

# Simon Fraser Elementary School

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## NEWSLETTER No. 6

February 10, 2010

### Dear Fraser Families:

This February is a very busy month for us at Fraser and Vancouver-ites in general. We look forward to welcoming you to our Parent conferences next week on the 17<sup>th</sup> and 18<sup>th</sup>. The eyes of the work are on Vancouver for the Winter Olympics, and we celebrate Valentines's Day as well as the Lunar New Year.

### Parent/Teacher Conferences

Our second set of student conferences will be held Wednesday, February 17<sup>th</sup> and Thursday, February 18<sup>th</sup>. By now you should have received a letter from the classroom teacher regarding conferences. If you have sent your reply back as to when you would like your conference, you should have already or will very soon receive a confirmed time for your specific conference.

### EARLY DISMISSAL WILL BE AS FOLLOWS:

#### **Wednesday, Feb. 17<sup>th</sup> & Thursday, Feb. 18<sup>th</sup>**

AM (Div 8K) Kindergarten	10:30 a.m.
PM (Div 9K) Kindergarten & Grades 1-7	2:00 p.m.

### Olympic Torch Relay

The students have been making banners and signs to show support for our Olympic athletes as we welcome the Olympic Torch to the Mount Pleasant neighbourhood. Our thanks go to the Mount Pleasant Business Association and Urban Source who provided the materials and paint for our banners.



Families are encouraged to join us for the relay. We will be leaving the school around 2:00 p.m. and going on the 12<sup>th</sup> Avenue near Main Street. **GO CANADA GO!!!**

All Kindergarten and grade 1 students are asked to wear your red Olympic mittens that you were already received. All other students in grades 2-7 will receive the red Olympic mittens on Thursday.

**Mrs. Goodearle's class will be attending school from 12:36 - 3:00 on Thursday, February 11<sup>th</sup> so they can join the rest of the school for the Olympic Torch Relay.**

### Student Council News

In celebration of Valentines Day, your Student Council is proposing the following: Spirit Day on Friday, February 12<sup>th</sup>, please dress in red, white or pink). We will also be selling Candigrams as a fundraiser for Haiti. Students will be able to order a Candigram for themselves, family or friends, which will be delivered on Friday, February 12<sup>th</sup>. All proceeds from the sales will go to Canadian Red Cross.

### Sports Update

Basketball season will finish at the end of this week. We are very proud of all three of our teams: Jr. Boys, Sr. Boys and Sr. Girls. Huge THANKS to our coaches; Tony Ramsell, Jon Hooton, Sean Hughes and Laura Rudland.



As part of our Walk-a-thon fundraising, all students in Grades 1-7 will have an opportunity to go ice skating at Riley Park this month. Specific days for each class are listed under "Dates to Remember".

### Action Schools by Michael Liu

Friday, January 22<sup>nd</sup> was our first Action Schools meeting. An Action School leader came and taught our group outdoor recess games. She talked about working hard, playing hard and being successful. Then she got us outside and talked about Hopscotch. After she finished, she had split us into groups and we started playing. Each group had the first person teach while the next person hopped through. She also covered jump rope, 4 kinds of four square and Chinese jump rope. They were all very fun. Finally we got in the gym to learn and play lots of tag. When we were all exhausted, she gave us all a certificate of participation and we were on our way. We have met with Ms. Adrian to create a great name for our group. It is Fraser's Action Aiders.



### Supporting Your Child with Attention Deficit Disorder

(by KJ Ostrom, Behaviour Consultant, VBE, Dec. 2006)

1. Set a regular time for homework and stick to it each evening.
2. Break homework into smaller chunks and space them out throughout the late afternoon and

- evening. Do not leave it until the last moment.
3. Offer rewards for successful completion and employ loss of privileges and consequences for not completing the homework.
4. Provide appropriate supplies.
5. When children are doing homework, remove distractions such as turning off the TV or not running the dishwasher.
6. Refrain from making comparisons to siblings and other children.
7. Offer ongoing positive feedback.
8. Help your child organize completed work before bedtime, so there is no need to rush in the morning.

**Artist in Residence Program**

We congratulate Ms. Miletic and the students in Division 2 for receiving an Artist in Residence. The residency is for the artist to work with students for 5 hours. The purpose of the residency is for students in Division 2 to work towards a completion of a project or performance. In this case Division 2 is working with Jessie Nicholson who is a professional singer.

**Gung Hay Fat Choy**

**A Happy and Prosperous Lunar New Year!**

If you were born in 1914, 1926, 1938, 1950, 1962, 1974, 1986, 1998 or 2010 - you were born under the sign of the tiger. Like the tiger, you are one of the most caring and thoughtful signs in the Chinese zodiac. You have a lot to say on the best way to right society's wrongs, and quite capable of defending children, friends and loved ones against all enemies.



For the tiger in 2010, any recent setbacks or obstacles can be overcome, so look forward to a year in which to really shine, either personally or professionally.

Famous people born under the sign of the Tiger? They include Emily Bronte, Sheryl Crow, Tom Cruise, Leonardo DiCaprio, Emily Dickinson, Dwight D. Eisenhower, Jay Leno, Karl Marx, Marilyn Monroe, Marco Polo, Beatrix Potter, Queen Elizabeth II, and Jon Stewart.

**DATES TO REMEMBER:**

- |         |  |
|---------|--|
| Feb. 9  | Div. 1 & 2 - Ice Skating 10:45-11:45   |
| Feb. 10 | Div. 3 & 4 - Ice Skating 10:45-11:45   |
| Feb. 11 | Torch Relay - 2:00 pm<br>12 <sup>th</sup> Avenue   |
| Feb. 11 | Div. 5 & 6 - Ice Skating 10:45-11:45   |
| Feb. 12 | Div. 7 - Ice Skating 10:45-11:45   |
| Feb. 12 | Spirit Day<br>Wear red, white and pink   |
| Feb. 16 | Div. 1 & 2 - Ice Skating 10:45-11:45   |
| Feb. 17 | Div. 3 & 4 - Ice Skating 10:45-11:45   |
| Feb. 17 | Student-Led Conferences<br><b>Gr. 1-7/PM K's - dismissed at 2:00 AM K's - dismissed at 10:30</b> |
| Feb. 18 | Div. 5 & 6 - Ice Skating 10:45-11:45   |
| Feb. 18 | Student-Led Conferences<br><b>Gr. 1-7/PM K's - dismissed at 2:00 AM K's - dismissed at 10:30</b> |



Sincerely,

Milana Christie  
Principal

