

CRAIGFLOWER ELEMENTARY SCHOOL

2766 ADMIRALS RD.
 VICTORIA, BC V9A 2R3
 PH: 250-384-8157 FAX: 250-360-1054
 Principal: Mrs. Michelle MacFarlane
 Vice-Principal: Mrs. Jana Dick



January 5, 2016

Principal's Message

I hope that you all had a wonderful Christmas Holiday and had time to relax and enjoy time with your family.

We are very concerned with the safety of our students and for the past while, our parking lot has been a very unsafe place. With busses and cars dropping off and picking students up from the parking lot, it encourages the students to walk through the parking lot rather than using the sidewalk. We have had many near misses as students run towards their bus or car without looking. For these reasons, we have now closed the parking lot to everyone except staff. We also ask that you drop off and pick up your children by the adventure playground.

I would also like to remind you that children should not be at school before 8:30 as there is no supervision before this time. Help us to keep your children safe.

Thank - you for your continued support and understanding as we work together to keep our children safe.

Important Dates to Remember



Monday, January 11th
 Professional Development Day
 - School is not in session

Thursday, January 14th
 - Popcorn Day \$1.00 per bag
 - Pizza lunch order forms come home

Tuesday, January 19th
 - Pajama Day

Monday, January 25th
 - Kindergarten Registration

Tuesday, January 26th
 - January Birthday Popcorn

Friday, January 29th,
 - Feather Ceremony
 - Pizza Lunch \$2.00 per slice
 Must Pre-order



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 students eat 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
	Ice Tea

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.
- Sit down and eat with children. Provide a pleasant setting without the television or other distractions.
- 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 25th*. All children born in 2011, are eligible to begin school in September, 2016.

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 documents (immunization records, medical condition information) can be provided as well.

Pizza Hot Lunch

An order form will be coming home on January 14th for our pizza lunch on Friday, January 29th. Students **MUST PREORDER** 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.

