

N O R T H R I D G E ELEMENTARY SCHOOL NEWSLETTER

4190 Carey Rd., Victoria, B. C. V8Z 4G8 Telephone: (250)479-8293
Email: Northridge@sd61.bc.ca FAX: (250) 479-4639
Early Warning Telephone & e-mail: (250) 479-4639, earlywarning54@sd61.bc.ca
Website: [https:// northridge.sd61.bc.ca](https://northridge.sd61.bc.ca)



January 28, 2016

Principal's Message...

Happy New year! Students and staff have returned from the winter break full of energy and enthusiasm to begin the New Year. It is wonderful to hear the "buzz" of the students as they work on projects, read to each other, and be excited about their learning. January is a busy month and February looks the same!



This week is Kindergarten Registration week. We love meeting all the new Kindergarten students that will start with us in September. On February 2nd, we host our Ready, Set, Learn event. This is for 3 and 4 year olds and their parents to get to know what Kindergarten will be like and to ask any questions that they might have. We look forward to a strong turnout. .

On Friday February 26th, the students are participating in in Jump Rope for heart. They will be actively gathering pledges to raise money for the Canadian Heart and Stroke Foundation. Northridge School encourages students to give back to their communities.

The first of many transitions to middle school activities starts on Tuesday, February 16 at 7:00. Parents and students in grades 5 are invited to an open house at Glanford Middle School. This is a wonderful opportunity for everyone to learn about middle school and to ask questions about the upcoming year.

We are noticing an increase in the number of students that are arriving late to school. We calculate 8 lates to be the equivalent to missing one day of school. Students that arrive late miss out on the very rich learning that takes place at the start of everyday. Also, students that arrive late are often uncomfortable walking into the classroom after the instruction has started. Please make it a priority to have students attend on time.

Every day the staff and students at Northridge strive to do their best in the classroom and around the school. I am thrilled with the growth that I have witnessed in every class. I am excited to see how far we can go in 2016!

Thank you for your continued support and involvement in your child's education. Please feel free to drop by or give me a phone call if there is anything I can do to continue to better your child's experience at Northridge school.

L. Whittam, Principal

READY, SET, LEARN

All Northridge area parents, along with their 3 and 4 year old children (preschoolers), are invited to attend an

OPEN HOUSE

At Northridge Elementary School



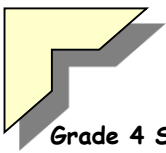
Tuesday, February 2nd 10:30 until 11:45 a.m.

In the Library/Gym

This will be an opportunity to get to know our great school. Your child will receive a bag with activities and goodies. As well, there will be information sessions on how to support your child's success in school.

The Northridge staff looks forward to your visit!

For more information and to register, please call the school office at (250) 479-8293



Grade 4 Students - Foundation Skills Assessment (FSA)

Grade 4 students will be involved in the annual provincial FSA assessments to provide a snapshot of how well students are doing in the basic skills of Reading Comprehension, Writing and Numeracy. The assessment is conducted both on-line and in written formats. The assessments will be between January 11th and February 17th. For more information, go to www.bced.gov.bc.ca/assessment/fsa/. Parents will find the "Information to Parents" section a useful introduction. If you have any questions about FSA procedures, don't hesitate to ask us.

Grade 4 Satisfaction Surveys

The 2016 Ministry of Education Satisfaction Survey will be sent out at a later date. Grade 4 parents will receive an e-mail with a special link to complete the survey electronically. Grade 4 students will participate in the survey along with school staff personnel. Information from the survey helps shape the school's direction in setting future goals. Thanks for your participation!

GRADE 5 PARENTS:

Middle School Parent Information Nights

Northridge Elementary School is part of the Spectrum Family of Schools. Unless, we hear otherwise from parents, we will assume that your child will move through the following pathway within our Family of Schools. The pathway schools for Northridge are Glanford Middle School (Gr. 6-8) and Spectrum Community School (Gr. 9-12). Middle School parent information nights are on the following evenings:

Glanford: Tuesday, February 16th at 7 p.m. (pathway school)

Cedar Hill: Tuesday, January 26 at 7 p.m. Colquitz: Wednesday, February 10 at 7 p.m.

For more information, visit the District website at www.sd61.bc.ca/schools

For students wishing to attend a school other than their pathway school, a student transfer application form will need to be filled out during the student transfer process week (February 11 - 19).

Student Transfer Process for K-12

Each year, parents are given an opportunity to apply for a transfer if they wish their child to attend a school outside of their assigned pathway/catchment. The student transfer process for K-12 will begin on February 11th to 19th. Transfer forms will be available at any Greater Victoria School District school as well as on the District Website www.sd61.bc.ca

January's Virtue is Responsibility



This month, we learned that being responsible means following the rules, keeping our agreements, and always doing our very best. Responsible people accept credit for doing things well and admit to their mistakes. When we are responsible, other people know that they can depend on us and trust us. We show our family, teachers and classmates that we are responsible by being honest, by listening, being helpful and treating them and their belongings with kindness and respect. We learned that we show we are responsible when we recycle, save water, save electricity, do our homework and by taking good care of ourselves and our belongings. By being responsible, we are showing others that we respect and care for our world, ourselves and the future of others.

RED AND WHITE DAY - Join us!!

Friday, February 12th ~ will be Red and students to participate in our special day



White Day at Northridge School. We're encouraging all by wearing red and white clothing to celebrate Valentine's Day.



Inclement weather and soggy playground conditions...

The Office has limited amount of extra clothes when a student clothes gets wet. It would be greatly appreciated if you could bring an extra change of clothes to school.

USED Clothing Request

There is a need for smaller size sweat pants. If you have gently used sweat pants (pull on style) suitable for age 5-8 children, would you please bring them to the school office?

If your child has borrowed clothing from the school, please wash and return. Thank you!



Basketball Update - GAME(S) ON!



The New Year is here and so is our basketball team play schedule! Players who participated regularly in the skills program before the winter break are now on a team. There are five teams and the schedule is posted on the bulletin board outside the gym. If your child is unable to attend a game, please let us know. Teammates are counting on them but understand when scheduling conflicts or illness arise; communication is important. Games are from 3:00 to 3:30pm. The Grade 5's will be participating in a mini tournament at Spectrum High School gymnasium on the afternoon of Tuesday, February 23. A letter will be going home closer to the date of the Jamboree (at Spectrum) with more information. We're impressed at the steadily growing skills and confidence. Come and watch the action!.... Mr. J



Below is Northridge PAC's new executive voted in at January 13th's meeting:

2016 PAC Executive and Committee Coordinators

Chair	Linsay Kellow
Vice Chair	Jen Majorki/Michelle Voisard
Secretary	Ali Wight
Co-Treasurers	Cam Paton and Melody Olsen
Education Coordinator	Carol Tickner
VCPAC Representative	Carol Tickner
Parent Partners	Linsay Kellow
Fundraising Coordinators	Cheryl Paton, Pat Luck, (vacant)
Hot Lunch Coordinators	Ali Wight, Cheryl Paton, (vacant)

Country Grocer Save a Tape Program

Thank you to families that have been dropping their Country Grocer receipts in the foyer. Country Grocer donates 3% of the total sales of the receipts collected and monies Northridge PAC is able to support student programs and families.



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Thank you to the Northridge PAC for their donation as they helped support seventeen Northridge families during Christmas season.

This is a great and easy fundraiser! Please ask your family, friends and neighbours to save their receipts and help support Northridge. Thank you!



Wednesday, February 24, 2016 is Pink T-Shirt Day!

Please join the Northridge Staff and students on February 24 by wearing pink to support Anti-Bullying. We encourage everyone to openly express that "Kindness is one size fits all". We all have the capacity to spread kindness and that is the underlying philosophy behind our anti-bullying movement: a movement we hope lives year round beyond Pink Shirt Day. After all, kindness never goes out of style.

Bullying Stops Here

Bullying happens in many different forms. It's doing, saying or acting in a way that hurts someone else or makes him or her feel bad on purpose.



If you are being bullied, try one of the following strategies:	If you are a bystander, instead of ignoring a bullying incident try the following:	If you think you are the Bully, try the following:
Walk away	Tell a teacher (administration)	Talk to a teacher/counsellor
Tell someone you trust	Move toward or next to the victim	Put yourself in their shoes
Take the initiative to get help	Use your voice "stop"	Stop the cycle
Say something complimentary to the bully to distract them	Befriend the victim	Think before you act
Stay in groups to avoid confrontation	Lead victim away from the situation	
Use humour to deflect the situation		
Never let the bully see you sweat		
Practice self affirmation (i.e. I am a nice person)		

Healthy Eating During Cold and Flu Season

As the weather becomes colder and we stay indoors more, people often catch colds or other viruses. While there is no way to cure the common cold or the flu, following are some immune-boosting foods that may ward off those nasty viruses!

Yogurt contains probiotics, beneficial bacterial with immune-boosting benefits. Look for the "live active culture" seal, which indicates that probiotics have been added.

Check milk product labels for vitamin D. Early research suggests low levels of vitamin D may be linked to an increase in colds and flu.

Vitamin C, found in citrus fruits and juices, may also help the body's immune system.

Zinc, found in meat, chicken, peanuts and peanut butter, plays an important role in the proper functioning of the immune system in the body.

If you do catch a cold or flu virus chicken soup and warm beverages increase the flow of nasal secretions, helping relieve cold symptoms. Of course, the taste and wonderful smell of chicken soup may be an important part of the positive effects!

Healthy, Safe and Caring Schools Program

Student Services, Greater Victoria School District

HealthLink BC Any time day or night; Every day of the year; Dial 811 or 604-215-8110 or go online to <http://www.healthlinkbc.ca/> Easy access to non-emergency health information; speak with a nurse about symptoms, consult with a Pharmacist about medication questions, or get healthy eating advice from a dietician. You can also find the publicly-funded health services and resources closest to you.

Dates to Remember:



Jan. 25 - 29	Full Day Kindergarten Registration (8:00 a.m. -3:00 p.m.)
Fri. Jan. 29	Hot Lunch Pizza Day
Tues. Feb. 2	Ready, Set, Learn Day - 10:30-11:45 a.m.
	Fruit & Vegetable program - Kiwi fruit delivered
Mon. Feb. 8	Family Day Holiday ~ no school
Thurs. Feb. 11	School Assembly at 12:45 p.m.
Fri. Feb. 12	Red & White Day
	Hot Lunch Pizza notice goes home
Tues. Feb. 16	Grade 5 Information Night - 7 p.m. at Glanford Middle School gym
Wed. Feb. 17	PAC meeting at 6:30 p.m.
Thurs. Feb. 18	Hot Lunch Pizza forms due
Fri. Feb. 19	Pro D Day (whole District) ~ no school for students
Tues. Feb. 23	Grade 5 Basketball students to Spectrum Jamboree (afternoon)
	Fruit & Vegetable Program - Ambrosia apples delivered
Wed. Feb. 24	Pink T-Shirt (Anti-bullying) Day
Thurs. Feb. 25	Newsletter Day
Fri. Feb. 26	Hot Lunch Pizza day
	Jump Rope for Heart
Fri. March 11	Last day of school before Spring break
March 12-28	Spring Break/Easter
Tues. March 29	First day back after Spring break

February 2016

Mon	Tue	Wed	Thu	Fri
Jan. 25	Jan. 26	Jan. 27	Jan. 28	Jan. 29 <small>Hot Lunch Day</small>
Kindergarten Registration Week				
Feb 1	2 <small>Ready, Set, Learn Day 10:30-11:45 a.m. Kiwi Fruit delivered</small>	3	4	5
8 <small>Family Day Holiday</small>	9	10	11 <small>School Assembly 12:45pm</small>	12 <small>Red & White Day Hot Lunch forms go out</small>
15	16 <small>Gr. 5 Parent information night at Glanford</small>	17 <small>PAC meeting 6:30pm</small>	18 <small>Hot lunch forms due</small>	19 <small>Pro D- No school for students</small>
22	23 <small>Gr. 5 basketball students to Spectrum Jamboree Ambrosia Apples delivered</small>	24 <small>Pink shirt Anti-bullying day</small>	25 <small>Newsletter Day</small>	26 <small>Hot Lunch Day Jump Rope for Heart</small>

Choir Practice - Mondays at 12:10 pm

Grade 5 Strings - Wednesday & Fridays 8:15-9:00 am

1000X5

1000 Books by Age Five

Children's Book Recycling Project Greater Victoria



What the Numbers Say

- 94,000 Books into homes in 4.5 years
- 8000+ Families who donate
- 6 Municipalities in which 1000X5 operates
- 6 Strong Start Centres (in elementary schools) distributing books
- 18 Other agencies distributing books
- 20-30 Books received per child per year
- Priceless The difference in a child's life

January 27 is National Literacy Day. Enjoy a book with your child. Make a difference to another child. Take a few picture books for babies and preschoolers and pop it into the pink bin just outside the Northridge library.

KINDERGARTEN IMMUNIZATION PROGRAM

Child, Youth and Family Community Health provides immunization clinics throughout the year for Kindergarten aged children. The following are the most common vaccines given to children at this age. Some children may be missing some vaccines and have not completed their childhood immunizations. Public Health Nurses or Family Physicians can ensure that your child is fully immunized against the following vaccine preventable diseases.

Vaccine	Vaccine Schedule
Diphtheria, Tetanus, Pertussis and Polio (given in one shot)	Most children in kindergarten are due for this vaccine.
Varicella (Chickenpox)	Most children in kindergarten are due for a <u>second</u> dose of this vaccine. <ul style="list-style-type: none"> Children who have had chickenpox disease or shingles when they were <u>over</u> one year of age do not need this vaccine. Children who had chickenpox disease when they were <u>younger</u> than one year of age OR who have never had chickenpox disease should have already been given 1 dose of this vaccine and now need a second dose.
Hepatitis B	Most children in kindergarten should have already been given 3 doses of this vaccine.
Measles, Mumps and Rubella (given in one shot)	Most children in kindergarten should have already been given 2 doses of this vaccine.
Meningococcal C	Most children in kindergarten should have already been given 1 dose of this vaccine.
Hepatitis A	Aboriginal children can be given 2 doses of this vaccine.

All of these vaccines are provided free of charge by the health unit or your family doctor. To check your child's immunization status or to make an appointment, phone your local health unit. For more information contact:

- Your local Health Unit
- HealthLinkBC at 8-1-1 (a free 24 hour service) or www.healthlinkbc.ca
- HealthLink BC Files [/www.healthlinkbc.ca/servicesresources/healthlinkbcfiles/index.html](http://www.healthlinkbc.ca/servicesresources/healthlinkbcfiles/index.html)
- Your family doctor
- www.immunizebc.ca

Health Units:

Esquimalt	250-519-5311	Sooke	250-642-5464
Peninsula	250-544-2400	Victoria	250-388-2200
Saanich	250-519-5100	West Shore	250-519-3490

Community info:

SAANICH TIGERS LACROSSE REGISTRATION IS OPEN!

Registration for the 2016 season is now open for players born in 2011 and older. Please register online at saanichlacrosse.com. Register prior to January 15, 2016 for early bird pricing. If you have any questions or concerns, please contact the registrar at registrar@saanichlacrosse.com

2ND ANNUAL CITY-WIDE LACROSSE EQUIPMENT EXCHANGE - SATURDAY, JANUARY 30 (NOON - 2PM) PEARKES FIELDHOUSE COURT #4

The box season is just around the corner so dig out your gear and see if it all still fits! If not and you are looking to buy some good used lacrosse gear, or if you are looking to sell some gear, then this is the event for you.

Saanich Lacrosse is pleased to be joining the three other Victoria area associations in taking part in the 2nd Annual Victoria Lacrosse Equipment Exchange. Items will be priced by the seller and all sales will be cash only (ATMs in building). If you have items to sell or if you just want to donate them to the association please contact Will Dodds at president@saanichlacrosse.com to make arrangements.

Also for sale will be retired association jerseys and new association clothing (shorts, t-shirts etc.) as well as experienced lacrosse folks around to provide any advice or information to prepare you for the upcoming season.

Our Registrar will also be on hand if you want to register in person or need to drop off any documents or paperwork. Hope you can make it out!



Northridge Elementary School Ongoing PAC Fundraisers



Did you know there are many local businesses that support our school?
You can help!



Country Grocer Save a Tape Program



Submit all your Royal Oak Country Grocery receipts to the box outside the office. Northridge will get 3% of the pre-tax value back.



Canadian Tire Money



We continually collect Canadian Tire Money.

This year the money will be used for our upcoming Spring Fun Fair.
Game supplies, sporting equipment, prizes and auction items
will be purchased.



COBS BREAD



Do you shop at the Royal Oak COBS? If so, Mention that you are with Northridge Elementary every time you make a purchase and COBS will donate 5% back.



Peninsula Co-op



When your family shops for gas or groceries please give the membership number 69206

and Northridge will receive a membership cash payout!



The Bottle Depot



Take your empty bottles and cans to any of these 3 Bottle Depots and tell them you are donating the empties to Northridge Elementary.