



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

September

- 24Photo Day (individual student photos)
-Meet the Staff Night; 6:30-7:45
- 26.....Terry Fox Run; 2:00
- 27.....Non-Instructional Day; students do not attend school

October

- 9.....PAC Meeting; 6:30
- 10Walk to School Day; watch for details TBA
- 14.....Thanksgiving Stat. Holiday
- 17.....Fun Lunch
- 24.....Games Night; details TBA
- 25.....Non-Instructional Day; students do not attend school
- 31.....Orange & Black &/or Wacky Hair Day!
-Popcorn Day

November

- 6.....1:48 Dismissal, to facilitate Home/School Conferences
- 7.....1:48 Dismissal, to facilitate Home/School Conferences
-Family Movie Night; details TBA
- 8.....Non-Instructional Day; students do not attend school
- 13.....PAC Meeting; 6:30
- 14.....Fun Lunch
- 29.....Popcorn Day

December

- 5.....1:48 Dismissal, to facilitate Home/School Conferences
- 11.....PAC Meeting; 6:30
- 13.....Popcorn Day
- 19.....Fun Lunch
- 21.....Christmas Break is from December 21st through January 5th this year.

SEPTEMBER 2013

NEWSLETTER

Welcome to the 2013-2014 school year! It has been a busy and exciting time as our 396 students have been settling into classes and the new school year. We extend a special welcome to all students and families new to our school, including our 66 Kindergarten students! We are very pleased with the learning communities that have been developing in our 16 classrooms!

Our Staff

Principal	Grant Franceschini
Vice Principal	Donna Collett
Kindergarten	Lois Mason
Kindergarten	Rick Williams
Kindergarten	Joyce Manning
Grade 1	Diane Bocking/Maria St. Amand
Grade 1	Shauna Doehring/Sylvia Jones
Grade 1 /2	Monika Rose
Grade 2	Ginny Underwood
Grade 2	Jodi Steele
Grade 2 /3	Marilyn Hodgson
Grade 3	Anne Jespersen
Grade 3/4	Thirell Trottier
Grade 3/4	Lynne Willock
Grade 4	Donna Collett/Anne Stewart
Grade 4/5	Sara Postlethwaite
Grade 4/5	Heather Fawkes
Grade 5	Susan McRae



Learning Assistance/ Integration Support: Della Garvin, Tracie Ashcroft
 Reading Recovery: Shauna Doehring, Aimee Lampard
 First Nations Teacher: Aimee Lampard (Robin Dupree is on maternity leave.)
 Library: Julie McManus
 French as a Second Language: Maria St. Amand, Anne Stewart
 Speech and Language: Annette Inglis
 English as a Second Language: Henrietta Langran-Desbrisay, Ashley Close
 Psychologist: Patricia Gabriel
 Secretaries: Leanne Lawson, Wendy Fox
 Library & Student Support: Kathy Monette
 Technology Assistant and Student Support: Darrell Whalen
 Student Support: Wendy Anderson, Carolyn Bannerman, Susan Child, Angie Griffith, Ron Hadfield, Tineke Legear, Linda Lieppi, Nicole Nason, Heather Ann McRae, Leanne Shields, Shyanne Smith
 Student Monitors: Scheryl Campbell, Ken Todd
 Crossing Guards: Carolyn Bannerman, Susan Child, Angie Griffith, Kathy Monette, Leanne Shields
 Custodians: Rick Davis, Jed Dyer, Peter Espersen

We welcome Sara Postlethwaite, Aimee Lampard, Shannon Toronitz and Ashley Close to our staff and are glad to have Anne Stewart and Lynne Willock at our school full time this year. We wish Robin Dupree the very best as she begins her maternity leave. We look forward to hearing about the new arrival in a couple of weeks!

SAFE ARRIVAL PROGRAM

please email

kelsetsafearrival@sd63.bc.ca

or call **250-655-1194**

if your child will be absent or late.

SCHOOL HOURS

8:38	Warning Bell
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
1:55-2:48	Instruction



BOUQUETS TO

- the **PAC Executive**, for coordinating the school supply packages, the first day Meet and Greet the New Parent Orientation Meeting and our Bottle Drive, which raised over \$1350!
- Thank you to all families who made donations and/or volunteered at the Bottle Drive and to Mr. and Mrs. McRae for the use of their horse trailer. Congratulations to Mrs. Steele's class for winning the pizza lunch, for being the class with most donations and volunteers! **A reminder to save your bottles/cans for the January 11th Bottle Drive!**



NON-INSTRUCTIONAL DAYS IN THE SECOND AND THIRD TERM

Students do not attend school on the following dates:
February 21st
April 7th
May 12th

The **Spring Break** is from March 8th through March 23rd this year.

The final **Early (1:48) Dismissal** will occur on April 2nd, to facilitate Home/School Conferences.

MEET THE STAFF NIGHT – September 24th

We hope you will plan to join us this Tuesday evening! From 6:30 until 7:10, there will be informal time in the classrooms. From 7:15 until 7:45, there will be a brief assembly in the gym, featuring a movie to introduce our staff and feature our 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.

TERRY FOX SCHOOL RUN

Our annual Terry Fox Run is being held on Thursday, September 26th this year. We will start our run on our field at 2:00. We encourage parents 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 26th, please call the school office.



A single dream. A world of hope.
The Terry Fox Foundation

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 part of our naturescape area. This is a wonderful opportunity for "natural play" and is a highlight of many of the children's day! While we encourage the children to play carefully and to avoid getting muddy and require children to wear boots when it is particularly mucky in this area, the children may sometimes still get wet or dirty. 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 clothing is very beneficial! (The clothes needn't be new and could be those too worn for every day wear.)

TRAFFIC/PARKING

Thank you very much for your cooperation – the first weeks of school have seen things going quite well in our parking lot! **Our main challenge occurs when drivers leave their vehicles in the DROP OFF LANE, during peak drop off and pick up times.** This results in the buses being delayed, as they can't pass the parked vehicle, disrupts the bus schedules, and causes the other traffic to back up also, preventing anyone from leaving the lot. If everyone uses the drop off lane as it is intended, our parking lot generally runs smoothly!

There are three KÉLSET Crossing Guards – two on Forest Park Drive and one at the McTavish/East Saanich Rd. intersection. Crossing Guards are on duty from 8:10 until 8:40 and from 2:48 until 3:18.

Traffic in the parking lot and on Forest Park Drive will, of course, be congested at peak pick up and drop off times. The following suggestions serve as important reminders for those returning to KÉLSET this year and are especially important to families new to our school. 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 and avoid the peak pick up time (2:45- 2:55), arriving at 3:00.

Please note that there is RESIDENTIAL ONLY parking on Haro Park Terrace.

There are a few drop off spots on the south side of Forest Park Drive. We encourage you to come up Forest Park Drive to see if there are any spots on the north side of the road, using them if possible. If necessary, please loop through the parking lot, which will enable you to turn left and park in available spots on the south side of Forest Park Drive. Please do not make u-turns on Forest Park Drive and avoid turning in the driveways on Haro Park Terrace. Please use the sidewalk and go to the crosswalk, to ensure safety in crossing Forest Park Drive.

Parents may park in the north end of the Panorama lot, during school drop off and pick up times. We appreciate this support from the Panorama staff!

There is also parking on the south side of the Panorama lot, near the tennis courts and the Panorama administrators welcome KÉLSET parking there. The lot is close to the chip trail so children and parents can enjoy some fresh air and a brief walk on the trail, coming out right at the crosswalk.

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! **Currently, our supply of extra clothing is very limited, so we really would welcome your donations!**

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.



NO TRADING, PLEASE!

If children bring cards, Beyblades, etc. to school, we ask that they not “trade” them. Trading often results in misunderstandings or disappointments and we do not have the time/staffing to settle such disputes.

ACCIDENTS DO HAPPEN

The School District does not insure expenses for student injuries that happen on the 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 insurance through the Reliable Life Insurance Company. Brochures are distributed to students in September and are available at the school office at any time during the year. The information can be viewed on-line at www.insuremykids.com.

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.

SCHOOL HANDBOOK/CALENDAR

We have once again prepared the KÉLSET School Handbook/Calendar. The Handbook/Calendar is available on our web site. If you require a paper copy of the Handbook and/or Calendar, as you don't have regular access to a computer, please call the school office.

SCHOOL GOALS

A new School Plan was developed last school year. Our main goals and priorities are:

Goal One: to increase student engagement in learning

Goal Two: To improve literacy achievement

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 the bulletin board by the office.



Weekly Bulletins

This year, we plan to have a weekly bulletin (sent electronically to most families), rather than the longer monthly newsletters. We hope that this will allow information to be shared more efficiently and that it will be easier for families to give attention to the shorter documents.

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

COMMUNITY NEWS

Fun Day event

The Saanichton Bible Fellowship and the 10th Tsartlip Scout group are partnering together to host a FREE Community Fun Day On Saturday, September 14th, 2013 from 10am–2pm. The Fun Day will consist of several fun stations for families to participate in including a Dunk tank, Mini golf, Inflatable obstacle course, Laser speed soccer and Kub Kar racing. In addition, we will be providing a BBQ with hot dogs, hamburgers and other food items along with baked goods, music and prizes for the kids. For more information please contact Troy at 250-652- 6311 or sbftroy@shaw.ca. *We look forward to seeing you there!*

10th Tsartlip Beaver registration

The Saanichton 10th Tsartlip Beavers (K-Gr.2) are holding a REGISTRATION NIGHT for 2013/2014 on Mon. Sept 16th from 6:30-7:30pm, at the Saanichton Bible Fellowship Hall (2159 Mt. Newton Cross Rd-across from the Saanich Peninsula Hospital). For more information please contact Carolyn Moeller at [250-655-0210](tel:250-655-0210) or cmoeller@shaw.ca. *It starts with Scouts!*

STUDIO 63

Teaching Salon



SALON REOPENS TUESDAY SEPTEMBER 3RD, 2013

FREE

HAIRCUT * STYLE * BLOWDRY

**SALON SPECIALS FOR THE
MONTH OF SEPTEMBER**

HOURS OF BUSINESS:

TUESDAY AND WEDNESDAY 12 TO 4 P.M.

THURSDAY 12 TO 6 P.M.

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

GIVE US A CALL AT **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





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.

Woodwyn District (Central Saanich) units meet either at the Lion's Hall near Keating School or at the Old School Hall in Brentwood Bay. Most of the Peninsula Shores units (Sidney/North Saanich) meet at the Sidney Guide Hall, corner of 3rd and Bevan Ave. The registration fee is \$95 per year.

For Peninsula Shores - Info, uniform swap, & registration on Sept 19 (7:30 - 8:30) at the Sidney Guide Hall.

For Woodwyn District inquiries call Sharon (250) 652-564, or e-mail at slohr@telus.net

TO REGISTER ONLINE go to: register.girlguides.ca

FOR MORE INFORMATION PHONE: 1 800 565-8111

SPEED SKATING

IT'S FAST... IT'S FUN...
YOU can TRY IT NOW !!



The **Peninsula Speed Skating Club** is offering a special introduction for all students to come out and try speed skating. It's a great time to experience one of Canada's most exciting winter sports. You'll have lots of fun, make new friends and improve your skating and fitness. You can even try skating on speed skates.

3 Introductory sessions for \$20.

WHERE: Arena B, Panorama Recreation Centre
(1885 Forest Park Dr., North Saanich)

WHEN: Mondays, 5:30-6:30pm and Wednesdays,
6:20-7:20pm (Starting Sept 18)

WHO: Everyone (all ages and abilities)

All you need to bring is a helmet, gloves, and skates if you have them. For more information visit <http://victoriaspeedskating.wordpress.com>.



Interested in having fun inside while it is raining and cold outside?? Enjoy shooting hoops, learning new skills and participating in a team sport that is dedicated to fun! Then Basketball is for you!!

Players are needed for both;

U-11 GIRLS and U-11 BOYS
(Grades 4 and 5, born 2003 / 2004)

Practices are run out of Bayside Middle School or North Saanich Middle School with games played in Victoria once a week.

Open to new, returning and seasoned players. Season starting early mid-September and runs until Spring Break. No fundraising required and no rainouts!

Contact Panorama Recreation Center to register at www.crd.bc.ca/panorama/ or call 250-656-7271, or check out our website at www.saanichpeninsulabasketball.com/ for more information.



BREAKFAST IS STILL THE MOST IMPORTANT MEAL OF THE DAY!

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

The brain uses carbohydrate as its main source of energy. The body's carbohydrate stores are low after a night's sleep. Include carbohydrate-rich grains, vegetables and fruit at breakfast to provide fuel for the brain so your child can do his or her best at school.

A balanced morning meal includes at least one serving of:

- Whole grain products
- Vegetables and fruit
- Milk and Alternatives or Meat and Alternatives

Examples of healthy breakfasts:

- A bowl of whole grain cereal with milk or a milk alternative and fruit
- A fruit yogurt shake and a small muffin
- Cereal bar, milk or fortified soy beverage and a piece of fruit
- A slice of cold pizza and a small glass of juice
- Banana dog: a hot dog bun spread with peanut butter and a banana inside

They say one should breakfast like a king, lunch like a duke and dine like a pauper. So start the day like a king and fuel the brain!

For more information contact:

- HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or www.healthlinkbc.ca/healthyeating/
- www.dietitians.ca/eatwell

**News from the Greater Victoria
Public Library
Fall 2013**

Reading Buddies: Little Buddies
Does your child need a little help with reading? Reading Buddies provides reading practice and fun literacy-based activities with volunteer teen Big Buddies. For children in Grades 1 to 4. Please notify us in advance if your child is unable to attend a session. Register online by October 19th.

Reading Buddies runs on Saturdays from October 26th - December 14th for 8 weeks at 2:00-3:00pm or 3:30-4:30pm.

Bruce Hutchison Branch – 250-727-0104

Nellie McClung Branch – 250-477-7111

Oak Bay Branch – 250-592-2489

Home is a Beautiful Word: Kids and Teen Art Contest

What does home mean to you? What would it be like to live without a home? Let your creativity fly free, create and submit an original piece of art between November 1-30, 2013 and be entered into a prize draw. For details and to enter the prize draw see www.gvpl.ca/programs-and-events/contests-and-games/.

All programs are free. For a full listing of all library programs, visit gvpl.ca and register online.

Would you or a colleague like to receive this information directly? Email children@gvpl.ca to be added to our distribution list.

Our next Registration Date:
Sept 29th

PIRANAHS SWIM CLUB

LATE REGISTRATION for winter 2013-14

**Sunday, September 29, 2013 from 4:00-6:00pm
at Panorama**

All payments and forms must be received and completed to finalize registration and guarantee you a spot in the fall.

PIRANAHS SWIM CLUB WINTER FEES

First Day of Practice for Swimmers who register on Sept 29th: **OCTOBER 4th**

PIRANAHS WINTER PRACTICE SCHEDULE

To speed up your child's registration...

- 1) Bring Swim Fee payment in the form of cheque(s) (please include swimmer's name)
You don't need to fill it out at home ... you can wait till you get at the pool.
- 2) Bring Fundraising payment in the form of 2 separate cheques for each session
(please post-date cheques for December 1, 2013 and April 1, 2014).
- 3) Bring Proof of Age for Swimmer (Card Card/ Birth Certificate)
- 4) Pre-print some of your forms and fill them out. Visit this link: <http://eepurl.com/EiWWT>
- 5) Visit our Web site to sign up for Newsletters: [News Letter Sign Up](#) ** we do not add you to the email list. Parents have to sign up so we receive the correct email(s) **

Please note that during Winter Maintenance Swimmers, may only swim **2 hours a week and the week runs Sunday to Saturday**. Currently the Piranhas Swim Club allows parents to pick the days their child will train.

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:

- Your local Health Unit
- HealthLinkBC at 8-1-1 (a free call) or www.healthlinkbc.ca
- www.dobugsneeddrugs.org

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

HEALTHY SNACKS

Snacks are part of healthy eating for children. Offer 2-3 healthy snacks a day as well as 3 meals to provide the nutrients and energy children need to learn and grow. Allowing a child to snack all day long increases the risk for tooth decay.

Healthy snacks include foods from 2 of the 4 food groups from Canada's Food Guide:

- Cut up vegetables or fruit and cheese or dip
- Crackers and cheese or hard cooked egg or tuna
- Trail mix
- Yogurt and fruit smoothies
- Muffins and cheese or fruit
- Whole grain cereal and milk
- Small sandwich

Tips for healthy snacking:

- Be a role model for healthy eating.
- Purchase healthy, less processed, low sugar and lower fat foods. Children will eat what is available in the house.
- Limit high sugar snacks. These snacks produce a short burst of energy, but may leave children feeling tired and irritable, and less able to concentrate. The risk of tooth decay increases with the number of times that teeth are exposed to sugar.
- Sticky foods like crackers, raisins and granola bars cling to the teeth and are not easily cleared from the mouth. This increases the risk for tooth decay.

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/healthyating/
- www.dietitians.ca/
- www.actnowbc.ca/

KINDERGARTEN HEARING SCREENING

Children may have unknown hearing loss when they start school. Slight hearing loss or hearing loss in just one ear is hard to notice. Yet, these losses can cause school problems that are preventable. Each fall, kindergarten children have their hearing checked at school by Community Health Vision and Hearing Screeners. Each year, the "Kindergarten Hearing Screening Program" helps find children with hearing loss. If a child does not pass the hearing screening, a letter is sent home to parents. If you receive a letter, it is important to make an appointment to have your child's hearing tested at the Hearing Clinic. Many hearing problems can be treated if identified early.

For more information contact:

- Your local Health Unit Hearing Clinic

Hearing Clinics:

Victoria	250-388-2250
West Shore	250-519-3490

KINDERGARTEN VISION SCREENING

Children may have unknown vision concerns when they start school. Vision concerns can lead to difficulty with reading and/or writing. During the school year, kindergarten children have their vision checked at school by Child, Youth and Family Community Health (Public Health) Screeners. The "Kindergarten Vision Screening Program" helps find children with vision concerns. If a child does not pass the vision screening, a letter is sent home to parents. If you receive a letter, it is important that you take your child for a complete visual examination with an eye doctor. British Columbia's Medical Services Plan does provide some coverage for eye examinations for children under the age of 18. The Healthy Kids Program provides limited funds once in a twelve-month period for prescription eyewear for children 0 – 18 years living in low-income families.

For more information contact:

- Your local Health Unit
- HealthLinkBC at 8-1-1 (a free call) or www.healthlinkbc.ca
- BC Healthy Kids Program www.sd.gov.bc.ca/factsheets/2005/healthy_kids.htm

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