

## 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

# JUNE NEWSLETTER

Hello Strathcona families,

The home stretch of the school year is upon us and the energy level within the school can barely be contained! Between the excitement of Sports Day, outdoor education excursions, and the wide range of field trips taking place, student engagement in school remains high. We look forward to celebrating our grade 7 class at their leaving ceremony and luncheon on Tuesday, June 25th. I know the PAC is busy planning Bingo Night which takes place a few days earlier on Thursday, June 20th. I am very much looking forward to this community event! Also taking place throughout June is ongoing work on the school garden (as well as the early stages of expansion into the courtyard)!

I hope that students, staff, and families enjoy the final few weeks of school!

Sincerely,

Jason Eng  
Principal



### MS. HONG'S LIBRARY CORNER

All books are due back to the library June 6. Please look carefully to find all overdue and lost books. The last chance to borrow books is May 29 at Open Book Exchange. Over the summer, give your children as much opportunity to read books of their choice. The Vancouver Public Library is a great place to borrow books. The VPL also has lots of fun summer reading activities, such as Summer Reading Club.

### TERM 3 PROGRESS REPORT CARDS

Progress Reports Term 3 Report Cards will be handed out to students on Thursday, June 27th. Staff are at the school until Friday, June 28th; if you have any questions or concerns, please call the school at 604-713-4630.



### GRADE 7 GRADUATION CEREMONY

To all parents or guardians of Grade 7 students, there will be a graduation ceremony on Tuesday, June 25, 2019 in the auditorium at 10:45 AM. Following the ceremony, there will be time for families to take pictures, and afterwards the students will be going for a graduation lunch.

### LAST DAY OF SCHOOL

Remember that Thursday, June 27th is the last day of school for students. Students will be dismissed at 3pm. There is NO SCHOOL on Friday, June 28th for students. On behalf of all the staff of Strathcona Elementary, we wish everyone a fun filled, safe and happy summer!



### CLASS PLACEMENT 2019-2020

Strathcona staff will soon be working to organize classes for September 2019. The teachers at our school take considerable care in determining the placement of students in classes for the new school year. There are many factors that are important considerations in this process. It is hoped that the following notes will help parents/guardians understand how student placement is determined.

In deciding the placement of students in classes, staff members consider student groupings which balance academic and social needs. Student learning styles and relationships are also part of the process.

Parent/guardian input can also be very helpful to our process. Our objective is to create classes which best meet the needs of our students.

Please note that if parents wish to write an email to Mr. Jason Eng, Principal, at [jeng@vsb.bc.ca](mailto:jeng@vsb.bc.ca) to share information about your child's class placement, it should be to share information about your child's ideal learning environment in regard to social, emotional, or academic needs. Should you wish to provide the school with extra information, please send an email by June 7, 2019.

### **SOLUTION ROOM**

Solution Room is a lunch-hour service available throughout the year to students through self-referral or teacher referral. Its aim is to help students solve playground issues/conflicts as they happen. It is located at the Safe Arrival Room across from the office and is open every lunch hour. The staff member on duty will be available to guide students through the process of appropriate expression of feelings, identifying problems, examining their role in the conflict, formulating safe and respectful solutions. Through this guided process, it is hoped that students will gain skills to handle conflicts in a more empathetic and compassion manner. For more information, please see Greg Goodall, Youth & Family Worker.



### **NATIONAL INDIGENOUS PEOPLE'S DAY**

Friday, June 21, 2019 is National Indigenous People's Day! This day celebrates the unique heritage, diverse cultures, and contributions of Indigenous peoples (First Nations, Inuit, and Metis) in Canada. In addition, the Red Fox Strathcona drum group and the Nisga'a dancers will be participating in the Strathcona National Indigenous Day assembly on June 19th in the afternoon.



### **SCHOOL CALENDAR**

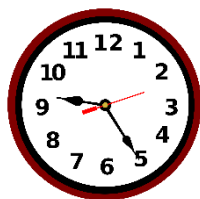
The school calendar is included in this newsletter. As well, reminders of our Professional Development Days, holidays, and District Closures will appear in the newsletter and in our website throughout the year.

### **SCHOOL ORGANIZATION FOR 2019-2020**

If you know that your child will not be returning to Strathcona in September 2019, please call our office at 604-713-4630 to notify us.

### **NOTICE OF LATE RETURN**

Please notify the school in writing if your child(ren) will be returning LATER THAN noon on Tuesday, September 3rd, 2019, but prior to Friday, September 27th, 2019. Please note: If the school cannot verify your child's attendance at school by noon on Wednesday, September 4th, your child's space may be given to another student on the school's waitlist.



### **SUMMER OFFICE HOURS**

Our office will be open in the summer for the following dates only:  
Friday, June 28 - 9:00 AM to 2:30 PM  
Monday, July 2 and Tuesday, July 3 - 9:00 AM to 2:30 PM  
Tuesday, August 27 – Thursday, August 29 - 9:00 AM to 2:30 PM

### **SEPTEMBER 2019 START-UP INFORMATION AND OPENING DAY PLAN**

School starts on Tuesday, September 3rd, from **9AM – 10AM**.

**For Gr. 1 – 7:** Students who attended Strathcona last year will report to last year's teacher and room until we put students into their new classes.



Registered students who are new to Strathcona will report to the library at 9am. Staff will be there to welcome you. All other students not previously registered will report to the office.

Please note: Students entering K in September 2019, please check your email for progressive K entry schedule.



# MARK YOUR CALENDARS

## WHAT'S GOING ON AT STRATHCONA

Friday, June 7 <sup>th</sup>	Rainbow Day. Students are invited to wear rainbow colours to school today
Monday, June 10 <sup>th</sup>	Volunteer Tea, 8:30-9:30am PAC meeting, 6pm
Tuesday, June 11 <sup>th</sup>	PAC Garden Event, 3pm – for parents and volunteers
Monday, June 17 <sup>th</sup>	Peer Helper Field Trip
Tuesday, June 18 <sup>th</sup>	Library Monitor Field Trip
Wednesday, June 19 <sup>th</sup>	National Indigenous People's Day Assembly, 1pm
Thursday, June 20 <sup>th</sup>	PAC BINGO Night 5-7pm
Thursday, June 27 <sup>th</sup>	Last day of school for students
Tuesday, September 3 <sup>rd</sup>	First day of school for students Grade 1-7: 9:00 – 10:00am Kindergarten students: Parents, please see gradual entry schedule

# STUDENT SHOWCASE



## Division 7

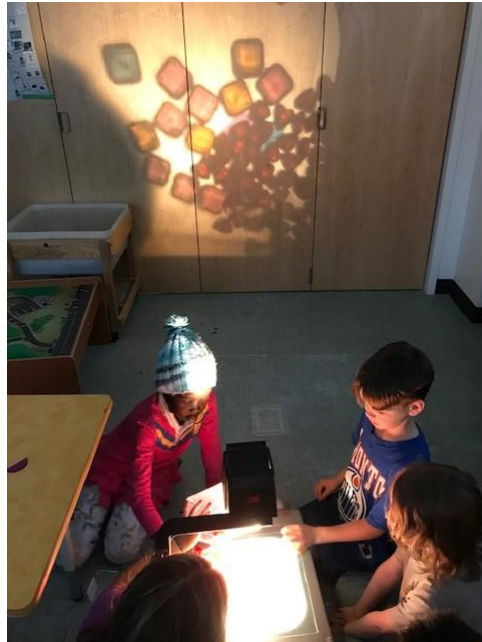
This year in division 7, we have been studying immigration and the history of Vancouver. In mid-May, the grade 6 students of our grade 4/5/6 class organized a walking tour of Strathcona for the grade 4/5 students in our class. Great fun was had by all and we learned some very interesting facts as well. Did you know that there used to be a pet rabbit at Strathcona school that survived one of the school fires?





## Division 17

Division 17 have begun exploring the properties of light. Our big question is 'how can we change light'. We are using lots of materials to try and discover as many ways as possible. Our next task will be to design and make sunglasses!





## Division 20



### *Dance: A Celebration of Learning Wednesday May 29, 2019 at 1:00pm*



We have been dancing once a week with Anne Michelle Hiebert since February 2019. This term we have been doing dance classes that incorporate imaginary themes, games, maps, props, and costumes. Anne-Michelle designs the classes to be simultaneously playful and skill building. "The very most important thing we practice is the great feeling of being able to lose oneself to the joy of dancing!" - Anne -Michelle Hiebert

During our last dance class on Wednesday May 29th, 2019, the children invited their families to watch them dance. This was an opportunity for the families to watch their child(ren) dance and collaboratively move with others.



# PAC CORNER

Dear PAC parents,

We are nearing the end of the school year and it's a good time to reflect on all the excellent work that parent volunteers have accomplished. It has been a pleasure to work with you.

There is one big event left to enjoy — **Family BINGO night!** Join us on Thursday, June 20th, 5-7pm, for food, games, and tons of prizes. There will be a cake walk, raffle, and more. BINGO for kids is free or by donation! If you are able to volunteer, we would love your help. Sign up to volunteer here: <http://tinyurl.com/y57vcwf3> If you can't make it to event but want to help out, consider donating a store bought or home made cake for the cake walk! Volunteers will be given a free dinner and a free raffle ticket! Please note this event is for Strathcona Elementary kids and their families only. Kids should come with a parent or guardian.

The food security group will be working on the **courtyard garden**. If you are interested in learning more about the garden and/or getting your hands dirty by helping with some gardening tasks required to help get this project off the ground, please meet in the courtyard on June 11th at 3:00pm (weather depending) for some gardening fun.

**The PAC Annual General Meeting** will be held on Monday, June 10. We will be approving a budget and electing a board for the 2019-2020 school year. For details, please make sure you're signed up for the PAC email list (<http://eepurl.com/ggoJnb>) or our Facebook group (<https://www.facebook.com/groups/1748127745327343/>). And as always, you can contact us at [pac\\_str@vsb.bc.ca](mailto:pac_str@vsb.bc.ca). All PAC parents are welcome! Free pizza dinner at 6:00pm, meeting starts at 6:30pm. Child care will be provided.

Thanks,  
Alec Smecher  
PAC Chair

Hi Strathcona Parents,

As you know, the school is actively raising funds to expand the courtyard garden (currently located along the south side of the Junior building), so we thought we would share a little bit about why the PAC Food Security Committee supports the school with this vision. For starters, studies (in the US) have shown that school gardens increase standard test score pass rates by 12-15% and increase students' science achievement scores. Gardens also have the following benefits:

- Provide the school and community with fresh veggies
- Improve social skills by encouraging empathy and teamwork
- Increase students' knowledge of nutrition
- Improve students' emotional literacy
- Cultivate a sense of community
- Develop an appreciation for nature and the environment
- Relieve stress, and
- Promote physical activity.

During a prior PAC meeting, some parents indicated that it would be nice to have some artwork in the courtyard. With this feedback in mind, the teachers are working (with the assistance of some parent volunteers) to weave some Lord Strathcona Elementary School artwork into the garden.

As for how you can get involved in this awesome endeavour – Here's how:

- **If you are interested in learning more about the garden and/or getting your hands dirty by helping with some gardening tasks required to help get this project off the ground, please meet in the courtyard on June 11th at 3:00 PM (weather depending) for some gardening fun.**
- Unfortunately the school is not in session during the summer; however, if parents are interested in helping with gardening tasks during this time (after they drop their kids off at Rec and Read, Strathcona Childcare or just for the love of it) – the garden will be in need of watering, weeding and possibly harvesting some beans. BUT – we will need to know how many people are willing to pitch in. If we don't have enough volunteers, the school will pay for a gardening service (which ultimately takes money away from the school). We will make a sign-up sheet available to measure interest.
- Some veggies may need to be planted during the summer but unfortunately the school is not in session during this time. If there is interest, we would love to have a Summer Gardening Party

where we can get together and plant some veggies so that they will be ready for the kids once school resumes.

- If you have any extra seeds or gardening tools – the school will gladly put these to good use.

So that parents are aware, we are hoping to raise enough funds so that the school can have a dedicated gardening teacher to help each classroom with their garden boxes next year.

If you have any questions regarding the school garden or would like to help during the summer – please let us know by responding to this email or coming out on June 11th at 3:00 pm.

As always, if you want to get involved with other food security related activities or have something you would like to discuss, please send the PAC an email ([pac\\_str@vsb.bc.ca](mailto:pac_str@vsb.bc.ca)).

Cheers,

The Food Security Committee

## CALENDAR 2019 – 2020

### Strathcona Elementary School

#### School Operation Overview

Number of Days in Session	188
Number of Days of Instruction	181
Number of Days of Non-Instruction	6 Non Instructional Days 1 Administrative Day (June 26)

#### Important Dates

School Opening Day	Tuesday, September 3, 2019
Thanksgiving Day	Monday, October 14, 2019
Remembrance Day Holiday	Monday, November 11, 2019
Last Day of Instruction Before Winter Vacation	Friday, December 20, 2019
Winter Vacation Period	Monday, December 23, 2019 – Friday, January 3, 2020
School Re-opens after Winter Vacation	Monday, January 6, 2020
Family Day	Monday, February 17, 2020
Last Day of Instruction Before Spring Vacation	Friday, March 13, 2019
Spring Vacation Period	Monday, March 16 – Friday, March 27, 2020
School Re-opens after Spring Vacation	Monday, March 30, 2020
Good Friday	Friday, April 10, 2020
Easter Monday	Monday, April 13, 2020
Victoria Day	Monday, May 18, 2020
Last Full Day of Pupil Attendance	Thursday, June 25, 2020
Administrative/School Closing Day	Friday, June 26, 2020

#### Professional Development and Curriculum Implementation Days (school not in session)

Monday, September 23, 2019	Professional Development Day (Date set by school)
Friday, October 25, 2019	Professional Development Day (Province Wide)
Friday, November 8, 2019	Curriculum Implementation Day (District Wide)
Monday, January 20, 2020	Professional Development Day (Date set by school)
Friday, February 14, 2020	Curriculum Implementation Day (District Wide)
Friday, May 15, 2020	Professional Development Day (District Wide)

#### Parent Conference Dates

#### Early dismissal times

Wednesday, October 23, 2019	2:00 pm
Thursday, October 24, 2019	2:00 pm
Wednesday, February 12, 2020	2:00 pm
Thursday, February 13, 2020	2:00 pm



## **WEAR A HELMET EACH TIME YOU RIDE**

Bicycle helmets are mandatory in British Columbia. It is a parent's responsibility, by law, to make sure that their child wears a bicycle helmet when riding.

A bicycle helmet can lower the chance of injury by 85%.



### ***How do I find the right helmet for my child?***

- ◆ a bicycle helmet is ok for bike and scooter riders
- ◆ In-line skaters (rollerbladers) have special helmets that provide more protection for the back of the head.
- ◆ Check the label on the helmet. Make sure it is ASTM.SNELL or ANSI rated for the activity that your child will be using it for.

### ***How do I adjust my child's helmet?***

The helmet straps must be adjusted correctly for proper protection:

- ◆ The helmet should be just above the eyebrows.
- ◆ Side straps should fit around the ear in a "V".
- ◆ Tighten the chin strap so that you can fit one finger between the strap and your child's chin



**ALWAYS WEAR A HELMET WHEN RIDING!**



### ***Where do I find more information?***

- Robert and Lilly Lee Family Community Health Centre, 604-675-3980
- Health Link BC - online [www.healthlinkbc.ca](http://www.healthlinkbc.ca) or dial 811
- [www.vch.ca/schoolhealth](http://www.vch.ca/schoolhealth)

## Sun Safety for Children

### Is the sun harmful to children?

Children have sensitive skin that can easily be damaged by exposure to ultraviolet (UV) radiation (rays) of the sun, even on cloudy or overcast days. Too much sun exposure can cause sunburns, heat stroke/heat exhaustion, skin cancers, cataracts and other eye diseases. During the warm summer months, a child's sensitive skin can also be burned by touching hot surfaces such as the pavement, outdoor metal slides or car doors.

Research has shown that exposure to UV radiation can also affect the immune system, leading to greater risk of infections and reduced vaccine effectiveness. The sun can also cause premature aging and damage to skin.

Given outdoor play, much of our exposure to UV rays occurs before we are 18 years of age. By the time we are adults, many of us have soaked up more than enough UV rays to cause skin cancer. By protecting children from sunburns and too much sun exposure, you can significantly reduce their risk of developing skin cancer.

### How can I protect my child from sun exposure?

Try to keep toddlers and children out of the sun during the peak hours of 10 a.m. to 4 p.m. This is when the sun is the strongest. When you are outside, look for trees and other naturally shady areas for children to play. If possible, use a sun umbrella if you can't find a shady spot. If you cannot keep your child out of the sun, make sure to protect their skin with "sun smart" clothing and sunscreen.

#### Sun smart clothing

Encourage your child to be "sun-smart." Make sure they cover up with loose, appropriate clothes. Closely-woven cotton material offers natural protection from the sun. If you can see through the clothing easily, then UV rays can get through too. A long-sleeved shirt and pants are the best clothes to

protect the skin. A wide-brimmed hat without ties, especially one that covers the neck, is recommended. Avoid baseball caps that do not shade the ears or back of the neck. You may consider purchasing lightweight, sun-protective swimsuits and hats that are specially designed for swimming and playing outside.

#### Sunscreen

Dermatologists strongly recommend a sunscreen with UVA and UVB protection and a Sun Protection Factor (SPF) of 30 or more if you and your child are out in the sun. Use a lip balm with SPF 30 as well. Make sure to use products approved by the Canadian Dermatology Association (look for their name or logo on the label).

For a small number of children, the chemicals in some sunscreens can trigger a skin rash or burn when exposed to the sun. Do a patch test on a small area of skin before applying the product more widely, or use a mineral-based sunscreen that contains zinc or titanium to minimize the risk of a skin reaction.

Apply sunscreen 30 minutes before exposure to the sun so it is absorbed by the skin and less likely to rub or wash off. Apply the sunscreen according to instructions on the package and reapply every couple of hours, after swimming, or following active play time. Swimmers and those who sweat heavily should use a waterproof lotion.

For children wearing bathing suits, make sure that sunscreen is applied up to and under the edges of the suit to protect sensitive areas, such as the upper thighs and chest. Pay particular attention to the ears, back of the neck, tops of feet and the back of the knees. Be careful when applying sunscreen near the eyes. It can be irritating, so avoid the upper and lower eyelids.

Sunscreens, like many other products, have a limited shelf life and become less effective over

time. Check the expiry date of old sunscreen containers and replace them if they are out of date.

### **Do I need to take extra precautions to protect my baby from the sun and heat?**

Yes. Babies younger than 12 months of age are especially sensitive to UV radiation and heat. It is safest to keep babies younger than 12 months out of the sun. Try to find or create shade for your baby if you are going to be outside. Use a stroller with a sunshade if possible. If your baby must be in the sun, you can apply sunscreen to small areas of skin that aren't covered by clothing or a hat. Sunscreen is not recommended for babies less than six months of age as they can rub it in their eyes and mouth. Make sure to use a sunscreen approved by the Canadian Dermatology Association.

Do not let your baby get dehydrated or overheated. Make sure your baby is well hydrated in hot weather by offering breastmilk or something to drink every hour or so. Never leave your child alone in the car.

### **Should I protect my child's eyes from the sun?**

Yes. The same UV rays that harm your child's skin can also injure their eyes. Babies and children are particularly at risk. Standards for sunglasses have improved, and most brands are effective at screening or reflecting ultraviolet rays. Look for sunglasses that provide 99 to 100 per cent UVA and UVB protection.

When buying sunglasses, see how well they cover the eyes. Large lenses, glasses that fit well, and a wrap-around design all help protect against damaging UV rays. Have your clear plastic or glass corrective lenses checked for UV protection.

### **What are other risks?**

Skin cancer can develop in any skin type. Be extra careful with children who are fair-skinned and/or who have blond or red hair. They are more likely to burn easily and are most at risk of developing skin cancer later in life.

Most of the sun's damaging UV rays can penetrate light cloud cover and haze, so remember to protect your child even if it is cloudy or does not feel hot.

UV rays reflect off many of the surfaces around us. Up to 80 per cent of the sun's UV rays can be reflected off snow. Concrete, sand and water reflect less than 20 per cent. Children always need to be "sun-smart" whether they are skiing, swimming, playing or walking outdoors.

### **What are other sun safety tips?**

- Protect your child's skin at all times, and try to stay indoors or in the shade during the hottest time of day (10 a.m. to 4 p.m.).
- If you have to go out in the sun without protective clothing, use sunscreen. Do not forget to apply it to ears, nose, and neck.
- Sunscreen is intended to enhance protection during periods of sun exposure – not to increase time of sun exposure.
- Do not wait for signs of sunburn to get your child out of the sun. Sunburns do not usually show up for 6 to 24 hours.
- A tan does not provide enough protection against the sun's rays. Actually, having a tan means that your skin has been damaged already by UV radiation.
- Teach children to be "sun-smart" and to protect themselves against exposure to the sun.
- Encourage your child to drink plenty of water.
- Indoor tanning beds and/or sun lamps are regulated by provincial law that does not allow children under 18 years old to use them. At any age, these devices damage your skin the same way UV radiation from the sun does.

### **For More Information**

For more information, see the following resources:

- [HealthLinkBC File #11 Ultraviolet Radiation](#)
- [HealthLinkBC File #35 Heat-related Illness](#)
- Canadian Dermatology Association: <http://dermatology.ca/public-patients/recognized-products/sunscreen>



BC Centre for Disease Control  
An agency of the Provincial Health Services Authority

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For more HealthLinkBC File topics, visit [www.HealthLinkBC.ca/healthfiles](http://www.HealthLinkBC.ca/healthfiles) or your local public health unit. For non-emergency health information and advice in B.C. visit [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca) or call 8-1-1 (toll-free). For the deaf and hard of hearing, call 7-1-1. Translation services are available in more than 130 languages on request.