

N O R T H R I D G E

ELEMENTARY SCHOOL NEWSLETTER

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Sept. 28, 2017



Principal's Message...

Welcome to new and returning families to Northridge for the 2017/18 school year. Our student population presently stands at 260 students; our school is organized with thirteen divisions from Kindergarten to Grade Five. The staff is excited and enthusiastic about the many opportunities and initiatives in place for this school year.

We welcome the following new staff to the school this year:

Mr. R. Crawford (Div. 2 - Gr 4/5), Mrs. J. Chessa (Div. 4 - Gr. 4/5), Mr. S. Gorman (Div. 5 - Gr. 3/4), Ms. E. Houldsworth (Div. 11 - Gr. 1 (Fridays), Mrs. C. Tebo (Div. 13 - Kindergarten (afternoons, and Friday), Ms. N. Lidkea & Mrs. J. Moore (Inclusive Learning), Mrs. K. Alleyn (Dance/Music), Mr. G. Cameron (Night Custodian), Ms. L. Bayly (Counsellor), Ms. J. Ripley (Speech Specialist), and Mrs. A. Gage (Occupational Therapist).

It has been a busy and productive few weeks as routines, timelines and schedules have been established. Over the last couple of weeks, the staff has been assessing the children and developing support systems to enhance their learning.

The start of a new school year is always an exciting time; it is not uncommon for students to have mixed emotions - eagerness, apprehension, enthusiasm and even anxiety. The Northridge staff wants all students to feel comfortable while they are here so that the focus for them can be on learning. It is our intention to provide a safe, caring and inclusive environment for students in which they are prepared to take educational risks. It is also our intention to provide a welcoming environment for parents.

Communication is an essential element between home and school. The school newsletter will be distributed the last Thursday of each month. Please try and make time to read the newsletter on a regular basis as there is important information for parents. The newsletter is currently e-mailed to families; please keep your e-mail address updated with the school. Many thanks in advance!

I would like to thank the dedicated Northridge Staff for their hard work over the past few weeks as we have organized schedules, assignments and services. Thank you for your continued support and involvement as we create the best possible learning environment for each and every student.

I look forward to working in partnership with you this year.

Nadine Naughton, Principal



Parent/Teacher Conferences

on Wed. Oct. 4 &

Thurs. Oct. 5

(Confirmation notices go home on
September 29)

***Early Dismissal
both days at
11:50 am***

Reminders....

IMPORTANT STUDENT Forms....

If you haven't completed and returned your important student forms (i.e. Student Information Verification, Student Computer Use Agreement, Earthquake Emergency, etc.), please return them a.s.a.p.

**Tomorrow (Friday, September 29th) is
Subway Hot Lunch Day. Orange shirt day &
Car Free Friday**

Pick-up/Drop Off- Mrs. Naughton

This year, we have a new group of school leaders eager to demonstrate their responsibility and help make Northridge Elementary a safe place to be. Grade Five students have been trained by Constable Sidoroff and understand the serious and important nature of being a school safety patroller.

Unfortunately, some drivers are parking their cars in our drop off zone. This results in confusion as other drivers must veer wide to avoid parked vehicles. Additionally, drivers have been noted turning left out of our parking lot and through the crosswalk on Carey Road. Our patrols have been trained to follow the rules and when drivers disregard posted signage, the result is confusion and danger. Please do not park cars in drop off zone and remember to turn right when leaving the parking lot. Thank you for keeping our children safe.



Terry Fox Run

Students and staff at Northridge participated in the Terry Fox Run on Friday, September 22nd. This run was held to maintain Terry Fox's vision, principles and inspiration. With fierce determination, Terry started his fundraising journey on April 12, 1980, "The Marathon of Hope", raising \$24.17 million toward cancer research by Feb. 1981. Terry Fox died of cancer in June 1981 at the age of 22. Thank you to all students that brought in a "loonie" or "toonie" on the day of the run. **We raised \$382.30.** All donations were forwarded to the Terry Fox Foundation. Donations were voluntary. Thank you!!



The Great British Columbia ShakeOut Drill - October 19, 2017

Since 2001, British Columbia has invested more than \$840 million to seismically upgrade schools, but making sure our school buildings are ready for an earthquake is only part of the equation - students, teachers, staff and parents also need to be prepared to react.

The Great British Columbia ShakeOut Drill is an annual earthquake preparedness drill held on the third Thursday of October. Northridge Elementary will join over 12 million people registered to participate in ShakeOut drills worldwide.



Personal Comfort Packs

Should an emergency situation occur during school hours, your child will more than likely be very anxious. Items from home can offer some relief while your child is waiting for you. If you haven't done so already, with your child's help, please put together a small personal package (sandwich-sized zip-lock bag with your child's name and division on the front of it) to bring to school. Below are some suggestions to include in a comfort pack.

- A snack your child will eat. Make sure it has a long shelf life and is sealed (eg. fruit leather, granola/energy bar, etc.). Drinks are available from our kiosk and need not be included.
- A small toy or activity that can fit into a zip-lock bag (eg. cards, puzzles, puzzle books, folded paper/crayons, stuffed toy, etc.).
- A family photograph. As trauma and injury may cause memory loss, a picture can help identify family members in addition to giving comfort to a child waiting to be reunited with his/her family.
- A letter of comfort. Reassure your child that you love him/her and that you will come for them as soon as possible. Also, you may want to remind your child who will pick him/her up if you cannot get to the school immediately (Permission for Release Information provided by you to the school). Your child may be at the school for up to 48 hours before you are reunited.



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.

BORROWED Office Clothing

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



Early Warning System

This is a system for all Northridge children regarding their safe arrival at school. Should a child be unaccounted for, the parent or guardian would be notified by 9:30 am.

Please establish routines to ensure that your child arrives at school before the 8:45 am bell.

....EARLY WARNING E-MAIL: earlywarning54@sd61.bc.ca

....EARLY WARNING PHONE NUMBER: 250-479-4639

When you know your child will be absent or late, please e-mail or call the above.

Please clearly state the following information:

- Your child's name
- Your child's teacher
- The date(s) of absence
- Reason for absence (i.e. illness, vacation, appointment)



The answering machine is on 24 hours a day.

If you know that your child will be absent for a specific time, and have already informed your child's teacher, please also let the Office know. This will ensure that the absence is recorded and an Early Warning call is not made. You can e-mail the Office at earlywarning54@sd61.bc.ca or phone the Early Warning line at (250) 479-4639 or just let us know in the Office. Thank you!

Safety Reminder - Parents are reminded that when they remove a child from school during the day for a medical appointment or other reason, they must check the student out at the office. The student should also be checked in at the office when they return from an appointment.

LATE ARRIVALS



School begins at 8:45 a.m. We would like to decrease the number of late arrivals as this is very disruptive to classroom instruction. If you arrive just after the morning bell, please proceed to your class and your teacher will mark you as late. For students that arrive after morning announcements - please check in at the Office so that we know that you are here and are not marked as absent all day!

The following reasons outline why punctuality is an important skill to foster:

- ⊗ your child will be part of opening activities in the classroom and will not miss information that gets their day off to a good start
- ⊗ teachers will not use instructional time to be keying in late students
- ⊗ your child will develop a life skill that gives them a feeling of self confidence and one that employers see as a sign of competence

Lunch Monitors

At Northridge, all Grade Five students are expected to monitor (watch over) our younger children as they eat their lunch. Lunch monitors are expected to:

- ✓ Remind students to stay in their seats while eating;
- ✓ Encourage 'restaurant' manners;
- ✓ Interact with younger children;
- ✓ Model healthy eating habits and litterless lunch;
- ✓ Ensure that all the children are outside to play before leaving the room;
- ✓ Model our 'greening' initiatives (recycling, lights out, etc.)
- ✓ Seek adult help when necessary.

Administration of Medications

If your child must take medications (prescription or otherwise), please contact the school office. It is mandatory that the school nurse facilitate formal authorization. It is very important that if your child has allergies/reaction to insect bites and may need medication during school hours, that you update the medical information. The office must be provided with the required medication together with a signed REQUEST TO ADMINISTER MEDICATIONS (forms available in the office) as soon as possible. We cannot administer any medications for emergency situations without the required forms signed by the family doctor with detailed procedures. If there are no changes you may return the same card. All medications are kept in a central, locked cabinet in our office.



MedicAlert No Child Without - FREE medical identification services (including a custom bracelet or necklet) for children with a special medical condition, allergy or special need that should be communicated to emergency medical personnel in an emergency. For more information, visit www.nochildwithout.ca. Please contact the office for a brochure with a special bar code & pin number for enrolment into the program.

Cross-Country (Gr 3-5) - Ms. Escher & Mr. Crawford

Cross-Country practices for Grades 3 to 5 are held every Tuesday and Friday at 8:15am. Students have begun training for the upcoming season. The meet dates are as follows:

Monday, Oct. 2	Cross Country @ Clover Point	3:45 pm
Tuesday, Oct. 10	Cross Country @ Lambrick Park	3:45 pm
Monday, Oct. 16	Cross-Country @ Clover Point	3:45 pm
Monday, Oct. 23	Cross-Country Finals at Beacon Hill Park	1 pm



After the preliminary meets, participants will be invited to the City Finals to be held Monday, Oct. 23 at Beacon Hill Park at 1:00 p.m. **A special Thank You to the PAC**, who provided buses for all the meets.

Soccer (Gr 4/5) - Mr. Gorman

Our soccer program for Grade 4/5 boys and girls has started again. Practices and inter squad games will be after school on Tuesdays and Thursdays from 2:45 to 3:45pm (starting September 26 and ending October 26th). There will be no practice on October 5 due to Parent Teacher Conferences. A season-ending jamboree is set for Thursday, October 26 at Beckwith Park. Students will be leaving at 12pm for the Jamboree. Thank you to our parent drivers. We are enjoying teaching, coaching, and playing with such an enthusiastic, energetic bunch!

Scholastic Book Fair - Mrs. Buckham

Our Scholastic book fair fundraiser is just around the corner and is scheduled to take place during the parent-teacher conferences on October 4 and 5 from 11:50am to 6:00 pm. Please come and visit us in the library and help support our school as every \$10 purchase returns up to \$6 in book profit to our library and classroom libraries. Please refer to the book fair letter or the Scholastic flyer that will come home with your child next week for more details about our literacy fundraiser. If anyone is interested in volunteering to work at the book fair, please contact Mrs. Buckham in the library. Thank you in advance for your support.



<u>Dates to Note</u>	
Sept. 29	Hot Lunch Day. PT Confirmations go home. Orange Shirt Day. Car Free Friday
Oct. 2	Cross Country @ Clover Pt 3:45
Oct. 4/5	Parent/Teacher Conferences 1-5:40pm (Students dismissed at 11:50am both days) Book Fair 11:50-6pm in Library
Oct. 6	Turkey Trot 1:45 pm Hot lunch forms go home
Oct. 9	Thanksgiving - No school
Oct. 10	Cross Country @ Lambrick 3:45pm
Oct. 12	Hot lunch forms due
Oct. 13	School Assembly 12:45pm
Oct. 16	Cross-Country @ Clover Point 3:45
Oct. 17	Fruit & Veg Prgm - Baby Carrots
Oct. 18	PAC meeting 6:30pm
Oct. 19	PIZZA Hot Lunch day ShakeOut BC Earthquake Drill
Oct. 20	Pro-D day - no school for students
Oct. 23	Photo Retakes (am) Cross-Country Finals @ Beacon Hill 1pm
Oct. 26	Soccer Jamboree @ Beckwith Park (12:30-2:30pm). Leaving school noon. Newsletter Day
Oct. 27	Car Free Friday. Family Dance
Oct. 31	Black & Orange Day Fruit & Vegetable Prgm- Apples



Gr. 4/5 Strings practice - Wednesdays & Fridays 8-9am. Gr. 3-5 X Country practice - Tuesdays & Fridays 8:15 to 8:45am. Gr. 4/5 Soccer practice - Tuesdays & Thursdays 2:45-3:45pm

BC School Fruit & Vegetable Nutritional Program



Northridge has enrolled in the BC School Fruit and Vegetable Nutritional collaborative program from the provincial government's Healthy Families BC with the BC Ministry of Health. This program delivers healthy fruit and vegetable over 489,000 children in schools across the province. Some of the objectives of are to increase the acceptability of, exposure to, and willingness to try fruits and to increase awareness of local fruits and vegetables. Children who eat more fruits and vegetables eat fewer high calorie, high fat foods, have better attention spans and have fewer discipline problems at school as well as decrease their risk of cancer and other chronic diseases such as heart disease and diabetes.



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Below is a schedule for the delivery of Fruits & Vegetables to Northridge:

DELIVERY DATE	PRODUCT
Tuesday, September 12	Italian prune plums
Tuesday, September 26	Mini Peppers
Tuesday, October 17	Baby carrots
Tuesday, October 31	Mixed organic apples
Tuesday, November 21	Anjou pears
Tuesday, December 5	Mandarin oranges
Tuesday, January 23	Kiwifruit
Tuesday, February 6	Spartan apples
Tuesday, April 10	Grape tomatoes
Tuesday, April 24	Mini peppers
Tuesday, May 8	Mini cucumbers
Tuesday, May 29	Heirloom Mix tomatoes

Fruits and vegetables usually arrive late afternoon, so students will be receiving the product the following day.

Northridge PAC Hot Lunch Dates

Below is a schedule of hot lunch dates for the school year. The PAC is changing it up a little bit!

Friday, Sept. 29 - Subway	Thursday, February 22
Thursday, October 19 - Pizza	Friday, April 27
Friday, November 17	Friday, May 25
Friday, December 15	Friday, June 22 (Family hot lunch)
Friday, January 26	



1000X5
1000 Books by Age Five
Children's Book Recycling Project
Greater Victoria



1000X5 needs your gently used baby and toddler books



Have you found the pink bin just outside the Northridge library?

The 2017-2018 year has begun and along side the children entering the building are the 15 retired teachers and principals who meet every Wednesday to sort **your donations of books for babies and preschoolers**.

Every month we send 2500-3000 books into homes with few resources. **138,000 books in six years!** Please drop books for babies and preschoolers into the pink bin and we will send them on to other families.

Country Grocer (Royal Oak) - Save a Tape Program

Save your grocery receipts and drop them off at the school. Country Grocer will donate 3% of the total sales of the receipts collected. That's \$3 to our school for every \$100 spent at Country Grocer. You can ask family and friends to save their receipts for you as well. There is a drop off box located in the Office. This is a great fundraiser!



CHILDHOOD STRESS & ANXIETY BUILDING RESILIENCE

EMPOWERING STRATEGIES

EFFECTIVE SUPPORTS



Presentation and Discussion By:

Julie-Anne Richards, M.A., R.C.C., C.C.C.

Registered Clinical Counselor, Psycho-educational Consultant

www.JulieAnneRichards.com

Wednesday, November 8

6:00-8:00 pm

**McKENZIE
ELEMENTARY**

4006 Raymond St N, Victoria
Including Eagle View, Marigold,
Northridge, Strawberry Vale &
Tillicum Elementaries

Tailored for Parents,
Caregivers and Educators
supporting children
ages 5 - 11 experiencing
stress & anxiety

Presentation with Q&A to
Follow

Free Event!

REGISTRATION REQUIRED (Click to Register)

<https://www.eventbrite.com/childhood-anxiety-presentation-tickets-30092601209>

Event Hosted by: McKenzie Elementary, limited childminding available
by donation please register

Funded by the Eric Palmer Foundation www.epf.foundation.com