

LORD STRATHCONA ELEMENTARY

592 East Pender Street

Vancouver, B.C. V6A 1V5

Tel: 604-713-4630

Principal: Mr. Jason Eng Vice Principal: Ms. Janine Lamb

PAC Chairperson: Mr. Alec Smecher

FEBRUARY NEWSLETTER

Dear Strathcona Families,

I cannot believe the calendar has flipped a page as fast as it did, and now we have arrived in February. There was excellent turnout for parent-teacher conferences last week, and not surprisingly, a larger than usual crowd for Wednesday's PAC Meeting. There were a number of significant topics covered, which will continue to receive attention in the coming weeks...a playground proposal, discussion of Spring Fair alternatives, PAC funding concerns and plans moving forward, and the topic of French Immersion Program Consolidation proposals at Strathcona. Whether it is Wednesday morning coffee club, conferences, or PAC, parent participation is vital and strongly encouraged. You are your child's #1 advocate, and your voice needs to be heard.

I have thoroughly loved what I am seeing when I pop into classrooms each day...enjoy the write-ups on Project Chef and Harry Potter Week. Next big event on the Strathcona calendar...Multicultural Fair on March 14th! Looking forward to a huge turnout!

Jason Eng

Principal

MS. HONG'S LIBRARY CORNER



Thank you to everyone who participated in the Harry Potter events in the library. Please come by and check out the Black History Month display. Books are available for borrowing.



MULTICULTURAL FAIR 2019

Join us this year for the fun Multicultural Fair at Strathcona Elementary, a series of cultural activities, crafts and tasty treats to celebrate!

Date: Thursday, March 14, 2019
Time: 9am - 12:10pm
Place: Strathcona Gymnasium



Any families who would like to host a cultural table, please contact Tracy at tkong@vsb.bc.ca.

PEER CONFLICT, MEAN BEHAVIOUR AND BULLYING

What's the difference?

When a child is having a problem with her or his peers, it can be hard for parents to know what is really happening – is it bullying? Or is it something else?

Each type of behaviour must be handled differently, to keep children safe and help them learn how to get along with others.

Peer Conflict

Conflict between and among peers is a natural part of growing up. Children will have times when they disagree and can't solve their own problems. They may even become so frustrated that they say mean things or act out physically by hitting, kicking or trying to hurt.

If it's peer conflict you will be aware that these children:

- usually choose to play or hang out together;
- have equal power (similar age, size, social status, etc.);
- are equally upset;
- are both interested in the outcome; and
- will be able to work things out with adult help (after calming down).

Adults can respond by helping the children talk it out, and see each other's perspective. This is often referred to as "conflict resolution".

Mean Behaviour

Children may try out behaviours to assert themselves – sometimes saying or doing mean things – such as making fun of others, using a hurtful name, taking something without permission, leaving a child out, or "budging" in line.

If it is mean behavior, usually:

- it is not planned and seems to happen spontaneously or by chance;
- it may be aimed at any child nearby;
- the child being mean may feel badly when an adult points out the harm they've caused.

When adults see mean behavior they should not ignore it. Adults should respond quickly, firmly and respectfully to stop the behavior, to let kids know that their actions are hurtful and to re-direct children to more positive behaviour.

This quick response stops children from developing a pattern of mean behaviour as their way of interacting with peers, and prevents mean behavior from escalating into bullying. It is a lot easier to correct a child for one nasty comment than to change a pattern of cruelty that grows over time.

Bullying Behaviour

Bullying is serious behavior that has three key features – all three must be present for the situation to be considered bullying:

- Power imbalance -- One child clearly has power over the other(s), which may be due to age, size, social status, and so on.
- Intention to harm -- The purpose of the bullying behaviour is to harm or hurt other(s) – it's intended to be mean and is clearly not accidental.
- Repeated over time -- bullying behaviour continues over time, and gets worse with repetition. There is a real or implied threat that the behaviour will not stop, and in fact will become even more serious.

The effect on the child who is being bullied is increased fear, apprehension, and distress. Often by the time adults find out about what is happening, the child has tried many ways to stop the bullying but cannot do so on their own.

Adults must address the bullying behaviour and ensure the safety of the student who has been targeted. They also need to reassure the children who may have witnessed the behaviour that adults are taking care of it.

When schools respond to bullying, staff will also help the child who has been bullying others to take responsibility for their actions, and change their behaviour. They will monitor the situation to ensure the bullying stops, and will support the child who has been bullied to regain confidence and a sense of safety. Staff may follow-up with the students who observed the behaviour to help them learn what to do when they see bullying.

The "conflict resolution" style of bringing the children together is not recommended in bullying situations, until considerable time has gone by and all children are feeling safe enough to talk about what happened so that relationships can be healed.

KINDERGARTEN SEPTEMBER 2019

Kindergarten can be an exciting and stressful time for you and your child. Support for School Success invites families who have a child entering kindergarten to join in fun activities to provide support for learning, behaviour and physical health.

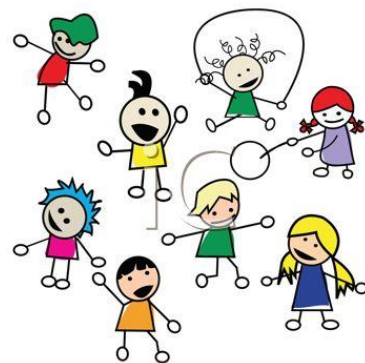
With fun activities, your child will have eyes, hearing, talking, health, behavior, and dental checks.

Location:

Ray-Cam Co-operative Centre
920 East Hastings Street

Dates:

February 28, March 28,
April 25, May 23, June 27



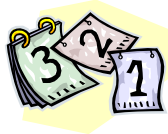
Call Harinder at 604-675-3980 to sign up for a 2 hour appointment.

For more information:

Ray-Cam staff - Carin @ 604-257-6949;
BC Children's Hospital RICHER NPs @ 604-875-2246
OR Drop in to check things out!

You can bring a friend or family member with you for support. There will be a snack, lunch and a small gift bag for your child.

MARK YOUR CALENDARS



WHAT'S GOING ON AT STRATHCONA

Friday, February 15 th	Curriculum Implementation Day, school not in session
Monday, February 18 th	Family Day, school not in session
Wednesday, March 13 th	PAC Meeting 6pm
Thursday, March 14 th	Multi-cultural Fair
Monday, March 18 th – Friday, March 29 th	Spring Vacation, school not in session
Monday, April 1 st	School Re-opens

STUDENT SHOWCASE



Project Chef at Strathcona!

The first week of January, Division 7 and 11 hosted Project Chef at Strathcona. Project CHEF (Cook Healthy Edible Food) Education Society is a not-for-profit society that offers experiential programs to teach children and families about healthy food, including where food comes from, what it tastes like, how to prepare it and how to share it. Students from Division 7 and 11 learned about healthy balanced eating and prepared many delicious meals including minestrone, veggie tofu stir fry, and a friendship fruit salad. This program was made possible by a Click-to-Kids grant and we are grateful for their support.

(www.clicktokids.ca). We'd also like to thank all of the parent volunteers who participated throughout the week. Your time and energy are very much appreciated.

Bronwen Keddie & Chelsea Luchenski





PAC CORNER

Hello parents!

You may have heard about the school board proposal to move the Henry Hudson French Immersion program to Strachcona. The PAC board will be meeting with the school board to discuss it, so if you have feedback, please send it to us: strathconapac@smecher.bc.ca

The Play Area committee has received proposals back from the vendor and will be discussing these at the next PAC meetings.

With regrets, we have decided to cancel the spring fair this year. We'll be talking about an alternative event, so please stay tuned.

The next PAC General meeting is scheduled for March 13; we hope to see you there. Free pizza dinner starts at 6:00pm, meeting at 6:30pm, child care is included. Meanwhile, find us in the courtyard on Wednesday mornings for coffee and baked goods!

Regards,

Alec Smecher
PAC Chair

Special Olympics
British Columbia



Special Olympics BC and Vancouver School Board to Host Parent Information Night

Special Olympics provides individuals with intellectual disabilities the opportunity to train and compete in sport, become healthier, build life skills, and most importantly – to have fun and make friends! In Vancouver, athletes may participate year-round in a number of different sports and activities including basketball, Club Fit, cross country skiing, downhill skiing, snowshoeing, figure skating, 5-pin bowling, 10-pin bowling, floor hockey, curling, powerlifting, rhythmic gymnastics, speed skating, swimming, and weight training. This Local also offers several youth programs, including Active Start (ages two to six), FUNDamentals (ages seven to 11), and Sport Start Soccer (ages 12-18). Off the pitch, athletes have the option to attend our Health, Performance, and Athlete Leadership programs to further their development.

While some athletes compete in multiple sports and aspire to qualify for higher levels of competition including world games, Special Olympics is inclusive of individuals of all ages and ability. For many athletes, it's more about the friendships formed and staying active throughout their lives. For others, it's about building the necessary skills to succeed in different aspects of life, such as employment. Whatever the goal is, it is important to keep your child active. Special Olympics can assist you with that.

All parents of individuals with intellectual disabilities are encouraged to attend our Parent Information Night on February 4th and learn more about the opportunities available through Special Olympics. We will be there to provide you with an extensive overview of the supports and services offered by Special Olympics as well as answer any questions that you may have. If you're looking to get your child involved in programs immediately, we can help you identify suitable sports and begin the registration process.

Session Details

Date: Monday, February 4, 2019
Time: 6:30 pm to 7:30 pm
Location: Garibaldi Annex - 1025 Slocan Street

On arrival at the Garibaldi Annex, a Special Olympics representative greet you at the front door and direct you to the session. If you are planning on attending, please send an RSVP to Chelsea Rogers by email (crogers@specialolympics.bc.ca) or by phone (604.802.4226). We hope to see you there!

“Let me win, but if I cannot win, let me be brave in the attempt”

- Special Olympics Athlete Oath

Special Olympics British Columbia

210 – 3701 Hastings St., Burnaby, BC V5C 2H6 Tel 604.737.3078 Toll-free 1.888.854.2276 www.specialolympics.bc.ca

Email info@specialolympics.bc.ca Facebook [specialolympicsbc](https://www.facebook.com/specialolympicsbc) Twitter [@sobcsociety](https://twitter.com/sobcsociety)

Created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities



Community Centre News

Strathcona Community Centre Association Food Programs:

Breakfast Program- Feb. 1st- Feb. 28th (M-F, except Feb. 18th Family day)

Backpack Program- Feb. 1st, 8th, 15th, 22nd (Every Friday 2-4pm)

Chat and Chew food club- Feb. 5th –Feb 28th (Every Tuesday and Thursday 12-12:55pm)

Cooking fun with families- Feb. 4th- 25th (Every Monday 12—2:30pm)

Seed Savers Club- Feb. 14th (9:30am-11:00am) Please pre-register.

MORNING AND MATINÉE PERFORMANCES AND MORE!



LIVE PERFORMANCE!

NANABUSH STORIES

What do a rabbit, raccoon, chipmunk, and dancing ducks all have in common? They all know the trickster Nanabush and are part of these dynamic stories told by Debajehmujig Storytellers, a multi-disciplinary arts organization dedicated to the revitalization of the Anishnaabek culture, language, and heritage located on Manitoulin Island in Ontario.

18-22
FEB

To register please email culture@fullcircle.ca

50 MINUTES

FEB 18 (1PM, 3PM)

Special Family Day Performances

FEB 19-22 (10AM, 1PM)

VANCITY CULTURE LAB

FEATURE FILM SCREENINGS!



SGAAWAY K'UUNA - EDGE OF THE KNIFE

To register please email
culture@fullcircle.ca

100 MINUTES

FEB 27 & 28 (1PM)

VANCITY THEATRE

Haida Language with English subtitles

GR 7 - 12

27-28
FEB

INTERACTIVE WORKSHOPS!

Our Ever Popular

MOCCASIN TREK: ARTS ON THE MOVE!

INTERACTIVE WORKSHOPS K-GR 12

Métis Jigging, Coast Salish Song and Dance, Hip Hop, Pow Wow Dancing, Storytelling and more!



JAN 14 - FEB 15

TO REGISTER PLEASE EMAIL [CULTURE@FULLCIRCLE.CA](mailto:culture@fullcircle.ca)

FAMILY FUN!



FEB 23 (12-5PM)

THE ROUNDHOUSE COMMUNITY CENTRE

CELEBRATION OF INDIGENOUS DANCE & INDIGENOUS ARTISAN FAIR

Fun for the whole family. Enjoy a brilliant display of traditional and contemporary dance exhibitions from across Turtle Island featuring Pow Wow dancers, Métis jiggers and more. Join in on the social dances and take part in a variety of cultural artisan workshops.

A MÉTIS FAIR

For the whole family! Tap your feet to the sound of the fiddle while the jiggers showcase some "fancy steps". Learn some traditional Métis crafts with hands-on, interactive workshops or browse the vendors' displays for Métis arts and crafts. Our fiddlers and live band keep the atmosphere lively the whole afternoon. A hand-clapping, foot-stomping fun-filled celebration of Métis culture



THE ROUNDHOUSE COMMUNITY CENTRE

MAR 2 (12-4PM)

VISUAL ARTS!

Enter our contests to win fabulous prizes.

POSTER DESIGN CONTEST

GR 5 - 12

Design a poster for us!

TO PARTICIPATE PLEASE EMAIL [CULTURE@FULLCIRCLE.CA](mailto:culture@fullcircle.ca)

COLOURING CONTEST

K - GR 4

Participate in our annual colouring contest! Colourings and posters will all be displayed at the Roundhouse Exhibition Hall during the Festival

COLOURING CONTEST DEADLINE: FEBRUARY 15.

MAIL TO: 416-268 KEEFER ST. VANCOUVER BC. V6A 1X5

FOR MORE INFO EMAIL [CULTURE@FULLCIRCLE.CA](mailto:culture@fullcircle.ca)

PROGRAMMING SUBJECT TO CHANGE.

NO ONE WILL BE TURNED AWAY DUE TO FINANCIAL LIMITATIONS. ENQUIRE ABOUT OUR FIELD TRIP PROGRAM (TRANSPORTATION SUBSIDY) AND COMMUNITY TICKETS PROGRAM (TICKET SUBSIDY), OR SUBMIT AN APPLICATION ON-LINE @ TALKINGSTICKFEST.CA

TALKINGSTICKFEST.CA



FREE PARENTING WORKSHOP!

Kids Have Stress Too!

Facilitator: Lori Sangha, BSW, MC, CCC, Westcoast Family Centres

Co-facilitator: Janine Ray, MA, RCC, YMCA Teen Mindfulness Group Facilitator

This 2 week 2 hour program is designed for parents of children 2-8 years old who are concerned their child is exhibiting signs and symptoms of stress and/or anxiety. Behaviours such as difficulty concentrating, trouble getting along with others, unexplained health issues, disrupted sleep,

fearfulness, or repetitive worrying are some of the ways stress shows up in children. Developed by the Psychology Foundation of Canada, this workshop aims to provide parents with specific skills and strategies to better assist their child with identifying and coping with stressful feelings and behaviours. Parents will learn how to:

- Identify what their child's stressors are.
- Identify signs and symptoms of stress in children.
- Minimize the impact of stress on a child's physical and psychological health.
- Apply strategies to help children manage stress better.

The Key Details:

Date: Wednesday, February 20th and February 27th, 2019, 6:00 p.m. to 8:00 p.m.

Location: Robert Lee YMCA Family Development Program
955 Burrard Street, Vancouver, BC Classroom P129

Cost: **FREE**

Registration: Please contact the Robert Lee YMCA Family Development Program
(604) 673-6180

Light Snacks and Childminding Are Provided. Spaces Are Limited.

Funding supporters:



Success By 6
Helping all children succeed for life.



Community partners:

GORDON
Neighbourhood House



Sharing Food, Creating Fun

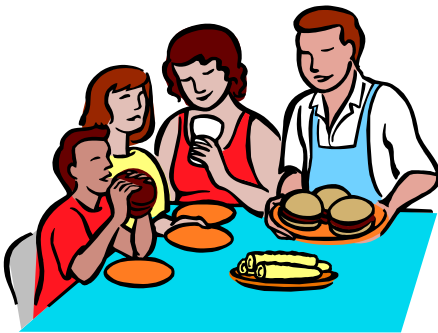
Sharing food together is a great way to connect with your family. Being busy and not having much time can make this hard to do.



“When we eat together it gives us time to share how our day went and it makes us closer.”

Nicole, 17 years old

Children who eat a meal or a snack with other family members at least once a day:



- Develop a sense of belonging, feel more secure and stable
- Have an easier time talking with their parents
- Have fewer behaviour problems
- Do better at school
- Have higher self esteem
- Learn more words (have a better vocabulary)
- Try and enjoy a greater variety of foods
- Eat more fruits and vegetables and less fried foods
- Are less likely to smoke, use drugs, drink alcohol, be depressed or have disordered eating

Parents who eat with their families:

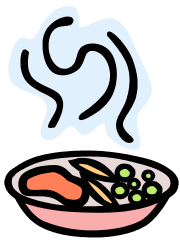
- Eat healthier
- Save money
- Strengthen family ties
- Role model healthy eating for their children
- Can share family values, traditions and culture
- Can connect with their children and find out what’s going on in their lives



Raising a Healthy Eater

- Parents decide what, when and where to eat
- Children decide how much and if they will eat

Tips for Sharing Fun Family Meals



- Make the same meal for everyone
- Plan a weekly menu with the family and put it on the fridge; have each family member choose one meal or snack they would like to have each week
- Use your weekly menu to make a shopping list
- Let children help with the grocery shopping and cooking, not just the clean up
- Keep meals simple – when pressed for time, make sandwiches, reheat leftovers, buy bagged salads or pre-chopped veggies or roasted chicken

- Turn off the TV, computer and cell phones
- Take phone calls later
- Try to make family meals a routine
- Allow children to eat slowly or fast, eat just one or many different foods. Let them have more of any food.
- Share your table manners
- Keep conversation pleasant and make sure everyone gets to speak and be heard
- Keep mealtimes fun



**Keep a jar filled with things to talk about at the table.
Here are a few ideas to get you started:**

- The best part of your day
- Ideas for family activities
- The 3 favourite things about your best friend
- If you had one wish, what would it be?
- Share something you did that made someone else feel good
- Tell jokes or share a funny story

For more information: www.bettertogetherbc.ca

Contact Dietitian Services at HealthLink BC; call 8-1-1 to speak to a dietitian or go to www.healthlinkbc.ca/dietitian to email your question. Translation services are available in 130 languages.

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