



# 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

### September

- 21.....**Welcome Back BBQ**, 5-7pm
- 22.....**Terry Fox Run**, 2pm
- 29.....**Orange Shirt Day**; more information to follow

### October

- 2-6.....Walk & Wheel to School Week
- 5.....**1:46 Dismissal**; to facilitate Home/School Communication
- 5.....**Fire Expo** – North Saanich Fire Department, Grades 4/5, 9:30-11:45
- 9.....**Thanksgiving** Stat. Holiday
- 11.....**Picture Day**
- 11.....**PAC Meeting**, 6:30-8pm
- 13.....Kindergarten Bus Safety; 9:45 Rose, 12:30 Williams & Manning
- 19.....**Great Shake Out** Earthquake Drill, 10:20 am
- 20.....**Non-Instructional Day**; students do not attend school

## SEPTEMBER 2017

## NEWSLETTER

**Welcome to the 2017-2018 school year!** We hope that everyone had a great summer spending time with family and friends! All of our 400 students are beginning to settle into their new classrooms with their new friends and new teachers. I would like to send out a special welcome to all the new families and new staff that are joining the KELSET learning community. Welcome to our new staff members: Mrs. Shelly Black, Mrs. Rebecca Mohrs, Mrs. Gillian Coyne, Mrs. Sue Robinson, Mr. Miles Minichiello, Mrs. Leila Sinclair-Wise. We welcome Mrs. Justine Shaw back from her maternity leave.

### Our Staff

- Principal.....Cathy Crocket-Moore
- Vice Principal.....Leila Sinclair-Wise
- Kindergarten.....Rick Williams
- Kindergarten.....Joyce Manning
- Kindergarten.....Monika Rose
- Grade 1.....Chris Chan
- Grade 1.....Tracie Ashcroft/Robin Dupree
- Grade 1.....Andrea Ashton/Robin Dupree
- Grade 2.....Ginny Underwood
- Grade 2.....Jodi Steele
- Grade 2.....Shelly Black
- Grade 3.....Karen Sheridan
- Grade 3.....Anne MacKinnon
- Grade 3.....Justine Shaw
- Grade 3/4.....Stephanie Hodgson
- Grade 4/5.....Sara Postlethwaite
- Grade 4/5.....Heather Fawkes
- Grade 4/5.....Emma Coles
- Grade 4/5.....Krista Hale
- Grade 4/5.....Anne Stewart
- Grade 4/5.....Leila Sinclair-Wise/Sue Robinson
- Learning Assist./Integration Support: Erin Young, Shauna Doehring, Gillian Coyne
- Reading Recovery: Shauna Doehring; Robin Dupree
- Indigenous Education Teacher: Robin Dupree
- Teacher-Librarian: Julie McManus
- French as a Second Language Teachers: Rebecca Mohrs & TBA
- Music: Sue Robinson
- Speech and Language: Caitlin Malli
- English as a Second Language: Lynne Willock
- Psychologist: Patricia Gabriel
- School Counsellor: Shannon Toronitz
- Secretary: Leanne Lawson
- Library & Student Support: Kathy Monette
- Technology Assistant and Student Support: Darrell Whalen
- Student Support: Susan Child, Nicole Folk, Tineke Legear, Nicole Nason, Sheralyn MacRae, Heather Ann McRae, Leanne Mitchell, Kathy Monette
- Youth & Family Counsellor: Miles Minichiello
- Crossing Guards: Susan Child, Leanne Mitchell, Kathy Monette, Nicole Nason
- Lunch Time Supervisor: Nadine Dimock & Sheryl Campbell
- Custodians: Brett Mindus, Evan Kaffentzis



### SAFE ARRIVAL PROGRAM

please email

[kelssetsafearrival@sd63.bc.ca](mailto:kelssetsafearrival@sd63.bc.ca)

or call **250-655-1194**

if your child will be absent or late.

## SCHOOL HOURS

|             |                     |
|-------------|---------------------|
| 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              |
| 1:55-2:46   | Instruction         |



\*Teachers will be at their classroom doors at 8:40 to greet their students.

## 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.

## NEWSLETTERS/BULLETINS

We would like you to be informed about school events and activities and to receive school newsletters electronically from our school website. In order for this to be possible, you need to subscribe on the main page of our school website so you will automatically receive this information. Please go to our web page and click on the Subscription Button on the main page and follow the instructions there.

## 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!

## INDOOR SOCCER

A sign-up meeting for indoor soccer was held on Wednesday, Sept, 13<sup>th</sup> during lunch for Grade 4/5 students.

## 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.

## WELCOME BACK BBQ

September 21st – 5-7pm  
KELSET

The Red Barn will be on-site preparing burgers (\$5), smokies (\$4) and Hot Dogs (\$3). Come out and meet the KELSET staff! Looking forward to seeing you on September 21st!

## EARLY DISMISSALS AND HOME/SCHOOL COMMUNICATION

Early Dismissals (1:46) will occur on October 5, November 22, November 23 and March 1, 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, September 22<sup>nd</sup> this year. We will start the run on our field at 2:00. **We welcome and encourage parents/guardians 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 22<sup>nd</sup>, please call the school office. **Please do not bring your dog to this event.**



## SCHOOL GOALS for 2017-2018

School Goal Statement: Our goal is to improve student literacy within a learning environment that increases engagement and develops a sense of belonging and connectedness to their school.

### 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-line.

## 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 Naturescape area. This is a wonderful opportunity for a highlight of many of the children's day! While we encourage to play carefully and to avoid getting muddy and require boots in this area, the children may sometimes still get muddy. 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.



## FORMS

A package of forms will be sent home next week to be completed and returned to the school. Please ensure they are returned as they provide important information to help us take care of your children in the event of an emergency.

## 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 <http://www.insuremykids.com/en/Default.aspx>

## 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.

## HALLOWEEN IS COMING!

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

## SIGN IN/OUT

Just a reminder to everyone to please sign your child in at the main office when arriving late and sign them out if leaving the school before 2:46.

## FIELD TRIPS

Criminal Record Checks (CRC) are required for any volunteers driving students on a field trip and/or who may potentially have unsupervised access to students. CRC's are valid for 2 years. Parents can obtain a letter from the school office that will allow them to obtain a CRC with no fee. You can request this letter by emailing [llawson@sd63.bc.ca](mailto:llawson@sd63.bc.ca), by phone or request one at the office.

## SAFETY DRILLS

Again this year, KELSET students and staff will be practicing various safety drills including Fire, Earthquake and School Lock Down procedures. Discussions with students will precede our drills to increase the awareness of safety procedures and decrease possible anxiety.

## NO TRADING, PLEASE!

If children bring cards, spinners, 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.

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

## COMMUNITY NEWS

### Girl Guides of Canada

**Sparks** - age 5 – 7      Grade K – 1

**Brownies** - age 7 – 9      Grade 2 – 3

**Guides** - age 9 – 12      Grade 4 – 6

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

The program focus is on the girl and

- the outdoors and camping
- home and community service
- district events.

The program is learning by doing through

- games, crafts, songs
- hands-on activities
- investigation and challenges
- leadership / self reliance.

## SINGLE PARENT VICTORIA

1-Up Single Parent Resource Centre offers a wide variety of parenting Education and Support. We have group course offerings on many topics at a very low cost and we offer childcare subsidies to our members. Membership is free. The courses are open to parents and families of any description. We are also able to offer one to one counselling and parent coaching sessions.

Registration for fall classes is now open and intake is ongoing for the counselling and coaching services. <http://singleparentvictoria.ca/>

Sidney Tour de Rock Committee  
Family Carnival  
October 5th from 4:30-7:30pm  
Mary Winspear



### BREAKFAST: THE MOST IMPORTANT MEAL OF THE DAY!

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

The brain uses carbohydrate as its main fuel. The body's carbohydrate stores are low after a night's sleep. Eating grains, vegetables and fruit at breakfast gives fuel for the brain so a child can do well at school.

A balanced morning meal includes food from at least 3 of the 4 Food Groups in [Canada's Food Guide](#).

#### Examples of healthy breakfasts:

- Whole grain cereal with milk or milk alternative and fruit
- Fruit yogurt smoothie and a small muffin
- Scrambled eggs, toast and milk or milk alternative
- Banana dog: a hot dog bun spread with peanut butter and a banana inside

Check out the pamphlet "Snack Attack!/Breakfast... the right way to start your day!" available at your local [Public Health Unit](#).

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)
- [Dietitians of Canada](#)
- [Healthy Families BC](#)
- [Breakfast for Learning](#) (to learn more about starting a breakfast program at your school)



### HANDWASHING FOR HEALTH

Germs spread easily in a classroom. Handwashing is the best way to stop the spread of germs that cause colds, influenza (flu), diarrhea and other sicknesses. It is important that children learn how and when to wash their hands to lower 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:

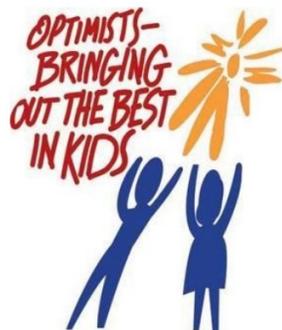
- Before and after eating or handling food
- After using the toilet, handling pets, coughing, sneezing, or wiping noses

#### How long is 20 seconds?

- Slowly singing "Happy Birthday" twice takes about 20 seconds

For more information contact:

- Your local [Public Health Unit](#)
- [HealthLinkBC](#) or dial 8-1-1 (a free call)
- [Do Bugs Need Drugs?](#)



## WANT TO ROCK THE HOUSE?



**Curl BC and the Optimist Clubs of BC present**

**Optimist  
"I Rock the House"  
Curling Camp for ages 9-12**

**September 30, 2017  
10am - 3pm**

**Victoria Curling Club  
1952 Quadra Street**

**Only \$20.00!**



**Register today at: [www.curlbc.ca/i-rock-the-house](http://www.curlbc.ca/i-rock-the-house) or call  
Melissa Sim at 604.333.3620**



Canadian  
Cancer  
Society  
BRITISH COLUMBIA AND YUKON



### COPS FOR CANCER TOUR DE ROCK

#### School Invitation for Participation in "Rock the Carnival"

The Canadian Cancer Society's Cops for Cancer Tour de Rock will hit the road again this fall for their 20th ride and we would like to invite your school to be a part of this monumental year!

The Cops for Cancer Team will start their Tour de Rock in Port Alice on Saturday, September 23, 2017. Fourteen days and over 1,000 kilometers later, they will complete their journey in Victoria on Friday, October 6, 2017.

Police officers have been riding the Tour de Rock for the past 19 years, raising over \$23 million in total on Vancouver Island. Last year, thanks to the help of over 55 schools, 27 communities and hundreds of volunteers, the Tour de Rock raised \$1.3 million dollars! The funds raised support childhood cancer research and Camp Goodtimes, a magical place where cancer-stricken children and their siblings can spend a week just being kids.

**The Sidney Tour de Rock Community Committee is hosting an exciting new event to welcome the Tour de Rock Team to Sidney. And we hope that your school and families will join us.**

**Rock the Carnival  
Thursday, October 5  
4:30 - 7:30pm  
Mary Winspear - 2243 Beacon Avenue**

Family carnival fun, food, games, activities & dunk tank in support of Cops for Cancer Tour de Rock! Come out and meet the Team, plays some games and help kids with cancer!

We hope that you will encourage your students and parents to join us at the "Rock the Carnival"! Please let us know if/how your school and students would like to be involved in the 20th Year Celebration of the Tour de Rock!

#### Questions?

For more information, please contact:

- **Laura Lavlin**, Committee Chair  
Phone: 250-889-5105 • Email: [llavlin@shaw.ca](mailto:llavlin@shaw.ca)
- **Alana Evans**, Committee Member  
Email: [alana.evans@coastcapitalsavings.com](mailto:alana.evans@coastcapitalsavings.com)

[TourdeRock.ca](http://TourdeRock.ca)

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