



# Bowser Elementary School

"Building Educational Success Together"

Newsletter 10 January 5, 2010

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## Mission Statement

Bowser Elementary School is committed to providing a nurturing environment wherein children participate in learning experiences, which enable and empower them to develop their individual potential and become lifelong learners.

## School Goals

### *Literacy*

**Goal:** To improve student achievement in the area of literacy by focusing on increasing reading comprehension levels.

**Objective:** To develop and implement a cross-curricular learning framework (based on Reading Power and Smart Learning) to increase literacy competency in all subject areas.

## Principal's Comments

Welcome back to the New Year 2010 at Bowser Elementary School, may it prove to be a productive one for all of us. I hope that everyone had a very enjoyable holiday.

During the school week of February 1<sup>st</sup>-5<sup>th</sup>, we will be hosting Primary Math Playground. It is a collection of hands on math activities used to promote numeracy skill in our primary students. In order to maximize the enjoyment and effectiveness of the Math Playground, we are looking for parent volunteers to assist with the activities. If you can assist, please contact the office.

## Kids can't grow up responsibly if parents don't show them how.

You probably know some people who've never quite grown up. They may have jobs, but never seem to be able to live on their own.

One reason may be that they didn't learn how to take on the responsibilities of adult life. Their parents may not have taught them the skills they need-to balance a budget or to take care of basic life skills like cooking or doing laundry.

If you want your child to grow up and live as an independent adult, you need to start teaching him those skills today. Here are some ways you can help your child develop the habits that will get him ready for adult life:

**Expect him to get himself up in the morning.** Even a first grader can learn to wake up to an alarm.

**Teach him to care** for his own clothes. Young children can put clothes in the laundry basket. They can fold their own clothes and put them away. Older kids can learn how to do laundry.

**Help him manage money.** Whether it's an allowance or payment for extra chores, teach your child the value of saving.

**Enlist his help.** Every family member should do something that helps out the family. Young children can set the table. Older kids can learn how to prepare a simple meal. When they do these things, thank them for making your home run more smoothly.

**Volunteer.** Make time for your family to volunteer together. Doing something for others builds responsibility. Source: William Damon, *The path to Purpose: Helping Our Children Find their Calling in Life*, ISBN: 9781-3723-6 (Free Press, [www.simonandschuster.net](http://www.simonandschuster.net)).

## Donation of QF Points

We have an account at Quality Food. If you would like to donate any QF Points to Bowser Elementary, please mention it to cashiers. Points are exchanged for items that are used by students and staff at our school.

### **Bowser Elementary Discipline Policy**

Please review our discipline policy with your children. Thank you for your support.

To ensure a safe environment and to protect the rights of all, the following rules are necessary:

1. Be Safe
2. Be Cooperative
3. Be Prepared
4. Be Respectful

### **Too much screen time can equal too little play time for your child.**

Kids spend too much time in front of a TV or a computer and too little time in active play.

According to a recent scientific study, this is leading to an increase in childhood obesity.

More than 70 percent of 10-year-olds spend over two hours a day watching TV or playing on a computer. That means they don't have much time for active play.

You can probably figure out the result. Far too many children today are struggling with obesity. By age 11, one in five children is considered obese.

Over their lives, these kids will face many more health problems. They are more likely to contract diseases like diabetes. What can you do? Here are some suggestions:

**Limit time watching TV** and on the computer. If your child has a cell phone, time spent texting is also considered screen time.

**Build in time** for active play. Doctors recommend 60 minutes a day. Go to a park and play together!

**Add exercise time** to screen time. Keep weights or an exercise mat nearby. During commercials, challenge your child to do sit-ups or a few jumping jacks. Source: Sarah E. Anderson, Christina D. Economos and Aviva Must, "Active Play and Screen time in US Children Aged 4 to 11 years in Relation to Sociodemographic and Weight Status Characteristics: A Nationally Representative Cross-sectional Analysis," Biomed Central, [www.biomedcentral.com/1471-2458/8/366](http://www.biomedcentral.com/1471-2458/8/366).

### **H1N1**

#### **Preventative measures**

There are everyday actions that can help prevent the spread of germs that can cause respiratory illnesses like the H1N1 flu virus:

- Teach your children to wash their hands frequently with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cough and sneeze into a tissue or into the inside of their elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay at least two meters (six feet) away from people who are sick.
- Children who are sick should stay home from school and daycare and stay away from other people until they are feeling better and able to fully participate in normal activities.

#### **Hand washing verses hand sanitizers.**

Health authority's note that hand washing with plain soap and water is the preferred method of hand hygiene in schools and child care centers as the mechanical action is effective at removing visible soil as well as microbes. In instances where hand washing sinks are not available, supervised use of alcohol based hand rubs may be considered. If hands are visibly soiled, alcohol based hand rubs may not be effective at eliminating the influenza virus.

### **Appropriate Clothing and Spare Clothing for Wet Days**

We encourage students to wear coats outside during our recesses. Please send your students to school with jackets or coats. Please send emergency clothing (pants, socks, etc.) with your child to school during this cold, wet weather. When snow does start falling, students are encouraged not to play in any snow unless they are wearing the appropriate clothing and boots. If you have any old items to contribute to the school, especially socks, tights and cozy jogging pants, these would be welcomed! Small sizes seem to be the most difficult to keep on hand so anything from Kindergarten size and up will be appreciated.

### Funky Friday

Students, staff and community members coming to BES are encouraged to participate in our Funky Fridays. On Friday, January 29<sup>th</sup> it will be "PJ Day". Please bring your favorite PJs, stuffies, etc on this day. Please remember our dress code is still in effect on this day.

### PAC News

**We want to start by wishing everyone a very happy New Year.** The Christmas Concert was spectacular; I have heard a lot of people say what talented children we have. A big round of applause should go out to all the children and teachers who created a great show. The 50/50 draw was a huge success and the baskets were beautiful, thanks again for all your wonderful donations. I will have the exact number of funds raised from the event after the next PAC Meeting. Here is what is coming up:

**50/50 draws-** We will be doing a monthly 50/50 raffle at the end of each month details will come home soon.

**Pancake Breakfast-** This will be happening on Sunday February 14<sup>th</sup>. Looking for volunteers please let Marnie or Gonda know as soon as possible.

**PAC Meeting** We will be having this on Tuesday January 19<sup>th</sup> @ 6:30pm in the library - babysitting will be provided!!! Any questions, suggestions or concerns, please give us a call Marnie 757-2317 Gonda 752-3943.

### Community News

**Instructors are needed** for after school children's programs in Bowser. Please contact Recreation Programmer, Kim Longmuir at 250-757-8118 or [klongmuir@rdn.bc.ca](mailto:klongmuir@rdn.bc.ca) for more information.

**Swim Lessons** begin the week of January 4. **Pond Rascals Skating Lessons** begin the week of January 11.

**Women's Sport Sampler 16yrs+** Mon 6:30-8:30pm at Arrowview Elementary School Jan 11-Mar 1

**Beginner Latin/Ballroom Dance 16yrs+** Thu 7:00-8:00pm at Arrowview Elementary Jan 21-Mar 4

**Let's Start Running 16yrs+** Wed 6:00-7:15pm at Ravensong Aquatic Centre Jan 6-Mar 3

**For more information visit us at [www.rdn.bc.ca](http://www.rdn.bc.ca) or call 250-248-3252 or 250-752-5014.**

### Dates to Remember

Every Tuesday	WOW Bus - open 9:30-11:30 am
Every Tuesday	Mother Goose - 10:30 - 11 am in the library
Every Tuesday	Chess Club - lunch recess in the library
January 11	Grade 1-5 students attend "Alice in Wonderland" performance" at BSS
January 29	Funky Friday - PJ Day
Feb. 1-5	Primary Math Playground
Feb. 10	Dental screening for Kindergarten students
Feb. 12	Wear Valentine colors - Red, pink and/or white
Feb. 19	Reporting Day - Students do not attend school
Feb. 22	Professional Development Day - Students do not attend school
March 1	Second term report cards go home
March 5	Last day before Spring Break
March 6-21	Spring Break
March 22	School re-opens

**Entry Form:** Please complete this form and return it to the school by Monday, January 11<sup>th</sup>, 2010.

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Name of student

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Parent/Guardian signature