

MAY 2019 UPDATE

WHAT'S BEEN HAPPENING AT PROSPECT LAKE?

NEW PAINT AND TOUCH UPS

Over the last two months, our facilities crew have given Prospect Lake halls and several classrooms a new coat of paint making everything look fresh and clean for spring time.

GRADE FIVE TRANSITION TO ROMS

Many activities occur during the spring as the Grade five students prepare themselves for Middle School. ROMS Band and Choir visited Prospect Lake April 17. Grade fives had a visit to ROMS in the morning on May 3 and Parent visits on May 9. If your child will not be attending ROMS please inform your teacher.

POWER TO BE

Division 1,2,3,4 have partnered up with Power to Be and explored leadership and mindfulness this year. Some great opportunities to learn and appreciate our local community. Canoeing in the west coast rain was quite the adventure for DIV 1 and 2 last month!

KARATE

A big thank you to Kenzen Karate who have donated their time and instruction to work with all classes in learning Karate during the month of May.

MARATHON MATH CHALLENGE

For the month of May, students and staff have taken on the Marathon Math Challenge. The 500m route has been set up and students and staff have been out running/walking to work towards 10km, 1/2 or full marathon distances. Great exercise and opportunities for math conversations.

2 laps = 1000 m or 1 km

How many laps will it take to run/walk 42 km

DRAMA CLUB

Our drama club along with Kaleidoscope Theatre put on two great shows of "Juke Box Time Machine". It was a wonderful opportunity for students to try something new and perform in front of an audience. The tunes were catchy and the dance moves were "groovy!" Thanks Mr. Ball, Ms. Ko and Kaleidecope

PRIMARY DANCE CLUB

What an enthusiastic bunch of kiddos who joined the dance club in March and April. Under the instruction of Ms. Ashcroft, students had opportunity to explore creative dance. Thanks Ms. Ashcroft

CROSS COUNTRY

The students of Prospect Lake did extremely well at the District Meets and should be proud of their commitments to practices at lunch playtime and for their personal best. Thank you very much to the staff and parent volunteers who came out to help out the district meet. Thank you to the coaches, Mrs. Gladwin, Ms Gregory, Mrs. Bossence, Ms. Maser and Mr. S for their time to run the practices.

EMERGENCY PREPAREDNESS WORKSHOP

All of the grade four students at Prospect Lake were involved in a hands-on workshop that focussed on Emergency preparedness. This was facilitated by the Saanich Fire Department.

UPCOMING EVENTS

May 14 7:00 PAC meeting
May 15 12:30 Kindergarten orientation (gym)
May 15 On-line wellness presentations
May 20 No school
May 27-31 Indigenous Floor Map
May 28 Whole school photo
May 31 Hotlunch
May 31 Library book sale
June 5 Popcorn Day
Jun 13 Track meet
Jun 14 Camp Thunderbird- Grade 5
Jun 21 Whole school - Fun day - Beach day
Jun 21 National Indigenous People's Day
Jun 26 Year end assembly/Grade 5 Farewell 12:30-2
Jun 27 Pancake Breakfast 8 am



LIBRARY BOOK SALE

May 31



This is a student run book sale. Our Paws Squad will be helping out in the sale. Books are 0.50 to \$1.00

If you have books to donate for this sale please drop them by the library.

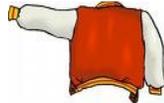
TRACK



Track practices will begin soon for students in grades 3, 4,5 . ALL Grade 3 will attend the track meet as a field trip. Grade 4/5 are all encouraged to attend the track meet. The Track meet will take place at UVic on June 13th. We are looking forward to the fun! Track practices will occur during Gym times. Relay practices will take place on Tuesday at lunch for Grades 4/5's and Thursday at lunch for Grade 3's.

SCIENCE VENTURE

UVIC Science Venture will be coming to Prospect Lake the week of Jun3-6. They will work with all classes with a variety of themes.



LOST/FOUND

Please take a moment to check the lost and found next time you visit the school. We have accumulated quite a bit in the last couple of months. Items remaining at the end of the school year will be donated to a charity.

THANK YOU

On behalf of the Prospect Lake Staff, we would like to thank the Parents, Guardians and Students of Prospect Lake for the beautiful flowers and wonderful lunch. We very much appreciate your time and contributions to create this meal for us. We are very grateful for the partnership in education your children.

MOVING?

If your family will be moving away and your child(ren) will NOT be returning to Prospect Lake Elementary next year, please let the office know as soon as possible.



CLASS BUILDING (2019-2020)

We value the ongoing dialogue throughout the year regarding your child's social emotional and learning needs, during

- Informal Parent /teacher conferences
- School Based team meetings
- IEP or Behaviour planning meetings
- Meetings with other professionals such as our OT/PT/SLP/Counsellor, Psychologist

Through many sessions, collaboration and planning, classes are tentatively created prior to the summer break and revisited in August and September.

We take into consideration the following:

- **Learning Needs-** areas for support and enrichment
- **Learning Environment-** eg. multi-age classes allow us to place students to develop new friendships, mentorship /leadership opportunities, teaching style to suit the learner
- **Social Relationship-** good buddies may not make good classmates. We make every effort to consider students being placed with others to benefit the learner and learning environment
- **Composition-** to the best of our ability we consider balance of gender, behaviour, social emotional, learning needs and balance of numbers for multi age class and overall class size

Based on all of the above, I encourage parents to **only make a class placement request in situations warranting special consideration.** Your request and rationale will be considered during our class building process; however, please note that no requests are guaranteed.

For special circumstances, please connect with your child's teacher or by email to the school Principal, Ms. Anita Ko, at ako@saanichschools.ca by May 31st, 2019 deadline, including:

1. Your child's name, current grade and current teacher.
2. The nature of your placement request. **Please do not name specific teachers.**
3. The special learning, social-emotional, and/or other needs warranting special class placement consideration.

Thank you for your support and trust in the complex process of class building.

ON-LINE WELLNESS Presentation

Students had age appropriate conversations regarding on-line wellness this week. Great questions and relevant information around gaming, time on screen and ways to be healthy with electronic devices.

Some helpful suggestions on ways to limit gaming and screen time at home include monitoring what games and apps your children are using, including recommended age restrictions and setting limits.

Screens should be avoided

Bedrooms because it interferes with sleep and it is important for parents to monitor their children's screens in open areas.

Mealtimes because it promotes family conversation and promotes positive self-regulating eating habits

Cars because it promotes conversations and avoids issues with "tech neck" because we often look down at our devices when in the car.

It is helpful to get in the habit of looking away from screens every 20 minutes to avoid computer vision syndrome. By taking regular movement breaks when on all technology we can avoid hearing, neck, and back issues. We can also avoid getting carpal tunnel when using gaming controllers for too long without breaks. Contact information from the speaker and resources can be found below.

Shannon Husk, Prevention and Community
Engagement Service Provider,
Shannon.husk@telus.net , 250-588-3861
<https://www.bcreponsiblegambling.ca>

RESOURCES FOR FAMILIES

Entertainment Media Information and Insights

Family Media Use Plans are very helpful in setting limits and finding balance around technology. Please find a family media use plan example at <https://www.healthychildren.org/English/Pages/default.aspx>

The Center on Media and Child Health has their own **Mediatrician** who you can ask questions about media from: <https://cmch.tv/parents/askthemediatrician/>

Commonsense Media is an excellent resource for families and educators: <https://www.common sense media.org> Here is their mission statement: Common Sense is the leading independent non-profit organization dedicated to helping kids thrive in a world of media and technology. We empower parents, teachers, and policymakers by providing unbiased information, trusted advice, and innovative tools to help them harness the power of media and technology as a positive force in all kids' lives. Media and technology are at the very center of all our lives today -- especially our children's. Kids today spend over 50 hours of screen time every week. The media content they consume and create has a profound impact on their social, emotional, cognitive, and physical development.

The **Entertainment Software Ratings Board** lets you know age appropriate games and movies and information on parental controls: <http://www.esrb.org>

The **Screenagers** blog by Dr. Delayney Rushton is another great resource and I know many of you do not have teenagers but looking ahead to get information about cell phones and other relevant data can be very valuable in preventing any concerns with technology later on: <https://www.screenagersmovie.com>

Cam Adair's website **GameQuitters** is another really helpful website for parents to take a look at ahead of

time to prevent video game addiction. Data shows that 1 in 11 people are now struggle with excessive video gaming concerns. <https://gamequitters.com> Cam's site has informative quizzes and videos about video gaming.

Please check out the Canadian Pediatric Recommendations for Technology use below. As you can see the overall screen time recommended outside of that used for school work are the following:

Developmental Age	How Much?	Non-violent, pro-social TV	Non-violent, pro-social video games	Violent video games	Handheld devices	Online violent video games and/or pornography
0-2 years	none	never	never	never	never	never
3-5 years	1 hour/day total tech	okay	never	never	never	never
6-12 years	2 hours/day total tech	okay	limit to 30 minutes/day	never	never	never
13-18 years	2 hours/day total tech	okay	limit to 30 minutes/day	limit to 30 minutes/day	okay	never

Please feel free to text, call or email me if you have any further questions or concerns,

Shannon Husk, Prevention and Community Engagement Service Provider,
Shannon.husk@telus.net , 250-588-3861
<https://www.bcreponsiblegambling.ca>

