

CRAIGFLOWER ELEMENTARY Newsletter

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PRINCIPAL: MRS. MICHELLE MACFARLANE
VICE-PRINCIPAL: MR. SCOTT CLAZIE



January 15, 2015 Principal's Message

Happy New Year! I hope that your holiday was everything that you wanted it to be.

It's great to be back at school and I am ready to tackle the next few busy months. Coming up in January are FSA's for Grade 4's, Kindergarten Registration, a Special Assembly, and Early Dismissal - Parent/teacher interviews.

The staff and I have been working together on some new initiatives that we will be starting this month. We will be implementing a school wide positive reinforcement program called the "Three R's" - Respect Self, Respect Others, Respect the Environment. As we catch students showing respect they will be given a "Gotcha Slip" which will go into a draw. Each Friday we will draw 2 students from each classroom to receive a prize for their good behavior. In our monthly assemblies, more names will be drawn.

To continue to recognize students' positive strengths, we will be awarding students with "feathers" to put up on the eagle in the main foyer by the gym. By the end of the year, every student should have a feather on the eagle.

We continue to work together to teach and implement Self-Regulation Skills school wide.

With the upcoming/continuing rainy season, we are looking for ways to engage the children in positive activities during recess and lunch breaks. If you have a skill, craft or story that you would like to share with our students during a lunch time, please contact me at the school. I would love to have more parents involved with clubs and activities.

Mrs. MacFarlane

Important Dates to Remember

- Monday, January 19**
Professional Development Day
School not in session
- Tuesday, January 20**
Pizza Lunch order forms go home
- Thursday, January 22**
Special Presentation Assembly
9:00 Teddy Anderson ~ Hoop Dancer
Everyone welcome to attend
- Wednesday, January 28**
Early Dismissal 12:05
Parent/Teacher Interviews
- Thursday, January 29**
Pizza Lunch Day
Order forms will be sent home soon

Healthy Eating

Here at Craigflower Elementary School we feel that healthy eating is very important for everyone. We provide a healthy breakfast and a healthy hot lunch for our students. I have noticed that students sometimes eat during class. After a discussion with the staff, I would like to share our decision with you...

If the teacher is okay with the *students eating during class*, the snack **MUST be nutritional.**

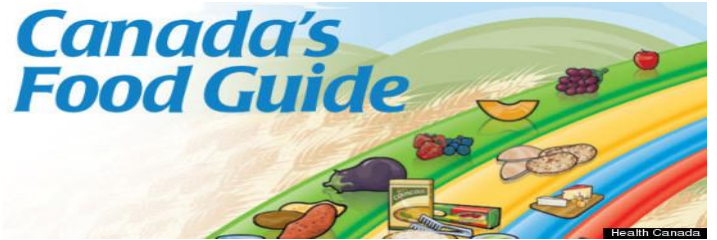


Healthy Snacks Are:	Healthy Snacks Are Not:
Fruit	Candy
Nuts	Noodles
Vegetables	Cake
Seeds	Ice Cream
	Potato Chips

I have also noticed that students are starting to bring noodles as a snack. These are very unhealthy and in fact, when raw, are very bad for you. We ask that you refrain from sending those with your children.

I agree that nice hot soup would be great during the winter as it really warms us up; however, we are not able to supply hot water for any instant soup. We supply hot lunch for the children daily, so thank you for not sending instant soup.

The District also feels that healthy eating is important and have asked us to include this in our newsletter.



Help Young Children Follow Canada's Food Guide

- Prepare meals that include foods from each of the four food groups.
- Offer a variety of nutritious food including some choices that contain fat such as milk and peanut butter.
- Make time for healthy eating so that children don't feel rushed. Setting a regular time for meals and snacks helps to establish healthy routine.
- Keep in mind that parents and caregivers are responsible for what children are offered to eat. Children are responsible for how much they eat.
- Be patient. Unfamiliar foods may be rejected several times before children are ready to try them.
- Be a positive role model for children. Children will be more likely to enjoy a variety of foods and try new foods if you do.

Adapted from "Eating Well with Canada's Food Guide" 2007.

Kindergarten Registration

Registrations for Kindergarten *will begin on Monday, January 26th*.

All children born in 2010 are eligible to begin school in September, 2015

To ensure a space for your child, please register him/her as soon as possible as staffing for next year depends upon enrolment.

The School District requires that the following documents be presented upon registration:

- proof of your child's age and citizenship
- birth certificate, or passport; proof of citizenship, landed immigrant document, permanent resident card)
- proof of residency (purchase or rental agreement, cable, hydro or gas bill, or drivers' license)
- your child's BC Medical Care Card

It is helpful if health medical condition information can be provided as well.



Pizza Hot Lunch

An order form will be coming home on January 20th for our pizza lunch

Thursday, January 29th.

Students MUST PRE-ORDER if they wish to have a slice of pizza. Pizza will be \$2.00 per slice. Instead of a hot lunch that day, students who do not order pizza will be provided a bagged lunch.

Hockey Skills Academy

Open House

Monday, January 26, 2015

6:00pm



For more information
Contact
Joanna Snow
250-384-7125

jsnow@sd61.bc.ca

Please Leave Trading Cards at Home!

We have had many issues with students bringing Pokemon and other playing cards to school.

To avoid this problem we ask that you please leave these valuable treasures at home!



BREAKFAST PROGRAM

Please remember that our Breakfast Program begins at 8:30 am