



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

April

- 15.....Fun Lunch
- 15.....Cross Country Meet; 3:15
- 16.....**Class Photos**
- 17.....**Jump Rope for Heart**
(class schedule to follow via email/website)
- 22.....Cross Country Meet; 3:15
- 22.....Dance Club Performance for Primary Classes; 1:55
- 23.....**Movie Night**; details to follow via email/website
- 24.....**Non Instructional Day**;
students do not attend school
- 29.....Cross Country Meet; 3:15
- 30.....Grade Two Cross Country Mini Meet; 11:15

May

- 1.....Popcorn Day
- 4.....**Non Instructional Day**;
students do not attend school
- 6.....Gr 5 orientation visit to Bayside or North Saanich
- 7.....North Saanich Middle School Band; 12:30
- 12.....Bike Roadeo; Grades 1-3
- 13.....Fun Lunch
- 13.....PAC Meeting; 6:30
- 18.....**Victoria Day** - Stat. Holiday
- 20 NSMS and Bayside staff and student leaders visit Grade 5's; 12:45
- 23.....**Bottle Drive**; 9:00-1:00;
VOLUNTEERS NEEDED!
- 28.....**Variety Show**; 12:20 and 6:30
- 29.....Popcorn Day

June

- 9.....North Zone **Field Events**
- 11.....**District Track Meet**
- 12.....**Spring Fair**; details to follow
VOLUNTEERS NEEDED!
- 17.....PAC Dinner Meeting; time and location to be determined
- 19.....**Fun Day** (morning)
- 22-24..Intermediate Camp at Camp Pringle
- 25.....**Year End Assembly**; 10:00
- 26.....Administration Day

APRIL 2015

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 Molly Glesby, for coordinating the very enjoyable Family Dance prior to the Spring Break. Special thanks to Moises Del Olmo, for providing the GREAT music! *If you need a DJ, call Moises at (250) 213-2158!*
- Congratulations to all members of the Basketball Team, for a great season! Thanks to the coaches: Mme Mckamey, Mrs. Postlethwaite and Mr. Whalen. Special thanks to Angela Gault and Sheri Piacente, for helping at the Jamboree!
- Congratulations to all members of the Swim Club, for a great season! Thank you to coaches Ms. MacKinnon, Mrs. Trottier, Mme St. Amand and Mrs. Doehring!
- Ms. Fawkes and the Synergy Skippers *including KELSET's Rachel, Lisa, Jessica and Emily A.*, for the great "kick off assembly" for our Jump Rope for Heart campaign!
- Dr. Claire Vanston, for the engaging, informative and very effective Body Science lessons! Thanks to the PAC for funding this initiative!
- Mme. St. Amand, for sponsoring the Juggling Club, Mrs. Willock, for sponsoring the Lego Club and Ms. Ashcroft, Ms. McManus and Mrs. Dupree, for sponsoring the Dance Club!
- The teachers and parents who facilitate the lunch time Reflex Math sessions; Petra Blondeau and Kirsten Norris!
- The parents who help with Safe Arrival; Petra Blondeau, Julie Collins and Laura Ellis.

RECENT HAPPENINGS

- various classes have taken up the "**Kindness Challenge**" which was launched at our Beliefs Day Assembly! For example, students are being Kindness Detectives, writing Elephant and Piggie books about the KELSET Beliefs, highlighting kind deeds on a Kindness Tree, cleaning the community of litter, putting posters around the school to remind students how to "Follow the Golden Rule" and "Fill Buckets," etc.
- various classes have been involved in spring **planting activities** – flowers, potatoes, beans and more... including gardening lessons with the **Life Cycles program** for the Grade Three classes.

- the Grade Three classes have been **raising salmon!**
- **ducks** are going to hatch in a few weeks in Mrs. Manning's class!
- our Grade 4 and 5 classes continue to enjoy the **DARE** (Drug Awareness and Resistance Education) sessions with Constable George Phipps and Aux. Constable Lyndon Jarvis, our School Liaison Officers from the Sidney/North Saanich RCMP.
- all classes had two **Body Science lessons** with Dr. Claire. The lessons were engaging, informative and very effective. Thank you, PAC, for funding this initiative!
- the Grade 4 and 5 students enjoyed **Karate lessons**, at Puckett's Noble House of Karate and are currently enjoying **field hockey lessons** with a coach from UVic as part of the P.E. Enhancements. **Lacrosse** with Claremont players starts this month and the year will finish with **tennis** at Panorama Recreation.
- this continues to be a **prime learning time**, with lots of important lessons and units being taught and enjoyed in our classrooms! **Please continue to encourage your child to read daily, practise Math facts – by using Reflex Math and/or playing card/board games, work with their spelling words, visit the student links on the school web site, etc.**
- The students have been involved in a variety of **Extra Curricular activities**, including Cross Country, Juggling, Dance and Lego!

COMING EVENTS

- the Grade Three students will be participating in the Swim to Survive program ;
- the Grade Four and Five students will be enjoying tennis lessons;
- beginning in May, students in Grades Three through Five will be enjoying track and field events (long jump, ball throw, sprints, the 800 metre and relay events.) They will practise in their regular P.E. classes and there will also be extra practises at lunch times.

Please save your bottles and cans for our Bottle Drive on Saturday, May 23rd, from 9:00 to 1:00.

- A Variety Show will be held in the afternoon and evening of May 28th. Students in Grades 2 through 5 will have the opportunity to participate.

- Our annual Bike Roadeo, sponsored by our School Liaison Officers, will be held on May 12th.
- Our School Planning Council will be meeting to review our School Plan and related strategies, as part of our ongoing commitment to continuous school improvement.
- Grade Five Parent Volunteers will soon be invited to attend a meeting regarding the Grade Five Farewell Assembly and Yearbook. Watch for this invitation.
- We look forward to the Jump Rope event on May 17th and please encourage students to gather pledges.

YEAR END EVENTS

FUN FAIR 2015!!

Plan to join us Friday evening, June 12th, for games, face painting, a silent auction, great food and more!!

FUN DAY 2015!!

Parents/guardians are welcome to join us for the morning on Friday, June 19th. In the morning, all students will have the opportunity to rotate through a variety of stations, of their choosing.

FINAL ASSEMBLY

Our Year-End Assembly, including a *movie to review our school year*, will be held on Thursday, June 25th, at 10:00. Parents/guardians are encouraged to attend this assembly.

MOVING?

If your child will not be attending KELSET (or Bayside/North Saanich Middle School) next year, please let us know as soon as possible, in order to help us as we make decisions regarding staffing, classroom configurations and student placement.



SAFE ARRIVAL PROGRAM

please email

kelsetsafearrival@sd63.bc.ca

or call **250-655-1194**

if your child will be absent or late.

COMMUNITY INFORMATION

STUDIO 63

Teaching Salon

OPENING
APRIL 13

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.

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

PHONE **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

Please join us for

Children Count

11th Annual Early
Childhood Resource Fair

Saturday, April 11, 2015

10:00 to 1:00pm

Brentwood Elementary School
7085 Wallace Drive

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



Learn about your community resources:

- * Beacon Community Services
- * Public Libraries
- * Early Years Community Liaison
- * Panorama Recreation
- * Child Care Resource & Referral
- * The Early Years Centre
- * NIL/TU'O Child and Family Services
- * Strongstart & Kindergarten and more

Bring the children along for...

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

...and lots of fun!



**IT'S
FREE**

Child Development Resources & Information:

- * Growth & Development
- * Dental Health & ORCCA Services
- * Speech & Language
- * Child Care/Preschools
- * Infant Development Programs
- * KidCare Canada
- * Car Seat Safety
- * Early Literacy
- * Mother Goose Programs
- * English As Second Language Program

Community Partners:

Saanich Schools



Beacon
Community
Services

PENINSULA

Track and Field Club

a member club of



"TRACK RASCALS" PROGRAM

for 2015

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



TUESDAYS AND THURSDAYS, 4:15 - 5:15pm
BLUE HERON TRACK (at Parkland School), APRIL 7 - APRIL 30

REGISTRATION: PHONE - LESLEY FOSTER - 250-656-5660

Phone in to the Lesley your desire to register the Rascal by phone. Then come to the first session on April 7 at 3:45 to fill out registration form if not done before. Make sure athlete has warm clothing and running shoes

Numbers may be limited so register early!!

AGE LIMITS: 'TRACK RASCALS' MUST BE
BORN IN 2007, 2008 OR 2009

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

COME AND JOIN US!

TRACK IS FUN!!!

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



PRO-D-DAY SOCCER CAMP APRIL 24, 2015

For ages U8 to U13

HALF DAY - 9:00 A.M. - 12:00 P.M. - \$35.00
FULL DAY - 9:00 A.M. - 3:30 P.M. - \$60.00
Friday, April 24, 2015

LOCATION: Lochside Park and Clubhouse

Here is a great opportunity for your soccer enthusiast to spend the Pro-D day improving their soccer skills, being active and having fun with great coaches. LISA Coaches and World Cup coaches Brett Hyslop and Steph Steiner will lead the day with other highly qualified coaches. For more information and on-line registration, go to the LISA website www.lowerislandsoccer.com, Camps and Academies page



March 10th, 2015

To Whom It May Concern,

We are very excited to announce that the 6th Annual Island Savings Family Sport and Recreation Festival will be at PISE on Saturday, May 2nd, 2015 from 11am to 3pm. We would greatly appreciate it if we could provide your school with promotional material for the event such as posters, postcards and/or PDF's to be shared with parents.

The festival is a free event and 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. With more than 40 activities, including a variety of sports, outdoor activities, obstacle courses, and AdrenaLINE ziplining, there is lots of fun for everyone!

Last year over 1300 children participated in the event and with your help we would like to see that number grow. We can supply you with any of the promotional material listed above, depending on how you prefer to communicate with your students and parents. Again, this event is completely free to attend!

Thank you for considering this request! We look forward to hearing from you!

Warmly,

Becky Wilder
Event Intern
bwilder@piseworld.com

4371 Interurban Road • Victoria, BC • Tel 250.220.2510 • Fax 250.220.2501 • www.piseworld.com

NORTH SAANICH JUBILEE 1965-2015

2ND STORYTELLING EVENT

TUESDAY MAY 5, 2015 - MARY WINSPEAR CENTRE
DOORS OPEN 5:30 • ENTERTAINMENT 6:00 • STORYTELLING 7:00 P.M.

Event Hosted by Mayor Alice Finall
Dessert, Coffee & Tea Served
Please RSVP by May 3 to Dawn Gould at
dgould@northsaanich.ca or 250-655-5459

 <p><i>Storyteller: Wally du Temple Story of Ardmore</i></p>	 <p><i>Video: A History of North Saanich Featuring Fran Robertson</i></p>	 <p><i>Storyteller: Bernard Horth Personal Highlights of Horth Family History</i></p>
 <p><i>Storyteller: Terry Melville Son of Trinity Minister, 20-year Parkland School Teacher</i></p>	 <p><i>Storyteller: Colleen Jewel Sunset Riding Club and Sandown</i></p>	 <p><i>Storyteller: Anny Scoones Old Smelly Goats and Pig Cookies</i></p>

THANK YOU TO OUR SPONSORS





EASY IDEAS WITH VEGGIES AND FRUIT

Most children don't get enough vegetables and fruit each day. School-age children and youth need 5 to 8 servings of fruit and vegetables per day.

Try these ideas with salad dressing or yogurt for dipping, or include a slice of cheese:

- Sweet peppers, cucumber slices, carrot sticks, cherry tomatoes, celery, broccoli or cauliflower
- Oranges, berries or cut-up fruit
- Apple, pear or banana slices packed with a teaspoon of lemon juice to keep them from going brown
- Kiwi cut in half with a spoon for scooping
- Chunks of watermelon or cantaloupe

Encourage your child to eat more vegetables and fruit:

- Eat plenty of vegetables and fruit. Children learn by watching you. They will be more willing to eat vegetables and fruit if they see you eating them.
- Involve children in buying and preparing vegetables and fruit.
- Cut and serve them in many ways. For example, "ants on a log" – celery with hummus and raisins on top or celery and dip.
- Add dried or fresh fruit to breakfast cereals or yogurt, or make a fruit smoothie.
- Add extra vegetables to soups, casseroles and stews.
- Prepare vegetables in ways you have never tried before, e.g. use sweet potatoes and yams instead of potatoes to make great oven baked fries.
- Buy pre-cut vegetables and salads.
- Try vegetables and fruit cold, hot or right from the freezer. Frozen grapes or blueberries make a terrific snack. Serve vegetables with different dips and sauces.
- Offer vegetables and fruit at snack and meal times. It can take up to 20 times of offering the same food before a child will accept it. Never force children to eat. With time children will learn to eat what you eat.

Don't forget: a child's intake varies from day to day. Trust that a healthy child will meet their nutrient needs over time.

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/healthyeating/
- Dietitians of Canada: www.dietitians.ca
- Healthy Families BC: www.healthyfamiliesbc.ca/



Saanich Peninsula

The Power of Women Working Together

CFUW BC COUNCIL Annual Conference, Waves: Harnessing the Power, is inviting members of the public to register for specific events at the conference. There are **two** packages available to members of the public. Visit the website for more information:
<https://mail.sd63.bc.ca/zimbra/#9>



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



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

Screen time, or time spent watching TV, playing video games, using a mobile phone 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 and youth aged 5 to 18 years have 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. Moderate to vigorous physical activity includes bike riding, play at the park, swimming and running.

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:

- Being active yourself!
- 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:

- Canadian Physical Activity and Sedentary Behaviour Guidelines:
www.csep.ca/english/view.asp?x=804
- www.activehealthykids.ca
- Public Health Agency of Canada Physical Activity Guide:
www.publichealth.gc.ca/paguide
- Tips for Limiting Screen Time (Caring for Kids):
www.caringforkids.cps.ca/handouts/limiting_screen_time_at_home



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 and Teenagers: www.healthlinkbc.ca/healthfiles/hfile100a.stm
- Anaphylaxis Canada www.anaphylaxis.ca/
- Your doctor
- Your pharmacist

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WHY USE FLUORIDE TOOTHPASTE?

Fluoride is absorbed into the tooth enamel making the tooth more resistant to decay. New teeth especially can benefit from fluoride, and school-aged children are getting their new adult teeth.

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

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

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

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

For more information contact:

- VIHA Child, Youth and Family Community Health Dental:

Victoria	250-519-5100
Esquimalt	250-519-5349
Duncan	250-709-3050
Nanaimo	250-739-5845
Port Alberni	250-731-1315
Courtenay	250-331-8520
Campbell River	250-850-2124
Port Hardy	250-902-6071