

## Beach Grove Elementary School

5955 – 17A Avenue

Phone: (604) 943- 0108 Fax: (604) 943 - 0166

Principal: Rachael Corneil

email [rcorneil@deltasd.bc.ca](mailto:rcorneil@deltasd.bc.ca)

Admin Assistant: Carol Adam

email: [cadam@deltasd.bc.ca](mailto:cadam@deltasd.bc.ca)

Website url: <http://bg.deltasd.bc.ca/>

# THE BEACH GROOVE



*October 26, 2015*

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### Halloween Safety and Security



Our school has hired a security guard to monitor the school grounds on Halloween night, Saturday, October 31<sup>st</sup>. A visible presence by security, parents and/or community members will go a long way to preventing anymore vandalism to the building, playground equipment and school grounds. If you see any activities around the school that concern you, please call Delta police immediately.

### Halloween Safety Reminder from the Delta Police

Delta Police are prepared for this weekend's anticipated Halloween Celebrations. Given the excitement of young children during this time of year, here are a few tips to ensure that everyone has a safe and fun night.

#### Safety Tips:

- Plan your route ahead of time.
- Trick or treat in familiar neighbourhoods.
- Carry a flashlight with fresh batteries.
- Stay on the sidewalks and off of the streets. Cross only at intersections and designated crosswalks.
- Walk. No running.
- Follow traffic signals and don't jaywalk.
- Apply reflective tape to your Halloween costumes.

### Guess and Dress Contest

Thank you to everyone who participated in the Guess and Dress Contest. A special thanks to Mrs. Calder and Ms. Durman and her class for organizing the event. The student winners of the contest will be dressing up their staff member in a costume and then there will be a parade around the gym on Friday, October 30<sup>th</sup> at 2:00 p.m.



## **Allergy Aware Classrooms - Trick or Safe Treat Please**

Most holiday celebrations involve food. Adults living with life threatening food allergies can find this stressful and children even more so.

We are asking for your assistance to ensure our students with life threatening food allergies can enjoy their Halloween party safely. If your child is in an Allergy Aware classroom please be aware of the following precautions that students with severe food allergies must follow:

If ingredients are not known (no packaging and /or ingredient and/or allergy information is not available) or the food is "bulk" then the food is not considered safe and can't be eaten .Due to the possibility of cross contamination only packaged baked goods with ingredients are safe.

If possible please provide the ingredient/allergy information (packaging/labels) for the treat that you are sending to school.

Halloween is an exciting and fun time for the students and we appreciate your understanding and co operation in helping our allergic students feel included in these celebrations.

## **Parent Connect**

Thank you to the 275 parents (only 33 left) who have updated their child's information on Parent Connect. For those of you who haven't signed in to parent connect to update your child's information please do so as soon as possible. The Parent Connect address is: <https://cimsweb.deltasd.bc.ca/schoolconnect/parentsignore.aspx>.

**It is imperative that you update your child's information as soon as possible in case of a school emergency such as an earthquake, school building fire or other occurrence resulting in a school closure.**

If you have moved and need to update your home address or home phone number please email Mrs. Adam at [cadam@deltasd.bc.ca](mailto:cadam@deltasd.bc.ca) or phone the school at (604) 943-0108. That information must be updated at the school.

## **Noon hour Supervisors Needed**

Are you interested in being employed by the Delta School District as a casual Supervision Assistant? This position is responsible for monitoring student behaviour and safety and for enforcing school rules and policies during our lunch break 12:18-1:18 p.m. Please email Ms. R. Corneil at [rcorneil@deltasd.bc.ca](mailto:rcorneil@deltasd.bc.ca) if you are interested or need further information.

# Yoga It Up!

Julia Johnson Baker, MA, CCYT  
T: 604-727-6816  
W: [www.vogaitup.ca](http://www.vogaitup.ca)

Dear Parents,

Yoga It Up! will be coming to your child's school in November to offer a series of yoga classes as part of the Physical Education program. The classes will be focusing on *Hatha* yoga, or physical yoga, which involves various physical poses, breathing exercises, and relaxation techniques.

The programming has the ability to offer many benefits to students, including:

- Increased flexibility
- Enhanced strength and resiliency
- Improved balance
- Greater ability to concentrate
- Improved breathing and lung capacity
- Increased body-awareness and self-image
- Reduced stress
- Improved relationships with others

## **Why Yoga It Up!?**

Yoga It Up! focuses on providing programming that combines social and emotional learning with physical fitness in an inclusive and joyful environment so that any child can actively practice mindfulness, using their inner strength, finding compassion and developing connection. The goal is to see children develop their physical fitness, as well as their emotional health and social functioning in order to help handle stress and anxiety, communicate effectively, develop healthy habits, encourage positive relationships, and find happiness.

Yoga offers the ability to provide a program that fosters physical, emotional and social development all at once. Research suggests that this type of programming can help improve: academic learning, social interactions, focus, self-control, selfregulation, problem solving, creative thinking, and both mental and physical wellbeing.

## **Concerns**

If there are any concerns about yoga and/or the content of the sessions please feel free to contact me directly. In addition I invite you to look at the following available resources that bring further insight into yoga for children:

1. Flynn, Lisa (2013). *Yoga For Children*. Avon, MA: Adams Media.
2. Freeman, Donna (2009). *Once Upon A Pose*. Victoria, BC: Trafford Publishing.

Sincerely,  
Julia

## Fall Back!

This weekend we are changing our clocks to end Daylight Savings time. So, remember to put your clocks one hour back before you go to bed on Halloween night, Saturday, October 31<sup>st</sup> and enjoy the extra hour sleep.



### DATES FOR YOUR CALENDAR

**October 28<sup>th</sup>**

Grade 6 Volleyball @ Beach Grove

**October 29<sup>th</sup>**

Grade 7 Volleyball @ Beach Grove

**November 3<sup>rd</sup>**

Grade 7 Volleyball @ South Park

**November 3<sup>rd</sup>, 4<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 24<sup>th</sup> & 25<sup>th</sup>**

Yoga It Up (see letter in newsletter)

**November 5<sup>th</sup>**

Grade 7 Volleyball @ Beach Grove

**November 6<sup>th</sup>**

Justice Theatre at 11:00 a.m.

**November 10<sup>th</sup>**

Remembrance Day Assembly at 10:45 p.m.

**November 11<sup>th</sup>**

Remembrance Day (no school)

**November 12<sup>th</sup>**

Grade 7 Volleyball @ Cliff Drive

PAC Meeting at 6:30 p.m.

**November 13<sup>th</sup>**

Fun Lunch

**November 26<sup>th</sup>**

Teddy Anderson Presentation at 9:00 a.m.

**November 27<sup>th</sup>**

Non-Instructional Day (no school)