

# SEXSMITH STARS NEWS



7410 Columbia Street Vancouver, BC V5X 3C1	Mr. Joel Levine Principal	PHONE: 604-713-4901 FAX: 604-713-4903
Mr. Chris Stanger Director of Instruction 604-713-5097	Ms. Tassy Beretanos Office Admin Assistant	Ms. Mandeep Sidhu PAC Chair
<b>NEWSLETTER #40</b>		<b>June 2021</b>

## FROM THE PRINCIPAL

**Happy June, one month to go!**

THANK YOU TO PAC:

- For Sports Day treats
- For the parents who volunteered to decorate and help us to celebrate a COVID friendly Filipino Fiesta last week. We also enjoyed the treats!
- For supporting the iride cycling program that several classes will take part in next week.

We are very lucky to have an active PAC that cares a lot about school programs and provides so much support! The PAC AGM is Wed. June 2, please consider volunteering to be on PAC.

I hope you have a great month.

### Heart and Mind Resources for Families

1. To promote Heart-Mind well-being with the children in our lives, we need to take care of our own well-being and be grounded. One way to do this is to make a habit of doing a body scan during the day. Take 5 minutes every few hours to check in with your body and notice if you are feeling tense anywhere. If you are, take a deep breath in and stretch or shake that part of the body out as you exhale. Make sure to wiggle your jaw and move your shoulders--we hold a lot of tension in them!
  - If you want to listen to a 3-minute guided scan, you can go here: <https://www.youtube.com/watch?v=zNfv4UDBk6w>
2. One way to support all of the qualities of the Heart-Mind well-being Framework is to connect with your children and youth at dinner or before bed by asking questions that engage them. Make sure to truly listen to the answers and continue the conversation! For example, you can ask:
  - "If you could have done one thing differently today, what would it have been?"
  - "Did something happen today that you can learn from, even if it wasn't a good moment?"
  - "What problems did you solve today?"
  - "Who did you help or make smile today?"
  - "What is one thing you are proud of or want to celebrate about yourself today?"

- These questions came from the “calmversation” Family Care Kit. They have many more great questions as well as activities you can do with your kids. You can download the toolkit here: <https://calmversation.org/for-families/>
  - The “calmversation” Learning Foundation was founded by an educator in Vancouver!

## Summer School Opportunity – Knowledge Infusion

For many years Moberly and Henderson have been hosting an in-house summer school program, known as *Knowledge Infusion* for their students. This year we would like to invite students at Trudeau and Sexsmith Elementary School to register for a FREE summer school course at either Moberly or Henderson school. Summer courses at these two schools are not being advertised in the regular summer school brochures or on the VSB website.

**Online registration information can be found [here](#).** There is no fee for this program. **Deadline for application is June 4.**

### Language Arts and Mathematics Grade 1-6 (Remedial)

Students will review Language Arts and Mathematics skills taught in this past school year. Emphasis will be on reading, writing and basic computation skills appropriate for the child and grade level. The summer environment is motivating and enables students to be successful with their learning. Students must register in their grade level as of June 29, 2021.

### Getting ready for Grade 1

Help your child get prepare for grade one! Get ready to spend some time reviewing concepts learned in the past year and learn what to expect for Grade 1. This preview course will cover concepts such as reading, writing, math, and art. This course is for children who completed Kindergarten in the 2020/2021 school year.

### Getting Ready for Highschool:

The transition from grade 7 to grade 8 is one of the most important phases of a young student's life. In this course, students will prepare themselves in learning experiences that focus on academic and social skills preparation in a new environment and long-term management for life in high school. We will also be learning to use various technologies to help organize ourselves and be prepared for the challenges ahead.

## PROGRAM DETAILS

Times: **8:40 am to 12 noon**

Dates: July 6th to 21st, 2021

Location: **Moberly Elementary School** (1000 E 59th Ave)

Times: **8:30 am to 11:50am**

Dates: July 6th to 21st, 2021

Location: **Henderson Elementary School** (451 E 53rd Ave)

**For information about other summer school opportunities please see this [link](#)**

## Safe Arrival Procedures Reminder

### Reporting Student Absences:

Student safety is of paramount importance at the Vancouver School District. Ensuring student safety is a shared responsibility. In order to assist schools, we ask parents to notify schools of student absences. **If your child will be absent from school, please phone the school to report this absence as early as possible. Parents should leave a message on the answering service by calling 604-713-4901 choose option #1.** Messages can be received before the office is open. School offices are busy places: consistently notifying the school in advance of your child's absence will significantly improve the efficiency and effectiveness of the Safe Arrival Morning Routine.

To Report Your Child's Absence – Please call 604-713-4901 choose option #1 prior to 9 am on the first day of the absence

### Student Sign out Procedure:

**When you pick up your child during the school day, please ensure that you notify the school office (by phone).** If you do not sign out your child, they will be unaccounted for, and the school will identify your child as a 'missing' student and will commence a search of school grounds. **If the school staff do not locate the child, and are unable to reach a parent promptly, the school will call the Vancouver Police Department.** Therefore, clear communication is essential for ensuring the safety of your child and to prevent unnecessary searches.

Thank you for helping us keep your children safe!



### Pick Up and Drop Off Concerns (students use assigned doors to enter building)

Check out this link for an explanation of the rules for no parking in school zones.

<https://vancouver.ca/streets-transportation/school-zones.aspx>

**Please note that as of 2020 parking fines have doubled in school zones.**

**1. There is NO parking on 59<sup>th</sup> avenue in front of the school between 8:00am – 5:00pm on school days.**

Parents who violate this rule are forcing other parents to stop in the middle of 59<sup>th</sup> avenue to pick up or drop off students creating a dangerous situation where children need to exit vehicles into oncoming traffic and run between cars. Parents are allowed to drop off and pick up their children but they are not allowed to park and leave their vehicle unattended.

**2. Please do not go past the roundabout adjacent to our parking lot when dropping off or picking up students and do not park in the limited spots we have available for school staff.**

## PAC Gift Card Fundraiser

**Gift cards** are the perfect gift but can also be used to pay for things that you would have used cash for **and** you can help support your child's school when you buy one!

Shop from the comfort of your home when you purchase gift cards through Fundscrip, and **Sexsmith** will receive a percentage of the gift card sale.

Choose from over 100 popular retailers like **Toys R Us**, **Gap**, **Cineplex**, **Metropolis at Metrotown** etc.

Please use this link: <https://www.fundscrip.com/Sign-Up.aspx?IID=2CBHHR>

## Ongoing PAC Fundraiser – Oliver Labels

Keep your items out of the lost and found pile by labelling your personal items with Oliver's labels. Custom labels can be printed with your child's name to use on all their belongings. When you purchase labels from Oliver's Labels, 20% of the purchases will support Sexsmith PAC's fundraising efforts. <http://www.oliverslabels.com/sexsmithelementary>

## PAC News

The last PAC meeting was held on Wednesday May 5 at 6:30pm on Zoom. Several parents attended. Minutes will be posted on the PAC tab of the school website. The next meeting will be the AGM and it will be on Wed. June 2 at 6:30pm on Zoom. All parents are welcome to attend, registration information will be sent out. If you would like to contact PAC or volunteer to help with a program, please email [sexsmithvolunteers@gmail.com](mailto:sexsmithvolunteers@gmail.com).

## Important Dates in June

Wed. June 2	PAC AGM meeting @ 6:30pm on Zoom
Fri. June 4	Last day to register for summer school courses
June 8-10	Iride cycling program
Mon. June 28	Grade 7 Leaving Ceremony- <b>students only to attend-online viewing opportunity for families</b>
Tues. June 29	Last day of school for students

## Upcoming Important Dates in September

Tues. Sept. 7	Anti-racism in service for all staff – <b>no school for students</b>
Wed. Sept. 8	Students in grades 1-7 attend from <b>9:00am-10:00am</b>
Wed. Sept. 8	New Kindergarten orientation sessions – see info sent to families in June
Thurs. Sept. 9	Students in grades 1-7 attend full day 9:00am-3:00pm
Thurs. Sept. 9	Gradual Entry begins for new kindergarten students
Thurs. Sept. 16	First full day for new kindergarten students
Fri. Sept. 24	Professional Day – no school for students



**\*Host an International Student - Join Langara Homestay\***

Langara College invites you and your family to join our highly regarded Homestay Program by hosting a VSB international student this year. Our students come from Europe, Asia and South America - usually stay for five to 10 months and are keen to experience life with a Vancouver family. Generous reimbursement is provided. Please call [604.323.5696](tel:604.323.5696) or email [homestay@langara.ca](mailto:homestay@langara.ca) for more information

Please check our website [sexsmith.vsb.bc.ca](http://sexsmith.vsb.bc.ca) for the regularly updated school calendar