



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

# NOVEMBER NEWSLETTER

Dear Strathcona families,

October is in the rearview mirror and what a month it has been! There was excellent feedback to goal-setting conferences back in mid-October from many parents and staff. On the athletics front, students have been representing Strathcona well during the cross country and soccer season! Solid work ethic, team-work and sportsmanship have been demonstrated by all athletes. Cross-country participants could not have had better weather for the district meet attended by 100s of students across the city. We had a very successful soccer season culminating with three teams attending city finals last week. The tradition of Strathcona athletics is evident by the amount of hardware displayed in our new trophy case! Onto volleyball season... Many thanks also to Strathcona coaches for volunteering extra time and energy working with students!

Halloween is always a highlight at Strathcona! Costumes, school-wide decorations and artwork, class parties, the Costume Parade and Grade 7 dance were all on display this past Wednesday. I hope all families had a fun but also safe evening, and stayed as dry as possible. A couple events on the upcoming calendar include next Wednesday's PAC Meeting at 6:00, the PAC sponsored movie night on Thursday, November 8<sup>th</sup>. We will also be having our annual Remembrance Day Assembly on Thursday, November 8<sup>th</sup> at 10:00 in the auditorium.

Looking forward to connecting with you soon!

Jason Eng

Principal



### MS. HONG'S LIBRARY CORNER

Keep checking out the library window display to see the latest books available to borrow!

### COMMUNICATING STUDENT LEARNING

Many Vancouver Public Schools, along with schools throughout British Columbia, are moving from a model of 'reporting to parents' on a regular and pre-determined schedule to 'communicating student learning with parents' on an on-going basis throughout the school year. For a second year, a team of teachers in our school will be participating in a district-initiated pilot project along with other Vancouver schools and their teachers. These teacher teams will work with the school district to provide parents with timely and responsive communications of student learning throughout the school year. This year, parents with children in these classes will receive five communications from teachers within a school year:



- a written progress report at the end of December
- a written summative report at the end of June
- a minimum of three ongoing communications of student learning in various subject areas; one has already occurred during the Parent Conferences on October 10 and 11; another will take place in January during Goal Setting Conferences.

The written reports will include descriptive comments and a summary of student progress in relation to the learning standards from the BC Curriculum. Detailed information about these changes has been sent home to parents/guardians if your child's teacher is involved in this pilot project.

## **PARENT & CHILD DROP IN AT STRATHCONA**



Children age 3-5 years old and their caregivers are invited to join in an atmosphere of creativity and play. Activities include crafts, stories, games, songs, group play and more! Every Tuesday and Thursday, from 1pm- 2:30pm in the Family Room (C004). Contact Tracy at (604) 713-4630 for more info.



## **DATES TO APPLY FOR CHRISTMAS HAMPERS**

### **Lower Mainland Christmas Bureau**

December 5- December 21, 2018

Monday to Friday 9:30am- 3:30pm

1870 Pandora St, Vancouver, BC V5L 4C3

*Register at the office with providing documents. Pick up Hamper on the same day.*

### **Salvation Army**

November 27 – December 8th (Monday to Friday), 9:00AM-3:00PM

Vancouver Community & Family Services

3213 Fraser Street, Vancouver BC V5V 4B8

## **ART SALE**

Divisions 1-5 are planning an Art Sale on the evenings of November 15 and 16 from 5-8 pm in the Jackson St. foyer of the school. On sale will be framed works of art created by the students of our school. With over 60 pieces of art and packages of greeting cards, you are sure to find something that will catch your eye!

Division 5 is organizing the sale of coffee, tea, and baked goods to keep your energy up for the many wonderful exhibits open in our neighbourhood on those evenings as the East Van Culture Crawl begins on the evening of November 15.

Proceeds from the sale will be contributed to the grade 6/7 Outdoor Education Fund. We hope to see you on the 15th or 16, of not to purchase, to admire the amazing works of art created by our students.

## **FALL WEATHER AND RAINY DAYS**



With a change in seasons comes a change in weather. Students will be going outside for recess and lunch on most days, so please ensure your children are dressed appropriately for the colder, wetter weather. Also, don't forget to label your child's clothing. Our lost and found area is filling up, so please stop by to retrieve any lost items that belong to your child.

## **BEDTIME AND SCHOOL**

November will be sleep promotion month here at Lord Strathcona Elementary! Get ready for a family newsletter, helpful tips posted around the school, classroom activities, and Pajama day! Kayleigh and Martina, the BCIT nursing students will be sharing healthy sleep tips to help students and their families get a better night's sleep.

Here are some Quick Tips for a good night's sleep:

- Have scheduled bedtimes and wake-up times, even on weekends.
- Make sure bedrooms are dark, cool, and quiet with a comfortable mattress and pillow.
- In the morning, open the curtains to let the sun shine in!
- Regular physical activity during the day, to tire out the body.
- Turn off any computers, TVs, tablets and cellphones at least 30 min before bedtime. These devices produce bright lights and loud noises that keep your mind stimulated and awake.
- Avoid eating a large meal just before bedtime.
- Avoid drinks that have caffeine such as pop, energy drinks, tea or coffee at least 4 hours before bedtime.



## **New Registration Process for Kindergarten to Grade 12:**

With the opening of school registration for the 2019-20 school year on November 1<sup>st</sup>, the VSB will be implementing a new online registration service for parents. The registration process will have two steps:

Step 1: Complete the online registration process at [vsbapplynow.vsb.bc.ca](http://vsbapplynow.vsb.bc.ca) Print out the completed registration form.

Step 2: Bring the completed registration form along with the required documents to your catchment school.

Note: the registration process is not complete until you have completed both steps in the process.

Visit the [Student Registration Page](#) on the Vancouver School Board website for more information.

## **Help is Available**

Should you have questions or require assistance with any part of the registration process please contact your catchment school.

## KINDERGARTEN REGISTRATION PROCEDURES FOR 2019-2020



### **Kindergarten registration for children born in 2014 begins on November 1<sup>st</sup>.**

All Kindergarten applicants are required to submit an application to their English catchment elementary school. This includes families who wish to apply for choice programs (French Immersion, Montessori, etc.) and/or a cross boundary placement.

The priority registration period for Kindergarten opens on Thursday November 1<sup>st</sup> and closes at 4 pm on Thursday January 31<sup>st</sup>. Students who submit an application within this priority period will be accommodated before late applicants.



#### **1 Apply Online**

Applying for Kindergarten is a 2-Step process:

Step 1: Completion of an online application form.

Step 2: Bringing supporting documentation, along with your child, to your neighbourhood English catchment school.



#### **2 Visit your catchment school with necessary documents**

Supporting Documents Needed:

- Proof of residence in Vancouver
- Child's birth certificate
- Immigration documentation (if applicable)
- Immunization records
- Court Orders/Documents (if applicable)

If you want to apply for a Choice program or cross-boundary, you must first apply to your English catchment elementary school. Applications for Choice programs and cross boundary placements will begin to be accepted in early 2019.

In the event there are more in-catchment applicants than available space\* at the school, the following process will be used to prioritize enrolment:

### Kindergarten Applications Received Between November 1<sup>st</sup> and January 31<sup>st</sup>

- In-catchment Kindergarten applicants with siblings in attendance at the school (and who will be attending next year) will be placed first.
- The names of all other in-catchment registrants will be entered into a random draw for the remaining Kindergarten spaces.
- Students who cannot be accommodated will be placed on a waitlist in the order in which their name was drawn.
- Between January 31<sup>st</sup> and the second Friday in June students on the ordered waitlist will be accommodated as space becomes available.

### Kindergarten Registrations Received **AFTER** January 31<sup>st</sup>

In-catchment Kindergarten students who apply after January 31<sup>st</sup> will be accommodated if there is space. If there is no space their names will be added to the bottom of the existing waitlist.

Note: There will be no priority given to registrants with siblings if they register after January 31<sup>st</sup>.

For more information on kindergarten registration visit: <http://www.vsb.bc.ca/kindergarten>

\* Available Space includes physical capacity, resources, staffing, or educational programs available or planned for a school as defined by the district. (Administrative Procedure 300)

## MINI-SCHOOL REGISTRATION INFORMATION FOR GRADE 7 STUDENTS

### REGISTRATION FOR MINI SCHOOLS FOR 2019 ENTRANCE FOR GRADE 8S ONLY.

Applying for Mini School and Test Registration

VSB's Mini School programs provide enrichment opportunities for highly motivated students who are Vancouver residents and consistently achieve B averages or higher. **Students must apply to each program separately by picking up an application package at the school where the program is offered.**

Each year over 1,400 students apply for approximately 600 grade 8 spaces in the Mini School programs. Acceptance is based on test marks, grade 7 report cards, applications and interviews.



Please remember that all VSB secondary schools have a variety of challenging and exciting programs and courses, and that many students who take the regular programs graduate, receive scholarships and attend the



university of their choice. Many schools have also developed their own school-based enrichment program for a wide variety of interests and abilities.

Test registration opens on October 26, 2018 at 8:00am and closes at 12:00 midnight on November 8th, 2018.

Test date and time: November 20 at 1 p.m. - 4 p.m., 2018

(Students with a designated Special Need and IEP may choose to register to take the test at 9 a.m. at VSB Education Centre)

Test marks are not given to parents or students.

First Offers: Feb. 20, 2019 (Acceptances by Feb. 22, 2019 noon)

Second Offers: Feb. 27, 2019

Mini-school programs beginning at grade 8 [Choice Programs in Secondary School Brochure](#)

Contact the programs directly for information, contact information and application forms.

Visit: [https://www.vsb.bc.ca/Student\\_Learning/Secondary/Mini\\_Schools/Pages/Default.aspx](https://www.vsb.bc.ca/Student_Learning/Secondary/Mini_Schools/Pages/Default.aspx)

### **Canadian Parents for French Recognizes the Impact of Teachers at the Heart of FSL Education**

OTTAWA, ON – Canadian Parents for French, National would like to acknowledge and thank every teacher that has and continues to impact our lives. Thanks goes out especially to the dedication of French as a second language teachers, providing all students in Canada the opportunity to learn French in a program that meets their needs and aspirations.

World Teacher's Day 2018 is a reason for celebration, as it marks the 70<sup>th</sup> anniversary of the Universal Declaration of Human Rights that recognizes education as a key fundamental right and establishes an entitlement to free compulsory education, ensuring inclusive and equitable access for all children.

Each year the Canadian Teachers Federation recognizes this milestone date with a unique theme, this year being "Teachers, the Heartbeat of Public Education". Canadian Parents for French advocates for universal access to FSL education for all Canadian students. With the current challenge of maintaining an adequate supply of FSL teachers across Canada, it is an opportune time to recognize the added efforts required from French as a second language teachers and the "heart" that they put into their work to benefit their students every day, opening opportunities for youth across Canada to adopt bilingual or multilingual lifestyles. French as a second language plays a key role in integrating newcomers into Canadian society.

On this special day, join us, Canadian Parents for French, the Canadian Teachers Federation and its member organizations in over 100 countries, in celebrating World Teachers' Day. Thank your child's classroom teacher, and especially your school's FSL teachers, to show them we all recognize and appreciate the work they do every day to promote a bilingual Canada.

Canadian Parents for French is a nationwide, research-informed, volunteer organization that promotes and creates opportunities to learn and use French for all those who call Canada home. Visit [www.cpf.ca](http://www.cpf.ca) for more information.



# **MARK YOUR CALENDARS**

## **WHAT'S GOING ON AT STRATHCONA**

Wednesday, November 7	PAC Meeting
Thursday, November 8	K Dental Screening 9am Remembrance Day Assembly 10am PAC Movie Night
Friday, November 9	Curriculum Implementation Day – NO SCHOOL
Monday, November 12	NO SCHOOL – Stat Holiday
Tuesday, November 13	Photo retakes – 1 PM
Friday, November 23	Crazy Hair Day
Friday, December 21	Last day before winter break

# STUDENT SHOWCASE



## CROSS COUNTRY

The 2018-19 Cross Country season wrapped up at the district-wide meet on October 18 at Trout Lake. 38 Strathcona runners participated on a beautiful fall day. We are proud of all our runners for their dedication and commitment. Congratulations to Sidney Swierenga for taking home the first place medal for the Grade 6 girls. A BIG thank you to all parent drivers and to Joel Lew for setting up our tent. Another thank you to coaches Stella Lee, Carrie Leung, and Jenny Albutat.

## JUNIOR GIRLS SOCCER

Junior girls soccer team at the City Finals.



## DIVISION 14

It has been a busy month in Division 14. Our class made a thankful tree and the leaves for it. On the leaves we wrote what we were thankful for. People were thankful for their family, people who fight for our country, food, water, books, and their pets. We got to choose the color of the paper to write our paragraph on and we got to decide where to put it on the tree.

On another day we made art from our names. We wrote our names on a piece of paper and then we colored the paper with chalk pastels. Also we wrote a paragraph about what our name means, and how we got our name.

*Written by Olivia Huang and Kylie Keewatincappo from Div. 14*



## JUNIOR AND SENIOR BOYS SOCCER



Congrats to the Junior and Senior boys soccer teams. They both had a wonderful season and both teams made it to the city championships. Junior boys placed fifth and the senior boys finished second in a hard fought game. Thank you for a wonderful season, and thank you to coaches Conor Murphy, Steve Valente, and Ciara Martin.



# PAC CORNER

Hello parents!

Hope everyone is having/has had a wonderful Hallowe'en!

Movie night is coming up on Thursday, November 8. We'll be showing Coco. We're looking for volunteers to help with food, setup and teardown, so please contact Michelle at [winterbamboo@gmail.com](mailto:winterbamboo@gmail.com) if you're available.

The PAC recently formed a playground committee to improve the outdoor play areas. We are gathering interested parents to start planning, so please email me if you'd like to get involved.

The next PAC general meeting is on November 7. We'll hear from the playground committee, and have a brief presentation on the Venture and International Baccalaureate (IB) programs at Britannia. Pizza and child care are included. If there's a subject you'd like to put on the agenda, please email me. Hope to see you there!

Thanks,  
Alec Smecher (PAC Chair)  
[strathconapac@smecher.bc.ca](mailto:strathconapac@smecher.bc.ca)



# Legalization of Cannabis

## Factsheet for Parents and Caregivers

### What does the legalization of cannabis mean for your kids?

As of October 17, 2018, cannabis will be legal for adults only. It will still be illegal for youth under 19 to purchase, sell or consume cannabis. It will also be illegal to sell cannabis products that appeal to youth or that have packaging or labelling that appeals to youth.

Vancouver School Board's Code of Conduct around controlled substances for students remains unchanged: Students may not attend school or school functions while in possession of or while under the influence of any intoxicating, banned or controlled substances.

However, with attitudes toward cannabis consumption changing, this is an ideal opportunity to have important conversations with your children about marijuana and drugs.

### Science says

Research suggests that youth who start using drugs early and frequently are at much greater risk of problem drug use. Experts recommend not using or delaying use until age 20 or older.

Science indicates that using cannabis regularly before age 25 can harm the development of your brain and lead to long-term problems with memory, cognition and attention. Delaying use until the brain is fully developed decreases potential impacts. Cannabis can also affect your ability to think and make decisions in all aspects of life including school, recreational activities and relationships.

### Speaking with your kids about cannabis and drug use



**Knowing some facts about cannabis will equip you for conversations with youth about marijuana use.** A good way to start the conversation is to allow teens to generate ideas about commonly held beliefs of cannabis use.

**Listen and engage in a back-and forth dialogue.** Be sincere and curious about what they know and ask questions that help them think about those ideas.

**Explore what youth already know and encourage thoughtful reflection.** Almost all teens will need to make choices around cannabis use at some point. Ask: Why do you think some people choose not to smoke weed?

**Use open-ended questions to explore several sides of the issue in a general way.** For example: What do young people think about someone who chooses not to smoke weed? What are their views about those who choose to use?

**Mention some of the reasons people might not use marijuana:** they don't want to feel out of control; don't need it to have fun; don't want to disappoint parents, friends, teachers; like feeling healthy and thinking clearly; don't want to impact their sports or creativity; like being a good role model for younger youth.

**Discuss the different risks associated with marijuana use for adults and youth.** There are important benefits to avoiding or delaying regular marijuana use as a teen.

## Know the facts



It takes at least **10 minutes** to feel the effect of inhaled cannabis and **at least one hour** to feel the effects of edible cannabis products.

**Mixing cannabis with alcohol or other drugs** should be avoided as this can increase impairment and cause symptoms such as anxiety, dizziness, sweating, nausea and vomiting.



**Operating a car, motorcycle, bike or boat while high is impaired driving and is illegal**, just like drinking and driving. Even small amounts of cannabis can affect a person's attention, reaction time and ability to judge distances, even if they don't feel impaired. Don't drive or ride with a driver who has used cannabis.

**If too much cannabis is used,** remain calm, stay hydrated, and eat something. Stay with friends in a safe place. The effects will wear off.

## Where to get more information and help?



VSB's Supporting And Connecting Youth (SACY) program provides **substance use health promotion** to engage Vancouver parents, teachers, students, administrators and the greater community. Visit your school counsellor or your SACY worker to take part in a SACY sponsored event at your school.

SACY works in schools with youth and offers a wealth of resources about drug use prevention and health. Check out their website at <http://www.vsb.bc.ca/sacy>.



# Community Centre News

### Food Programs:

- Breakfast Every day from Thursday Nov. 1st- Friday Nov. 30 (*Except closed Monday Nov. 12 remembrance day and Friday Nov. 9 Pro-D Day*)
- Cooking fun with families Mondays from 12noon-3pm Nov. 5/19/26
- Backpack Community Kitchen every other Wednesdays @1:30pm Nov. 7/21
- Backpack Market Every Fridays from 2-4pm Nov. 2- Nov. 30
- Holiday Canning workshop @ 10am Nov. 14
- Food Club every Thursday @ 12-12:55pm Nov. 2- Nov. 30