

J. S. CLARK ELEMENTARY SCHOOL

Newsletter

CLARK BUDDIES



"As a community of learners we embrace opportunities to build successful futures."

September 2011

Welcome

Principal's Message

Dear Parents,

It was wonderful to see all of the smiling faces come through the door on Tuesday. We had a great year last year and we look forward to having an even better one this year as we work together to help your child be successful.

This year the district is introducing two new programs, which will replace The Care Kit and Second Step.

Kids in the Know is a personal safety program designed by The Canadian Centre for Child Protection for students from Kindergarten to high school. The students will learn personal safety strategies to help them respond to dangerous or threatening situations. The students will learn Seven Root Safety Strategies and Four Root Safety Environments. These root safety principals are protective factors for kids to incorporate into their daily lives to increase their safety.

The MindUp program is a comprehensive, classroom-tested, evidence-based curriculum that enables students to become capable, creative learners, self-aware human beings, and compassionate, responsible citizens. The students will learn about the ways in which the brain processes information and become more observant of their own learning process. The benefits that MindUp makes possible are: improve student self-control and self-regulation skills, strengthen students' resiliency and decision making, bolster students' enthusiasm for learning, increase

students' academic success, develop students' positive social skills, such as empathy, compassion, patience, and generosity, infuse the classroom with joy and optimism, and reduce peer-to-peer conflict.

I am very excited about both of these programs and look forward to the positive impact that they will have in our school. If you have any questions about these programs or would like to see the manuals, please feel free to come in and see me.

Sincerely,

Jeanie Arva



School Routines

School **supervision** begins at 8:15am. All children, including Kindergarten, who are at school before 8:45 need to go outside as we do not have inside supervision.

Please remember to dress your children appropriately for the weather. Even though the days ahead are going to be damp and cooler, they will still be outside days. The only time we have inside days is when we have a down pour or when the temperature is below -20 degrees Celsius.

At JS Clark we have a **safe arrival** program where we ensure that each child arrives at school safely. If your child is going to be absent from school for any reason, please call the office at 774-3145 as this will make our job much easier instead of having to phone each child who is marked absent. Thank you.

Bell Schedule

Warning Bell	8:45
Classes Begin	8:50
Recess	11:20
Lunch	11:50
Class Resumes	12:15
PM Recess	1:30
Classes Resume	1:45
Dismissal	2:55

School Staff

Principal

-Miss Jeanie Arva

Secretary

-Mrs. Mariette Althouse

Kindergarten

-Mrs. Shelley Emmelkamp

Grade One

-Mrs. Jeanne Zayac

Grade Two

-Mrs. Melissa Murrin

Grade Two/Three

-Mrs. Gloria Woodcock

Grade Three

-Mr. Steven Smith

Grade Four

-Ms. Coreen Loe

Student Support Resource Teacher

-Mrs. Patti Solmundson

Teacher Librarian

-Mrs. Lori Woodworth

Educational Assistant

-Mrs. Connie Giddings

-Mrs. Glenda Bennett

-Miss Angela Hicks

Personal Assistant

-Ms. Kimberly Bellefeuille

-Mrs. Monique Kastrukoff

Library Technician

-Ms. Vickey Clark

Counsellor

-Mrs. Denise Stephenson

Book Fair

Our book fair is scheduled for Thursday September 22nd. In order to extend the hours of the book fair, we will need parent volunteers. If you are able to help, please call the office by

September 14th at 250-774-3145.
Thank you.

Healthy Hints For Back To School

Nutrition

- Make sure your children eat breakfast every day so their minds have the fuel they need for school
- Keep nutritious snacks, like cut up fruit and vegetable, cheese sticks, low-fat yogurt, and butter free popcorn on hand to make healthy lunches easier to put together.

- Include a variety of fruits and vegetable in your children's snacks and lunches every day.

Have your children help pack their lunches, so they can learn to make healthy choices early on.

Health

- Get children active through sports, or go for nightly family walks or bike rides

Safety

- Ensure your children's backpacks are no more than 10 to 20 per cent of their bodyweight and that your children use both shoulder straps.

- Make sure your children know safe routes to and from school.

Good Study Habits

- Set up a homework area away from the television and with adequate supplies and lighting.

- Let your children see you reading and setting aside time each day to read as a family.

- Keep an assignment calendar on the fridge or bulletin board for quick reference of due dates and other activities.

Parent Involvement

- Meet your children's teachers and school principal. You can get valuable insight into how your children are doing in school by talking to school staff.

- Get involved in the school community. Contact your local board of education or the Parent Advisory Council at your child's school for volunteer opportunities.

Bikes

Bikes must be walked as soon as you reach the school property and parking lot. Everyone's safety is our priority, therefore students must wear helmets if they are riding bikes to school. If they don't have a helmet, they will be asked to walk their bike home.

Parking Lot

Our parking lot is designed for one way traffic. Please use the entrance beside the crosswalk when entering the parking lot.

Please remember that the speed limit in the parking lot is 10km/hr. The yellow line on the curb means that you may drop off your child, but you can not leave your vehicle as it is a loading/unloading zone only.

Please park your car in the designated area if you would like to leave your vehicle to visit inside the school for any reason. Visitor parking is located on the side of the school beside the gym or along 45th street.



Month End Assembly

Monthly assemblies will occur on the last Friday of each month. Various classes will perform during the assemblies. Please watch the newsletter for information as to which class is performing. This month's assembly will take place on September 30th at 2:30pm. Buddy Awards will get handed out again once job action is over.

Read With Me

Reading is a very important part of our daily lives. Watch for forms to be sent home for the Read With Me Program. Parents will date and initial the form every day that your child reads to you or you read to them for 15 minutes. After 25 initials, the form is to be sent back to school for a new form. Each student will try to reach a goal of 200 signatures by the end of the year, at which time they will earn a medal.

Reading Tips

- Ask your children to read to you while you prepare a meal.
- Get your children excited about reading by taking turns reading pages or acting out characters.
- Talk to your children about what they read. Ask them questions that require them to read between the lines and think about what they have read. This will help improve their reading comprehension.
- Help your children get a library card and take weekly trips with them to the library.

Strong Start

JS Clark Strong Start times are Monday to Friday from 9:00am – 12:00pm. All Preschool children are welcome to attend.

JS Clark PAC

JS Clark's first PAC meeting of the year will be held on September 22, 2011 at 6:00pm.



Dates to Remember

September 12th

- First full day of school for Kindergartens

September 15th

- Rock Of Ages at GWC-10:00am

September 22nd

- Book Fair

September 28th

- Terry Fox Run

September 30th

- Month End Assembly – 2:30pm

October 6th

- I Walk To School Day

October 10th

- NO SCHOOL

- Thanksgiving Day

October 24nd

- Picture Day

October 28th

- Month End Assembly Assembly

October 31st

- Theme Day - Halloween