



Nanaimo Ladysmith Public Schools

Cinnabar Valley Elementary

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A note from the office ...

I am continually impressed by the kind and caring nature of the Cinnabar students and their amazing manners! Students have settled so very nicely into the routines of the day and are focused on the business of learning. It is wonderful seeing the school gather in the gym in the morning to do Aerobics. Current research on the brain shows very strong correlations between morning exercise or music and learning. Both music and exercise gets the neurons firing and helps the

brain focus and make stronger connections.

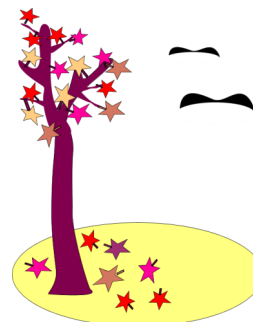
Teachers are working through a reading assessment with all students. This assessment is designed as "assessment for learning" – the results will help guide instruction for the year. The results may also help guide the conversation during Parent Teacher interviews held later this month.

Highlights for October include photo day, Cross Country,

and Interviews. Please see the calendar to make note of the various activities that are in store for the school.

Happy fall!

Diane Charles



Calendar Updates

- Oct 6 and 8—Science World
- Oct 9—Hot lunches begin (every Friday)
- Oct 12—Happy Thanksgiving
- Oct 13—Photo Day
- Oct 13—PAC meeting
- Oct 15—Shake Out BC Earthquake Drill
- Oct 20-22—Parent Teacher Conferences
- Oct 21—WE Day
- Oct 24—Provincial Professional Day—Schools Closed
- Oct 27—Zone Cross Country Meet
- Oct 28—"Rock the Arts" fine arts performance
- Oct 30—"We Scare Hunger" Halloween Dance
- Nov 10—Remembrance Day Assembly
- Nov 10—PAC meeting
- Nov 11—Remembrance Day

Routines for Visiting the School

Cinnabar Elementary is part of a very large, vibrant community. As such, it is important that we all work together to create a safe, caring and orderly environment. In keeping with safety, the following routines will be implemented around access to the school and classrooms.

1. Please use the main entrance when visiting the school. *This way we are able*

to monitor who is in the building.

2. Please sign in at the office if you are staying to work in a classroom, read with students, volunteer, etc. *If there is an emergency we need to know that you are here with us!*

3. If you have a message or are dropping something off, please leave items at the

office.

Please stop in at the office prior to going to classrooms before school. We will contact the teacher to see if he/she is available. It is always best to pre-arrange a meeting prior to the start of the school day as teachers are usually quite busy getting ready for your children!

PAC UPDATES

The first PAC meeting had a great turn out and we hope to see even more friendly faces at the next meeting. Please join us Tuesday October 13 @ 6:30 in the Viper Den. Childcare is provided by senior students.

Is it bullying or just being mean?

Sometimes it is very hard to tell the difference to what is going on with student conflict. The term bullying gets used a great deal when in fact many issues are other types of misconduct. It is helpful to empower students with the correct words to name the behaviours so that they

are able to deal with them! As adults, knowing where to focus the problem solving efforts is also key to support children in times of strife. Here are some quick tips for naming the behaviours:

Peer Conflict



Times when you disagree with someone and you can't solve a problem

- Usually hang out together – equally upset
- Similar size, age and social equals
- After calming down both want to solve the problem
- Will be able to work things out with adult help

Bullying



Serious hurtful behavior

- Power difference due to age, size and social status - targeted
- Intend to be mean or harm – not accidental
- Usually repeated over time* - a pattern

**could be a one off event if intended*

Being Mean



Being hurtful to someone by name calling, taking something, teasing or leaving them out

- Not planned
- Aimed at any nearby child
- Usually feel badly after for the harm caused
- Not a pattern of cruelty

Testers

Is it a **conflict**, being **mean** or being a **bully**?

1. Two friends having a dispute over whether a hockey goal was scored or what game to play
2. Three girls frequently not letting another girl play with them
3. Someone feeling upset or angry and yelling at a nearby classmate in a hurtful way on their way to the playground (one off)

CINNABAR VALLEY IS ALLERGY AWARE SCHOOL

Not only do we have students with anaphylaxis to peanuts, we also have a significant tree nut allergy. Please remind your children that sharing snacks is not something that can happen safely at school. As well, please be allergy aware when packing lunches.



For More information or to report incidents of bullying please go to

<http://www.erasebullying.ca/>



SHAKE OUT BC EARTHQUAKE DRILL

Part of safety work done in schools is around emergency drills. We had our first fire drill on September and it went very well. Students were informed of the reason of the drill ahead of time and knew it was coming. The next one will not be as “announced”.



Caption describing picture or graphic.

Next on the agenda is our first earthquake

drill which will coincide with Shake Out BC on October 15th. Students will duck and cover and count as instructed by their classroom teachers and will then evacuate to our gathering space outside. Staff will review their responsibilities for major events such as earthquakes. We request that all comfort kits be returned to the school by the 15th so that they kiosk (portable) can be

stocked for the children. For more information on Shake Out BC please visit <http://shakeoutbc.ca/>



PARENT TEACHER CONFERENCES

Our first reporting period of the year occurs October 20-22 with parent/teacher conferences. Please note the following dismissal information:

- ⇒ No conferences on Monday Oct 19—dismissal time remains 1:37
- ⇒ Conferences Tuesday, Wednesday and Thursday Oct 20—22—Dismissal at 1:17.

⇒ Provincial Professional Day Friday Oct 23—Schools closed.

If you have not already signed up for a conference with each of your child(ren)’s classroom teacher please drop into the office by the end of the week. A reminder notice will be sent home next week with all students.



Criminal Record Checks

Update on doing a criminal record check:

Visit this site:

<https://justice.gov.bc.ca/eCRC/home.htm> You will be prompted for the NLPS access code which is as follows: **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.**

Snap the Snake!

Type: Corn Snake
Name: SNAP
Age: 10 (we think)



- Snap was rescued from an abandoned house
- Ms. Leah has had him for 4 years
- Snap is non venomous
- Snap has 100 small teeth in his mouth
- Snap eats small rats and eats about twice a month, in the winter months it is less.
- Corn Snakes like dark spaces, so he spends most of his time in his rock where his heating source is

The Board of Education is currently consulting parents, students and the public about its Facilities Plan Update. During the next several weeks, the Board will be holding public forums to discuss the proposals in the plan. The format of these forums has been designed to encourage dialogue and discussion. At each meeting, there will be a short introductory session; a presentation; a facilitator-led discussion group on topics of importance to each community; and a short closing session.

The meetings scheduled for school zones are as follows:

South Zone - Cedar Area Elementary Schools

Tuesday, October 6: 7 to 9 p.m. – North Cedar Intermediate

Discussion group topics will include the amalgamation of North Cedar Intermediate and Woodbank Primary schools, with the proposed closure of one of the two schools in June 2016.

North Zone - Rutherford Elementary

Thursday, October 8: 7 to 9 p.m. – Rutherford Elementary

Discussion group topics will include the proposed closure of Rutherford Elementary in June 2017, as well as the future plans to relocate the district's Skills for Life Program.

Tuesday, October 13: 7 to 9 p.m. - Frank J. Ney Elementary

Discussion group topics will include the construction of a new wing at Frank J. Ney Elementary as well as the relocation of students from Rutherford Elementary to Frank J. Ney, McGirr and Randerson Ridge elementary schools.

Central Zone - Woodlands Secondary

Tuesday, October 20: 7 to 9 p.m. – Woodlands Secondary

Discussion group topics include the proposed closure of Woodlands Secondary in June 2016, with the relocation of students into Wellington Secondary and Nanaimo District Secondary schools.

District Programs

Tuesday, October 27: 7 to 9 p.m. - Nanaimo District Secondary

Discussion of the possible relocation of Learn@Home programs (K-7 and 8-12) to one location.

Discussion group topics will include the proposed relocation of the following district programs:

French Immersion, VAST, RAVENS, CTC, OWL, ABOUT, Secondary Academies, Secondary Skills for Life

The plan proposes significant changes to schools in our district and it is important for the Board of Education to hear parents' input. We hope that as many parents as possible will attend one of these forums and participate in the discussion groups.

In addition, at any time during the consultation process, individuals and groups can submit written input to the Board of Education by email to consultation@sd68.bc.ca, fax 250 741-5309, or mail to the Board of Education, 395 Wakesiah Avenue, Nanaimo, BC V9R 3K6 by Sunday, November 15, 2015.

For more information, visit the Facilities Plan Update section on the district website www.sd68.bc.ca. Detailed information packages for the public consultation information evenings will be updated and posted as available.