



ELWICK COMMUNITY SCHOOL

VERLAND FORCE, PRINCIPAL

BOBBI-LYNN HAEGEMAN, VICE-PRINCIPAL

At Elwick we are learning to live the Seven Teachings everyday! Respect, Wisdom, Courage, Love, Honesty, Humility & Truth.

From the Office

October has been a busy month at Elwick school! Many of our grades 4/5 students participated in a wonderful musical called *Squirm*. All the students' hard work and dedication really paid off. Viewing the performance was a real treat for parents and families! Thank you to Miss Risbey and all the staff members who helped make this evening such a memorable night.

MTYP visited Elwick during the month of October. Children in grades 1-6 enjoyed an environmental musical called *The Last Tree of Rapa Nui*. Song, dance, and fascinating rhythms kept the children engaged and smiling through the entire performance.

Our United Way Campaign was a huge success! We saw lots of wacky hair and many kids enjoyed wearing their hats in class. Middle years students enjoyed hotdogs from the canteen and children made many estimates for a jar of goodies. Our winning guess will be announced in the near future. Good luck to everyone who made an estimate! Our pennies and small change really added up when we all worked together as a community. Together with staff and students we were able to make a substantial donation to the United Way!

Our Parent Teacher Conferences will be held Thursday evening, November 24th and Friday, November 25th during the day. **Conference request forms will be sent home November 4th** and report cards will be sent home November 22nd. We look forward to connecting with families at the Conferences!



Parents are welcome to attend the Remembrance Day Assembly on Thursday, Nov. 10th at 09:30 a.m.

From the Music Room

CONGRATULATIONS to all of the grade 4 and 5 students on a fantastic evening of music and entertainment in their production of SQUIRM! What a great way to start the year! It takes an unbelievable amount of work and effort to make a production ready especially this early in the year! The cast of actors worked very hard to memorize their lines, make up a few dance routines and deliver a story about things that make us squirm. They were backed up by an amazing choir who made us believe it was "Cool to Be a Worm". It was great to see all of your smiling faces in the bright lights of the stage! I am so proud of all of you!

Ms. Risbey

From the Kindergarten Class

In Kindergarten we have been very busy learning about Fall! We have been exploring leaves and trees a lot. As a class we went on a walk to collect leaves and have sorted them as well as created artwork with them. On Friday October 28, both the morning and afternoon classes went on a field trip to Birds Hill Park Ranch. We went on a nature walk to take a closer look at the different kinds of trees and listened for different sounds on the trail. The Kindergarten classes were lucky enough to enjoy a hayride pulled by two Clydesdale horses! We also visited some different animals in a petting zoo and had a picnic with a camp fire. It was a beautiful day in Birds Hill Park! Thank you to all of the volunteers and staff at the Birds Hill Park Ranch that made our day so fun!

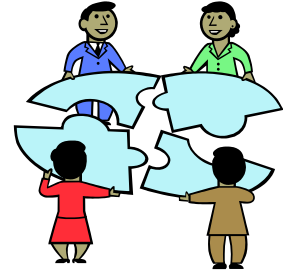


D a t e s t o R e m e m b e r !!!

Weekday	Date	School Day	Event
Friday	Nov 4	1	Picture Retake Day
Thursday	10	5	Remembrance Day Assembly - 09:30 A.M.
Friday	11		Remembrance Day, No Classes
Tuesday	22	1	Report cards home
Thursday	24	2	Evening parent teacher conferences
Friday	25	3	No Classes – parent teacher conferences
Thursday	Dec 8	6	Holiday luncheon
Thursday	22	4	Last day of school before winter break
Monday	Jan 9	5	School reopens
Monday	16	4	School PD, No Classes
Friday	Feb 3	6	PD , No Classes
Thursday	16	3	I Love To Read – BSSAP
Monday	20		Louis Riel Day
Wednesday	March 14	3	Report cards go home
Thursday	March 15	4	Evening parent teacher conferences
Friday	March 16	5	No classes – parent teacher conferences
Friday	23	4	Last day before spring break
Monday	April 2	5	School reopens
Friday	6		Good Friday, No Classes
Friday	20	6	PD, No Classes
Monday	May 7	5	School PD, No Classes
Monday	21		Victoria Day, No Classes
Monday	June 11	5	PD/Admin Day, No Classes

Family Routines

Life with children can seem chaotic, at times even out of control. Establishing some basic routines can restore a sense of order that will make life easier for both parents and children. A routine doesn't mean a rigid schedule; young children need structure with flexibility (especially on weekends). For most families, things work better when everyday activities follow a predictable pattern.



Benefits for children:

- ◆ **Sense of security** - When things happen in the same order every day, children learn to predict what comes next. They feel safe and secure because someone else is taking care of them; they don't have to worry.
- ◆ **Trust** - children learn to trust when people who care for them follow a dependable routine. This is the foundation on which they build their trust in the larger world.
- ◆ **Self-confidence** - Children's confidence in themselves also increases when they are able to predict what will come next.
- ◆ **Good habits** - Routines such as regular exercise, build good health habits that teach children to look after themselves.

Benefits for parents:

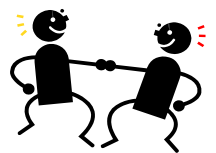
Planning - Having a routine helps parents plan to accomplish necessary chores. Especially with a small baby, finding time to take a shower and buy groceries can be a challenge.

Discipline - Children are less likely to test the rules by misbehaving when regular tasks become part of an established routine. If tidying up toys always comes before washing hands and sitting down to eat, most children will stop protesting and get to work fairly quickly. If bath is always followed by bed, a story, a song, a goodnight kiss and a wave from the door, sleep will come more easily.

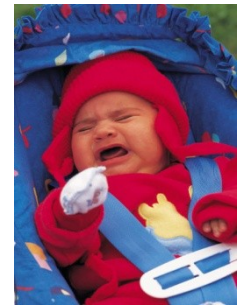
What makes a good routine?

We are all individuals; there is no recipe for a routine that works for every family. Here are some factors to consider, along with examples of questions to ask yourself when planning a routine. Remember to take into account the needs and preferences of both parents and children.

- ⇒ **Physical needs** - Is everyone fed and well rested before taking part in other activities? Is there time for physical activity (a walk to the park, energetic dancing in the living room) every day? Does the routine let everyone get enough sleep?
- ⇒ **Social needs** - Are toddlers getting together with other children their age? Are parents seeing friends? (Play groups can answer both these needs.)



- ⇒ **Intellectual needs** – Do children get time to playing ways that stimulate their understanding of their surroundings? Are parents getting enough adult conversation?
- ⇒ **Emotional needs** – Are babies getting the comforting they need? Do children feel secure in their parents' attention? Are parents getting support?
- ⇒ **Stage of development** – Does the routine take into account how needs change as a children grow? More snacks during a growth spurt? More choices offered to toddlers? (“Will you brush your teeth before the bath or after?”) More responsibilities transferred to older children. (For instance, helping pre-prepare snack or making a school lunch.)
- ⇒ **Individual differences** – Does the routine allow for a child's particular temperament? For instance, limiting the number of errands because this child has trouble making transitions from store to car to store to car...Or lots of flexibility because this child has irregular body rhythms and isn't hungry at the same time every day. Or always the same routine because this child doesn't like surprises.



Changing the routine

Sometimes, changing the routine can solve behaviour problems.

- * **Change the sequence** – Even if people tell you a bath before bed calms children, your child may get excited and have trouble going to sleep. The problem might disappear if you move bath time before supper.
- * **Recognize a need** – If your child is always having a tantrum before supper, maybe she's hungry. Try adding an afternoon snack to the routine. Or maybe she needs to be sure of your attention. Try a short playtime with you before you start cooking or let her shred the lettuce beside you.
- * **Smooth transitions** – Children often misbehave when it is time to change activities. To avoid trouble, try adding a song to the routine to signal upcoming changes. For example, if a toddler has to stop playing to go meet an older brother's school bus, sing “Johnny's bus is coming soon, we will go to meet him,” sung to the tune of “Frere Jacques.” The song gives children time to adjust and make the transition.



Routines are never set in stone; they will always need to be adapted as conditions change. By observing your children, by knowing your own needs, you will be able to make a predictable routine that suits your family.

Dave Mathers

Community Coordinator

Early Year's Physical Education:



Cross-Country

In October we had a few grade 3,4,5 students take part in our divisional cross-country run which took place at Bird's Hill Park. It turned out to be a beautiful day and the athletes really gave it their best effort. Our next meet will take place in May.

Handball



Handball practices have already been taking place for the last few weeks. Thanks to Mr. Mathers who is coaching the grade 4 team. Their tournament will take place on Saturday, November 19th. If your son or daughter is playing, a permission form will be sent home soon.

As for the grade 5 students, unfortunately there was no interest this year. Hopefully things will be different for our badminton season coming up after our winter break.



Enjoy being physical EVERYDAY!

COLD WEATHER



As our weather is turning cold please make sure your child is dressed for outside play.

Mitts, hats, coats, winter boots will help ensure warm and fun recess times!



V. Force	Principal
B. Haegeman	Vice-Principal
C. Phinney	Secretary
M. Pirrie	Secretary
S. Howell	Library
B. Grubber	Head Custodian
B. Roccola	Night Custodian
TEACHING STAFF	
C. Shields	C. Weekes
M. Mann	D. Gebhardt
N. Reay	D. Vaarmeyer
C. Crawford	A. Huber
K. Lyons	N. Jemlilty
R. Brar	G. Prout
A. Deprez	K. White
C. Parenteau	P. Harding
C. Splers	S. Evans
S. Clarke	E. Risby
K. Schettler	E. Lister
B. Wallace	K. Oleson
R. Dow	S. Henteleff
PARAS	
- E. Lobchuk	- J. Elsrenner
- K. Jemlilty	- B. Melnyk
- C. Sault	- L. Swack
- D. Fisher	- J. Weston
- V. Czarnecki	GUIDANCE
- C. McMillan	Early Yrs .Guidance
- V. Sanders	} Learning } Support
- R. Scott	
- Jenny Blodeau	
W. Persowich	} Psychologist
M. Hawula	} Social Worker
C. Singbell	} Speech Language
D. Mathers	Comm. Coordinator
A. Zabalotnuk	Comm. Connector

Community begins here.

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Fax: 589-2504

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Telephone: 204 633-5641
Fax: 204 632-6034

WWW.7OAKS.ORG

**PICTURE RETAKES
TOMORROW!
NOV. 4TH, FRIDAY**

Reminder For Parents:



- Please remember kids are to go home for lunch unless a parent/guardian is at work or school. If alternate arrangements need to be made, please call Elwick school at 633-5641. Thank you very much for your support.
- Our school patrols are outside to help students cross the street safely. They go on duty at 8:45-9:00 every morning, 11:50-12:05 as well as 12:40-12:55 at lunch and 3:25-3:40 at the end of the day. **It is very important that students cross the street at the designated patrol corners.** Let's work together to help keep our children safe!
- Please inform the office regarding a change in telephone numbers for work, home, and emergency contacts.

From Mrs. Howell in the library:



It's November already and time for our annual fall book fair. Our book fair will be held November 21st-25th upstairs in the library. Books make a fantastic gift, so come one, come all to start your Christmas shopping and support your school library at the same time. See you at the book fair!



Elwick Community School Safety Plan



As part of the Elwick Community School Safety Plan we will be practicing fire drills and lock-down drills throughout the year. While fire drills are familiar to students, lock-down drills are less common. Neither drills are meant to alarm students, but rather to ensure a safe and practiced response in the event of an emergency.

Our school parking lot is a very busy place both in the morning and after school. If you are dropping off your child or picking your child up at the end of the day, please park on the street. We want to ensure the safety of our students, parents, and staff.

Walking to and from school with a friend is always a good safety plan. Our patrols are outside to help students cross the street safely. It is very important that students cross the street at the designated patrol corners.

November 2011 - KYAC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 KYAC @ ESOMS 6-9pm Super Art program w/ Sam Villanueva 630-8pm	2 KYAC @ GS 330-530pm KYAC @ EP 6-9pm	3 KYAC @ FP 330-5pm KYAC @ ESOMS 6-9pm Guitar program with Ashley McCurdy 6-730pm	4 KYAC @ EP 6-9pm KYAC @ RB 6-9pm Yoga program 630- 8pm RB Gym	5 KYAC @ ESOMS 1-5pm
6 KYAC IS CLOSED	7 KYAC @ EP 6-9pm	8 KYAC @ ESOMS 6-9pm Super Art program w/ Sam Villanueva 630-8pm	9 KYAC @ GS 330-530pm KYAC @ EP 6-9pm	10 KYAC @ FP 330-5pm <u>KYAC GYM CLOSED @ ESOMS</u> Guitar program with Ashley McCurdy 6-730pm	11 <u>REMEMBRANCE DAY</u> <u>KYAC IS CLOSED</u>	12 KYAC @ ESOMS 1-5pm
13 KYAC IS CLOSED	14 KYAC @ EP 6-9pm	15 KYAC @ ESOMS 6-9pm	16 KYAC @ GS 330-530pm KYAC @ EP 6-9pm	17 KYAC @ FP 330-5pm KYAC @ ESOMS 6-9pm Guitar program with Ashley McCurdy 6-730pm	18 KYAC @ EP 6-9pm KYAC @ RB 6-9pm Yoga program 630- 8pm RB Gym	19 KYAC @ ESOMS 1-5pm
20 KYAC IS CLOSED	21 KYAC @ EP 6-9pm	22 KYAC @ ESOMS 6-9pm SPA NIGHT w/ Madison	23 KYAC @ GS 330-530pm KYAC @ EP 6-9pm	24 KYAC @ FP 330-5pm KYAC @ ESOMS 6-9pm	25 KYAC @ EP 6-9pm KYAC @ RB 6-9pm P/T interviews Yoga program 630- 8pm RB Gym	26 KYAC @ ESOMS 1-5pm
27 KYAC IS CLOSED	28 KYAC @ EP 6-9pm	29 KYAC @ ESOMS 6-9pm Super Art program w/ Sam Villanueva 630-8pm	30 KYAC @ GS 330-530pm <u>KYAC GYM CLOSED @ EP (Band concert)</u>	GS – Governor Semple ESOMS – Ecole Seven Oaks Middle School EP – Edmund Partridge RB – Riverbend FP – Forest Park		

KYAC NOVEMBER INFO

Hours of operation:

Edmund Partridge – Mondays/Wednesdays/Fridays 6-9pm
Ecole Seven Oaks Middle School – Tuesdays/Thursdays 6-9 PM
and Saturdays 1-5pm
Riverbend – Fridays 6-9pm
Governor Semple – Wednesdays 3:30-5:30pm (only GS students)
Forest Park – Thursdays 3:30-5pm (only FP students)
(All are open gyms!) FREE All school year long!

**Parent/Child Yoga classes @ Riverbend Friday nights! All are welcome!

Guitar Program w/ Ashley McCurdy Thursdays nights (Nov. 3rd, 10th, 17th) from 6:00-7:30 @ ESOMS!

'Spa Night' w/ Madison Tuesday night November 22nd from 6-9pm @ ESOMS!

Super Art Program continues through November (Tuesdays 1st, 8th and 29th)

Register w/ KYAC - Email us kyac@7oaks.org for more details!**

ALL ARE WELCOME!

Subject to cancel if there are not enough participants

Check out our website: <http://www.7oaks.org/Programs/KYAC/Pages/default.aspx>

****KYAC will be closed Friday November 11th (Remembrance Day)**

KYAC will be OPEN during P/T interviews!! (Check KYAC site for dates and times)**

'Like' our page on facebook, search KYAC

Follow us on twitter → [kyac7oaks](#) for daily updates

For more information, contact Pierre Feng, KYAC Program Coordinator, at 586-0327 or
by email at pierre.feng@7oaks.org.