

Simon Fraser Elementary School

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NEWSLETTER No. 7

March 18, 2011

Dear Parents and Guardians:

We would like to thank all our parents who came out for the conferences. We recognize how busy our families are and appreciate your hard work at home. As we begin our Spring Break, I can't help but look back and see so many wonderful accomplishments achieved by our staff and students. Thank you for your continued support of this hard working learning community. I wish you all a happy and safe Spring Break. Happy and safe travel to those who are venturing out of town.

Fraser to receive \$1,800 in Grants for a Garden development residency project from ArtStarts!

We plan to create an outdoor classroom which stimulates the senses as much as the intellect. The students, staff, and parents will plant a garden bed with an organic shape mimicking an artist's palette.



Although we have some beautiful trees on our school grounds, much of the west side of the playground is a bare and uninspiring landscape. Our neighbors have been using the grounds as an after-school dog run and often neglect to respect and clean up after their pets. We hope to transform the grounds into a vital natural oasis for people, pollinators and songbirds. This project will leave a lasting legacy that will inspire our present and future students to become lifelong learners, environmentalists and creators. (written by Lori Weidenhammer)

Launching JUMP Rope for Heart at Simon Fraser

This week we launched our 2011 JUMP program. This is the second year that our school will support the Heart and Stroke Foundation by participating in JUMP and raising vital funds for research. Your child will be bringing home a pledge form and a 'Heart Healthy Activity Book' this week - Please keep an eye out for them! We encourage students to be active over the next 2 weeks as we run the program and to ask family and friends to support the cause.



Please join us for the big skipping event on Thursday, April 14th, when all of the students will be skipping outside (weather permitting). More information about the event to follow.

Saving lives just got easier!

With online fundraising, your child can help the Heart and Stroke Foundation save lives without even leaving the house! This new online fundraising system lets your child email friends and family all around the world to spread the Heart and Stroke Foundation's message and gain support for this important

cause. Online instructions are attached to your child's pledge form but for more information contact:

www.jumpropeforheart.ca.

Turn off the Screen Challenge



Take up the challenge and turn off your screens (television, computer, video) during your leisure time for one week.

Did you know? Canadian children from 10 to 16 years of age spend about 4-6 hours a day in front of a screen. The recommended amount is a maximum of 2 hours/day!

Too much screen time can impact reading and performance at school, encourage violence, limit family connections, and promote unhealthy foods and inactive lifestyles.

Replace spending time in front of the screen with some of these ideas:

- ▶ Get active with the whole family - play a game of tag, kick the soccer ball around, go for a walk or bike ride, see what's happening at your recreation centre. View Canada's Physical Activity Guides on the Health Canada website www.healthcanada.gc.ca for more ideas on increasing activity and decreasing screen time.
- ▶ Spend time with family by eating together, cooking together, playing a game of cards or a board game.
- ▶ Take time to relax and read a book, do some stretching, listen to music, try sewing or knitting!

Written by: Melanie Kurrein, RD, Citywide Nutritionist, Vancouver Coastal Health

BOY SMARTS: Effective strategies for parenting boys

Interested in finding out how to mentor boys to become exceptional men? Want to find what are the varied needs of boys? How can we help boys navigate cultural realities like video games and Facebook? How can we mentor boys to express their struggles, thoughts and feelings? How can we help them to become courageous, caring and ethical men?

If so, Barry MacDonald's Boy Smart workshop is the workshop for you.

When? Tues., April 5th, 2011 from 6:30-8:30 p.m.

Where? Killarney Secondary School Auditorium
(6454 Killarney Street, Vancouver)

Cost? \$10 / ticket before April 1st or
\$15 after April 1st if available

Please contact Celina or Kal to register and arrange for ticket pick up.

Contact: Celina Mau, Principal - @ 604-713-4775 or
email her @cm.au@vsb.bc.ca
Kal Nahal, PAC Parent Rep. -
maccorkindaleschool@gmail.com

A Poem by Maya from Div 1

An inconvenient truth

Something most of us ignore

But out carelessness and ignorance

Our children will suffer for

Our resources aren't endless

And they're being wasted much too fast

We have to take a stand

Or else our earth will not last

So think twice before you litter

Take time to turn off the lights

Or maybe instead of driving

Simply walk or ride your bike

And encourage those around you

To do the very same

For we can't wait any longer

IT'S TIME TO MAKE A CHANGE!

News from Div 4

Division 4 has just completed a unit on "Learning Independence and Responsibility" with Tori Johnson, our Aboriginal Enhancement Worker. Students were successful in taking care of their own pet rock for 3 weeks. They showed excellent responsibility and maturity in keeping track of their rocks. Thank you to Tori for teaching us about good self care.

News from Div 2

Division 2 would like to give a special "Thank You" to PAC for helping to purchase our Smart Board! In addition to some fantastic classroom lessons, the students were able to use the Smart Board for their student lead conferences. Each student gave a unique 15 minute interactive presentation of their work in front of their parents. It was quite a success.

Suggested Spring Break Reading from Div 2

Malice Series by Chris Wooding, The Lost Hero by Rick Riordan, Hunger Games Trilogy from Suzanne Collins, Word Nerd by Susin Nielsen, Bone by Jeff Smith, Fad Kid Rules the World by K.L. Going, The Red Pyramid by Rick Riordan, Percy Jackson Series by Rick Riordan, I am Number Four by Pittacus Lore, The Chronicles of Vladimir Tod by Heather Brewer, Double Identity by Margaret Peterson Haddix, Cherub Series by Robert Muchamore, Fray (comic) by Joss Whedon, The Sweetness at the Bottom of the Pie by Alan Bradley, Cirque Du Freak by Darren Shan, Harry Potter by J.K. Rowling, Ugliest Series by Scott Westerfeld, Airborn Trilogy by Kenneth

Oppel, Life As We Knew It by Susan Beth Pfeffer, The Eragon Series by Christopher Paolini

Sports Update

Track and Field for grades 3-7 will be starting shortly after Spring Break ~ watch for notices coming home.



Centennial Celebrations

Contact the school directly for event details and registration information:



General Gordon	June 17, 2011
Sir Richard McBride	May 27, 2011
Walter Moberly	May 5, 2011
Lord Nelson	May 6, 2011
Lord Selkirk	May 13, 2011
Sir William Van Horne	May 26, 2011

Important Dates to Remember

April 4	1 st Day Back to School
April 7	PAC Meeting 6:30-8
April 8	Sushi Lunch
April 11	Div 5 - Reel to Reel Roundhouse 9:45 - 1:00
April 14	Jump Rope for Heart
April 15	Pro-D Day No School for Students
April 18	"Clean Up Your Act" Performance 9:00
April 19	Bake Sale (Div 1)
April 21	Ready, Set, Learn for Preschoolers 1-2
April 22	Good Friday-No School
April 25	Easter Monday-No School
April 28	Kindergarten Orientation 11-12
April 28	Div 6-Salmon Release in Stanley Park
April 29	Pizza Day

Milana Christie
Principal