



# ERRINGTON ELEMENTARY SCHOOL

“Your 3B Community School”

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Principal: Mr. Steve Halliday

Vice-Principal: Mrs. Kerri Steel

Newsletter #18

January 19, 2010

## Message from the Principal

Last Thursday, all of our grade 1 to 5 students traveled by school bus to Ballenas Secondary School to see their production of “Alice in Wonderland”. The play was performed by students in the senior Drama class. The production was wonderful and the student actors from Ballenas did an amazing job in their many roles. We would like to congratulate Mr. Campbell and his students for their incredible production. Our students loved all the characters in the play, and many could be overheard on the bus talking about their favourite part and their favourite character. Our students were excellent guests at Ballenas and it was great having our students go “with Alice to Wonderland”!



As you now know, our virtue for January is the **Virtue of Excellence**. 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 “Student Recognition Assembly” on Friday, January 29 at 8:45 am. We hope you can join us for the assembly at the end of the month.

## Parents Supporting Student Achievement

Over the next few weeks, I will be writing about our “achievement” goals and how parents can help their child or children at home. Just to refresh your memory, we have two student “achievement” goals this year:

**Literacy Goal** - to improve students' reading comprehension and to increase their interest in reading for enjoyment. An important skill for our early primary students, who are “beginning readers”, is **phonemic awareness**, which is the ability to hear and manipulate the “letter sounds” in words. As parents, you can help by singing alphabet songs with your child, having your child clap the syllables in words, teach your child nursery rhymes, sing “rhyming songs” like the Name Game and reading with your child daily.

**Social Responsibility Goal** - to provide increased opportunities for students to contribute to the classroom and school community. You can help by encouraging your children to take part in the “out of class” activities at lunch and after school, and by talking to them about what “health and fitness” means to your family.

## Knights of Columbus Free Throw Competition

Our annual Free Throw Competition will be taking place next week in our gym. Boys and girls in grades 4 and 5 are invited to take part in the school competition, and 4 students will be selected to represent EES at the District Finals early in February. Coincidentally, EES will be hosting the District Finals on Thursday, February 4. Students have begun our basketball unit in PE classes and so they will be nicely prepared for the competition, should they wish to take part. Good luck to all participants.



## Expensive Electronics and School

Since Christmas, we have noted a huge increase in the number of electronic items coming into the school. We do strongly suggest that these items be kept at home, but should your child bring one to school, having their name on it helps should it be left somewhere. We cannot assume any responsibility should the item be lost or damaged. I would also ask parents of students with iPod devices to “listen” to their song list, if they are bringing it to school. We have received reports of inappropriate material being downloaded and brought to school, which is very troublesome. Your help with this is greatly appreciated.

## 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!



## PAC News:

Our next PAC meeting will be held **tomorrow** Wednesday, January 20, 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!

## Community Announcements

**Musical & Dramatic Theatre Classes:** Wednesdays from 4:00 - 5:30 at Dolphin Bay Studios on Wall Beach Road for 7-13 year olds. Acting & vocal training in an atmosphere of supportive fun with a performance of the musical adventure, “Treasure Island” on April 24<sup>th</sup>. Contact [tstavroff@shaw.ca](mailto:tstavroff@shaw.ca) or 250-752-9867 for more info.

## Dates to Remember for Parents of Errington Students

January 18	Eat Well, Get Moving program begins in School District 69
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
April 2	Good Friday (all schools are closed)
April 5	Easter Monday (all schools are closed)

## Health and Nutrition at EES

Mrs. Philip'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! An information sheet is attached on the "grain group".

## Eat Well Get Moving Program

The School District and community, through the RDN Recreation and Parks, will be promoting Healthy Living again this year through their annual Eat Well, Get Moving Initiative! It will run for six weeks, starting January 18<sup>th</sup> through to February 27<sup>th</sup> and be tied into the Vancouver 2010 Olympic Games. Students, staff and parents are encouraged to participate by adopting a healthy lifestyle through fitness and nutrition!



Participation score cards are available at all District schools. Exercise regularly, eat healthy with 5-10 servings daily of fruit and vegetables, and keep track of your healthy lifestyle with your score card. Individual prizes will be awarded every second week and at the end of six weeks - student and class rewards. Participating students and their families will be invited to attend the Opening Ceremonies of the Olympic Games on the evening of Feb. 12<sup>th</sup> at the Parksville Community and Conference Center to celebrate the start of the Olympics and their participation in the EWGM program. Many more prizes and raffles will take place at this community event.



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Hot Lunch Order Form - please return to the school by Friday, Jan. 22<sup>nd</sup>  
Please make cheques payable to: Errington Elementary School (or EES)



Mon., Jan. 25	Vegetable soup with alphabet noodles, a bun and milk (please indicate white ___ or chocolate ___ milk)	\$3.00 _____
Tues., Jan. 26	Perogies with fried onion & farmers sausage and juice	\$3.00 _____
Wed., Jan. 27	Salmon burger, side salad and milk (please indicate white ___ or chocolate ___ milk)	\$3.00 _____
Thurs., Jan. 28	Lasagna with Caesar salad and juice	\$3.00 _____
Mon., Feb. 1	3 bean chili with corn bread and milk (please indicate white ___ or chocolate ___ milk)	\$3.00 _____
Tues., Feb. 3	Teriyaki chicken with rice & vegetables and juice	\$3.00 _____
Wed., Feb. 3	2 cheese quesadillas with vegetables & juice	\$3.00 _____
Thurs., Feb. 4	Chicken noodle soup with crackers, fruit and milk (please indicate white ___ or chocolate ___ milk)	\$3.00 _____

Total amount Included \_\_\_\_\_

Student's Name: \_\_\_\_\_

Classroom: \_\_\_\_\_