.

The brain uses carbohydrate as its main source of energy. The body's carbohydrate stores are low after a night's sleep. Include carbohydrate-rich grains, vegetables and fruit at breakfast to provide fuel for the brain so your child can do his or her best at school.

A balanced morning meal includes at least 3 of the 4 Food Groups in Canada's Food Guide:

- Whole grain products
- Vegetables and fruit
- Milk and Alternatives
- Meat and Alternatives

Examples of healthy breakfasts:

- Whole grain cereal with milk or milk alternative and fruit
- A fruit yogurt shake and a muffin
- Scrambled eggs, toast and milk or milk alternative
- Cereal bar, milk or fortified soy beverage and a piece of fruit
- Banana dog: a hot dog bun spread with peanut butter and a banana inside

They say one should breakfast like a king, lunch like a duke and dine like a pauper. So start the day like a king and fuel the brain!

For more information:

- Call HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or visit www.healthlinkbc.ca/healthyteating/
- Dietitians of Canada www.dietitians.ca/eatwell
- Healthy Families BC: <http://healthyfamiliesbc.ca/>
- www.breakfastforlearning.ca/about-us/ (to learn more about starting a breakfast program at your school)

Child, Youth and Family Community Health
SN-HP-107-25-14 – Revised 2014-07-16



HEALTHY SNACKS

Snacks are part of healthy eating for children. Offer 2-3 healthy snacks a day as well as 3 meals to provide the nutrients and energy children need to learn and grow. Allowing a child to snack all day long increases the risk for tooth decay.

Healthy snacks include foods from 2 of the 4 food groups from Canada's Food Guide:

- Cut up vegetables or fruit and cheese or dip
- Crackers and cheese or hard cooked egg or tuna
- Trail mix
- Yogurt and fruit smoothie
- Muffin and cheese or fruit
- Whole grain cereal and milk
- Sandwich

Tips for healthy snacking:

- Be a role model for healthy eating.
- Buy healthy snacks that are less processed. Choose foods that are lower in sugar, salt and fat. Children will eat what is available in the house.
- Limit high sugar snacks. These snacks produce a short burst of energy, but may leave children feeling tired and irritable, and less able to concentrate. Sugary snacks also increase the risk of tooth decay.
- Sticky foods like crackers, raisins and granola bars cling to the teeth and increase the risk of tooth decay. Rinse with water after these snacks.

For more information:

- Your local Island Health Public Health Unit: www.viha.ca/locations/health_units.htm
- Call HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or visit www.healthlinkbc.ca/healthyteating/
- Dietitians of Canada: www.dietitians.ca/
- Healthy Families BC: www.healthyfamiliesbc.ca/

Child, Youth and Family Community Health
SN-HP-107-26-14 – Revised 2014-07-16



KINDERGARTEN VISION SCREENING

Children may have unknown vision concerns when they start school. Vision concerns can lead to difficulty with reading and/or writing. The "Kindergarten Vision Screening Program" helps find children with vision concerns and during the school year, kindergarten children have their vision checked at school by Public Health Screeners. A letter is sent home to parents with the result of the screening. If your child is referred, it is important that you take your child for a complete visual examination with an eye doctor. British Columbia's Medical Services Plan does provide some coverage for eye examinations for children under the age of 18. The Healthy Kids Program provides limited funds once in a twelve-month period for prescription eyewear for children 0 – 18 years living in low-income families.

For more information contact:

- Your local Health Unit
- HealthLinkBC at 8-1-1 (a free call) or www.healthlinkbc.ca
- BC Healthy Kids Program www.sd.gov.bc.ca/factsheets/2005/healthy_kids.htm

Health Units:

Esquimalt	250-519-5311	Salt Spring Island	250-538-4880
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KINDERGARTEN HEARING SCREENING

Children may have unknown hearing loss when they start school. Slight hearing loss or hearing loss in just one ear is hard to notice. Yet, these losses can cause school problems that are preventable. Each year, kindergarten children have their hearing checked at school by Community Health Vision and Hearing Screeners. Each year, the "Kindergarten Hearing Screening Program" helps find children with hearing loss. If a child does not pass the hearing screening, a letter is sent home to parents. If you receive a letter, it is important to make an appointment to have your child's hearing tested at the Hearing Clinic. Many hearing problems can be treated if identified early.

For more information contact:

- Your local Health Unit Hearing Clinic

Hearing Clinics:

Victoria	250-388-2250
West Shore	250-519-3490
Nanaimo	250-755-6200
Courtenay	250-331-8526