

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: Ms. Krista Sigurdson

School Trustee Liason: Barb Parrott

FEBRUARY NEWSLETTER

PRINCIPAL'S MESSAGE

Dear Strathcona Families,

School is in full swing and I wish everyone a late Happy New Year as well as best wishes to those celebrating Lunar New Year...all the best in 2020! Our new Communicating Student Learning (CSL) format report cards have gone home this week and are being used school wide. Parent/teacher conferences are just around the corner, and staff are looking forward to sharing all the successes students are having in the first half of the school year. Our senior students are really excited about outdoor camp which takes place in late February at Zajac Ranch. The Enhanced Services team is busy preparing this year's Multicultural Fair taking place on March 11th. Stay tuned for details in coming weeks. Students continue to model appropriate behavior as Strathcona Dragons in the lunchroom, hallways, during assemblies, and outside during recess and lunch. Art Attack a few weeks back was a celebration of students achieving 50 dragons in the liar...keep up the good work! Needless to say, it has been a busy start to the New Year. I look forward to connecting with many of you in the coming weeks!

Finally, please take a moment to look at the numerous articles to be found on the following pages covering a variety of topics: community centre news, head lice resources, CSL resources, kindergarten information as well as suggestions for healthy habits for students and families.

Jason Eng

Principal Strathcona

COMMUNICATING STUDENT LEARNING (CSL)

The Vancouver School Board District website has been updated to include information for parents about CSL: https://www.vsb.bc.ca/Student_Learning/Assessment_Reporting/Pages/default.aspx

It includes:

- What is CSL? video
- Description of new format of written report (strengths-based language) and subject area proficiency scales
- FAQs for parents

MULTICULTURAL FAIR 2020

This year's Multicultural Fair will be on Wednesday, March 11, 2020. This is one of the annual school events that brings together students, staff, parents and community members to celebrate diversity and multiculturalism. Families and community members are welcome to join and celebrate this tradition with us. If you are interested in participating and/or would like to set up a cultural table at the event, please contact Tracy Kong 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 2020

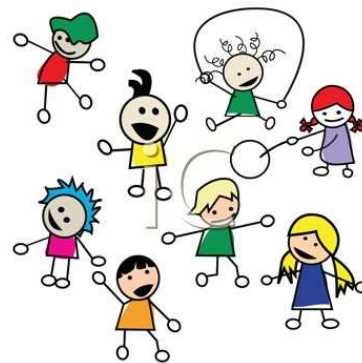
Kindergarten can be an exciting and stressful time for you and your child.

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 5, March 11,
April 8, May 6, May 27, and
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

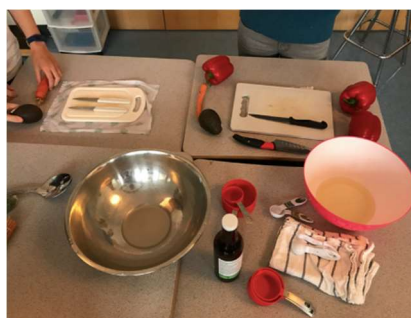
Wednesday, February 12	Parent/Teacher Conferences, Early Dismissal (2PM)
Thursday, February 13	Parent/Teacher Conferences, Early Dismissal (2PM)
Friday, February 14	District Pro-D Day, school not in session
Monday, February 17	Family Day, school not in session
Wednesday, February 19	PAC Meeting 6:30 PM
Thursday, February 27	PAC Movie Night 6PM
Wednesday, March 11	Multi-cultural Fair
Monday, March 16 – Friday, March 27	Spring Vacation, school not in session
Monday, March 30	Immunization Clinic

STUDENT SHOWCASE



Division 5

For our 2nd cooking day, Division 5 cooked sushi, coconut curry, vegetable soup with focaccia, and tarts. We were lucky enough to have snow this month. The kids were thrilled, and we had to take advantage of it and play in it as much as possible. All gym blocks that week were reserved for outdoor play, which was voted unanimously! Many games were created, many inventions were sculpted. The one that stood out the most was certainly our snow unicorn, coiffed with the biggest icicles the kids had ever seen!





Art Attack

This school year, Strathcona has embarked on a school-wide project to support positive behaviour and build community in our school. This project is called Positive Behavioural Interventions & Supports (PBIS), and at Strathcona we have called it Strathcona Dragon training. In the fall we had a Strathcona Dragon training day, where we learned how “Strathcona Dragons” walk in the hallway, play outside, participate in assemblies, and eat their lunch in the lunchroom. Since this training day, adults in the school have been giving out dragon tickets when they “catch a student doing something great.” These dragon tickets are collected and turn into dragons in our dragon lair.

On Friday, January 10, Strathcona School celebrated 50 dragons in our lair with a school-wide Art Attack. The hallway floors were lined with paper, students brought out art supplies and the whole school spent an hour together creating beautiful art. Great fun was had by all!





PAC CORNER

Happy New Year Strathcona Families!

We are looking forward to hosting another fun filled movie night this Winter and we hope you can join us! **We will show How to Train a Dragon 3: The Hidden World on Thurs Feb 27th.** Low cost dinner at 6pm followed by popcorn and movie at 6:30pm. No one will be turned away for lack of funds and we appreciate donations from those who can afford more. Please kids come with a parent/guardian and the balcony will be closed to keep our dragons safe. Please sign up here if you can volunteer to help: <https://www.signupgenius.com/go/10C0945A8A72CA3F85-pacwinter>

Here are a few PAC dates to add to your calendar for the rest of the year.

All of these dates are in in the school's calendar that you can subscribe

to: <https://www.vsb.bc.ca/schools/lord-strathcona/About-Us/Calendar/Pages/default.aspx>

- Winter Movie Night in the Auditorium: How to Train a Dragon 3: The Hidden World - Thursday Feb 27th 6pm BBQ, 6:30pm film starts
- Sports Day PAC lemonade Stand May 14 (time TBA)
- PAC BINGO night May 7th 5-7pm
- PAC coffee cart (once a month) - Fri Jan 31, Fri Feb 28, Fri March 13, Fri April 24, Fri May 29, Fri June 19.

Reach out to chair krista.sigurdson@gmail.com if you can help with any of these dates.

Our PAC meeting schedule for the remainder of the year is:

Feb 19
April 15
May 20
June 17

All meetings are held in the cafeteria from 6:30-8pm. Free pizza dinner will be served at 6pm and free babysitting will be available. We're going to circulate an online invitation for meetings in the week before so that we can get an estimated head count so that we organize the right number of babysitters and right amount of pizza. Feel free to email PAC chair at krista.sigurdson@gmail.com if you would like to introduce an agenda item at a meeting.

In the next few weeks teachers, staff and parents will be receiving a two part survey from the PAC board requesting input on 1) funding priorities for the 2020-20 year and 2) feedback on school grounds improvement. We really appreciate your work on these surveys. Stay tuned for that!

We are really looking forward to BINGO night on May 7th! More information coming soon! This year, we are planning to fundraise for the PAC in general (no specific campaign). If you have un-needed un-used toys, gift cards or other new items, please consider donating these as prizes for BINGO, a raffle or a silent auction. Items can be left in the office with Claudia.

Sign up for our listserv to get updates on these events and activities: PAC Listserv sign up:

<http://eepurl.com/ggoJnb>

Cheers, Strathcona PAC Board

Chair: Krista Sigurdson
Secretary: Pam Murray
Treasurer: Laura Rioux

Members At large:
Andrea Glickman (Advocacy)
Vicky Huang
Tiffany Kindrid (Income equity)
Amanda Qian
Eva Sam (Chinese communication)
Allan Williams (Elder advisor)
Erika Xu

THURS
FEB
27

STRATHCONA DRAGONS
AND THEIR KEEPERS ARE
INVITED TO WEAR JAMMIES
OR COZY CLOTHES!



FALL WINTER MOVIE NIGHT!

**Auditorium
6pm-8:30pm**

- low cost dinner and popcorn served at 6pm
- Movie starts at 6:30pm.

**CAN YOU VOLUNTEER TO HELP?
SIGN UP HERE:**

<https://www.signupgenius.com/go/10C0945A8A72CA3F85-pacwinter>

Head Lice

Head lice, also known as pediculosis, can be itchy and uncomfortable, but are not a major public health concern. They do not spread illness or disease. Head lice spread from person to person. Schools, parents and the school public health nurse all have a role to play in the control and management of head lice.

Health Authority's role

The school public health nurse does not perform individual or group checks, support mass screening head checks or provide treatment to individuals or groups. Instead, he or she will:

- Ensure schools are provided with standardized, evidence-based head lice information for staff, teachers and parents.
- Act as a resource for clarification or information about the management of head lice including speaking to parent groups, advisory meetings or preschool/kindergarten entry meetings as requested.
- Provide support and resources to schools for development of head lice management practices. We do not support exclusion from school due to head lice.
- Build capacity of facility staff, parents and other caregivers in the treatment and management of head lice.

School's role

- Implement head lice management protocols and guidelines based on best practices and health recommendations. Our head lice package includes a [notice to parents](#), [head lice in the classroom letter](#), [fact sheet](#) and [treatment options](#) materials for you to use.
- Promote best practices for head lice management as outlined by the public health nurse. This can include holding annual or biannual head lice awareness weeks where activities are designed to promote facts and dispel myths or distributing ongoing awareness materials and head check reminders via newsletters, websites, bulletin boards, health fairs, open houses, parent-teacher evenings, PAC meetings or other group events.
- Develop a resource library or section on the school website with information and best practice guidelines for management of head lice.

Parents' role

- Take a proactive approach in understanding lice facts and myths.
- Teach your child about prevention of head lice (not sharing hats, headsets, scarves, helmets, etc)
- Ask questions and get information about lice, prevention and treatment options.
- Check the heads of every member of the household when lice have been identified in a close contact.
- Only treat household members who actually have head lice.
- Use a recommended treatment.



For more information, the **Vancouver Coastal Health School Health Manual** can be found here:

<http://www.vch.ca/public-health/children-youth-schools/school-health/vancouver-school-health-manual>

Chapter 16 Head Lice – has a document that lays out the responsibility of public health, the school and parents/guardians, and useful resources.

Option A: Head Lice Shampoo & Cream Rinse

Special head lice shampoos and rinses are a safe and effective treatment. Due to possible resistance, the shampoo may not be as effective as the other methods. Approximate cost is \$11-\$14 per bottle. The shampoo or cream rinse kills the head lice on the head but may not kill the nits. The nits need to be removed from the hair using a special "nit" comb and by using your fingernails.



STEPS TO FOLLOW

Do	Remember
1. Check the heads of all household members. Using a fine toothed lice comb, check the entire head, especially behind ears and back of neck. You are looking for live lice.	If one person in a house has head lice, there is a good chance that other household members have head lice too.
2. Treat infested household members at the same time. Read and follow the directions on the head lice shampoo or cream rinse carefully.	Unless you treat all infested household members, head lice can be passed on from one person to another when heads touch.
3. Remove all dead lice and nits using a nit comb or your fingers. Rinse nit comb or fingers in a sink or bowl of warm water and wipe dry after each stroke.	Metal and plastic nit combs are available at your local pharmacy. If the nit comb tugs the hair, try untangling the hair with a wide tooth comb first and then try the nit comb again.
3. Wash clothing worn in the past 2-3 days, bed sheets and pillowcases and place in hot cycle of the dryer or put the items in a sealed plastic bag for 10 days.	There is no reason to do a major clean up of the house to get rid of head lice. Only items that have been in direct contact with the affected person need to be washed, such as shirts, jackets, hats, combs, brushes and pillowcases.
4. Treat a second time 7-10 days after the first treatment. Repeat steps 2 and 3 above. <ul style="list-style-type: none"> A third treatment is optional 	A second treatment will make sure that any head lice which hatch after the first treatment will be killed before they have a chance to lay any eggs. Two treatments and a follow-up check of the head with nit removal is the best way to make sure head lice are gone.

OPTION B: WET COMBING

A non-chemical way to find and eliminate head lice.

Remove the Head Lice: Wet combing is based on the life cycle of head lice. This removes the live head lice from the head. Combing treatments are done every 3-4 days over a two-week period. This breaks the life cycle of head lice by removing them before they are fully grown and able to lay more eggs. This option is low cost and safe but takes time. Approximate cost for nit comb is \$4, and for conditioner is \$5 per bottle.

STEPS TO FOLLOW

Do	Remember
1. Wash hair with normal shampoo and rinse.	Note: On average, a wet combing session takes about ½ hour per person.
2. Apply at least ½ cup of normal conditioner (any brand) to cover and wet all of the hair. Do not rinse out the conditioner.	Untangle hair with a regular wide tooth comb. Wet conditioner will stop the lice from moving around as quickly.
3. Comb sections of hair using a fine toothed lice comb. Divide hair into small sections. Firmly draw the comb from the scalp to the end of the hair. After each stroke, check the comb for lice. Rinse the comb in a sink or bowl of warm water, and wipe dry. Continue section by section until the entire head is done. Make sure hair stays wet with conditioner during combing.	Metal or plastic nit combs are available at your local pharmacy. If the comb tugs the hair, use a wide toothed comb first and more conditioner, then try the nit comb again.
4. Rinse hair. Leave hair dripping wet. Repeat Step 3 combing without conditioner, until no lice are found.	Check the comb and your fingernails for head lice (you do not want to put any lice back in the hair).
5. Wash clothing worn in the past 2-3 days, bed sheets and pillowcases and place in hot cycle of the dryer or put the items in a sealed plastic bag for 10 days.	There is no reason to do a major clean up of the house to get rid of head lice. Only items that have been in direct contact with the affected person need to be washed, such as shirts, jackets, hats, combs, brushes and pillowcases.
6. Repeat Steps 1-4 every three or four days for two weeks.	Follow the schedule below.

DAYS TO WET COMB

1	2	3	4	5	6	7
8	9	10	11	12	13	14

OPTION C: HEAD LICE SPRAY

Special head lice spray is used because it has been tested and deemed a safe and effective treatment. Head lice spray successfully kills both head lice and nits (eggs). Approximate cost is \$30-\$40 per bottle.



Kill the Head Lice and Nits

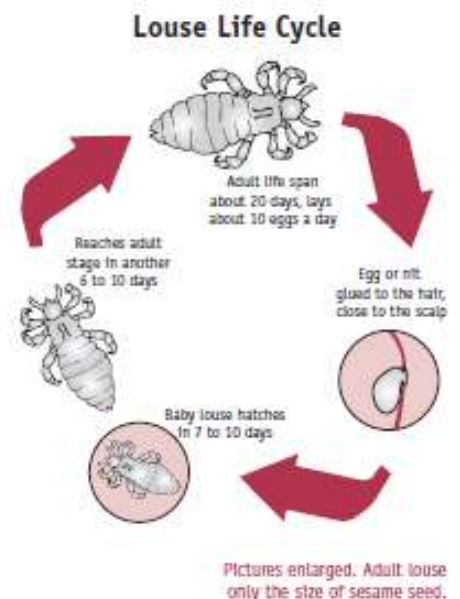
This option involves using two treatments 8-10 days apart with a special head lice spray (e.g. NYDA®). The spray works by suffocating and killing the head lice and the nits (eggs).

STEPS TO FOLLOW

Do
1. Check the heads of all household members. Using a fine toothed lice comb, check the entire head, especially behind ears and back of neck. You are looking for live lice.
2. Treat infested household members at the same time. Read and follow the directions on the head lice spray carefully.
3. Wash clothing worn in the past 2-3 days, bed sheets and pillowcases and place in hot cycle of the dryer or put the items in a sealed plastic bag for 10 days.
4. Treat a second time 8-10 days after the first treatment. Repeat step 2.

HEAD LICE FACTS

- Anyone who has hair can get head lice. Head lice are not caused by being dirty.
- Head lice are very common in school aged children.
- Head lice do not spread illness or disease.
- Head lice are tiny insects about the size of a sesame seed and live only on the human head. They can vary in colour from tan, brown or gray.
- Head lice do not jump, fly or swim.
- Head lice can move quickly on dry hair making them hard to see.
- You can get head lice by touching heads with someone who has head lice, or by sharing combs, brushes, hats, headsets or helmets.
- Head lice bites can be uncomfortable and make the scalp itchy.
- Adult head lice lay about 10 eggs (called nits) every day. These nits are stuck to the hair near the scalp. After the head lice hatch, the empty shell of the nit stays stuck to the hair.
- You can find lice anywhere on the head. Look behind the ears and the back of the neck.
- You cannot get rid of lice with a hair brush or with a hair dryer.
- The best way to find head lice is by using a fine toothed lice comb on hair that is dry, wet or wet with conditioner.
- Only treat when you find a live louse on the head.



Contact your local Public Health Nurse if you have any questions.

Ask a pharmacist about the head lice shampoo, head lice cream rinse, or head lice spray options.

Other information are available at your local Community Health Office/Centre or online at <http://vch.eduhealth.ca>

For more information, contact a Public Health Nurses at Vancouver Coastal Health
www.vch.ca

or visit the VCH Parenting Website
<http://parenting.vch.ca/>

For more copies, go online at <http://vch.eduhealth.ca> or email phem@vch.ca and quote Catalogue No. FG.650.648



Community Centre News

Strathcona Backpack Program running dates:

- Programming begins on January 10th 2020 and will end for the summer holiday break on Friday, June 26th.

The Backpack Program pauses for:

- Spring Break: Thursday, March 19th and Friday, 20th
Thursday, March 26th and Friday, 27th
- Easter Break : Friday, April 10 – Monday, April 13th
- Summer Break: Monday June 29th – Wednesday, September 16th

Family Day Event & Spring Break Daycamp:

- a pro-d camp for February 14th (registration now open)
- a special event on February 14th (FREE – no registration required)
- a spring break day camp (registration now open)



SPRING BREAK DAYCAMP

ages 8+ | \$100/week
registration begins January 10



JAN 20 **FEB 14** **MAY 15**

strathcona pro-D camps

AGES 8+ | 9AM - 3PM | \$20

THIS YEAR: **VALENTINE'S DAY** IS ALSO

family day AT STRATHCONA COMMUNITY CENTRE

AN OPEN HOUSE WITH ACTIVITIES FROM 11:00AM - 2:00PM
CONTACT JENNIFER.TAYLOR@VANCOUVER.CA TO GET INVOLVED

Sharing Food, Creating Fun

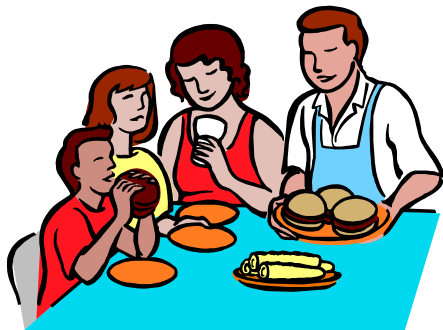
Sharing food together is a great way to connect with your family. Being busy and not having much time can make this hard to do.



“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.

For more copies, go online at <http://vch.eduhealth.ca>
or email pchem@vch.ca and quote Catalogue No. **BB.200.E28** © Vancouver Coastal Health, May 2016
The information in this document is intended solely for the person to whom it was given by the health care team.
www.vch.ca



February 2020

WINTER SPORTS SAFETY

How can we be safe when tobogganing, skating, skiing, and snowboarding?

- ◆ Wear an approved helmet
- ◆ Use equipment that fits properly and is well maintained
- ◆ Use a neck warmer instead of a scarf to prevent strangulation
- ◆ Use sun protection (sun block and sun glasses) even on a cloudy day
- ◆ Know your ability and experience
- ◆ Go inside to get warm if shivering



STAYING HEALTHY OVER THE HOLIDAY SEASON

- ◆ Get enough sleep
- ◆ Eat well balanced meals
- ◆ Take time to relax
- ◆ Do things you enjoy
- ◆ Enjoy your family, friends and traditions



Some individuals/families experience loneliness, increased stress or depression over the holiday season. Talk to the public health nurse or your primary health care provider for help.



Where do I find more information?

- Robert and Lily Lee Family Community Health Centre, 604-614-4449
- Health Link BC - online www.healthlinkbc.ca or dial 811
- www.vch.ca/schoolhealth