

November 2018

Newsletter #3

<http://southslope.sd41.bc.ca>

4446 Watling Street
Burnaby, B.C. V5J 5H3
Tel. –604-296-9062
Tty. – 604-296-9065
Fax – 604-296-9063



PAC Executive

Heather Ratzlaff (CP)
Kimberley Godwin (CP)
Charlotte Brown (S)
Mark Vanderleeden (T)

School Growth Plan

– Areas of Focus

- Reading Comprehension
- Social Responsibility

Individual Highlights:

Principal – Mrs. M. Perez
Vice Principal – Ms. J. Seabrook

Head Teachers – Mrs. Fierro and Ms. Zuvic
Secretaries – Ms. T. Jang and Ms. S. Cheema

Remembrance Day Ceremony

The Remembrance Day Ceremony has played a major role in Remembrance since 1931. Every year, at the eleventh hour of the eleventh day of the eleventh month, we gather in memorial parks, community halls, workplaces, schools and homes to stand in honour of all who have fallen. Together, we observe a moment of silence to mark the sacrifice of the many who have fallen in the service of their country, and to acknowledge the courage of those who still serve. The Legion



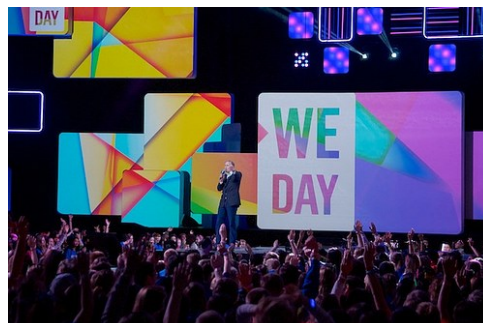
All are welcome to join us in acknowledging Remembrance Day at South Slope / BCSD on Friday November 9th at 10:30 am.

Me to We

On November 22nd, 2018, South Slope's Grade 7 We Team students, along with many other students from all over the Lower Mainland attended WE Day.

WE Day is connected to the yearlong WE Schools program, which offers educational resources and campaigns to help young people turn the day's inspiration into sustained action.

Our WE Day students will continue fundraising efforts throughout the year and are currently collecting food donations.



How much sleep do Elementary school aged children require?

The National Sleep Foundation reports the following:

Children aged six to 13 need 9-11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers, the media and Internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

To improve your child's sleep, try these sleep tips recommended by Education World®

Make sleep a healthy priority in your family's busy schedule.

Set appropriate and consistent bedtimes for yourself and your children, and stick to them.

Know how your child is using electronics in the bedroom. Create a plan for appropriate use at night and set boundaries about use before and after bedtime.

Educate yourself and your child on how light from electronic device screens can interfere with sleep.

Talk to your child about the importance of sleep for health and well-being.

Talk to your child's teacher(s) about your child's alertness during the day. Let your child's teacher(s) know that you want to be made aware of any reports of your child falling asleep in school.

Remember that you are a role model to your child; set a good example.

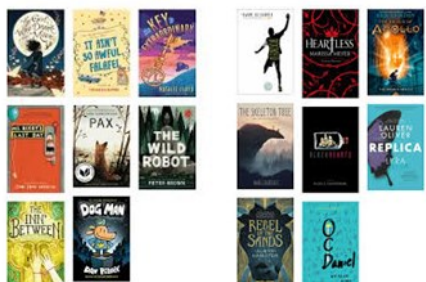
Create a sleep-supportive bedroom and home environment, dimming the lights prior to bedtime and controlling the temperature

Try to encourage activities such as reading or listening to music before bedtime instead of watching TV, playing video games or surfing the Web.

Make sure children's activities, including homework, can be completed without interfering with bedtimes

Library News November 2018

October was a busy month in the library. We circulated over 3700 books! Our most circulated book was *Smile* by Raina Telgemeier with 12 checkouts. YRCA 2019:



In October the YRCA nominees for 2019 we released. When students in grades 4-7 read at least 2 of these books, they are able to vote for their favourite in April. For more information, check out our collection of resources in our Destiny Catalogue:

<https://goo.gl/g4LWfD>



VEX Robotics: South Slope and BCSD grade 6 and 7 students are coming to the library to learn about VEX Robotics within the ADST curriculum. Our learning intentions are to develop many of our Core Competencies while learning about robotics and the design process.

Students will be documenting their learning using iPads and will share their reflections using iMovie.

Canadian Picture Book of the Year: In October South Slope and BCSD students have been reading award winning books and developing criteria for identifying what makes a great picture book. In November we will read nominees from the Marilyn Baillie award as well as the Governor General's illustrated book award. Students will then vote for their favourite. Stay tuned for updates!



Check out the library blog for more information and updates throughout the year. You can access it from the school website or go to: <http://blogs.sd41.bc.ca/southslope-library/>

Questions? Comments? Looking for a great read? Please come and see me in the library. If you would like to volunteer to help in the library, please let me know. I'm looking forward to an exciting year!

Mrs. Araujo

"The more that you read, the more things you will know. The more that you learn, the more places you'll go." Dr. Seuss *I Can Read With My Eyes Shut!*



Dates to Remember

Nov. 9

Remembrance Day Assembly @10:30

Nov. 19

Ms. Jang's last day at South Slope and last Newsletter from me

Nov. 22

WE Day— 10 Grade seven's to Rogers

Arena

Nov. 23

Pro D Day—No School for children

Nov. 25

PAC meeting in Library @ 7 pm

Dec. 5

Jingle Bell Walk—deliver flyers

Dec. 7

Jingle Bell Walk—pick up food
donations and pack food boxes in gym

Dec. 10—13

Candy Grams—sale

Dec. 14

Term 1—Reports Home

Dec. 20

Pancake Breakfast with Santa visits

Dec. 21

Last day of school

