

SOUTH SLOPE / BCSD ELEMENTARY 2019 / 2020

4446 Watling Street
Burnaby, BC, V5J 5H3
Tel: 604-296-9062

Spring Newsletter

www.southslope.burnabyschools.ca



OFFICE:

SOUTH SLOPE

PRINCIPAL: M. Perez
H. TEACHER: T. Fierro
SECRETARY: C. Verlaan

BCSD

PRINCIPAL: C. Bennett
H. TEACHER: J. Zuvic
SECRETARY: J. Thompson

PAC Executives

CHAIR:
Kimberley Godwin
CO-CHAIR:
Clint Wieler
TREASURER:
Mark Vanderleeden
SECRETARY:
(vacant)



Tel: 604-296-9062

SPRING

MESSAGE FROM THE PRINCIPAL

We are well into the second part of our school year, I cannot believe how fast this time has passed! Amidst many concerns, local and abroad, it is truly a time to reflect on the moments that matter. As I visit classrooms, I see incredible growth in learning which amazes me. Students who months earlier were just learning their letter sounds, are now reading "just right" books! I know Spring is almost around the corner because the Primary classes are planting potatoes in the atrium as they begin their unit on the life cycle of plants!

In the Intermediate grades, students are building on their skills by writing and presenting interesting speeches describing a lesson learned. They continue to delve into technology to assist them in researching and preparing for Science projects, as well as Career presentations. I see evidence of students working together and learning from one another in the library while they learn to code. I am pleased when I hear students working to solve word problems in math as this requires not only computational fluency but the use of deeper critical thinking skills. I have had the pleasure of reading report cards this term and I am in awe of not only the work the students have accomplished, but also the curriculum planning that challenges our students to continue growing academically, socially and creatively every day. I appreciate the commitment of parents and care givers who take interest not only in their own child's school life but in the school environment that all children enter each day. I appreciate those who volunteer for school events and those who take a moment to chat with me before and after school. This building feels like a village - strong in support and I feel fortunate to be a part of this community. I wish all of you a happy Spring Break and I hope that you can spend some quality time with your friends and family.

We look forward to seeing everyone back on Monday March 30th.

M. Perez
Principal, South Slope Elementary



MARY POPPINS NEWS! - Save the date

As you may already know, South Slope school will be working on the musical Mary Poppins during third term. All South Slope students will be in the play! As well, our main parts have now been cast and rehearsals have begun before and after school and during some lunchtimes with our lead roles.

We are excited to be part of this rich experience and look forward to the musical coming together and getting ready for our performances on May 27th and May 28th. *Please put these dates in your calendar.*

May 27th - 1:00pm and at 6:30pm

May 28th - 1:00 pm and 6:30pm

More information to follow



Late to School

Teachers have been noticing a trend that more and more students are arriving later than usual. It is important that your child arrives to school on time. While we know that there are some exceptions and special circumstances that have been pre-arranged, late arrivals not only deprive children of a pleasant and consistent start to the day, but they also interrupt routines and instruction for the rest of the class. Most students who are late only need to make small changes in their morning routines to help start off the day positively. Developing positive habits can become important lifelong skills.

Please have your child enter the school through the designated outside doors assigned to their classroom unless they are late. Late students should be the only students accessing the front doors by the office in order to come and sign in late and receive a late slip.

Thank you for making the effort to have your children at school on time!

PAC

Did you know that all parents and guardians of students registered at South Slope and BCSD can participate and can be members of the PAC? The PAC meets 8 times per year always on the third Wednesday of the month at 7:00pm in the School Library. PAC supports the school each year by providing additional funding for things like the hip-hop workshop, author visits, new library books, technology upgrades, music program upgrades and classroom supplies. On April 22nd the PAC will be hosting their AGM. Parents are asked to come and take part in this committee and share in their child's school experience. There is one vacancy on the executive which will require a replacement as PAC Secretary. Please contact Kim Godwin through the PAC link on our website if you are interested in this voluntary position. If you think you might be interested in finding out more about our South Slope PAC please come and join us on April 22 at 7:00pm

MORE ON PAC

The School Act gives parents the right, through Parent Advisory Councils (PACs), to provide feedback in their school. PAC is the officially recognized collective voice of parents of their school. A PAC, through its elected officers, may advise the school board, the principal and staff of the school respecting any matter relating to the education of the students and the school.

PACs are forums within each school community to discuss matters affecting your school and the education of your children. Parents' voices are a tremendous value to their school. They offer a wealth of ideas and support in the challenges that face all public schools. PACs strive to represent the diversity within their communities and contribute to the benefit of all students by:

- providing opportunities to educate and inform parents about the school;
- involving parents in volunteer activities; and
- openly discussing parents' concerns and aspirations for their schools.

How Does A PAC Work?

Through their elected executives from parents in the school, PACs communicate with their parent community gathering and discussing issues of importance regarding their school in order to adequately advise those that influence their school. In addition to PAC meetings communication may also be done through, newsletters, telephone, email, and websites so that all parents have the opportunity for input. PACs, with strong participation from parents, have an important influence on life at the school and the feelings the community has toward the school and education. There is strong evidence that increased parent involvement in the school results in increased student achievement, accomplishment, satisfaction, and bonding all of which result in decreased dropout rates and better citizen.

Purposes of a PAC

1. To advise the school principal and staff on parents' views and feedback about school programs, policies, plans and activities.
1. To organize PAC activities and events and endeavour to provide parent education.
2. To encourage parent involvement in the school, and to support programs that promote parent involvement.
3. To communicate with parents, and to promote co-operation between the home and the school in providing support for the education of children.
4. To assist parents in accessing the system and to advocate on behalf of parents and students.
5. To provide financial support for the goals of the PAC, as determined by its membership.
6. To advise and participate in the activities of the District Parent Advisory Council (DPAC) and the BC Confederation of Parent Advisory Councils (BCCPAC).





How can Live 5-2-1-0 support better sleep?

Advice on healthy living for kids and parents can be confusing, and at times overwhelming. Live 5-2-1-0 simplifies this information into a comprehensive, evidence-based¹ message for school-aged children (aged 5-12 years) that's easy to learn, highlighting four key behaviours: eat at least 5 vegetables and fruits, have no more than 2 hours of screen time, have at least 1 hour of active play, and zero sugary drinks per day.

Live 5-2-1-0 provides clear daily goals for kids, setting them on the path to developing healthy habits for life. However, there are other lifestyle factors that are also important for a child's health and well-being, including the quality and quantity of their sleep.

Sleep is important for a child's cognitive growth, and for their overall physical and mental health; sleep also contributes to a healthy body weight.² The Live 5-2-1-0 guidelines support good sleep habits, and in turn, sufficient restful sleep helps kids make healthy choices during the day.

Children (aged 5-12 years) need 9 to 12 hours of uninterrupted sleep per night, with consistent bed and wake-up times, for optimal health benefits.³

How can following the Live 5-2-1-0 guidelines help to improve sleep in children?

Research shows that:

Limiting Screen Time

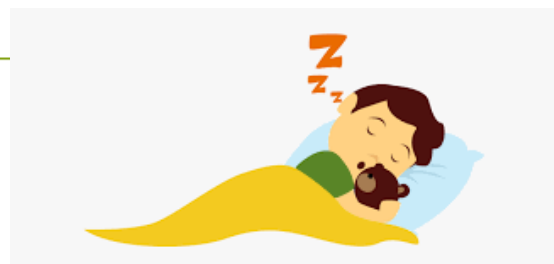
- ✓ Too much screen use (i.e. television, computer, mobile phone, video gaming device) in children has consistently been shown to delay bedtime and result in a shorter total sleep time.⁴
- ✓ Exposure to bright light from television or computer screens close to bedtime may interfere with the body's normal sleep-wake cycle by suppressing the production of the hormone melatonin.⁵ Using screens near bedtime is also associated with poor sleep quality and daytime sleepiness.⁶
- ✓ Media use in the evenings, specifically playing computer games, can lead to overexcitement in children making it difficult to calm down and fall asleep.⁴

Daily Physical Activity

- ✓ Regular physical activity has a positive effect on sleep quality, including improving the time spent asleep versus awake in bed, decreasing the number of times children wake up each night, and increasing how rested they feel the next day.⁷
- ✓ As adolescents' physical activity levels increase, their bedtimes become earlier⁸ and less time is needed for them to fall asleep.⁹

Healthy Food & Beverages

- ✓ Drinking caffeinated beverages can negatively affect children and adolescents' sleep by increasing the time it takes them to fall asleep and decreasing the amount and quality of sleep they do get.¹⁰ Caffeine-containing drinks commonly consumed by children include pop, iced tea, and energy drinks.





HOW NOT TO BUBBLE WRAP KIDS

LEARNING HOW TO USE DAILY STRESS TO DEVELOP RESILIENCE

If you've paid attention to the media recently, you might now believe that any stress is bad for a child's physical and mental health, that stress has reached epidemic proportions, that you need to do everything you can to reduce the amount of stress in your life and that various products from supplements to special water to squeeze balls will decrease your child's stress and make them healthy.

BUT the science says that this isn't true. In fact, experiencing and learning how to use stress is an important part of having good mental health and there is no evidence that any of the highly marketed stress reduction products are any more helpful than going for a brisk walk!

Mental health is the capacity to successfully adapt to life's circumstances. It does not mean happiness nor does it mean not having negative feelings, worries, or difficulties. It includes the experience of stress and the use of that experience to help your child learn new skills and effectively address the many and frequent challenges of life, now and in the future.

This means that someone with good mental health isn't someone who avoids or is protected from experiencing stress, but instead, someone who uses the stress they experience to learn and grow.

THE LANGUAGE OF STRESS

Stressor: An event that triggers the stress response in your body. It can be an internal event, like a thought, or an external event, like a social interaction, sound, chemical, etc.

Stress Response: Your body's signal that you need to adapt and change in order to accommodate or deal with the stressor. This signal includes your heart racing, palms sweating, shortness of breath, butterflies in your stomach, and more.

DIFFERENT TYPES OF STRESS

There are different types of stress and, actually, most daily stress is good for you!

Positive: Positive stress is short-term and it helps us learn how to adapt and grow. Situations that cause positive stress can be positive or negative (e.g., writing an examination, giving a presentation, calling someone you don't know, not making the school team, etc.) and happen daily – often multiple times a day.

Tolerable: Tolerable stress is also short-term but involves situations where there is more serious impact (e.g., someone dying, parent's divorce). It occurs multiple times throughout your life and as long as you have supportive relationships around, is unlikely to have any lasting negative consequences.

Toxic: Toxic stress is prolonged and extreme (e.g., abuse, neglect, violence), but for most young people, this is rare. Many will go their whole lives without experiencing toxic stress.

Toxic stress is the only type of stress that's actually bad for you. Experiencing positive or tolerable stress actually makes us stronger, healthier and more understanding human beings!



Kid Entrepreneurs!

10 wk Launchpad Program



Imagine Your Child Learning How To Launch Their Own Business!

Programs Start April. Register Today!

Students, ages 7-12 years, will learn Critical & Practical Skills through Entrepreneurship in this 10 week KidPreneur Program.

Develop their Leadership, Critical Thinking, Financial Literacy, Confidence, Resiliency, Communication, Public Speaking & More!

Visit www.BuildaBizKids.com To Register Online



North Vancouver
West Vancouver
DT Vancouver

Port Moody
Burnaby
Maple Ridge





SPRING & FALL SOCCER PROGRAMS

Age-focused Training | Sportsmanship
Fun & Fitness | Teamwork | Respect

BOYS, GIRLS & CO-ED TEAMS

HOUSE LEAGUE U5-U10

DIVISIONAL LEAGUE U11-U18

For more INFORMATION
or to REGISTER ONLINE:

wesburnsoccer.com

604-298-5958

WE ACCEPT APPLICATIONS
FOR JUMPSTART & KIDSPORT



Since 1993

SOCCER DAY CAMPS 2020

Burnaby

- * July and August weeks
- * all children aged 5 to 13
- * morning & full day sessions
- * before & after care available
- * camp soccer ball, tshirt & medal for all participants

Register by
March 31 or
June 1, 2020
for **AMAZING**
discounts

1-800-427-0536 royalsoccer.com



BURNABY LAKE

FIELD HOCKEY CLUB



LOOKING FOR AN EXCITING SPRING SPORT OPPORTUNITY?

BLFHC offers junior programs from March-June for young girls and boys, ages 6 and up. No previous experience necessary. Field hockey is a team sport where the emphasis is on skill development, teamwork, and fun. This provides a fantastic opportunity for offseason training in a competitive team environment.

 @BURNABYLAKERS

BURNABYFIELDHOCKEY.COM

BLFHCINFO@GMAIL.COM



Got Game?

www.burnabywaterpolo.com

Water Fitness

Game Skills

Friendship

Team Work

Burnaby Water Polo Club

Girls, Boys & Co-Ed Water Polo

Beginner to Advanced Programs

Ages 6–18

Fall & Winter League – September to April

Summer Skills & Scrimmage – May to August

Check our web site at www.burnabywaterpolo.com for programs descriptions and costs, contact us for registration, and for free trials



PO BOX 50039, South Slope RPR,
Burnaby, BC V5J 5G3



778-328-2657



www.burnabywaterpolo.com



Burnaby Barracudas Aquatics Club
WWW.BURNABYBARRACUDAS.COM

- Competitive Swimming
- Baby Barracudas
- Water Polo
- Diving



February 23, 2020:

3:30 - 5:30pm @ SFU POOL:

8888 University Dr, Burnaby, BC V5A 1S6

TRY-IT CAMP

COMPETITIVE SWIMMING

**& WATER POLO
& DIVING**



- Session cost - **\$15.00** (cash/cheque or e-transfer accepted)
- Open to swimmers aged 3 - 17 years
- Swimmers 6 and up required to swim 25 meters minimum

For more information contact:

: registrar@burnabybarracudas.com

Swim **Stronger** Swim **Faster**