

Prospect Lake Elementary

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School website: www.sd63.bc.ca (and follow the link)

EARLY MORNING WATCH: 250-727-9993



Principal: Mr. Mark Guiguet



Amazing as it seems we are already in our second month of school!! The students have settled nicely into their new classrooms and routines and our staff continue to approach their important work with enthusiasm, dedication and a professional manner. There is a positive, productive feeling throughout the school and during my classroom visits I have observed that students are engaged in their learning and making progress in all areas of the curriculum. Communication is one key pillar upon which a successful school is built. I therefore encourage parents to establish and maintain strong lines of communication with your child's teacher and to remember that I am available whenever necessary. Please check with your child on a daily basis to determine what is going on at school and stay connected with his or her learning. Research shows that the more parents are involved in their child's learning, the greater his or her level of achievement is likely to be. Children will need your help in establishing and maintaining routines, completing homework and being responsible for their learning.

Respectfully
Mr. Guiguet

UPCOMING EVENTS

- Oct. 14 Thanksgiving Day
- Oct. 16-17 Early Dismissal Days - 1:48 pm
- Oct. 16 PAC meeting at 6:45 pm
- Oct. 17 Great BC Shake Out Earthquake Drill
- Oct. 18 Hot Lunch Day
- Oct. 25 Non-Instructional Day
- Oct. 25 Halloween Howl Dance at 6:00pm
- Oct. 28 Drop Everything and Read
- Oct. 31 Crazy Hair Day/Pumkin Run - no costumes
- Nov. 5 Photo Re-take Day
- Nov. 6 Policy 1100 Meeting: 7:00 – 9:00 pm at Bayside School
- Nov. 7 Remembrance Day Assembly at 10:15 am
- Nov. 8 Non-Instructional Day
- Nov. 11 Remembrance Day
- Nov. 20 PAC meeting
- Nov 20-21 Scholastic Book Fair



AFTER SCHOOL SUPERVISION

We would like to remind parents that supervision of students begins in the morning at 8:25 and ends after school at 3:08 p.m. Children on the school grounds before or after these times must be supervised by an adult. Also, please remember that we have the same expectations for before and after school play as when students are in session:

- to play safely
- to include everyone
- to treat others respectfully so that play-time is enjoyable (i.e. Kind language, etc)
- the “hands off” rule applies
- no rough play or play fighting

We want everyone to have a safe and enjoyable time at Prospect Lake Elementary.

DOGS ON THE PLAYGROUND

Please be aware that many children have a fear of dogs. They are often larger than many of our children and kids can be knocked over by the



rambunctious play of dogs. We ask that you have your dog leashed at all times when you're on the school ground and please do not leave them tied up and unattended. Be sure to remove your dog droppings and place them in the appropriate containers, such as the outside garbage dumpster located near the exit (not the school garbage cans that we have inside/outside our building or our recycling containers in the parking lot). Thank you!

THE BRITISH COLUMBIA SHAKE OUT

The annual British Columbia Shake Out Earth Quake Drill will occur at 10:17 a.m. on October 17th, 2013. During this event hundreds of thousands British Columbians, including those at Prospect Lake, will "Drop, Cover and Hold On". British Columbia is located in a seismically active region where a few thousand earthquakes occur each year. The threat of a major earthquake in the province is real and all British Columbians must be prepared. The Shake Out BC drill will provide an opportunity to practice how to protect ourselves during an earthquake.

HALLOWEEN AND CRAZY HAIR DAY

On Halloween Day there will be many exciting activities occurring in our classrooms. In addition, it will be Crazy Hair Day at Prospect. Students are invited to come to school with a wacky hairdo **but please do not send students in costumes.** In addition, from 1:45 until 2:45 a Pumkin Run will take place involving all of the students in our school.



FORGOTTEN LUNCH

There are times throughout the year when a student forgets their lunch. We try to have emergency snacks at the office in such a case. Our supply needs to be replenished and we are hoping that you may be able to donate some items. Such things as cheese/crackers, fruit cups and nut-free granola bars would be very much appreciated. Please drop items off at the office, if you have anything to donate.

REMINDER!

 Please send a fork or a spoon with your child's lunch when needed. We do have a limited supply of plastic cutlery at the office for those students who have forgotten theirs. If you have unused plastic spoons that you no longer need, please feel free to drop them off to the office.

Also, remember that students are not permitted to use the microwave nor ask staff to do this for them. So please do not send lunches that need to be heated.

INDOOR SOCCER has started...

Thanks to Ms. Evans and Ms. Morris for coaching the Prospect Lake Panthers soccer teams this year. Students in grades four and five have been practicing their skills and are participating in games against another schools. Go, Panthers, Go!



GARDEN CLUB & RECYCLING

Thanks to Mdm. Tate who has started a Gardening Club at Prospect and children will soon be planting flower bulbs to brighten our school grounds next spring. And another thank you to Ms. Harward who is once again organizing our student recycling program this year.

PCEC"1000 X 5"

CHILDREN'S BOOK RECYCLING PROJECT

If you can donate gently used children's picture books, please bring them to the school. Drop box located in main foyer. The books will be forwarded to volunteers at the Saanichton Individual Learning Centre where they will be processed for distribution to young children and families living on the Peninsula.

For further information, please contact:
Daphne Macnaughton, PCEC "1000 X 5" Project
Leader: d1mvictoria@shaw.ca

FIRE SAFETY WEEK

The week of October 7 to 13th was Fire Prevention Week and in addition to discussing fire safety and participating in school fire drills, students in Grades K, 1 & 2 received materials from the Saanich Fire Department. Most fatal fires occur in residential settings where people feel the safest. Having a Fire Escape Plan showing two different ways of getting out of every room is important. Please spend some time with your child at home talking about fire safety.

PLES PAC NEWS

contact: prospectlakepac@sd63.bc.ca

Updates

- Thanks to all families who joined us at the last PAC meeting. We hope to see many more of you at our next meeting on October 16th.
- Hot Lunch Day - Friday, October 18th.
- Our Val U Book helped us earn \$900.00 for PAC.
- Hockey Pool raised \$480.00 for PAC. 1st prize \$294.00, 2nd prize \$147.00, 3rd prize \$49.00.

Next Fundraisers

1. Your Child's Art Holiday Cards: PAC volunteers will take a photo of your child's winter or holiday themed art and make it into a card. These are great for holiday cards and gifts. Envelopes included. More information will be sent home in early November.

2. Epicure Selections: Holiday Dip Mix gift bags for sale (Onion, Lemon Dilly, Cheese, Chives and Bacon). Includes three dip mixes, bag and recipe book. Order forms in early November. Dip mixes will be on display on office front counter, last week of October.

3. Attention Grade 5 Families: Four volunteers needed to coordinate holiday poinsettia sales for Camp Thunderbird fundraiser. Four volunteers also needed to manage Country Grocer receipts. If willing contact prospectlakepac@sd63.bc.ca

Halloween Howl Family Fun Dance

When: Friday, October 25th 2013 (Pro - D Day)

Where: School Gym

Time: 6:00pm- 8:30pm

Family friendly costumes welcomed, but not required, nothing too scary, no weapons.

- Admission by donation to the PAC. Concession with hot dogs, chips, drinks, home baked goods and glow sticks. Concession proceeds to Grade 5 Camp Thunderbird trip in June. Grade 5 parent's help is needed for the concession. To volunteer Email: Dora at wigngig@telus.net
- Door prizes, classroom prizes (for song request sheets handed in). Must be at the dance to claim prize. Song request sheets coming shortly to your child's classroom.
- Please bring in a carved pumpkin on Thursday, October 24 to leave in gym for decoration. Non-flammable lights provided. Please mark pumpkins with name and take home after dance.
- **Adult Volunteers Needed!** Email Christine sccg.evans@telus.net

Family Education: Interactive Math Night
Wednesday, October 23rd @ 7pm at Royal Oak Middle School. An informative, practical, and interactive session for families, providing a better understanding of current math curriculum and teaching. All academic levels addressed. **Open to all SD63 Parents and Guardians. Sponsored by COPACS.**

RSVP: copacssd63@gmail.com

Next PAC Meeting

Wednesday, October 16, 6:45 PM in the School Library. We'll be learning more about the new and highly regarded on line "Reflex Math" program our grade 2-5 students are using. We'll discuss this year's budget and PAC events. Please join us. Refreshments and child minding provided (ages 5+). All families welcome!

2013/14 Class Representatives

Class Representatives are the communication link between the families in your class and the school administration and PAC. Thank you to these folks for volunteering to take on this role. Please be in touch with them if you have questions, concerns or new ideas

Div. 7 (J. Primrose)

Corina Flora contact: cflora@shaw.ca &
Vanessa Kriberg contact vanessakriberg@gmail.com

Div. 6 (L. Harward)

Alicia Pine contact: alipine@telus.net

Div. 5 (J. Schwann / A. Ellison)

Christine Fenwick contact: thefenwickclan@gmail.com

Div. 4 (S. Lail)

Shannon Eastman, contact: itm@telus.net

Div. 3 (W. Hamilton)

Erin Dumont, contact kimerindumont@hotmail.com

Div. 2 (C. Morris)

Kelly Curtis, contact: kellycooking@shaw.ca

Div. 1 (L. Evans)

Nan Marshall, contact: gnomescove@shaw.ca

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!

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.

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.*

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.

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 aged 6 to 23 months
- Household contacts and caregivers of infants aged 0 to 23 months
- Pregnant women who will be in their 3rd trimester 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
- People who work with poultry and swine
- Employees and inmates at BC correctional facilities
- 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 and physicians. The vaccine is free for anyone in the above groups.



Live well. Have fun.

SCHOOL'S OUT!! Fri. Oct 25th

Live well & Have Fun with Panorama!

Pro-D Day Adventures @ Greenglade

5 - 11 yrs

Looking for a fun way to spend your day off from school? Join us every Pro-D Day for an action-packed day of games, sports, group activities, arts & crafts and a trip to Galey Farms! A theme-based activity schedule will be posted on our website one week prior to camp. Pre & post camp care are available for an additional cost for Pro D Day campers.

THEME: FANGTASTIC HALLOWEEN – trip to Galey Farms included!

Location: Greenglade Community Centre Room #7
80360 F 9am - 4pm Oct 25 \$40

Pro-D Days with Clay

6 - 12yrs

Discover the exciting material of clay! Every Pro Day will offer an inventive project in clay sculpture. A dynamic instructor will guide the students with their pieces and no previous clay experience is necessary.

Location: Greenglade Community Centre Room #3
80606 F 9am - 12pm Oct 25 \$40



Sewing Camp

11 - 18yrs

Don't miss this fun filled day of learning how to sew. You will learn how to operate a Sewing Machine and take home a small project that you have made. Sewing is so much fun, you will soon start making all kinds of things.

Location: Greenglade Community Centre Room #8
80573 F 9am - 12pm Oct 25 \$30

\$2 School's Out Swim

Fri, Oct 25, 1 - 3pm

Stay active and have fun at the pool during this year's non-instructional days. The waterslide will be open and our inflatable crocodile "Spike" will be in the water from 1:30-2:30pm.

Please note: You must be a minimum of 42" (107 cm) to ride the slide and 7 years old to go on "Spike".

\$2 School's Out Skate

Fri. Oct 25, 1 - 2:20pm

Everyone is Welcome to enjoy music, games and great prizes during these fun, afternoon skates. Skate Rentals \$3.50

Forgot your helmet? Borrow one of ours! We have brand new styles and sizes to choose from!

SLIDER'S TURNING 4!



Celebrate Slider's Birthday
Sunday, Oct 27th,
1 - 3pm.

Join Slider and all his mascot buddies for games fun and cupcakes in the Arena.

Follow Slider on twitter @ sliderpenguin

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