



PROSPECT LAKE ELEMENTARY

321 Prospect Lake Road, Victoria, B.C. V9E 1J7

Phone: 250-727-3314

SAFE ARRIVAL: 250-727-9993

Fax: 250-479-2927

School e-mail: admin_plake@sd63.bc.ca
School website: www.sd63.bc.ca (and follow the link)

Principal: Mr. Mark Guiguet

Although the days have been wet, windy and cold they are getting longer and occasional glimpses of sunshine are a welcome reminder that spring is just around the corner. It is gratifying to see the number of students from all grades who are enjoying our new Natural Playground despite the inclement weather. We are also pleased to see that our current kindergarten registration stands at the same number as we registered last year. It is always exciting to meet our new Prospect families as well as welcoming siblings from families already attending our school. Creating strong relationships within our school community is very important and I thank the staff, students and parents who have helped to make our new students and their families feel welcome. Excitement is building as we move closer to the presentation of our upcoming musical "The Emperor's New Clothes". Rehearsals and production are progressing smoothly and I would like to thank our staff and the many parents who are helping with the enormous amount of work that is necessary to make this production possible.



Mark Guiguet
Principal



CALENDAR

Feb.26 Power of Pink Day
Feb 26 Open House at Prospect 8:15 am – 9:15 am
Feb.26 & 27 Early Dismissals @ 1:48 pm
Feb. 27 Camp Thunderbird Meeting @ 6:30 pm
Feb. 28 Hot Lunch Day
Feb. 28 Basketball Jamboree
March 5 Swim Meet
Mar 10 – 21 Spring Break

POWER OF PINK DAY: FEB. 26

We have a wonderful school with a culture of respect and acceptance and we want to reinforce this on Feb. 26th which is "Power of Pink Day" (also known as "Pink Shirt Day" throughout North America). Every day our students and staff work to include others and to live our beliefs of taking care of ourselves, others, and this place. Students and staff are welcome to wear Pink on this day to support "Power of Pink Day."

KINDERGARTEN REGISTRATION continues...

We were excited to greet the new families that have registered at Prospect Lake. Any further registrations will need to occur at the School Board Office located on Keating X Road. If you require further information, feel free to call us at school 250-727-3314 or at the School Board Office at 250-652-7300.



JUMP ROPE FOR HEART

We were pleased to see a performance by Heather Faulk's skipping group to kick off our B.C Heart and Stroke Foundation fund raising event for this year. The children also enjoyed a skipping event with their classmates. Donation/Pledge envelopes and money are due at the school no later than February 28th.



“EMPEROR'S NEW CLOTHES”

The practices for our musical continue with the cast. Classes are also practicing each week to learn the songs that will be part of our performance. Thank you to the many parents who have stepped forward to help with costuming and staging! We are excited by the progress that is evident in this production. We have tentatively booked show times for the afternoon and evening of April 2nd.



FOUNDATION SKILLS ASSESSMENTS

Our grade four students have completed a series of Provincial Assessments this month. It is a snapshot in time that gives some information about how students are doing in Reading, Writing and Numeracy. It is important to remember that this is just a snapshot and doesn't necessarily give the entire picture of how students are progressing in all portions of their academic program.

BASKETBALL & SWIMMING

Thank you to Mrs. Harward for organizing our basketball teams. They have been practicing at lunch and playing games against other schools in the District. They will conclude their season with a Jamboree at Claremont High School on the afternoon of Feb. 28th.



Thank you to Mrs. Hamilton and Mrs. Schwann for organizing our swim club. They practice at Commonwealth after school on Mondays and will conclude their season with a Swim Meet on the afternoon of March 5th.



VICTORIA TRACK AND FIELD



Does your child enjoy running? Would they like to learn the field events or maybe try different track events such as hurdles? Victoria Track and Field Club welcomes all aspiring track and field athletes 9 years (born 2005) or older. We are preparing for our upcoming season, which starts after March break. We practice, learn, and have lots of fun Tuesday and Thursday nights from 6 to

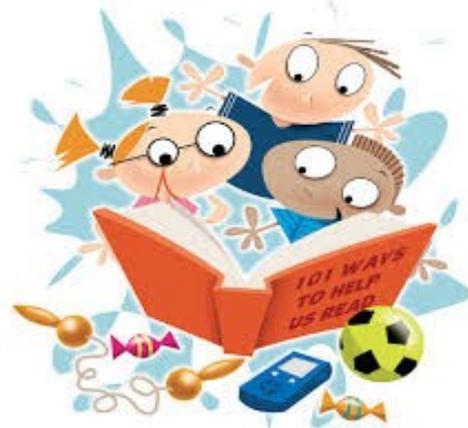
7:30pm at the Oak Bay track. We will be having a *Meet the Coaches Night* on March 27. More information and registration forms can be found at: www.victrack.ca



LIBRARY NEWS

For the remaining months of school, Prospect Lake students will be participating in a school wide home reading program. Research has shown that as little as 15 minutes of reading each night improves reading and writing skills significantly. At Prospect Lake Elementary, we value literacy and so we are offering this nightly program to help our students make reading a nightly habit. Please stay tuned for a letter that will be sent home outlining the home reading program. Record sheets will be returned to the library for a small incentive prize as they are completed. Enjoy reading together!

The Prospect Lake library is looking for volunteers to help with shelving books in the library. This can be done at your own convenience, before, after or during school. Even 15 minutes once per week is a huge help! If you are interested, please stop by the library to talk to Mrs. Bourdon or Ms. Rayner.



PLES PAC NEWS

contact: prospectlakepac@sd63.bc.ca

FUNDRAISING OPPORTUNITIES

RED BARN BUCKS

How do I participate?

- Purchase \$50 "Barn Bucks" gift cards through the PAC to buy your groceries at the Red Barn
- Red Barn will donate **10%** of the value of all "Barn Bucks" purchased back to our school!
- Order forms will come out monthly, just fill out your form and return to your child's classroom and help support our school.
- March Order Forms will be going out at the end of March and will be due: **Monday Mar.31st**

SPRING FAIR – SAVE THE DATE!

FRIDAY MAY 30TH 5-8PM

This is one of our school's biggest fundraisers! Please note the date on your calendar. There will be carnival games, dunk tank, bouncy castle, concession, bake sale, cake walk, café, flea market and more. It will be lots of fun for everyone! We would like your donations of the following items for our flea market, toy sale, and prizes for the kids. Clean, gently used items are terrific and as are any new items you can contribute.

- Books
- Kitchenware
- Costume jewelry
- Purses & Accessories (Women, men & kids)
- Games & Toys for all ages (including stuffies)
- Decorative house wares
- Christmas & holiday items
- Gardening items
- Sporting goods
- CD's & DVD's
- Rated age 10 & under: wii, ds, and psp games

NO electronics

ALL in good saleable condition please.

Please call Jamie Disbrow (250)658-4874 or Jenny Eastman (250)744-1710 with any flea market questions.

PAC Executive:

President:	Stef Hutchison
Vice President:	Dora DeMedeiros
Treasurer:	Christine Carrigan
Communication:	Jenny Eastman
Secretary:	Andrea Sage
COPACS reps:	Sarah Ommundsen, James Taylor
First Nations Liaison:	Steve Cooper
Past President:	Dorothy Ogurek
Member at Large:	Julie Pinel

Next PAC Meeting

Wednesday, **April 16th 6:45 PM** in the School Library. Please join us. Refreshments and child-minding provided (ages 5+). All families welcome!

(Please note that due to Spring Break, the March PAC meeting has been cancelled)

HOT LUNCH DAYS

Friday February 28th - Red Barn Sandwiches/Soup

This is the first time we have partnered up with Red Barn for Hot Lunch so any feedback regarding this hot lunch day would be greatly appreciated. We are very excited to be offering their yummy sandwiches!

Friday March 28th - Booster Juice Wraps/Sushi

If you have not ordered lunch for your child on either of these days, please remember to provide a lunch for your child.

February and March are proving to be very busy months. Preparations for the Spring Fair are in full swing, preparing for the school play "The Emperor's New Clothes", Spring Break approaching, and so much more!! Once again, we would like to thank the kids, families, staff, and PAC executive of Prospect Lake Elementary for making this school a wonderful and exciting place to learn!

Handwashing for Health

Germs spread easily in a classroom. Handwashing is the most effective way to stop the spread of germs that cause colds, influenza, diarrhea and other illnesses. It is important children learn how and when to wash their hands to decrease their risk of getting sick.

How to Wash Hands:

- ♦ **Wet** hands under warm running water
- ♦ **Scrub** with plain soap for a count of **20**, all over hands and between fingers
- ♦ **Rinse** under running water for a count of **10**
- ♦ **Dry** hands with a clean paper towel
- ♦ **Turn** off taps with a paper towel

When to Wash Hands:

- ♦ Before and after eating or handling food
- ♦ After using the toilet, handling pets, coughing, sneezing, or wiping noses

How long is 20 seconds?

- ♦ Slowly singing “Happy Birthday” twice takes about 20 seconds

Health Units:

Peninsula	250-544-2400
Victoria	250-388-2200
Saanich	250-519-5100

PEOPLE COME IN MANY SHAPES AND SIZES!

Part of healthy living is being comfortable with your body. Parents, teachers and caregivers play an important role in helping children feel good about themselves.

Children’s bodies change and grow over time. It is normal for children to gain weight before a “growth spurt” (an increase in height). When this happens, they may appear chubby. Most children will outgrow this when their height catches up with their weight.

Here are some tips to help children cope with changes in their bodies:

- ♦ Avoid making too many comments about your child’s appearance as this puts too much focus on looks.
- ♦ Avoid making negative comments about your appearance; role-model acceptance of your own body.
- ♦ Avoid making negative comments about other people’s appearance.
- ♦ Let children know you love them just the way they are.
- ♦ Teach children to value qualities such as honesty and kindness in themselves and in others.

Remember, there are a variety of body shapes and sizes that are healthy. Active, healthy living and self-esteem are more important to health than size or shape.

The most important thing you can do for your child is to role model healthy behaviours and attitudes. If you feel good about yourself, your children are more likely to feel good about themselves too.

For more information contact:

- ♦ HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or www.healthlinkbc.ca/dietitian/

