



ERRINGTON ELEMENTARY SCHOOL

“Your 3B Community School”

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Principal: Mr. Steve Halliday

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Newsletter #17

January 12, 2010

Message from the Principal

With the cool, wet January weather continuing, I would ask parents to please make sure that your child is coming to school dressed for the weather and to be dressed appropriately to play outside. As a staff, we are becoming quite concerned about the number of students who are coming to school unprepared, or in some cases, unwilling to go outside to play. Our school, like every other school in the province, has a health and fitness mandate and so we will be encouraging **ALL OF OUR STUDENTS** to spend some time each day outdoors playing. Far too many of our students are coming to school with expensive toys, electronics or cards expecting to sit inside all day. As a result, we will be strongly encouraging our students to play outside at recess and lunch, and so, having boots and a warm, weather-proof jacket is really important. Please be sure to have your child's clothing with their name on it somewhere. This really helps with "misplaced" items. On another note, we do strongly suggest that you keep your child's expensive toys, cards and electronics at home, where they will be safe and used properly. We cannot assume any responsibility for these items should they become damaged or misplaced. Thanks for your assistance with these matters.



Our virtue for the month of January is the **Virtue of Excellence**. **Excellence** is the willingness to always try to do your best. Students who demonstrate **excellence** give their best to every task, both at home and at school. They know that **excellence** is the key to success, both as a student and as a person. Our focus class for **Excellence** will be Mr. Henderson's combined grade 4 and 5 class. They have prepared an informative and colourful bulletin board display and they will be sharing some of their own thoughts about **Excellence** at our month end "Student Recognition Assembly" on Friday, January 29 at 8:45 am. It goes without saying that you are always welcome here, and we hope you can join us for the assembly at the end of the month.

Ten Year Celebration at EES

Last Wednesday, we celebrated the tenth anniversary of the opening of our school with a **Ten Day**, a school spirit day where everyone wore something with "ten" as part of their clothing. In the afternoon, the whole school was treated to a musical performance by Kumbana, and following that we had the "official unveiling" of our two commemorative plaques, one outside and the other in the foyer. It was nice to see a number of guests and parents that were able to join us for the afternoon festivities.

Lunch Program Back-up Person Needed

Miranda, our lunch co-ordinator, is looking for a willing individual who would be able to help out on those days when she is not available to prepare the lunches. This would be an "on call" person, who could come into the school and prepare and distribute the meals to our students. If you feel you would be interested in this opportunity, or would like more information, please contact Janette in the office who will "hook you up" with Miranda to explore this possibility. In advance, thanks for your help with this.



PAC News:

Our next PAC meeting will be held on Wednesday, January 20, 2010, in the library at the school. The meeting will begin at 6:00 pm (and end no later than 7:30) and everyone is welcome to attend. We hope you will be able to join us!

Dates to Remember for Parents of Errington Students

January 14	"Alice in Wonderland" performance at Ballenas Secondary School for EES
January 20	PAC meeting at 6:00 pm in the library
January 29	Student Recognition Assembly for January at 8:45 am in the gym
February 4	EES hosts the District Elementary Free Throw Competition at 11:30 am in the gym
February 12	Winter Olympics Opening Ceremony at EES beginning at 10:15 am in the gym
February 19	School Reporting Day (students do not attend school this day)
February 22	District Pro-D Day (students do not attend school this day)
March 3	Term 2 Report Cards home to parents
March 5	Student Recognition Assembly for February/March at 8:45 am
March 5	Last Day of Classes before the Spring Break
March 6 to 21	Spring Break (all schools are closed)
March 22	Schools re-open after the Spring Break

EES Goes to see Alice in Wonderland at Ballenas Secondary School

This Thursday, January 14, all of our grade 1 to 5 students will have the opportunity to travel by school bus to Ballenas Secondary School to see Alice in Wonderland. This will be performed by students in the senior drama class. Students will leave the school about 10:00 pm and will return to Errington School for lunch at about 11:40 am. We know we will all enjoy the performance, and wish to thank PAC for their support in making this trip and presentation a reality for our students.



Library News

The theme for January's Library Book Draw is "**New Year, New Books!**". Enjoy a new library book and fill out an entry form to win a book prize! Happy New Year and Reading!

Mother Goose

Just a reminder for parents of pre-school and kindergarten aged children that the Mother Goose begins again and will take place each Wednesday morning beginning at 10:45 am in the library. All pre-schoolers, kindergarten students and their parents are welcome to join Mother Goose each Wednesday and we hope to see you here.



Community Announcements

Reminder: Just a reminder that Community Events and Activities are posted on the district website (www.sd69.bc.ca) - second tab on the left on the main district website. This information is continually being updated with new information regarding family or children/youth oriented activities in the Oceanside community. Check it out!

Kidz Can Skip: A fun and exciting way for kids 7-12 years old to get active and learn new skills. A fun-filled program where kids can learn new tag games, skipping skills and skipping rhymes. Where? Parksville Elementary School on Tuesdays from 3:00 - 4:00. When? January 12 - March 2. Wear comfortable clothes and bring a water bottle. Phone 248-3252 or 752-5014 or go on-line at www.rdn.bc.ca

Health and Nutrition at EES

Mrs. Phillip's class is doing a project on nutrition. They are learning about the Canadian Food guide and graphing their lunches. Each week there will be information in the newsletter about nutrition. If you have a nutritious snack or recipe that your children love and you think others would love to try, please send a written copy to school and we will try to include some of them in the weekly newsletter. During the Olympics we will be graphing lunches to see who has "Gold Medal Lunches."

Information

Girls and boys need to eat fresh vegetables and fruit each day. The recommended amounts are as follows:

Ages 2-3	4 servings per day
Ages 4-8	5 servings per day
Ages 9-13	6 servings per day



Eating the vegetables and fruit raw is the healthiest way to get your servings. Water is one of the best things to drink at lunchtime. Many students drink their recommended daily serving of vegetables and fruit. Try water in their lunches and pack cut up fresh fruits or vegetables. Many children love to dip their vegetables in either peanut butter or yogurt. Give it a try!

Produce Tips

- ❖ Select apples that do not have bruises and are firm to touch.
- ❖ Keep apples refrigerated to slow ripening and maintain flavor. When properly stored, apples can last over three months.
- ❖ To minimize browning, prepare fresh apple dishes just before serving, or pour 100% apple juice over fresh apple slices.

Errington After School Basketball

If you are in Grade 3, 4, or 5, **you can play basketball**. It is Free! Make sure you wear shorts, a T-shirt and running shoes. It will be on **Tuesday for girls and Thursday for boys**. It runs from **2:05-3:15 pm**. All students must arrange their own rides home. Please fill out the slip below and return to Mrs. Phillip. **Boys will start this Thursday the 14th, girls will start next Tuesday the 19th. Each will run for five weeks.** Any parents willing to come and join us are always welcome.

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_____ has my permission to join Basketball and will be picked up at 3:15 pm.

_____ Phone #: _____
Parent or Guardian Signature