



# 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

### February

- 11.....PAC Meeting; 6:30
- 18.....Fun Lunch
- 20.....**Non Instructional Day;**  
*students do not attend school*
- 23.....Grade 4 and 5 students to the  
symphony, at UVIC
- 27.....Popcorn Day
- 27.....North Zone Basketball Jamboree
- 27.....Family Dance; 6-8:30; details below

### March

- 3.....Performing Artists:  
Story Theatre Company; 9:00
- 4.....Swim Meet; Commonwealth Pool;  
12:00-2:30
- 4.....PAC Meeting; 6:30
- 6.....Last Day of Second Term
- 9-20....Spring Break
- 23.....First Day of Third 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
- 15.....Cross Country Meet; 3:30
- 22.....Cross Country Meet; 3:30
- 23.....Movie Night; details to follow
- 24.....**Non Instructional Day;**  
*students do not attend school*
- 29.....Cross Country Meet; 3:30

### May

- 1.....Popcorn Day
- 4.....**Non Instructional Day;**  
*students do not attend school*
- 6.....Gr 5 orientation visit to Bayside
- 7.....Gr 5 orientation visit to North Saanich
- 13.....Fun Lunch
- 13.....PAC Meeting; 6:30
- 18.....**Victoria Day** - Stat. Holiday
- 23.....Bottle Drive; **PLEASE SAVE  
YOUR BOTTLES&CANS!**
- 29.....Popcorn Day

### June

- 9.....North Zone Field Events, for Gr. 3-5
- 11.....District Track Meet, for Grades 3-5;  
at UVIC
- 12.....Spring Fair
- 17.....PAC Meeting
- 19.....Fun Day (morning)
- 22-24. Intermediate Camp at Camp Pringle
- 25.....Final Assembly; 10:00

## FEBRUARY 2015

## NEWSLETTER

### Bouquets to:

- **all of the families who have completed the Family Literacy Day Family Motto "homework!"** Thanks to **Ms. McManus** for initiating this activity! **We hope you get a chance to check out the Mottos/Drawings displayed throughout our hall – when you come to the Family Dance on the 27<sup>th</sup>, if not before!**
- **Ms. McManus and Mrs. Monette**, for all of their efforts with the Home Reading program! **Please encourage your child to read daily! Research shows that ensuring that reading occurs regularly is one of the most important ways to support a child's success in school!**
- **The PAC** for another successful Bottle Drive! Thanks to all who volunteered their time and/or dropped off bottles! **The class that brought in the most bottles and won the pizza lunch was Mrs. Rose's class!** It sure was close! We had a lot of classes in the running right up until the end of the day. **The class who had the most participation and won the Cookie Day was Ms. Collett/Ms. Shaw's class!** An honourable mention goes to **Kyle Cowperthwaite**, who worked tirelessly bagging and sorting bottles. Thanks **Kyle** for all your hard work and winning your class the Cookie Day!
- **Ms. Fawkes**, for all of her efforts in coordinating the P.E. Enhancements for our intermediate classes!
- **Ms. Collett**, for arranging several great field trip opportunities for our Grades 3-5 students!
- **Mrs. Manning, Ms. Bailey and Mr. Williams**, for a successful Ready, Set, Learn! Open House, for children aged 3- 4 and their families!
- **ArtsReach**, for the excellent workshops they have done with several classes at our school again this year and to the **Victoria Art Gallery** for their "Artists in the School" sessions: **Up After Dark and Adventures in Surrealism.**
- **Joe Halasz**, for building the bridges to enhance our stream area!
- **Kathy Mikkelsen**, for keeping our Lost and Found under control!
- **Molly Glesby**, for revitalizing the PAC Bulletin Board!

### Family Dance

Our PAC is planning a Family Dance for Friday, February 27<sup>th</sup> and you will want to join in the fun! The dance will be from 6:00 to 8:30 and has a western theme this year! Volunteers are needed; you can sign up using the link on the KELSET website or on the PAC Bulletin Board, near the office. Check out the links on our website to learn some line dances as a family, to add to your enjoyment at the dance!

# HORNDOWN

## Kindergarten Registration

Kindergarten registration was held last week, with lots of students and parents eagerly anticipating the coming school year! Further registrations now must occur at the School Board Office.

## Foundation Skills Assessments

Our Grade Four students have been completing Foundation Skills Assessments for Reading, Writing and Numeracy over the past three weeks, as part of the provincial assessment initiative.

## Report Cards

Mid-year report cards will be issued between March 4<sup>th</sup> and April 2<sup>nd</sup> this year, as per District guidelines. Individual teachers will complete and distribute their report cards at times that work best for them, based on unit completion, personal schedules, etc.

## Grade Five Transition

Plans are underway to help ensure that our Grade Five students have a successful transition to middle school. Students will do orientation visits at Bayside Middle School on May 6<sup>th</sup>, North Saanich on May 7<sup>th</sup> and an administrator and some leadership students will visit our school to meet with their future students on May 20<sup>th</sup>. A Grade Five Parent Information Night will be held on May 7<sup>th</sup> (7:00) at North Saanich and on May 28<sup>th</sup> (7:00) at Bayside. Teachers and administrators from the various schools will be meeting and sharing information about students and parents will have an opportunity to provide input about their child to their new administrators and teachers.

## Recent Happenings

- **Lots of exciting learning has been occurring** over the second term; the middle term of the year often sees students making considerable progress, as routines are well established, skills are consolidated and exciting units of instruction are underway.
- Intermediate classes have enjoyed exciting **field trips to the Royal British Columbia Museum** to participate in a program called Nature Through the Lens that used the photographs from the National Geographic Wildlife Photographer of the Year Exhibition.
- several classes of students have been enjoying the use of our new half class set of **ipads**, using apps to assist them with writing and numeracy skill development. The students have learned to use Story Creator, Story Writer and Trading Cards to show their learning about literacy and stories. They have also taken photos and used Screen Casting apps to show

their learning. The students are highly engaged when they are using the ipads!

- Intermediate classes have been enjoying **karate lessons** at Puckett's Noble House of Karate as part of their P.E. Enhancement activities.
- February and **Valentine's Day** has seen a variety of wonderful art work and a focus on friendship, kindness and compassion.
- Primary classes have been developing **number sense** as we reach our **100<sup>th</sup> day of school!**
- Primary classes are enjoying many new "levelled books" as part of a major purchase this year, to allow **"just right" books for reading instruction and practise.**
- Intermediate students are off to a great start reflecting about their reading on the Saanich Reading Club ELLG (SD63 Social Network). The purpose of this ELLG is to teach students how to use an online academic forum to respond to select fiction and non-fiction titles. To access the network, students go to the Language Arts section of the Library Commons page off the KELSET homepage. This can be done from home or school. Mrs. McManus encourages ALL intermediate students to post at least once. Those who read and reflect on 5 fiction or 5 non-fiction titles (or both) will be invited to a year end wrap-up.

## Websites to Support Student Learning:

Don't forget to access the various learning activities and resources found in the "Student Links" on the KELSET website, as there are many opportunities to reinforce and extend skills – reading, writing, numeracy, research and more! There are a large variety of sites to choose from.

## EXTRA CURRICULAR - Currently, students have the opportunity to enjoy:

- Swim Club (Grades 3-5); Thursdays after school; Thank you to coaches Ms. MacKinnon, Mrs. Trottier, Mme St. Amand and Mrs. Doehring!
- Basketball (Grades 4 & 5); Tuesdays and Thursdays at lunch time; Thank you to coaches Mrs. Postlethwaite, Mrs. McKamey and Mr. Whalen!
- Dance Club (Grades 4 & 5); Wednesday at lunch; Thanks to sponsors Ms. Ashcroft, Ms. McManus and Ms. Dupree and special guest instructor, Lesley Arnold!
- Lego Club; Thanks to sponsor Ms. Willock!
- Cross Country will begin late February or Early March for grades 3-5 students.

## 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.

## COMMUNITY INFORMATION

### News from the Greater Victoria Public Library Winter/Spring 2015

#### Spring Break and Pro-D Day Fun!

Looking for something fun to do? The Greater Victoria Public Library offers programs for every interest including storytelling with Magiddah Shoshana Litman, a 'Gruffalo' puppet play, storytime with the Snow Queen, learn how to make an electronic clicking bug, go on a stamp scavenger hunt, get creative with Lego, learn about the Chinese zodiac's year of the sheep and much more. Register online at [gvpl.ca](http://gvpl.ca) or call 250-940-GVPL (4875) for more information.

#### Free Comic Book Day, 9am-noon, Saturday May 2 at Central Branch

Drop-in to get your free comic and more! Dress up as your favourite comic character, enter to win awesome stuff, and check out the library's selection of comics, manga and graphic novels. A free comic for everyone, or two if you dress up - while supplies last. Registration not required.

All programs are free. For a full listing of all library programs, visit [gvpl.ca](http://gvpl.ca) and register online. Would you or a colleague like to receive this information directly? Email [children@gvpl.ca](mailto:children@gvpl.ca) to be added to our distribution list. Find us on twitter @gvpl and Facebook /greatervictoriapubliclibrary

#### Peninsula Soccer Association, has a Spring Soccer Program.

This years program will take place Tuesday nights at Iroquois Park from April 14 - June 2. Registration information will be posted in early February on the Peninsula Soccer Website's homepage at <http://www.peninsulasoccer.ca/>



CENTRAL SAANICH LITTLE LEAGUE

Sportsmanship Character Leadership

Register for the 2015 season at the clubhouse at Centennial Park on February 7, 8, 14 & 15 from 1-4 PM



#### Players

Whether you're a boy or girl playing just for fun or if your idea of fun is competition based, we have the right league for you. Over 75,000 kids in Canada play Little League® baseball. Our league encourages kids with all different skill levels. Come and learn the game of baseball in one of the best parks in town. From Blastball to league play to competitive tournament ball...we have it all.

#### Parents

Little League® is so much more than baseball and softball. At our core, we are a teaching organization dedicated to providing life-lessons that help parents guide their children as they transition from youth to young adult and beyond. Little League® is about building long-lasting friendships one Little Leaguer® at a time, and strengthening community's one local league at a time.

We also feel we have the nicest park in town. Our grass is always green and manicured. Our concession is open. Grab a warm or cold drink and a tasty bite to eat. Get involved or sit back and watch the kids have fun.

#### Everyone

We are a proud volunteer-run association. If you want to help out in any way we always want to make you feel a part of our team. Check out our website at [www.csllittleleague.com](http://www.csllittleleague.com) or contact one of our board members for volunteer opportunities.

**Come join us and see what we're all about!**



#### 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 that 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 eye doctor (optometrist).

For more information contact:

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



## 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:

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

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## 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

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## HEALTHY RELATIONSHIP WITH FOOD

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

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

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

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

### For more information:

- Your local Public Health Unit
- HealthLinkBC and Dietitian Services: Call 8-1-1 and ask to speak to a Registered Dietitian or visit [www.healthlinkbc.ca/healthytealing/](http://www.healthlinkbc.ca/healthytealing/)
- Healthy Families BC [www.healthyfamiliesbc.ca](http://www.healthyfamiliesbc.ca)
- Better Together BC [www.bettertogetherbc.ca](http://www.bettertogetherbc.ca)
- [www.citynsalter.com](http://www.citynsalter.com)
- [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)



## 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/healthytealing/](http://www.healthlinkbc.ca/healthytealing/)
- HealthLink BC File #100 Severe Food Allergies in Children and Teenagers: [www.healthlinkbc.ca/healthfiles/hfile100a.stm](http://www.healthlinkbc.ca/healthfiles/hfile100a.stm)
- Anaphylaxis Canada [www.anaphylaxis.ca/](http://www.anaphylaxis.ca/)
- Your doctor
- Your pharmacist

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