



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

October

- 24.....Games Night! 6:00 – 8:00 pm
Plan to join us tonight for an evening of fun!
- 25.....Non-Instructional Day; students do not attend school; teachers involved in professional development activities
- 28.....Provincial Drop Everything and Read Day! WEAR RED and READ!
- 31.....Popcorn Day
-Orange & Black and/or Wacky Hair 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
- 11.....Remembrance Day Stat Holiday
- 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.

SAFE ARRIVAL PROGRAM

please email

kelsetsafearrival@sd63.bc.ca

or call 250-655-1194

if your child will be absent or late.

OCTOBER 2013

NEWSLETTER

BOUQUETS TO...

- Our school, for **raising over \$7200 in the Terry Fox Campaign!** Special thanks to **Marilyn Hodgson, Lynne Willock, Kathy Gilbey and Cassidy Boland**, for their efforts with the campaign! Congratulations to Emily and Ava Verscheure, for raising over \$1,600! Special thanks to **Bruce Leeming** and his team of orange slicers!
- **Jeannine Wakely**, for coordinating Walk to School Day and to the **students and families that participated!**
- **Emily Attwell**, for placing first in the Sidney Library Literacy Contest!
- Fun Lunch Coordinators, **Jodi Castillo** and **Lindsay Trudeau**, for a very well-organized and delicious first Fun Lunch! Thanks to all of their volunteers, too!



PROVINCIAL DROP EVERYTHING AND READ DAY is this coming Monday, October 28th. Students and staff will **WEAR RED and READ!** Many Buddy Classes will have DEAR time together on Monday and some of these buddy classes will enjoy their reading session in our newly created naturespace, in the forested area at the northwest side of the school. We will celebrate KELSET's own Literacy Day in November, when parents will be encouraged to join us for DEAR time and for a special assembly. Watch for the date and details coming home soon!

ORANGE & BLACK AND/OR WACKY HAIR DAY !

On Halloween Day, students and staff (and parents!) are encouraged to wear Orange & Black and/or Wacky Hair! This allows us to have fun, without having to worry about uncomfortable or damaged costumes and itchy face paint or masks, etc. We will have a "Dance Party" in the gym at lunch play time!

REMEMBRANCE DAY

We will enjoy a special Remembrance Day assembly on Thursday, November 7th, beginning at 10:30. Family members are welcome.

FAMILY MOVIE NIGHT

We hope you will plan to enjoy us for an enjoyable evening on November 7th – the night before the Non-Instructional Day. Details to follow from our PAC.

REPORT CARDS AND CONFERENCES

Report Cards will be issued during the month of November. Home/School Conferences will occur in the next few weeks also. Report cards will be issued and conferences held at times determined by individual classroom teachers. This allows the assessment and reporting to occur at times that make most sense given the time lines in each class, in regard to unit completion, etc. It also allows the teachers flexibility to work around their own and students' families needs in terms of scheduling the conferences. Watch for details about the conferences from individual teachers. We look forward to sharing student successes and setting goals for their continued progress.

FREE FILING CABINETS

We have four extra filing cabinets, in good condition, that we do not have room to store. They are available free of charge. Please pick them up by November 1st or they will be recycled.

GRADE FIVE STUDENT LOOKING FOR A RIDE TO/FROM THE SIDNEY AREA

One of our Grade Five student and her family have moved into the Sidney area and are looking for assistance with transportation/car pooling possibilities. Please call the office if you can help.

DROP OFF ZONE

There has been a great improvement and most people are NOT leaving their vehicles unattended in the Drop Off zone. This is very much appreciated by the bus drivers and staff! Please be sure not to leave your vehicle unattended in the drop off lane, so that bus drivers can stay on schedule and that other vehicles aren't blocked by the buses. Thank you!

SAFE ARRIVAL

Please remember to call the special number - **250-655-1194** - if your child is going to be absent from school or late. There is a designated voice mail box on this line so you can call any time of day/night. You can also email kelsetsafearrival@sd63.bc.ca



COMMUNITY INFORMATION

Pumpkins on the Pier is the kickoff event to launch the 2013 Toys for Tots campaign which provides Christmas presents to less privileged children on the Saanich Peninsula.

Starting on October 19th, toys can be dropped off at the Mary Winspear Centre. For the following week, people who donate a new, unwrapped toy will be given a coupon for a free pumpkin, courtesy of Michell Bros Farms. Participants can pick up a pumpkin, carve it and bring it along to enter in the contest held on October 26th at Beacon Park.

Pumpkins on the Pier will take place from 4 to 7 p.m. on Saturday October 26th and will include contests for pumpkin carving, pumpkin pie eating and apple biting. There will also be an Open Stage for youth musicians to perform. Costumed children will have the opportunity to trick or treat through downtown Sidney, where businesses will be providing candy treats. Finally, the event will conclude with a pumpkin parade from Beacon Park to Bevan Pier. The pumpkins will be placed on hay bales along the pier for display through the week up to Halloween.



WHO SHOULD GET THE SEASONAL INFLUENZA (FLU) VACCINE

The influenza vaccine protects against viruses that cause seasonal influenza, often called the flu. The vaccine does not protect against other viruses or bacteria that cause colds or stomach illness such as "stomach flu."

Influenza, often called seasonal flu, is an infection of the nose, throat and lungs caused by the influenza virus. A person with influenza is at risk of other infections, including viral or bacterial pneumonia (infections of the lungs). Influenza spreads easily from person to person through coughing, sneezing, or having close face-to-face contact. The virus can also be spread when a person touches an object contaminated with the influenza virus and then touches his or her mouth or nose.

In BC, the following groups are eligible for the free annual vaccination:

- Children and adults with chronic health conditions and their household contacts
- Healthy children from 6 months of age to less than 5 years of age
- Household contacts and caregivers of children from birth to less than 5 years of age
- Pregnant women at any stage of pregnancy during the influenza season
- People 65 or older and their caregivers
- Residents of nursing homes and other chronic care facilities
- Health care workers
- Emergency responders
- Owners and operators of poultry farms
- Aboriginal peoples
- People who are very obese (those with a body mass index of 40 or greater)
- Corrections officers and inmates in provincial correctional institutions
- Those who provide care or service in potential outbreak settings housing high risk persons (e.g. crew on ships)

Influenza vaccine is available through health units, physicians and pharmacists. The vaccine is free for anyone in the above groups.

For more information contact:

- Your local Health Unit
- HealthLinkBC at 8-1-1 (a free call) or www.healthlinkbc.ca
- HealthLink BC Files www.healthlinkbc.ca/servicesresources/healthlinkbcfiles/index.html
- Your doctor
- www.immunizebc.ca

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

TRICK OR TEETH!

When it comes to Halloween candy and tooth health, the "all or nothing" approach is best. Giving children their Halloween candy over days or weeks is not the best choice. The risk of tooth decay increases with the amount of sugar and the number of times teeth are exposed to it.

Tooth safe suggestions for enjoying Halloween treats are:

- Serve a healthy dinner (or snack) before trick-or-treating. This will leave less room for sugary snacking. You will know your child has eaten **something** nutritious on this exciting night.
- Limit the number of times teeth are exposed to sugar by encouraging children to enjoy some candy at one sitting. Then, be sure to brush their teeth afterwards.
- Cut down on the number of sugary treats children receive by handing out "tooth-friendly" options like stickers, temporary tattoos, fancy pens and pencils, or toothbrushes!

And of course, remember to floss and brush with fluoride toothpaste before going to bed, or there could be some very *scary* results!

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

KEEPING YOUR CHILD SAFE – HAVE A HAPPY HALLOWEEN

With Halloween fast approaching, we want to think of ways to keep our children safe while trick or treating. Up to about 9 years of age, children do not have the skills to be safe in traffic. Many children have difficulty judging speed and distance and concentrate for only short periods of time. This will be especially true with the added excitement of Halloween. In addition, there will be many strangers on the street on Halloween night. Here are some tips to help keep your child safe:

- Teach your child road safety rules and to look, listen and think about traffic
- Know where they are
- Know what they are doing
- Know who they are with
- Teach your child about personal safety and the danger of talking to strangers. Teach them never to go with or accept anything from someone they do not know.

When children understand how to be safe, parents can be more relaxed about their children being out for Halloween.

For more information contact:

- Your local Health Unit
- Triple P Positive Parenting Program www.triplepvp.ca

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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/healthyeating/
- HealthLink BC File #100 Severe Food Allergies in Children: www.healthlinkbc.ca/healthfiles/hfile100a.stm
- Anaphylaxis Canada www.anaphylaxis.ca/
- Your doctor
- Your pharmacist

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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

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