



KELSET Elementary School

1800 Forest Park Drive North Saanich, BC V8L 4B8

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Mission: At KELSET School, our overall goal is "Success for Each Student". We want everyone in our school community to feel cared for, connected, capable and appropriately challenged.

Beliefs: We take care of ourselves. We take care of each other. We take care of our community & our world.

CALENDAR

January

- 4.....Students Back in Session
- 9.....Bottle Drive
- 13.....PAC Meeting, 6:30pm
- 13.....Ready, Set Learn, 3:15-6:10
- 15.....Popcorn Day
- 20.....Kindergarten Information Evening, 7pm, Sidney Elementary
- 25.....to 29 – Kindergarten Registration at KELSET
- 27.....Family Literacy Day
- 29.....Fun Lunch
- 29.....World Hoop Dance Performance

February

- 1.....Elder's Tea
- 8.....Family Day, Statutory Holiday
- 10.....PAC Meeting
- 11.....Family Dance Night
- 12.....Non-Instructional Day
- 19.....Non-Instructional Day
- 22.....UVic Symphony, Grades 4/5
- 24.....KELSET Beliefs Day
- 26.....Fun Lunch

March

- 4.....Basketball Jamboree
- 9.....PAC Meeting
- 9.....Swim Meet
- 12.....to19 – School Closure
- 20.....to 29 – Spring Break
- 25.....Good Friday
- 28.....Easter Monday
- 30.....Students Back in Session

SAFE ARRIVAL PROGRAM

please email

kelsetsafearrival@sd63.bc.ca

or call 250-655-1194

if your child will be absent or late.

JANUARY 2016

NEWSLETTER

Welcome to 2016! We hope all of you had a restful holiday with your family and friends. We are looking forward to an exciting and productive school term.

BOUQUETS TO...

- all the staff and families who donated to Anawim House. These donations allowed KELSET to donate over 100 gift bags filled with various toiletries and other necessities! Thank you!
- everyone who donated to our KELSET Food Drive this year! Your thoughtfulness and generosity was greatly appreciated. Also, thank you to all our community partners who donated. We are very grateful for your support.
- our many volunteers who offer their time each week to support our students reach their literacy goals. Your support is greatly appreciated and valued!
- all parents and staff who helped to organize the many holiday activities during the month of December!



ANNOUNCING...

World Hoop Dance Presentation

January 29th
9:00 am



FRIENDLY REMINDERS

- The morning bell rings at 8:40 am. Students should arrive in time to enter the school at this time. Supervision begins at 8:20 am.

Our 'Lost and Found' is starting to overflow. When you are in the school, please check to see if any of the items belong to your children. Prior to the holidays, we did have our students check as well. It is a good idea to label your child's clothing. September and October items will be donated at the end of the month.

GETTING INVOLVED IN SCHOOL ACTIIVITES

- Basketball sing-up has started and is on Tuesday/Thursday for all interested grade 4 and 5 students and will begin on January 12th.
- Swimming for interested grade 3,4 and 5 students begins after school on January 11th.
- Sencoten Club will be on Fridays at 11:15 in the cultural centre and begins January 8th. All students are welcome!
- Hip Hop for interested grade 3, 4 and 5 students is on Wednesdays.

KINDERGARTEN REGISTRATION AND INFORMATION

All children born in 2011 will be eligible to begin full day kindergarten in September 2016. If you are in the KELSET School Catchment area you will be able to register your child for kindergarten between January 25th and January 29th at the school between 8:15 a.m. and 3:15 p.m.

Please remember to bring the following items:

- Proof of your child's age (birth certificate, Passport, etc..)
- Proof of your address (driver's license, utility bill, etc..)
- Your child's BC Care Card

Please note that if you miss this week of registration at the school you are still able to register at the Saanich School Board Office, 2125 Keating Cross Road, Saanichton.

READY, SET, LEARN OPEN HOUSE

January 13th from 3:15-6:00 pm. Parents and preschoolers (3 years & up) are invited to visit their neighbourhood school.

- Participate in hands-on learning activities
- Tour the school
- Learn ways to help your child get a great start to kindergarten

KINDERGARTEN PARENT INFORMATION EVENING

Parents are invited to attend a kindergarten information evening on January 20th from 7-8:30 p.m. at Sidney Elementary School. This is a great opportunity to learn more about full day kindergarten and to ask any questions you may have. Sidney Elementary is located at 2281 Henry Avenue, Sidney.

FREE FILING CABINETS & TV

We have three extra filing cabinets that we do not have room to store. They are available free of charge. One 2-drawer, one 3-drawer and one 4-drawer. Please let the office know if you are interested.

FAMILY LITERACY DAY IS JANUARY 27TH

This year families will be asked to make posters with positive messages to create a 'Corridor of Kindness' at the school. Details will be sent home later in the month!

REMINDER- CHANGE TO SCHOOL CALENDAR

The Board of Education, at its public board meeting of November 25, 2015, determined that Friday, February 12, 2016 and Monday, April 11, 2016 will be converted from days of instruction to non-instructional days (NIDs). Students will not be in attendance on those days.

This change is in response to the Ministry of Education requirement that two 2015/16 instructional days be converted to non-instructional days (NIDs) to allow teachers and other staff to prepare for the implementation

of new curriculum. For information on the new K-9 curriculum scheduled for implementation in September 2016, and the new grade 10-12 curriculum scheduled for implementation in September 2017 please see

<https://curriculum.gov.bc.ca>



ELECTRONIC CIGARETTES (E-CIGARETTES)

What are e-cigarettes?

E-cigarettes are popular "high tech" devices on sale at many convenience stores and stand-alone e-cigarette retailers. They are sometimes marketed as a safe alternative to smoking and the advertising is aimed at hooking youth.

E-cigarettes can look like pipes, pens, USB memory sticks or regular cigarettes, and are made up of a battery, cartridge and a heating element. E-cigarette liquid often has nicotine even though it is not legal to sell nicotine-containing fluid in Canada. The fluid comes in many attractive flavours, such as chocolate mint, strawberry, grape and watermelon. This is another method of attracting youth to try the product.

E-cigarettes send off a vapour, and the mist is inhaled into your lungs, much like a traditional cigarette.

Are they safe?

People who use them (or "vape") are very excited about this product, yet there is a lot that we do not know about them, and they are not proven to be safe. For example, e-cigarettes:

- Can send out unknown and possibly harmful substances, some of which may cause cancer, are poisonous and have caused fires.
- May have nicotine and be addictive.
- Are not proven to help people quit smoking and may lead you to actually take it up!
- Are not approved by Health Canada to help you quit.
- Are another way that Big Tobacco wants to hook you and make money.

Island Health Tobacco Prevention does not support using electronic cigarettes:

- By young people.
- As a way to quit smoking.
- In any place where regular cigarettes are not allowed to be smoked.

For more information, contact:

- Your Tobacco Prevention staff:

Victoria:	250-519-3426	Campbell River	
Nanaimo:	250-739-5800	and Courtenay:	250-850-2109

HEAD LICE AWARENESS

Outbreaks of head lice are common throughout the school year. Although head lice are a bother, **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](#) (PDF) available at your school and [public health unit](#).



- View a [video](#) (5 minutes) showing the wet combing method.

HEALTHY RELATIONSHIP WITH FOOD

Want your child to feel good about themselves, enjoy eating healthy foods and have a healthy body weight? Help them develop a healthy relationship with food.

A healthy relationship with food means trusting children to know how much they need to eat in order to grow the way nature intended.

Ways to help your child develop a healthy relationship with food:

- 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.
- 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:

- Sit down and eat with your child
- Turn off the TV, cell phones and other devices
- Keep family meals positive and supportive
- Enjoy food together

For more information:

- Your local [Public Health Unit](#)
- [HealthLinkBC and Dietitian Services](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- [Healthy Families BC](#)
- [Better Together BC](#)
- [www.ellynsatter.com](#)
- [Canada's Food Guide](#)

MOVE MORE, SIT LESS! UNDERSTANDING THE PHYSICAL ACTIVITY RECOMMENDATIONS

Bodies are made to move and children and youth need to be moving more. How much more? At least 60 minutes every day!

What types of activity?

- Heart-pumping aerobic activity like running, basketball, soccer and biking at **least** 3 days each week
- Strengthening activities 3 days a week like climbing and swinging at the playground, push-ups, running, and jumping rope

Parents who are active tend to have children who enjoy being active.

Adults need at least 30 minutes of physical activity most days of the week. If you and your family are not meeting the recommendations, begin slowly and gradually increase the amount of time you spend being active. Find a few fun activities that the whole family can do together. If you need ideas, check your local recreation centre.

For more information:

- Your local [Public Health Unit](#)
- [Physical Activity and Sedentary Behaviour Guidelines](#)
- [Public Health Agency of Canada](#)
- [ParticipACTION](#)
- [Physical Activity Resources at HealthlinkBC](#)