



NICOLA CANFORD NEWS

SCHOOL POPULATION 147

October 2017

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Reading Awards



DIV 7 KINDERGARTEN

Layne Neustaeter

DIV 6 GRADE 1

Ryder Moyes

DIV 5 GRADE 2/3

Marissa Reese

DIV 4 GRADE 3/4

Jake Voigt

DIV 3 GRADE 4/5

Dorian Hurtubise

DIV 2 GRADE 5/6

Noah Galbraith

DIV 1 GRADE 6/7

Sophie Sterling



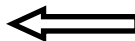
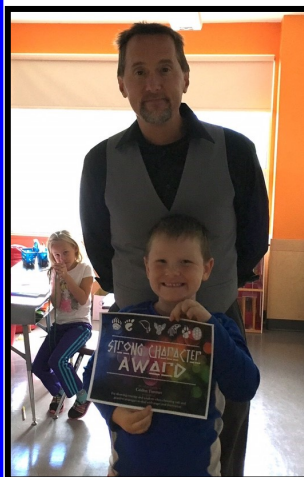
NUT FREE SCHOOL



Ms Mclvors's Class wrote some heartfelt notes for Orange Shirt Day! (Rayna Fountain-Hall shown)



Kaden Schuitema running a great time in the Bench Cross Country Run last week. Nice work Kaden!



Congratulations to Caiden Timmer for receiving the Strong Character Award. Great work Caiden!



Sean McKay	Oct 1
Mrs Jury	Oct 5
Jordanna Bell	Oct 12
Mrs vanRossum	Oct 12
Braxtun Dickie	Oct 15
Mrs Huston	Oct 15
Rhianna Ortiz	Oct 16
Kailah Smith	Oct 23
Dorian Hurtubise	Oct 25
Grace Miller	Oct 25
Devnn Shackelly	Oct 25
Gwendolyn Wray	Oct 25
Riley Munson	Oct 26
Savanah Ortiz	Oct 26
Mrs Talerico	Oct 28
Tyrese Basil	Oct 30
Mr Bergmann	Oct 30



NOTICE TO ALL PARENTS:

If we do not receive a note or phone call from parents, students will be put on the bus. We have had too many incidents where the child tells us they are getting picked up and they are not. The office must be notified prior to 2:15 pm in order to be taken off the bus lists if you are picking up a student.

No School
Thanksgiving
October 9th
Pro D Day
October 20th

Sports News Lisa Nelson-Smith



“The real purpose of running isn’t to win the race, it’s to test your limits”

Welcome back to school and another year of sports at NC. We are off and running with cross-country running over the next couple of months. We always have an excited group of kids ready to run. There will be several runs before the weather turns cold. Here is a list of our cross-country runs:

- September 21st Central Park
- September 27th Collettsville School
- October 4th Central School

Remember to pack a bag lunch, have gym strip, and water ready to go if you are participating in any of the cross-country runs. All races start at 12:05 and students will be transported by bus.

The first School District 58 sport will be Volleyball. The Tournament for Volleyball is set for November 24th. Stay tuned for more information about Volleyball as the season approaches.

PAC News

Working together for our School and Students!

All Parents Welcome!

**Monday, October 23, 2017
7:15pm School Library**



GARDEN SUCCESS!

STRONGSTART EARLY LEARNING CENTER Sheri Talerico

StrongStart is a free, drop in, early learning program for children birth to five to attend with their parents/caregivers.

Hours are:

Monday, Tuesday, Thursday and Friday 8:30 - 11:30

Wednesday 1-4

We have play time, crafts, songs, stories, a snack and gym time.



PIZZA DAY
October 27th



Healthy Choices

Thank-you to Agriculture Canada for the healthy Fruit/Vegetable donations to the School; the students love it!

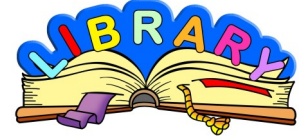
Word of the MONTH

swète?skw'est
Meaning...
What is your name?

First Nations Activities & Events

September 29th	SD58 Orange Shirt Day	★
October 5th	Princeton Welcome Dinner 5:30pm PSS	★
October 26th	FN Parent Gathering	★

Principal Report! Mr. Burt Bergmann



Simple Support For Student Success

One of the biggest challenges we face in educating children is their **"readiness"** for learning. Many times it is a student's **"unreadiness"** when they arrive at school that most impacts their learning and the learning of others. Many things can impact this **"readiness factor"**. Things like breakfast, health, emotional disturbance and sleep all impact a student's **"readiness factor"**.

In the past few years, **technology** has become a significant factor impacting student readiness. There are more televisions, gaming consoles, tablets and smartphones in kids' rooms than at any other time in history. Almost 72 percent of young people between 6 and 17 years old have at least one electronic device in their bedroom, according to a National Sleep Foundation survey. Devices like tablets, smartphones and video games can prevent children and teens from falling asleep, which can have a negative effect on their school performance. Even if kids are not using them, backlit electronics can interfere with a good night's sleep, the experts said.

"The burst of light from a phone [even if it's just to check the time] can break a sleep cycle," Dr. Jill Creighton, an assistant professor of pediatrics at Stony Brook, said in a university news release. "A regular alarm clock is best," she added.

It is critical that we do not let our children use these powerfully addictive devices in their rooms at night. Falling asleep with a television is bad enough. Smartphones and tablets represent a greater threat to quality sleep for children and teens, for several reasons:

1. Both the proximity to the face and the emission of blue-white light from a tablet or smartphone make these devices more likely to suppress melatonin, resulting in insomnia and later sleep onset.
 2. Most apps (video games and social media especially) are designed to give you inconsistent reinforcement, like slot machines. Every app on your phone is competing for your attention, and the best way for them to get it is to make you addicted to checking it.
- Kids who leave these devices on during the night sleep up to one hour less on average each night.

There are some steps parents and caregivers can take to help kids "unplug" at night and get a good night's sleep.

1. **Establish a bedtime routine:** Consistently taking a bath, reading a book or listening to soothing music before bed will help your child relax and go to sleep.
2. **Turn electronics off:** One hour before bedtime, all electronic devices should be turned off. It's a good idea to have kids plug in electronic devices at a specific charging station that is not in the bedroom. No devices should be brought into their room at night.
3. **Gradually decrease screen-time:** Kids who do not want to turn off their electronics at night should decrease their use of these devices over time. Reduce screen time by 30 minutes or more each week until you reach your goal. A good rule of thumb is try to limit recreational screen time to 60 minutes every day. And for every 30 minutes of screen time, make sure your kids get 30 minutes of physical activity.

Lead by example. When it comes to screen-time, it's also important for parents to be a good role model.

Fridays are School Spirit Days!



OCT

4



NICOLA CANFORD ELEMENTARY WELCOME DINNER

Nicola Canford Gymnasium
Wednesday, October 4th
5:30 pm - 7:00 pm

Come and join our school community for our annual Welcome Dinner. We ask that each family bring a dish to share (enough for your family and some others) and/or a dessert. **We are looking forward to each family bringing their favourite dish, or one connected to their cultural heritage.** The school will be providing the Turkey, potatoes and gravy. The more we bring, the bigger the feast. We look forward to seeing you there.

NICOLA CANFORD CODE OF CONDUCT

(The Appeal Bylaw Process can be accessed online at <http://www.sd58.bc.ca/wordpress/wp-content/uploads/2015/02/500.0-APPEAL-PROCEDURE-BYLAW.pdf>)

The code of conduct applies to all student behaviour: while going to and from school, while at school and while attending any school function or activity at any location. Consequences/outcomes are determined by age, frequency of infraction as well as specific student intellectual, sensory, physical, emotional and behavioural needs. Expectations for appropriate behaviour are incremental and progressive as students proceed from k through grade 7. This means that we expect excellence by intermediate grades and certainly excellence in grade 7. Being a role model of expected behavior will help our school community be “the best it can be”.

Nicola-Canford promotes the values expressed in the BC Human Rights Code which is respecting the rights of all individuals in accordance with the law – prohibiting discrimination based on race, colour, ancestry, place of origin, religion, marital status, family status, physical or mental disability, sex or sexual orientation – in respect of discriminatory publication and discrimination in accommodation, service and facility in the school environment.

As a member of Nicola-Canford Elementary I will:

- Be friendly, caring and respectful
- Make sensible choices and respect those made by others
- Set personal goals and help others reach theirs
- Celebrate my successes and encourage others to do their best

Examples of Appropriate Behaviours

<ul style="list-style-type: none">• Showing respect Wearing appropriate dress (T-shirts or long sleeved shirts, appropriate clothes and running shoes for gym and fitness).• Wearing clothing suitable for working at school, including PE, fitness etc. T-shirts, shorts, etc. Please avoid spaghetti straps and halter tops (helps support MSS rules as well).• Logo on shirts is to be respectful and appropriate – no swear words• Accepting responsibility for:<ul style="list-style-type: none">-work-behaviour-actions• Following rules• Playing safely• Working together• Showing leadership	<ul style="list-style-type: none">• Walking in a controlled manner• Cleaning up and being tidy• Being a good sport• Being kind and friendly• Sharing• Recognizing achievement• Being prepared for classes• Being positively assertive• Being a positive and sportsmanlike ambassador for our school at school and at all school related functions, ie. sports, performing arts, field trips.
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EXAMPLES OF INAPPROPRIATE BEHAVIOURS

<ul style="list-style-type: none"> • Rough housing • Misuse of school property (desks, walls, playground equipment etc.) • Misuse of other people’s property • Teasing • Running in the halls • Playing unsafely • Disruption of instruction and learning environment • Dropping litter on the ground 	<ul style="list-style-type: none"> • Swearing • Dishonesty • Wearing hats indoors • Being discourteous • Bringing any technological equipment (I pods, I pads, mp3 players, cell phones etc.) to school and using them during school hours (they can be locked in the school safe or a locker)
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CONSEQUENCES/OUTCOMES

<ul style="list-style-type: none"> • Warning • Writing out rules • Parents are contacted 	<ul style="list-style-type: none"> • Problem solving • Restitution Hurt Alert Language (If you hurt a person, feelings or things – you “fix it” on your time) • Loss of privileges 	<ul style="list-style-type: none"> • Time-out • Community service • Counseling • Work with other support services or staff as required or possible
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EXAMPLES OF UNACCEPTABLE BEHAVIOURS

<ul style="list-style-type: none"> • Bullying & Harassment • Swearing • Cigarettes/drugs/alcohol at school • Bringing weapons to school • Matches/lighters at school 	<ul style="list-style-type: none"> • Fighting (violence) • Stealing • Refusing to do as asked • Vandalism
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CONSEQUENCES/OUTCOMES

<ul style="list-style-type: none"> • In school suspension • Out-of-school suspension 	<ul style="list-style-type: none"> • Problem solving • Adult intervention or dialogue • Intervention from outside agencies when needed 	<ul style="list-style-type: none"> • Contracts • Loss of Freedom (supervised breaks) • School Community service
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The consequence guidelines we follow at Nicola-Canford are based on the following:
We believe that everyone in Nicola-Canford Elementary School should be guided by the principles expressed in the Rights and Responsibilities of Students and our 4 TRIBES agreements:

1. **Attentive Listening**
2. **Appreciation/No Put Downs**
3. **Mutual Respect**
4. **The Right To Pass**

Rights and Responsibilities

- I have a **right** to learn at this school. It is my **responsibility** to attend on a regular basis, to listen to instructions, to work quietly at my best, to raise my hand if I have a question or concern or need to leave, and to complete the work assigned to the best of my ability.
- I have a **right** to hear and be heard. It is my **responsibility** not to talk, shout or make loud noises when others are speaking.
- I have a **right** to be respected at this school. It is my **responsibility** not to tease or bug other people, or to hurt their feelings
- I have a **right** to be safe at this school from the time I leave home until my return. It is my **responsibility** not to threaten, kick, punch or physically harm anyone else.
- I have a **right** to privacy and to my own personal space. It is my **responsibility** to respect the personal property of others and to accept their right to privacy.
- I have the **right** to use tools to support my learning (squishies, gum, headphones.) It is my **responsibility** to use them as tools, so no one's learning is interrupted, and not as toys. Ensure gum goes into the trash.

Notification

Depending on the severity of the infraction, parents of student offenders and parents of student victims may be notified. The school will also inform other parties as necessary. For example, in case of illegal activity, the R.C.M.P. will be notified or if the safety or well being of a child is in question, Ministry of Children and Families will be notified.

ENTERING AND EXITING THE SCHOOL

- Kindergarten students use the *Kindergarten Door starting at 8:25 am*
- Primary students use the *Primary Door – at 8:25 am*
- Intermediate students use the *Intermediate Door at 8:25 am*
- Hats must be removed upon entering the school
- **STUDENTS MUST REMOVE THEIR OUTDOOR SHOES AND CHANGE INTO INDOOR SHOES**

EATING LUNCH IN THE CLASSROOM

Students will sit in their seats and eat their lunch in their classroom from 11:50-12:05, will chat quietly and clean up after themselves. Students needing extra time will be moved to the primary project space at the end of this time.

USE OF SCHOOL TELEPHONE

Students wishing to use the school's phone must get a Phone Slip from their teacher and report to the office prior to using the phone. This helps us track a call if there is call display or confusing messages.

BUS LINE UPS

Students will wait for their buses in a safe manner, in the appropriate area, and will follow the instructions of the supervisors and all other applicable school rules.

SAFETY CHECK

If a student is going to be absent or late, please inform the school as soon as possible so we know your child hasn't with met with difficulties on the way to school.

IN AND OUT OF CLASS TIME

- Students are expected to play safely and fairly everywhere on school grounds
- Students need to be respectful of others at all times
- Students will only play or work in supervised areas during break times (see below)
- Students who ride their bikes to school must wear a helmet while riding and get off and walk their bikes when on school grounds

School Bell Schedule

Time	Homework room
8:25	Morning Bell (2 nd Bell 8:30)
9:55-10:10	Recess
11:50-12:05	Lunch in Classrooms
12:05-12:45	Outside Play Time
12:45	Afternoon Bell (2 nd Bell 12:50)
2:30	Dismissal

AREAS AVAILABLE TO STUDENTS DURING BREAK TIMES

Time	Library	Homework Rooms	Gym/Clubs
9:55-10:15	Closed	Closed	Open (seasonal)
12:20-1:45	Closed	Open	Activity specific

PLAYGROUND SCHEDULES

	Monday	Tuesday	Wednesday	Thursday	Friday
Primary	New	Old	New	Old	New
Intermediate	Old	New	Old	New	Old

PLAYGROUND RULES

Students are expected to play safely, take turns, and put equipment in the black bucket and leave things how they found it. There will be no unsafe play: pushing, shoving, tugging or destructive play. British Bulldog is not a game to be played.

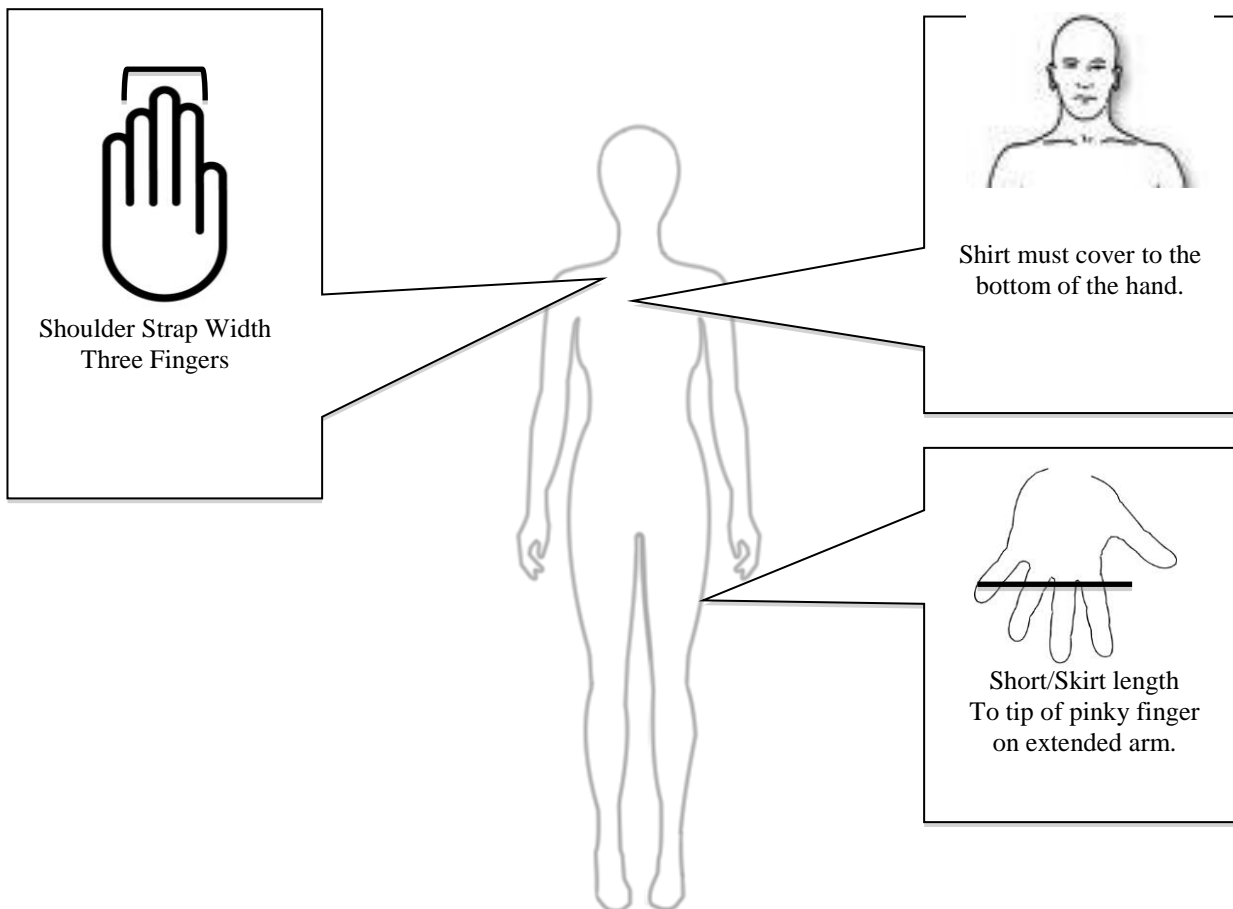
Nicola Canford School Dress Code

As we head in to warmer weather I want to make sure we remind you that Nicola Canford Elementary School follows a dress code. Please remind your child that they are to comply with the school rules, and help them select appropriate clothing for school.

- No Spaghetti strap tank-tops, halter tops, tube tops, bare midriffs
- No short-shorts or short skirts (short shorts and short skirts must at least measure to the tip of the pinky finger if arms are placed flat and extended at the sides)
- Appropriate shirts/tops with straps will minimally have straps that cover the shoulders. (At least 3 finger width for straps)
- Undergarments should NOT be exposed.
- Neckline of shirt must reach to the bottom of the hand if thumb and forefinger rest on the collarbone.
- "Sheer" shirts are not considered "covering" any of the above mentioned areas.
- No inappropriate messages or logos (drug or alcohol messages, promote racism or violence, Any message considered extremely offensive or disruptive)
- No hats indoors

Students having difficulty keeping to the dress code will be asked to change or provided with alternate clothing from the school for the day.

Let's work together to make the end of the year a positive experience for your child. Please contact me by phone, 250-378-2172, or email, bbergman@sd58.bc.ca if there are any questions or concerns.





OCTOBER 2017



Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	2	3	4	5	6	7
	9 No School	10 Menu's Go Home	11 Bench Sash Race	12	13 Princeton X-Country	14
8	15	16	17	18	19	20 Pro D Day
22	23 Menu's Go Home PAC Mtg 7:15pm	24	25	26 FN Parent Gathering	27 Pizza Day	28
29	30	31 Halloween			Month End Assembly	