

CRAIGFLOWER ELEMENTARY SCHOOL

2766 ADMIRALS RD.
VICTORIA, BC V9A 2R3
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Principal: Mrs. Michelle MacFarlane
Vice-Principal: Mrs. Jana Dick



January 5, 2017

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 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 car without looking. For these reasons, we have closed the parking lot to everyone except staff. We also ask that you drop off and pick up your children by the adventure playground or in the roundabout, but please do not park in the roundabout as it interferes with the flow of drop off and pick up.

Breakfast is served starting at 8:30 and children should not be at school before then 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



Thursday, January 12th

- Pizza lunch order forms come home

Tuesday, January 17th

- Pajama Day

Monday, January 23rd

- Kindergarten Registration

Tuesday, January 24th

- Infinitus Performance 1:30

Friday, January 27th,

- Community Breakfast
- Feather Ceremony
- Pizza Lunch \$2.00 per slice
Must Pre-order

Cold Weather

It looks like we are going to get some cold weather for a while yet. Please make sure your child(ren) are dressed warmly with coats, scarves, mittens and hats, as they will be going outside to play. Please contact the school if your child(ren) need one of the coats that has been donated to the school.

Pizza Hot Lunch

An order form will be coming home on January 12th 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.





Healthy Eating

Here at Craigflower Elementary School we believe 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. The staff agreed that...

- ***If students eat during class, the snack **MUST** be nutritional.***

Healthy Snacks Are:	Healthy Snacks Are Not:
Fruit	Candy
Nuts	Noodles
Vegetables	Cake
Seeds	Cookies
	Goldfish
	Ice Cream
	Potato Chips
	Ice Tea
	Powerade/gatorade

The District also believes 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 23rd**. All children born in 2012, are eligible to begin school in September, 2017.

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.