



Nanaimo Ladysmith Public Schools

Cinnabar Valley

Diane Charles, Principal
Laura Hague, Secretary

Volume 2 Issue 4

Dec 1 2016

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A note from the office ...

The last month of 2016 is now upon us! We have many reasons to stop and reflect on the great accomplishments in our school community over the last year.

I would like to thank our grade 7 student leaders who are working to support many initiatives in the school. These include our daily announcements, games in the gym, assembly set up, and sponsorship of spirit day activities. During our assembly on Monday morning four stu-

dents shared their experiences from attending the recent WE Day event in Vancouver. They then led the school in the WE Day dance! Leadership activities would not be possible without adult support! Thank you to Mrs. Stannard and Mrs. Stone for supporting these students this year.

Finally, congratulations are extended to Coach Sharpe, Coach Lyle and our boys football team who finished their season with winning the sec-

ond place pennant for small schools! We now look forward to watching both the boys and girls teams compete in Triple Ball (aka Volleyball!).

Yours in education,
Ms. Charles,
Principal



Calendar Updates

Dec 1—PAC Raffle Tickets are due back to the office
Dec 6—Div 9 & 11 Swimming
Dec 13—Div 9 & 11 swimming
Dec 13—PAC meeting @ 6:30 PM
Dec 19—Assembly
Dec 21—Christmas Concert @ the Port Theatre
Dec 23—PJ Day, Santa Hat Day
Dec 26—Jan 6—Schools closed for winter holiday
Jan 9—Schools re-open
Jan 10—PAC meeting
Jan 26—Teddy Anderson Hoop Dancing—Fine Arts performance



SURFIN' SANTA!
Full School Christmas Musical
Wednesday December 21, 2016

7:00 PM

Port Theatre

Food Drive in Support of Loaves and Fishes as well

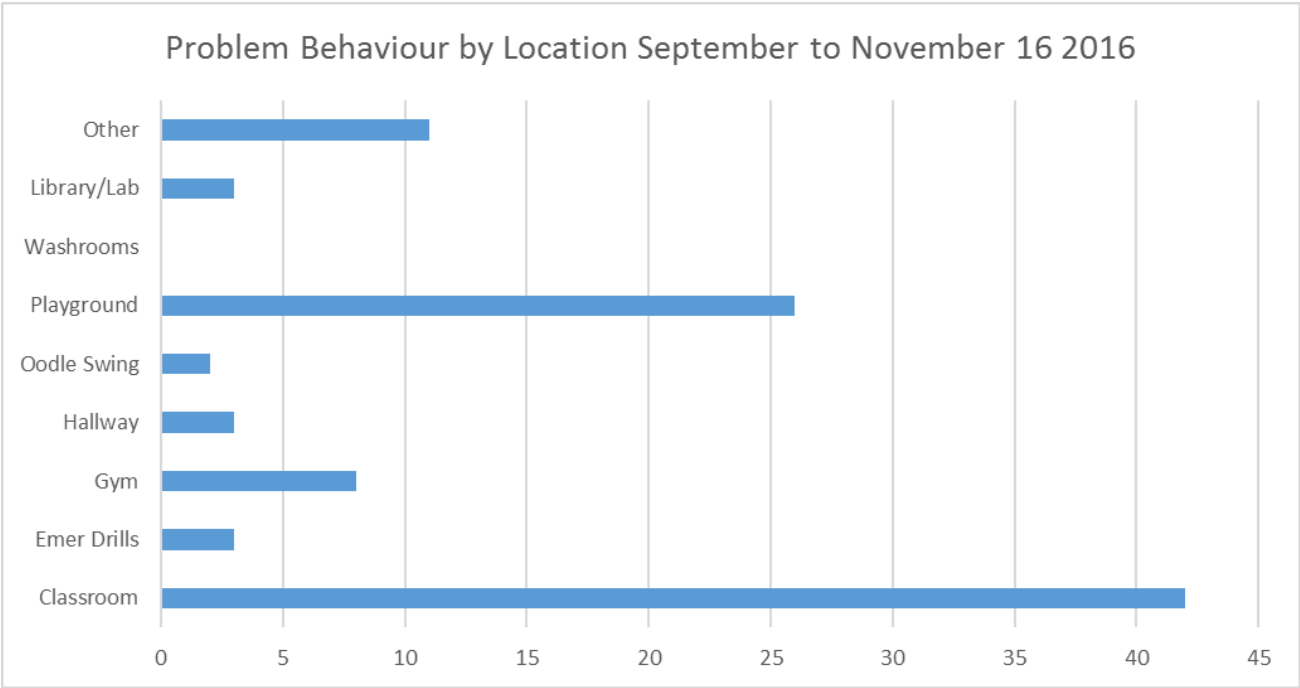
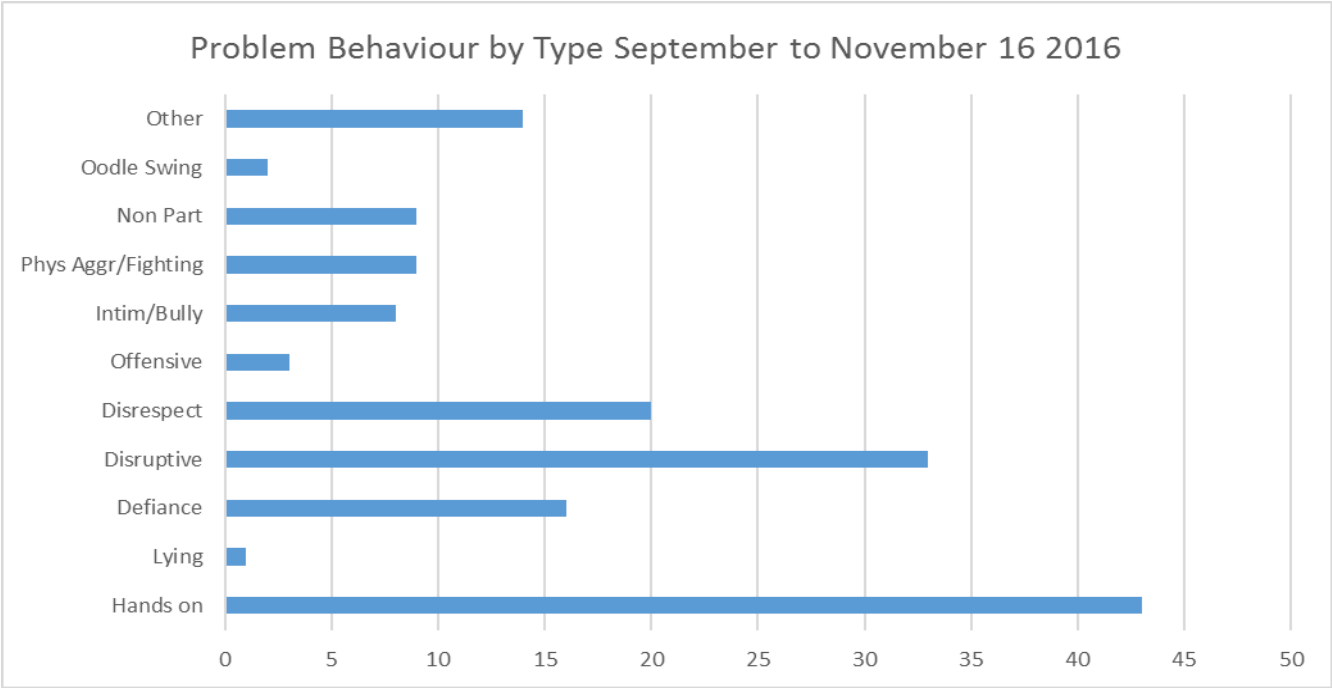
Ticket information was sent home Thursday!



For More information
or to report incidents of
bullying please go to
<http://www.erasebullying.ca/>

Sharing Behaviour Information with Students and Parents

As a PBIS school (Positive Behaviour Intervention and Supports) we use data to inform decisions as to where we need to focus our instruction on helping students make positive choices in regards to behaviour. The graphs below show the issues that we are focusing on so far this year. I shared these graphs with the school at the assembly and they were able to determine that we need to focus on keeping hands and feet to self and working on staying focused. We teach our behaviour expectations just as we teach reading, writing and 'rithmetic! Given this data our student leaders are going to start helping with some of the games outside, and staff is reviewing classroom expectations. Students requiring additional support will be meeting with Ms. Charles in the beginning of December to go over the expectations using the performance standards for social responsibility. These standards are age-appropriate and are used across the province in helping students, teachers and families know how to assess how children are managing in social situations.



Seeing Double (or triple or ...)

Friday November 25th was a day of double takes as students and staff enthusiastically supported the first spirit day of the year, Twin or Triplet day! Enjoy some of the many pictures captured by our student leaders.



Safety while playing in snow ...

Looking up at Mt. Benson it is not hard to imagine that we could be seeing snow at any time here in the valley. Please remember the following:

Building with snow is wonderful—please respect the creations of other students. Breaking what you build is fine; breaking what others build is not.

Sledding—we will designate areas to use for sledding, as well as clear “Up” and “Down” paths to decrease the risk of collisions.

Throwing snow, snowballs etc. falls in line with keeping HANDS, FEET AND OBJECTS to self. Students who throw snow will be spending time indoors instead of outdoors. Throwing snow leading to injury may result in students being sent home.

Criminal Record Checks—all volunteers must have a current CRC. These are now good for 5 years. Everything can be done online. There is no cost, yet it is best to get this done early in the year.

Visit this site:

<https://justice.gov.bc.ca/eCRC/home.htm> You will be prompted for the NLPS access code : **Access Code: UQ4T7XXBHE**

Once you have completed and submitted the form for the online criminal record check, **please provide your school principal with your full name and date of birth.**

All adults who volunteer in any capacity in the school are required to have a Criminal Record Check. This would include all PAC members and those people who help out with Hot Lunch on Fridays.



Christmas Concert

Our Annual Christmas Concert will be held on December 21, 2016 at the Port Theatre. We will be collecting non-perishable food items for Loaves and Fishes at the concert. Please consider donating the following:

- Peanut Butter
- Canned Meat/Fish
- Canned vegetables and Fruits
- Pastas and Sauces
- Personal Care items (Shampoo, soap, toothbrushes and toothpaste)
- Soups
- Diapers
- Formula

Thank you!



Central Island Healthy Lifestyles: Shapedown BC

39-1925 Bowen Road, Nanaimo, B.C. V9S 1H1

Phone: 250-755-7955 Fax: 250-755-7946

September 6, 2016

RE: Central Island Healthy Lifestyles: SHAPEDOWN BC

Dear Parents,

We would like to introduce you to a program which is now offered in Nanaimo. This is a free program, which supports children, teens and their families who are seeking a healthier lifestyle as a result of struggling with their weight.

How does it work?

Shapedown BC is an age-based 10 week program, with 2 sessions per week for children/teens and their families. Positive changes in communication styles, parenting skills, and self-esteem can happen along with improving food choices and increasing family physical activity. There is ongoing support from a Registered Dietitian, Social Worker, Fitness Instructor, and physician.

How do I join?

Ask your family doctor, pediatrician, or school counsellor to send us a referral. For more information please call 250-755-7955.

We look forward to hearing from you!

Yours truly,

Central Island Healthy Lifestyles: Shapedown BC



HealthyFamiliesBC



Central Island
Healthy Lifestyles
Shapedown BC