



## 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

#### April

26.....Jump Rope for Heart

26.....Wear a Sweater Day!

26.....Popcorn Day

#### May

8.....PAC Meeting; 7pm

13.....Non-Instructional Day;  
students do not attend school

15.....Grade 5's to Bayside &  
North Saanich

15.....Grade 5 Parent Night at  
North Saanich; 7pm

15.....Hot Lunch Day

17.....Bellingham High School  
Band Performance; 12:30pm

20.....Victoria Day; stat holiday

23.....Grade 5 Parent Night at  
Bayside; 7pm

24.....Popcorn Day

25.....BOTTLE DRIVE

29.....Grade Five Camp  
(May 29-31)

#### June

6.....Variety Show

14.....Spring Fair!

19.....PAC Meeting; 7 pm

21.....Fun Day

24.....Grade Five Luncheon and  
Farewell Assembly

26.....Year End Assembly

27.....Pancake Breakfast

27.....Last Day for Students

### APRIL 2013

### NEWSLETTER

#### **BOUQUETS...**

- to all parents who contributed to the **staff appreciation luncheon** on April 10<sup>th</sup>! The soups, breads and desserts were delicious and the decorations were wonderful too! The staff felt appreciated and spoiled!
- to our **Swim Club Coaches: Mrs. McRae, Mrs. Jespersen, Mrs. Steele, Mrs. Trottier & Mrs. Doehring!** The students did a great job during the sessions and Swim Meet!
- to **Erin Healey** and **Melissa Crampton** for their wonderful help at the Swim Meet.



#### **KELSET BELIEFS DAY**

This year we celebrated **KELSET** belief day by wearing our school colours of green, blue and pink and/or **KELSET** clothing to illustrate how using our **KELSET** beliefs and **W.I.T.S.** help to create a cooperative, caring community. Students and staff wore a special ribbon. It had a blue and green foundation (as our **KELSET** Beliefs are the foundation for all of our learning and actions) and a pink top (in recognition of national Pink Shirt Day.)

Focusing on Our Beliefs affords us an opportunity to call attention to the strategies we use **EVERY DAY** to develop a strong, confident sense of self. This encourages development of the necessary tools for students to take care of themselves and others

Here are the **KELSET** Beliefs and **W.I.T.S.**, used **EVERY DAY** at **KELSET**.

- **WE BELONG TO THE **KELSET** POD**
- **WE TAKE CARE OF OURSELVES**
- **WE TAKE CARE OF EACH OTHER**
- **WE TAKE CARE OF OUR COMMUNITY & OUR WORLD**

**KEY WORDS: COOPERATIVE HONEST HEALTHY SAFE HELPFUL CARING**

**Use your **W.I.T.S.** (Walk away, Ignore, Talk it out, Seek help)**

By following Our Beliefs we can build a socially responsible community. We can use problem solving to solve minor conflicts before they become big problems.

## MIDDLE SCHOOL BAND PERFORMANCE

The Bayside students did a terrific job during their performance at our school on April 10<sup>th</sup>. Students enjoyed learning about the various instruments. The North Saanich Middle School band will be visiting KÉLSET on May 16<sup>th</sup>.

## MOVING?

If you are planning to move to another school for next year, or have a change of address or phone number, please contact the office with the information.



Thank you!

## CROSS COUNTRY

Cross Country practices have started for Grades 2-5. Come rain or shine, they practice two times a week. Special thanks to **Mrs. Hodgson, Ms. Collett, Mrs. Trottier, Ms. Martman, Mrs. Mason, Mrs. Harrington, Mrs. Garvin, Mrs. Doehring, Mrs. Manning, Mrs. Jespersen, Ms. Christie, Mr. Fry and Ms. Pellizzari** for coaching this team. Thank you very much for the parent volunteers who come out each time to help with the practices. Students in Grades 3-5 have participated in 2 meets at Centennial park (a 3<sup>rd</sup> meet on May 1), running with students from other schools.



On May 2 at lunch we will be having a Mini-Meet for the grade 2 runners. These students will run during the lunch hour.

## JUMP ROPE FOR HEART

Classes will all participate in the Jump Rope for Heart event in our gym on Friday, April 26<sup>th</sup>.

All pledges need to be returned by April 26<sup>th</sup>. Please also return un-used envelopes.

We thoroughly enjoyed the Jump Rope for Heart “kick off assembly,” featuring the Synergy Skippers and KÉLSET Skipping Team on April 4<sup>th</sup>!!

Many students are now happily skipping – and developing great skills – and a healthy heart!



### **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.

## TRAFFIC/PARKING

Traffic in the parking lot and on Forest Park Drive will, of course, be congested at peak pick up and drop off times. We ask that parents be patient and cautious and show consideration for others, especially our students. Please:

- drive **SLOWLY**, obeying posted speed limits;
- obey all signs, including anti-idling signs;
- use the drop off/pick up areas as intended, not for parking;
- do not block the buses;
- do not make u-turns on Forest Park Drive;
- be respectful of our school neighbours (avoid turning in their driveways, etc.);
- allow yourself extra time, so that you are not rushed;
- consider the school bus, car pooling, walking, cycling and other “green” options; and
- if possible, avoid the peak drop off time (8:30-8:40 a.m.) and drop off between 8:20 and 8:30. If possible, avoid the peak pick up time (2:48-3:00), arriving at 3:00.



## GREEN NEWS!

### Wear A Sweater Day

During Earth Week, on Friday, April 26, we will participate in "Wear a Sweater Day". This is a district-wide initiative with the goal of raising awareness regarding saving energy, thus reducing our carbon footprint. Please encourage your kids to wear a sweater on that day as the heat will be OFF all day. Wacky, outlandish sweaters are encouraged.

### Green Bingo Game

Your child will be bringing home a Green Bingo game. Please be sure to initial each activity that your child does. Returned bingo cards will be eligible for prizes.

### Juice Boxes

Thank you to all who have been avoiding sending juice boxes and other returnable beverage containers to school. We have noticed a significant reduction in the amount of juice boxes. This helps keep the fruit fly population down and reduces sticky messes. Water will save you money and it is the healthiest and most refreshing drink anyway.

Together for the planet!  
Mme St. Amand - Green Queen



## REMINDER!

Please send a fork or a spoon with your child's lunch when needed! Students are not permitted to use the microwave for safety reasons. Please do not send lunches that need to be heated. Thank you!



## LOST AND FOUND

Our lost and found is overflowing. Please check the lost and found next time you are in the school. Any items that are not claimed by the end of the school year are donated to charity. It's a great idea to label your child's clothing.



## COMMUNITY INFORMATION

**Peninsula Soccer Association** - The Spring Soccer Program runs from April 23<sup>rd</sup> through until June 11<sup>th</sup>. The cost is \$50. Further information can be found on the Peninsula Soccer Website's homepage at <http://www.peninsulasoccer.ca/>

**The Saanichton 10<sup>th</sup> Tsartlip Beavers** (K-Gr.2) and Cubs (Gr.3-5) is holding Spring registration for Sept. 2013 on: **Tues. May 21<sup>st</sup> from 6:30-7:30pm, at Saanichton school field** (1649 Mt. Newton Cross Rd). Bring your kids down for some fun and games on the field! The Beaver program emphasizes having fun while helping children learn basic social skills and gain self confidence. The Beaver program is built around a lively variety of games, crafts, music, storytelling, playacting, social interaction and the outdoors designed to encourage cooperation and teamwork.

Cubbing is built around a lively variety of games, crafts, music, storytelling, play acting, social interaction with an emphasis on outdoor activities. The Cub program focuses around six activity areas that are designed to help guide their personal development as well as reward their efforts with badges and awards.

For more information please contact Carolyn Moeller at [250-655-0210](tel:250-655-0210). We look forward to meeting you!

# STUDIO 63

Teaching Salon



**Salon Re-opens April 16, 2013**  
*Haircuts for the whole family by our hair design students*

### Hours of Business:

- Tuesday & Wednesday 12- 4 pm
- Thursday 12 - 6 pm

### Location:

- 1649 Mt Newton X Rd Saanichton BC

GIVE US A CALL AT **250.652.5381**  
TO BOOK AN APPOINTMENT OR JUST **STOP BY!!**

Specials

**FREE**  
HAIRCUT \* STYLE \* BLOWDRY

Available for the Month of May

School District 63 Hairdressing Program  
The Individual Learning Centre  
1649 Mt Newton X Rd Saanichton BC



Ride the Adrenaline Zipline!  
(by donation)

**FREE!** 4<sup>th</sup> ANNUAL  
IslandSavings

**FAMILY**  
SPORT & RECREATION  
FESTIVAL

Featuring over 30 fun activities!  
**FUN for the whole FAMILY!**  
Saturday, May 4 11am - 4pm

Adapted Sport options!  
PISE sample classes!  
[piseworld.com](http://piseworld.com)

LOCATION:  
Pacific Institute for Sport Excellence  
4371 Interurban Rd.

Brought to you by...



Thank you to our sponsors...



# CHILDREN'S HEALTH DAY

Saturday May 4, 2013  
10am to 1pm

Royal Oak Chiropractic Natural Health  
207-4480 W. Saanich Rd  
250-704-1178



Sponsored by:

Royal Oak Chiropractic Natural Health Clinic

Child Find/Saanich Police

Royal Oak Dental

Mayfair Optometric Clinic

Vancouver Island Naturopathic Clinic

Special Thanks to:

Bellies in Bloom

## REFRESHMENTS & BALLOONS



For more info please visit our website: [royaloakchiro.com](http://royaloakchiro.com)

MAKE YOUR CHILD'S HEALTH A PRIORITY!



# VICTORIA YOUTH TRIATHLON

Sunday, June 9th, 2013  
University of Victoria

Open to everyone from 6 to 17 years of age

Individual age groups in 2 year increments

Relays for 6-11 years and 12-17 years

For more info or to register visit [www.vicyouthtri.ca](http://www.vicyouthtri.ca) or [www.humanpoweredracing.ca/races](http://www.humanpoweredracing.ca/races)

Sponsored by:

**TREK** Bicycle Store Victoria  
PRO CITY RACING



Presented By: island montessori

2ND ANNUAL ISLAND CHILDREN'S FESTIVAL

FEATURING LOCAL FOOD VENDORS CRAFTS & ACTIVITIES

12 - 5 PM  
MAY 25, 2013  
5575 WEST SAANICH ROAD

WITH HEADLINER **FRED PENNER** AND MANY MORE!

IN SUPPORT OF THE ISLAND EDUCATION ACCESS FUND

TICKETS \$10  
CHILDREN 5 & UNDER FREE

AVAILABLE AT ANY MEGSON FITZPATRICK LOCATION VISIT [ISLANDCHILDRENFESTIVAL.COM](http://ISLANDCHILDRENFESTIVAL.COM) FOR MORE INFORMATION!

PROUDLY SUPPORTED BY

Astronomy Camp 2013

NRC-CNRC

CENTRE OF THE UNIVERSE LE CENTRE DE L'UNIVERS

Come celebrate summer 2013 with our week-long astronomy themed summer day camps. For four weeks in July, we invite young participants to join us for 4-5 days of learning and fun, designed to feed their imagination and build excitement for astronomy.

### Little Galileos

\$195 + TAX  
(4-day camp July 2-5) \$175 + TAX

- ∞ **Age Group:** Grades 1 to 2 (must have completed grade 1)
- ∞ **Dates:** July 2-5 (4 days)/July 15-19
- ∞ **Programs:** Multimedia shows, planetarium shows, tours of the observatory, and hands-on activities.
- ∞ **Highlights:** making a comet, building a moon-base, learning the constellations, creating alien landscapes.

### Junior Astronomers

\$195 + TAX

- ∞ **Age Group:** Grades 3 to 5 (must have completed grade 3)
- ∞ **Dates:** July 8-12/July 22-26
- ∞ **Programs:** Engineering challenges, the scientific method, creative thinking, problem solving and teamwork.
- ∞ **Highlights:** building a working pinhole camera, solar astronomy, mapping the sky & constellations, classifying galaxies, creating a Martian habitat and building and launching a rocket.

All camps are offered in English and French. They run from 9am - 4pm at the Centre of the Universe. Each child must bring their own prepared lunch and snacks.

National Research Council Canada Conseil national de recherches Canada

REGISTRATION IS NOW OPEN!  
250-363-8262 • [cu@nrc-cnrc.gc.ca](mailto:cu@nrc-cnrc.gc.ca)  
[www.nrc-cnrc.gc.ca/eng/outreach/cu](http://www.nrc-cnrc.gc.ca/eng/outreach/cu)



## AUDITIONS: Victoria Children's Choir 2013-2014 Season



Do you know a young singer eager to advance in music?

Connect your future chorister to Victoria's best program for vocal, musicianship, and social development.

### 13<sup>TH</sup> SEASON MEMBERSHIP OPEN TO:

- Apprentice Choir singers, ages 8 and older.
- Concert Choir singers, ages 12-16 (with some vocal tutoring and/or choral experience).

NEXT AUDITIONS: SATURDAY, APRIL 13<sup>TH</sup>



Auditions are an opportunity to meet our artistic team, learn more about the Choir program and members, and evaluate how the Victoria Children's Choir can empower your singer to advance his/her talents.

Call 250-721-0856 or email [vcc@victoriachildrenchoir.ca](mailto:vcc@victoriachildrenchoir.ca) to reserve an audition time. (Alternate dates may be available; please inquire). Learn more at: [www.victoriachildrenchoir.ca/auditions.html](http://www.victoriachildrenchoir.ca/auditions.html)



## We sing our hearts out!

The internationally-awarded Victoria Children's Choir is not your everyday singing ensemble.



We go beyond the basic choral experience to teach a variety of classic masterpieces and contemporary arrangements that raise vocal technique to an international-performance level.

### EVERY SEASON, CHILDREN AND ADULTS FROM 50 LOCAL FAMILIES JOIN US TO:

- sing unconventional, challenging, and beautiful songs, by well-known composers.
- perform at annual concerts, with professional artists, and in popular community productions.
- develop natural talents through advanced music education and vocal coaching.
- discover classic, contemporary, baroque, and more diverse genres.
- attend fun camps, tours, and social events that teach teamwork and create great friendships.
- enjoy arts experiences and new music as a family.

Call 250-721-0856 or email [vcc@victoriachildrenchoir.ca](mailto:vcc@victoriachildrenchoir.ca) to reserve an audition time.

Learn more at: [www.victoriachildrenchoir.ca/auditions.html](http://www.victoriachildrenchoir.ca/auditions.html)

# SPRING FLING Dance 2013

Presented by Extreme Fastball

Local DJ Spencer Looyen from Soundworks

May 11<sup>th</sup> Doors open at 7pm!  
Tickets \$10

available at Extreme and Central  
Saanich Little League Concessions  
Email: [extremefastball@gmail.com](mailto:extremefastball@gmail.com)

Brentwood Community Hall  
7082 Wallace Drive (No minors)



## 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 contact:

- Your local Health Unit
- 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



## 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.

A child's intake varies from day to day. Trust that a healthy child will meet their nutrient needs over time.

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/dietitian](http://www.healthlinkbc.ca/dietitian)
- [www.dietitians.ca](http://www.dietitians.ca)
- [www.actnowbc.ca](http://www.actnowbc.ca)

## HELPING CHILDREN MAKE HEALTHY CHOICES

How do we teach children to make decisions, to choose responsibly? Start early and reinforce often. Children make decisions every day about what to wear, what to eat, what to do and who to play with. Success with simple decisions such as these, can lead to success with the hard decisions that come with adolescence. You can help by reinforcing the decision-making process with your child.

- Define the problem to be solved – list facts and feelings
- Think of at least three options for the problem
- List the "good" and "bad" of each option
- Think about how options will affect others
- Choose the best option
- Evaluate the decision

For more information contact:

- Your local Health Unit
- HealthLinkBC at 8-1-1 (a free call) or [www.healthlinkbc.ca](http://www.healthlinkbc.ca)
- [www.viha.ca/children](http://www.viha.ca/children)

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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/dietitian/](http://www.healthlinkbc.ca/dietitian/)
- HealthLink BC File #100 Severe Food Allergies in Children: [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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## SEXUAL HEALTH – LET'S TALK!

Sexual health – do you really have to talk about it? **YES! Sexuality begins in early childhood and continues throughout the lifespan.** Your child is getting a sexual health education from TV, music videos, the playground and from friends. Wouldn't you like it to be accurate? When asked, children say they want to learn about sexuality from their parents. **It's important to talk to your child/teen about sexuality, not just sex.** Here are some tips to help you start the conversation:

- Explore your attitudes and communicate your values
- Start early and keep talking
- Take the initiative – don't wait until they ask
- Find teachable moments
- Give accurate, age appropriate information
- Talk about more than the "birds and the bees"
- Assure your child he/she is normal
- When your child talks, listen

For more information contact:

- Your local Health Unit
- HealthLinkBC at 8-1-1 (a free call) or [www.healthlinkbc.ca](http://www.healthlinkbc.ca)
- [www.viha.ca/children/youth/healthy\\_sexuality/default.htm](http://www.viha.ca/children/youth/healthy_sexuality/default.htm)
- [www.sexualityandu.ca](http://www.sexualityandu.ca)
- The McCreary Centre Society [www.mcs.bc.ca](http://www.mcs.bc.ca)

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## WHY USE FLUORIDE TOOTH PASTE?

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

Most 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	250-519-5311
Nanaimo	250-739-5845
Port Alberni	250-731-1315
Courtenay	250-331-8526
Campbell River	250-850-2124
Toll Free	1-800-663-7867