



# 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](mailto:KELSET_Elem@sd63.bc.ca) Website: <http://KELSET.sd63.bc.ca/>

## CALENDAR

### December

- 5.....**Movie Night**; see details below
- 10.....PAC Meeting; 6:30
- 11.....Last day for donations for Anawin House (see below)
- 12.....Soccer Jamboree (a.m.)
- 17.....Fun Lunch
- 19.....Last Day of First Term

### January

- 5.....Welcome Back!
- 10.....**Bottle Drive**; 9:00-1:00
- 14.....Fun Lunch
- 14.....PAC Meeting; 6:30
- 21.....**Ready, Set, Learn!** Open House for 3 & 4 yr olds; 3:15-6:00; see details below
- 28.....District **Kindergarten 2015/16 Info Night**; see details below

### February

- 2-6 .....**Kindergarten Registration** for 2015/16 school year
- 9.....Family Day Stat Holiday
- 11.....PAC Mtg; 6:30
- 18.....Fun Lunch
- 19.....Movie Night; details to follow
- 20.....**Non-Instructional Day**; students do not attend school

### March

- 4.....Swim Meet; 12:30-2:30; Common Wealth Pool
- 4.....PAC Mtg; 6:30
- 6.....Last day of Second Term
- 6.....Family Dance; details to follow
- 23.....First Day of Final Term

### April

- 1.....**1:48 Dismissal**, to facilitate Home/School Communication
- 3.....Good Friday Stat. Holiday
- 6.....Easter Monday Stat. Holiday
- 8.....PAC Meeting; 6:30
- 15.....Fun Lunch
- 24.....**Non-Instructional Day**; students do not attend school

### May

- 4.....**Non-Instructional Day**; students do not attend school
- 13.....Fun Lunch
- 13.....PAC Mtg; 6:30
- 18.....Victoria Day Stat. Holiday
- 23.....**Bottle Drive**; 9:00-1:00

### June

- 12.....**Spring Fair!**
- 17.....PAC Mtg; 6:30
- 19.....**Fun Day** (morning)
- 25.....Last Day for Students

## DECEMBER 2014

## NEWSLETTER

### Bouquets to:

- ✿ **Molly Glesby**, for coordinating our very enjoyable Family Games Night! Special thanks also to Sara Benson, Marissa Bentham, Kirstin Norris and Kristi Gregory (and Jada and Quin Benwell!), for all of their support. A big thank you to all parents who volunteered and helped make the evening such a success. And, finally, thanks to all who attended the event and for the generous donations at the door.
- ✿ **Constable George Phipps**, our new School Liaison Officer, for leading the D.A.R.E. (Drug Awareness and Resistance Education) sessions with our intermediate classes and for reviewing the W.I.T.S. strategy with all of our primary classes.
- ✿ **Mrs. Postlethwaite, Mrs. Afford, Ms. Willock and Mrs. Underwood**, for coaching our soccer teams this fall and to the students on the soccer team, for a very successful season!

### DROP OFF LANE

It appears that there continues to be confusion about the intended use of our DROP OFF LANE. The DROP OFF AREA is NOT TO BE USED FOR SHORT TERM PARKING. Rather, the intent is that parents/guardians stop, children quickly disembark, and drivers continue out of the parking lot. This allows other drivers to pull in and do the same and allows the buses to be able to leave our parking lot on schedule. Thank you for your help with this ongoing challenge!

### 8:40 START, PLEASE!

We continue to have a number of children arriving to school late. While we understand that this is sometimes unavoidable, we encourage families to make a concerted effort to generally have their children arrive before the 8:40 bell, as this helps children to get off to a good start and prevents them from missing important announcements, instructions and/or learning activities. Because the parking lot is congested right at the bell, families are encouraged to leave enough time for an earlier, unrushed arrival. The parking lot is most congested between 8:30 and 8:40. Arriving between 8:20 and 8:30 allows for a relatively hassle-free drop off!

### 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.

## **REPORTING AND CONFERENCING**

Report Cards will be issued by December 17<sup>th</sup>. For some classes, Home/School Conferences were held earlier in the fall and for other classes, conferences are being held at this time. Regardless, if teachers or parents have concerns about an individual student's progress at this time, meetings or phone conversations can be arranged. Effective home/school partnerships can be key to students' success. Report cards provide a written summary of each student's successes this fall, identify areas for continued growth and help clarify goals for continued progress and related strategies.

## **DRESS FOR THE WEATHER, PLEASE!**

With the rainy, cold season upon us, it is important that children come dressed appropriately...a jacket, appropriate footwear, etc. is needed, as we will generally be outside for play time, unless the weather is really inclement. Further, we strongly advise children to have a change of clothes at school, in case they slip, etc. This prevents us having to call you at home or at work asking for a change of clothing, in the event of the "big accidents!"

## **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, underwear, and socks that your child has outgrown, we would welcome them at the office.

## **PLEASE RETURN BORROWED CLOTHING PROMPTLY!**

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!

## **STUDENT LEADERSHIP**

Our Grade Four and Five students are all part of scheduled Leadership activities, which see them developing skills while they assist younger students on the playground and in the classrooms, at eating times. These activities nicely extend the "Buddy Work" that students do in Grade Two and Grade Three (and continue to enjoy when in Grades Four and Five!) Our intermediate students also have opportunities to help set up for assemblies (the Tech Teams), to assist with announcements at assemblies, to serve as "ambassadors" for the school, etc.

## **W.I.T.S.**

Constable Phipps and his assistants recently worked with each of our Kindergarten to Grade Three classes to review the W.I.T.S. Program. When faced with a problem or conflict, the students are encouraged to:

Walk Away  
Ignore  
Talk it Out  
Seek Help

- The students are encouraged to Walk Away, in order to give themselves time to calm down, if necessary, and to think of appropriate responses to the situation.
- They might ignore LITTLE things. They are encouraged to tell an adult if such little things keep reoccurring.
- Once calm, the children might try "talking out the problem" or they might decide that they need adult help to deal with the situation effectively.
- Children are always encouraged to seek help from an adult if there is a serious concern, such as one involving safety or significant disrespect or lack of caring for others or school property.

## **BULLYING...OR NOT? CONFLICTS AS LEARNING OPPORTUNITIES**

Some people think that bullying is any aggressive behaviour and although such behaviours are a source of concern and need attention, they may not be bullying. Bullying is defined by the experts as recurring behaviours that involve the deliberate abuse of power. Often, as children are growing, they need guidance about how to interact in positive and socially responsible ways. Often, the conflicts that occur between students are a natural part of learning how to interact with others and, if treated as a learning opportunity, valuable insights and skills can be learned by all involved.

We use our KELSET Beliefs, the W.I.T.S. strategy, and a variety of restorative practises, such as Restitution, to help children to develop socially responsible behaviours. Restitution recognizes that all behaviours are purposeful (we all act in certain ways in order to get our basic needs of belonging, fun, power/control and freedom met)...that no one is perfect, and mistakes are viewed as an opportunity to learn. We help children to consider the needs of others and their own needs and to develop strategies to use to prevent problems from recurring. We encourage children to try to get their needs met in ways that don't compromise the needs of others. When a child makes a poor choice, rather than shaming or blaming, the focus is on having the child

restore or fix the situation and return to the group strengthened. "Consequences" may or may not be part of the process, depending in the severity of the situation.

### **CHRISTMAS HAMPERS**

We once again welcome donations of non-perishable food items and/or gifts (toys, books, clothing, treats) which will be used to provide hampers to needy families within our own community.

## **EXTRA-CURRICULAR ACTIVITIES**

### **SWIM CLUB**

Swim Club will begin in January, for students in Grades 3 to 5. Sessions occur right after school each Wednesday, until early March. The Saanich District Swim Meet will be on Wednesday, March 4th from 12:30 – 2:30 p.m. at Commonwealth Pool. Students should be able to swim at least one length of the pool. Cost per student is \$10.00. Students should listen for related announcements. Parent volunteers to assist in getting our group of students to Panorama on time (i.e. walking them over, while the teachers/coaches are busy with end of day business) will be most appreciated.

### **BASKETBALL**

Basketball season will begin for our Grade Four and Five students in January. Students should listen for related announcements.

## **Family Movie and Pizza Night**

Join us for Prep & Landing shorts - great holiday movies for all ages!

Friday, December 5th

6:00 doors open - 6:30 movie starts



Admission by donation of items or money to go towards supporting our annual Anawim House Stockings for the Homeless campaign.

Bring a blanket, pillow and PJs and get cozy with your friends!

Make an evening of it and enjoy pizza, free popcorn and healthy beverages and treats from our concession.

Parent supervision required!

## **PCEC "1000 x 5"**

### **Children's Book Recycling Project**

If you can donate gently used children's picture books, please bring them to the school office. Books will be forwarded to volunteers at the Saanichton Individual Learning Centre where they will be processed for distribution to young children and families on the Saanich Peninsula.



For further information, please contact:  
Daphne Macnaughton, PCEC "1000 X 5" Project Leader  
[dlnvictoria@shaw.ca](mailto:dlnvictoria@shaw.ca)

This project is sponsored and supported by Beacon Community Services/Peninsula Connections for Early Childhood (PCEC), School District No. 63 (Saanich), Success by 6°, United Way of Greater Victoria, the Victoria Foundation, the Peninsula Co-Op Food Centre, Discover Books, ORCA Books, Island Savings Credit Union, and many family-serving agencies in our community.



## Saanich Schools (SD63) Ready, Set, Learn Open House

### introduce yourself

Parents and preschoolers (3 years and up) are invited to visit their neighbourhood school.

- Participate in hands-on learning activities.
- Tour your neighbourhood school.
- Learn about community resources available to support families.

**Wednesday, January 21, 2015**

**3:15 — 6:00 pm**

Join us at your neighbourhood school.

Brentwood Elementary 250 652 3996  
Cordova Bay Elementary 250 658 5315  
Deep Cove Elementary 250 656 7254  
Keating Elementary 250 652 9261

KELSET Elementary 250 655 4648  
Lochside Elementary 250 658 5238  
Prospect Lake Elementary 250 727 3314  
Sidney Elementary 250 656 3958



Every success for every child  
[www.sd63.bc.ca](http://www.sd63.bc.ca)

We gratefully acknowledge the financial support of the Province of British Columbia through the Ministry of Education.

Saanich Schools  
**Great Places to Learn  
& Safe Places to Be**

## Saanich Schools (SD63) Kindergarten 2015 Information Evening (Children born in 2010)

### 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.
- Kindergarten experiences.
- Opportunities to be involved at school.
- French Immersion option (K - 12)

### Kindergarten Information Evening

**Wednesday, January 28, 2015**

**7pm- 8:30pm**

**Sidney Elementary**

**2281 Henry Avenue, Sidney, V8L 2A8**

Kindergarten Registration in School District 63  
takes place at your  
Neighbourhood School  
February 2 - 6, 2015.  
Children born in 2010 are eligible.



Every success for every child

[www.sd63.bc.ca](http://www.sd63.bc.ca)

Saanich Schools  
**Great Places to Learn  
& Safe Places to Be**

## Saanich Schools (SD63) Kindergarten Registration for Fall 2015 February 2 to February 6, 2015

All Children born in 2010 are eligible to register for Full Day Kindergarten at your neighbourhood school.

### 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 2 to 6, 2015 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 6, all K-8 registrations will be done at:

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

Kindergarten Information Evening:  
January 28, 2015 7pm - 8:30pm  
Sidney Elementary School Gym  
2281 Henry Avenue, Sidney



Every success for every child

[www.sd63.bc.ca](http://www.sd63.bc.ca)

Saanich Schools  
**Great Places to Learn  
& Safe Places to Be**

## 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)**

### HOURS OF BUSINESS:

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

**\*OPEN LATE: THURSDAY 12 TO 6 P.M.**

AFTER DECEMBER 9TH THE SALON WILL BE OPEN FROM 9:00 - 4:00 MON - WED, AS WELL.

**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

**NEW!**  
**ONESTA ORGANICS**

**GOLDWELL**





**Royal Oak Middle School  
Annual Holiday Sale,  
Saturday Dec 6<sup>th</sup> 10 - 3**

**Over 50 Artists, Artisan, Crafts,  
Specialty Food, Silent Auction**

Admission by donation, canteen will be open for lunch. For more information,  
<http://royaloak.sd63.bc.ca>. Join us and do some Christmas shopping!



All proceeds will go to ROMSPAC to benefit all the students at Royal Oak Middle School to enhance their clubs, teams, extracurricular and classroom activities. Thank you for your support.

**COMMUNITY CRAFT FAIR**

**Bayside Middle School**  
1101 Newton Place (off Wallace Drive)  
**Thursday, December 11th**  
3pm to 7:30pm



**SANTAS HELPERS ARE BACK!**

Visit the Community Craft Fair and find just the right gifts! You can get your shopping done and help support the joint programs of Central Saanich Boys & Girls Club & Bayside Middle School!

Show your appreciation for our local artisans!  
Stay for the Bayside Winter Band Concert at 7pm!



Boys & Girls Club Services of Greater Victoria  
301, 1195 Esquimalt Rd  
Victoria BC V9A 3N6  
P [250] 384.9133 F [250] 384.9136  
[www.bgcvic.org](http://www.bgcvic.org)

For those interested in selling your crafts, or for more information please contact:  
Michelle Maxwell at 250.652.1135 ext 208  
or [mmaxwell@sd63.bc.ca](mailto:mmaxwell@sd63.bc.ca)

**North Saanich Volunteer Firefighters**

*"Our Family Protecting Your Family"*

**15<sup>th</sup> Annual Santa Tour**

**Saturday, December 13, 2014**  
**1:20 p.m. Dean Park Estates**

Santa will be arriving by fire truck at the Kelset Elementary School parking lot at 1:20 p.m. to accept donations and then proceeding at 1:40 p.m. through Dean Park as per the map route on reverse. Please bring your food and cash donations in support of the Sidney Lions Food Bank. Santa will be giving candy canes to kids of all ages. If you will not be home, please consider leaving your food donation on the curb marked "NSVFD Food Drive". Donations will also be accepted at the Wain Road Fire Hall, 986 Wain Road.

**Christmas Tree Chipping and Open House**

The North Saanich Volunteer Firefighters will be chipping trees from 10:00 a.m. – 2:00 p.m. on Saturday, January 3 at both the Wain Road Fire Hall (Corner of Wain Road and West Saanich Road) and McTavish Fire Hall, located at 1665 McTavish Road. Your donations will be directed to:

- CFAX's Santa's Anonymous and
- A Peninsula family in need

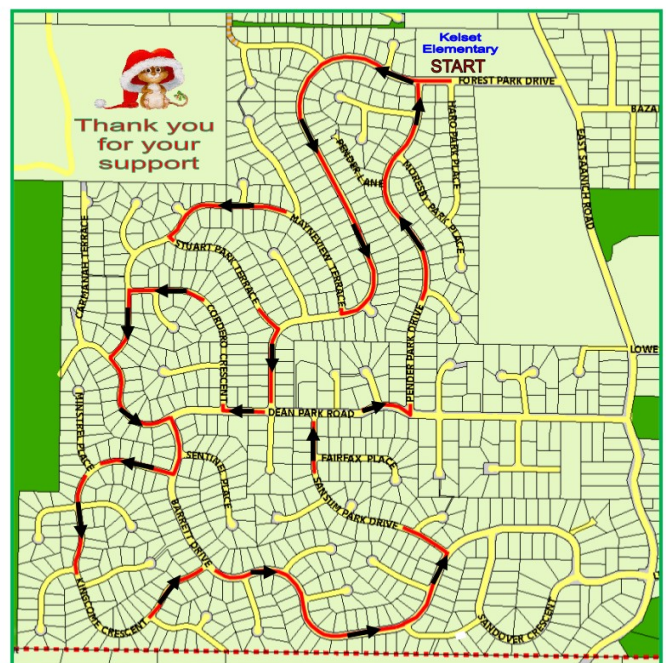
Phone in, tree pick up requests for North Saanich and Sidney residents will require a minimum \$10 donation; call 250-656-1931. Our annual Open House will be held at the Wain Road Hall location, so please join us for hot dogs, drinks, fire safety activities and fire truck rides. [www.northsaanichfire.ca](http://www.northsaanichfire.ca)



See reverse for map



**2014 FOOD DRIVE ROUTE**



THANK YOU FOR YOUR SUPPORT



Girl Guides of Canada  
Guides du Canada

Sparks ages 5 – 7, Grade K – 1  
Brownies ages 7 – 9, Grade 2 – 3  
Guides ages 9 – 12, Grade 4 – 6  
And for your children's older siblings:  
Pathfinders age 13 – 15, Grade 7 – 9  
Rangers age 16 – 18, Grade 10 – 12



Girls looking for Fun, Friendship and Adventure are invited to join us!

Our program focuses on the girl, the outdoors, camping, home and community service projects and district events. We learn by doing through games, crafts, songs, hands-on activities, investigation and challenges to gain leadership and self-reliance.

Woodwyn District (Central Saanich) units meet either at the Lion's Hall near Keating School or at the Old School Hall in Brentwood Bay. Most of the Peninsula Shores units (Sidney/North Saanich) meet at the Sidney Guide Hall, corner of 3<sup>rd</sup> and Bevan Ave. The registration fee is \$95 per year.

For Woodwyn District inquiries call Sharon (250) 652-564, or e-mail at [slohr@telus.net](mailto:slohr@telus.net).

For Peninsula Shores District inquiries email [peninsulashoresgirlguides@gmail.com](mailto:peninsulashoresgirlguides@gmail.com).

TO REGISTER ONLINE go to: [www.girlguides.ca](http://www.girlguides.ca) and follow the "Join Us" links WE ARE LOOKING FOR LEADERS!

FOR MORE INFORMATION PHONE: 1 800 565-8111

# COME SWIM WITH US!

[www.pacificcoastswimming.com](http://www.pacificcoastswimming.com)



## Lightning Fast 1:

This level aims to have the child learn all the basic swimming movements. Designed for children comfortable in shallow water without parent or guardian. Recommended for ages 4-5

## Lightning Fast 2:

Level 2 prepares children for pre-competition levels. Ratio of coach to child is 1:5, recommended age is 5-7

## Lightning Fast 3:

Level 3 introduces the skills of competitive strokes as well as the beginning of turns and dives. *Prerequisite: Lightning Fast 2 or Swim Kids 4.*

## Lightning Fast 4:

Level 4 will see the swimmer improve their skills in all the competitive strokes. *Prerequisite: Lightning Fast 3 or Swim Kids 4.*

## Lightning Fast 5:

Level 5 introduces in-house competitions, the use of the pace clock, dryland skills and swimming longer distances. *Prerequisite: Lightning Fast 4 or Swim Kids 8.*

## To register please contact:

Commonwealth Place	250-727-5300
Gordon Head	250-475-7100
UVic Vikes Rec	250 727-9243
Oak Bay Rec	250-595-7946
Esquimalt, Panorama	250-727-9243

**PACIFIC  
COAST  
SWIMMING**

**LIGHTNING FAST  
SWIM SERIES**

2007 Swim BC Club of the Year



## BC HEALTHY KIDS DENTAL PROGRAM

Basic dental coverage is available for children through the Healthy Kids Program. Dependent 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 (have your child's Care Card Number handy)

Or access the website at [sdsi.gov.bc.ca/publicat/bcea/healthykids.htm](http://sdsi.gov.bc.ca/publicat/bcea/healthykids.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	250-331-8520
Campbell River	250-850-2124
Port Hardy	250-902-6071



## BIG TROUBLE IN LITTLE EARS

Ear infections or middle ear fluid occur in nearly two-thirds of all children by the age of three years! Ear infections are the most common reason children see the doctor. Ear infections can lead to fluid behind the eardrum, leading to a temporary hearing loss. When the fluid is gone hearing usually goes back to normal. This can take up to three months. Frequent ear infections can cause difficulties with pronunciation, language and learning.

If your child has an ear problem, be sure to let the teacher know. Ear problems can make it hard for your child to hear, listen and learn at school. If the hearing loss persists, contact a Health Unit Hearing clinic to arrange a hearing test for your child.

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





## EATING TOGETHER, EATING BETTER

With busy schedules, it can be hard to arrange family meals regularly. **Finding the time for family meals is worth it.** Children who eat with an adult almost every day:

- **Make healthier food choices**
- **Are more likely to maintain healthy growth and weight**
- **Do better in school**
- **Are more connected to their families and friends**
- **Are less likely to be bullied**
- **Are less likely to engage in high risk behaviours, like smoking, alcohol and drug use**
- **Have less risk of depression and suicide**

Children and teens say eating together as a family is one of the things they like to do with their parents. Eating together is good for the whole family.

Here are some ideas for getting started:

- Make family meals a priority. Schedule meals the same way you schedule other activities.
- Share any meal or snack together.
- To start, eat foods you usually eat. Just eat them together.
- If children are old enough, have family members take turns choosing and/or preparing the meal items. It doesn't have to be fancy.
- Keep talk positive and supportive. Focus on the good things that happened in everyone's day, such as things learned at school, holidays, good deeds done, a book you are reading or a joke you have heard.
- Make preparing a meal and cleaning up family time, too. Give everyone a job; even young children can set the table.

For more information:

- Your local Island Health Public Health Unit [www.viha.ca/locations/health\\_units.htm](http://www.viha.ca/locations/health_units.htm)
- HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or visit [www.healthlinkbc.ca/healthyeating/](http://www.healthlinkbc.ca/healthyeating/)
- Elyn Satter [www.elynsatter.com](http://www.elynsatter.com)
- Better Together BC [www.bettertogetherbc.ca](http://www.bettertogetherbc.ca)

Child, Youth and Family Community Health  
SN-HP-107-35-14 – Revised 2014-07-16



## FEEDING THE LUNCH BUNCH

Lunch is an important time for children at school. The midday meal gives kids energy to concentrate, learn and be active all afternoon.

Choose a food from at least 3 of the 4 food groups to make a balanced lunch.

Make lunch interesting. Mix and match any of these ideas for a tasty, healthy lunch:

Vegetables and Fruit	Grain Products	Meat and Alternatives	Milk and Alternatives
<ul style="list-style-type: none"> <li>• Celery and carrot sticks or peppers</li> <li>• Sliced cucumber</li> <li>• Broccoli and cauliflower "trees"</li> <li>• Fresh, frozen or canned fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain bread</li> <li>• Crackers</li> <li>• Mini bagels or buns</li> <li>• Tortilla</li> <li>• Roti or naan bread</li> <li>• Pita bread</li> <li>• Small muffins</li> </ul>	<ul style="list-style-type: none"> <li>• Lean meat</li> <li>• Tuna or salmon</li> <li>• Chili</li> <li>• Tofu and soy based products</li> <li>• Nuts and seeds</li> <li>• Bean spreads or dips</li> <li>• Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Chocolate milk</li> <li>• Yogurt</li> <li>• Cheese</li> <li>• Fortified soy beverage</li> <li>• Cottage cheese</li> </ul>

Kids are more likely to eat lunch when they help make it. Involve children in planning and packing lunches. Young children can wash fruits and veggies and can choose from what is offered. Older children can make their lunch with your help.

### Pack a safe lunch

1. Wash your hands well with warm soapy water.
2. Pack your child's lunch in an insulated lunchbox.
3. Keep hot foods hot in a thermos.
4. Keep cold foods cold with an ice pack.
5. Remind children to wash their hands before eating.
6. After school each day, wipe down your child's lunchbox with warm soapy water.

For more information and great lunch ideas:

- HealthLinkBC and Dietitian Services: Call 8-1-1 and ask to speak to a Registered Dietitian or visit [www.healthlinkbc.ca/healthyeating/](http://www.healthlinkbc.ca/healthyeating/)
- Healthy Families BC [www.healthyfamiliesbc.ca](http://www.healthyfamiliesbc.ca)
- Better Together BC [www.bettertogetherbc.ca](http://www.bettertogetherbc.ca)
- Cool Lunches [child.region.waterloo.on.ca/en/healthyLivingHealthProtection/resources/CoolLunches.pdf](http://child.region.waterloo.on.ca/en/healthyLivingHealthProtection/resources/CoolLunches.pdf)

Child, Youth and Family Community Health  
SN-HP-107-43-14 – Revised 2014-07-16



## 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:

- 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



## 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.

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

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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/](http://www.healthlinkbc.ca/healthyeating/)
- HealthLink BC File #100 Severe Food Allergies in Children and Teenagers: [www.healthlinkbc.ca/healthfiles/file100a.stm](http://www.healthlinkbc.ca/healthfiles/file100a.stm)
- Anaphylaxis Canada [www.anaphylaxis.ca/](http://www.anaphylaxis.ca/)
- Your doctor
- Your pharmacist

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## PREVENTING COLDS AND INFLUENZA (FLU)

Cold and influenza season is here. As the weather gets cooler and we move indoors, so do germs. Children need reminders to decrease the risk of colds and flu in your house by:

- Washing hands often
- Coughing and sneezing into their elbow
- Not sharing facecloths or towels
- Keeping hands away from nose and mouth
- Not sharing food or drink with others

To help limit the spread of germs, please keep your child at home if he or she is feverish, coughing a lot, has a thick yellow or green discharge from the nose, or is otherwise obviously unwell.

Viruses cause colds and influenza. The most effective treatment for a cold is rest and fluids. The influenza vaccine will protect against specific types of influenza. Antibiotics will not make a cold or other virus go away faster. However, more serious infections can start out as a cold. Call your doctor if your child has an earache, fever higher than 39° C (102° F), rash, is very sleepy, very cranky or fussy, has trouble breathing or a cough that will not go away.

Handwashing is the most effective way to stop the spread of germs that cause colds, influenza, diarrhea, and other illnesses. To wash hands properly:

- **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

Remember to wash hands:

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

For more information contact:

- HealthLinkBC at 8-1-1 (a free call) or [www.healthlinkbc.ca](http://www.healthlinkbc.ca)
- Your doctor

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## TOBACCO! TALK ABOUT IT

Tobacco is the leading cause of preventable death in Canada. According to the 2008 Adolescent Health Survey, 26% of students have tried smoking, some starting as young as 9 years old. Someone who uses tobacco can become addicted to smoking after only 2 cigarettes or 1 wad of chewing tobacco. As a parent, you can help your child stay tobacco-free by talking openly about the dangers of tobacco and addiction, even if you use tobacco. Parents are a child's greatest role models and the research has shown that you can reduce your child's likelihood of using tobacco just by talking with them.

### How can you protect your children from second-hand smoke?

According to the 2008 Adolescent Health Survey, 28% of youth were exposed to tobacco smoke inside their home or vehicle. Non-smokers exposed to tobacco smoke are more likely to suffer from asthma, colds, pneumonia, ear infections (children) and other respiratory problems. You can protect the non-smokers in your house by:

- Talking with your children about the dangers of second-hand smoke.
- Making your home and car smoke-free and encouraging your family and friends to do the same.
- Asking smokers to smoke outside and setting up a comfortable outdoor smoking section away from open doors and windows.
- Asking smokers to wash hands and remove jackets when returning inside after smoking.
- Visiting only smoke-free places.

For more information contact:

- HealthLinkBC at 8-1-1 (a free call) or [www.healthlinkbc.ca](http://www.healthlinkbc.ca)
- Quit Now 1-877-455-2233 or [www.quitnow.ca](http://www.quitnow.ca)
- Smoke Free Kids [www.viia.ca/mho/tobacco/smoke\\_free\\_places\\_for\\_kids/](http://www.viia.ca/mho/tobacco/smoke_free_places_for_kids/)
- Tobacco Control Program [www.health.gov.bc.ca/tobacco/](http://www.health.gov.bc.ca/tobacco/)
- McCreary Centre Society [www.mcs.bc.ca](http://www.mcs.bc.ca)

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## WHO SHOULD GET THE SEASONAL INFLUENZA (FLU) VACCINE

The influenza vaccine protects against viruses that cause seasonal influenza, often called the flu. The vaccine does not protect against other viruses or bacteria that cause colds or stomach illness such as "stomach flu."

Influenza, often called seasonal flu, is an infection of the nose, throat and lungs caused by the influenza virus. A person with influenza is at risk of other infections, including viral or bacterial pneumonia (infections of the lungs). Influenza spreads easily from person to person through coughing, sneezing, or having close face-to-face contact. The virus can also be spread when a person touches an object contaminated with the influenza virus and then touches his or her mouth or nose.

In BC, the following groups are eligible for the free annual vaccination:

- Children and adults with chronic health conditions and their household contacts
- Healthy children from 6 months of age to less than 5 years of age
- Household contacts and caregivers of children from birth to less than 5 years of age
- Pregnant women at any stage of pregnancy during the influenza season
- People 65 or older and their caregivers
- Residents of nursing homes and other chronic care facilities
- Health care workers
- Emergency responders
- Owners and operators of poultry farms
- Aboriginal peoples
- People who are very obese (those with a body mass index of 40 or greater)
- Corrections officers and inmates in provincial correctional institutions
- Those who provide care or service in potential outbreak settings housing high risk persons (e.g. crew on ships)

Influenza vaccine is available through health units, physicians and pharmacists. The vaccine is free for anyone in the above groups.

For more information contact:

- Your local Health Unit
- HealthLinkBC at 8-1-1 (a free call) 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 doctor
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