



Beach Grove Elementary School
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In the Grove

The Newsletter of Beach Grove Elementary School

November 16, 2018

Events Calendar

November:

23- Non Instructional Day (Pro D)

December:

3 - 14 - Deltassist Food Drive

9- Walk to School Day

14- Fun Lunch

18- Winter Concert (afternoon/
evening)

19- Term 1 Reports Home

21- Last day Prior to Winter Break

Remembrance Day

Thank you to all our staff and students who worked to make our Remembrance Day Assembly a success. It is an important event that needs to be respected and formalized in a way that our students can appreciate and understand. There are two important purposes for our assembly and for the memorial services and parades.

First – we honour the men and women, past and present, who fought, worked, and died in wars so that all of us at Beach Grove, in Canada and around the world could one day live in freedom, peace, security and safety.

The second purpose of our assembly is to ensure that each of us treats our classmates, friends, other students, and staff with respect, consideration, thoughtfulness, and kindness.

I hope that, for Remembrance Day, you were all able to take a moment to stop and remember just how fortunate we are to live in a country where all of us can feel safe and respected.

Volleyball

This week marks the final week for our Grade 6 and 7's inter school volleyball season. Our teams had a great season of play and showed good skill development and most importantly great sportsmanship. Thank you to all our parent drivers who supported our teams and a big thank you to our teacher coaches Ms. Klassen, Ms. S. Hardy, Ms. M. Hardy, Mrs. Pfitzenmaier, Mrs. O'Brien and our parent drivers.



WE TEAM FUNDRAISER

Our WE Team will be hosting a Christmas Gift Market in December. We are asking for parents to donate unused or gently used items such as soap, candles, books, board games or anything that could be a nice gift for someone in the community. At the gift Market there will be tables with items that range in cost from \$1 to \$10. All proceeds will go to Tekera School in Uganda to help fund a new roof for the teacher quarters. Thank you for your support.

Winter Concert

This year our Winter Concert will be held on Tuesday, December 18. We will host both an afternoon presentation and an evening presentation.
Times:

Afternoon Concert - 1:45pm

Evening Concert - 6:30pm

Christmas Hamper Project

Our Christmas Food Drive will take place from **December 3rd to December 14th**. We will be keeping track and the Intermediate and Primary class who brings in the most food items will win a pizza lunch sponsored by Mr. Hall
The most useful contributions are grocery staples:

Canned fruits, canned fish, canned vegetables, canned meat, pastas, cereals, rice, fruit juices, peanut butter, soups.

- ☺ Regular size packages/cans only please.
- ☺ Unexpired food only.
- ☺ Due to health regulations home canned goods cannot be accepted.

These donations are to be brought to your child's classroom and placed in the box provided. The goods will be brought down to the office each day and tallied. **Your generosity is appreciated.**

Flu Season is coming

What can parents do ?

1. Arrange for your family to have an annual flu shot if your child has a chronic health condition.
2. Prevent illness by maintaining good health habits, a variety of foods, exercise, enough sleep, and frequent hand washing.
3. Recognize flu symptoms...stuffy nose, cough, sore throat and chest, fever, chills, muscle and joint pains ,vomiting and diarrhea.
4. **Keep your children home away from others** and treat the symptoms with bed rest, plenty of fluids, and acetaminophen for fever and aches.
5. Watch for symptoms that should prompt a call to your doctor... rash, high fever, earache, white spots on the mouth, severe vomiting or diarrhea, or coloured mucus.

If the school finds it necessary to send your child home because of illness, please make sure you have made alternative arrangements when you are not available. Inform the school of these arrangements.

Appropriate Clothing

As we proceed into the coldest months, it is imperative that children dress appropriately even if they are being driven to and from school. We need to be concerned that students have suitable clothing to keep them warm in the event of an Emergency School Evacuation. Please also chat with your children about the importance of bundling up during recess and lunch as they are sometimes too eager to rush out and play. At this time I will also remind parents that at recess we always send students outside to get some fresh air and the ants out of their pants ! We will stay in at lunch only when the weather is especially bad. Therefore boots and warm coats are important.

Parents as Partners **Standing Up for Yourself**

When someone is treating you badly on purpose, it is normal to feel hurt, angry, embarrassed or scared. The problem is - that is exactly what they want. It gives them a feeling of power and control. So... it is ok to feel this way but don't let them see it. Fake it if you need to. Research tells us that only 7% of how we communicate comes from the words we say. 38% of the information we communicate comes from *how* we say words – like tone and volume. 55% of how we communicate comes from our body language. We can train our body language to say, "I'm not an easy target!"

The Most Boring Person in the World to Bug...

- ¥ **Strong body language.** The opposite of looking hurt, is looking like you don't care. Keep your head up and do your best impression of "whatever" body language. If you are not sure how, pretend you are bored with what is being said. (Every kid I know is an expert at looking bored.)
- ¥ **Keep Moving.** Don't stop to talk with them. It gives them your full attention and lets them think that what they are saying matters to you. Just walk by and head towards a place where there are other people – especially an adult.
- ¥ **Strong Voice.** If you say something, (you don't need to - your body language is already saying a lot) sound bored.
- ¥ **Tell someone.** If someone is trying to target you, report it. Let a teacher or supervisor know what is happening.

Helping others...

- ¥ It is hard to target someone if everyone sticks together. If you see someone in trouble, get a group to walk over, surround them and walk them out of there.
- ¥ If you see people fighting, yell out "STOP! Someone is coming!" (Most kids stop doing something wrong if they think they are about to get caught.) Now, make it true by going and telling an adult. If you stay and watch, you make it hard for them to stop and become part of the problem.

Imagine a world where everyone is treated with respect.

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