

# N O R T H R I D G E

## ELEMENTARY SCHOOL NEWSLETTER

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October 26, 2017

### *Principal's Message...*

Hello Northridge Families,

It's hard to believe that Remembrance Day is just around the corner! Where has the fall gone? Our staff and students have worked diligently to establish routines and set a positive, collaborative tone at Northridge for the year. We have established a *Pro -Social Behaviour Working Group* after our discussions as a staff about the core values we want to communicate and teach in all classrooms. **Safety, Kindness and Respect** are the three core values that we have agreed upon. We will be teaching and reinforcing these values throughout the year and in all contexts in our school. We value and appreciate your input as we continue to create the best possible conditions for teaching and learning.

Sports and fine arts provide a strong foundation to the Northridge culture and community. Soccer and cross country are already in full swing with great participation from students. Our Soccer Jamboree is Oct 26<sup>th</sup> at Beckwith Park. Cross country finals are Monday Oct. 23<sup>rd</sup> at Beacon Hill Park. Thanks to Mr. Sean Gorman, Mr. Rob Crawford and Caroline Escher for their coaching. The next sport up is basketball; please stay tuned for details. Our choir will be starting soon led by Mrs. Leslie Hall and Mrs. Korry Elliott. A student leadership group has started this year at Northridge. It is called YCI: Youth Creating Inclusion. This club is open to all grade four and five students led by me- Nadine Naughton and Karley Alleyen our dance/music teacher. Our motto is inclusion with a focus on our values of Safety, Kindness and Respect. We will determine actions (large and small) that we can undertake as leaders to continue to build a strong, inclusive school community.

As our weather is changing please support your child to dress for the weather including rain gear, boots and coats. In addition, we ask that you reinforce pick- up routines with your child after school. Students know that if they don't see their adult at pick up time they are to report to the office.

Thank you for the many ways you support and encourage our work and your child's growth. We appreciate your partnership.

Warm regards,  
Nadine

*Mrs. N. Naughton, Principal*

### **Parking Concerns - Mrs. Naughton**



A reminder to all parents that parking cars in the drop off zone is not allowed. We have a few drivers that are continually violating this space. 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.

Also, the staff parking lot is out of bounds. The odd space that may be available is for our many itinerant staff who arrive at various times of the day. We all know that parking availability is extremely limited however we must live with our situation. Please respect the drop-off zone and staff parking lot including the handicap parking stalls. As well, please do not park in front of property owners' driveways along Ridgebank and Oakridge Crescent. Thank you for your cooperation and keeping our children safe.



### **Reminders:**

Family Halloween Dance/ Car Free  
 Friday... Tomorrow - Friday, October 27  
 Black & Orange Day - Tuesday, October 31



Monday, November 13<sup>th</sup> is  
 Remembrance Day Holiday  
 - **No school for students**



### **YOU CAN'T STOP TIME...**

.....But you can turn back 1 hour at 2 a.m. on Sunday, November 5 when Daylight Savings time ends and Standard time begins.....

**Remember to set your clocks back one hour!!!!**

**"SPRING ahead - FALL back"**



## October's Virtue is Empathy



Empathy is understanding the feelings of others and at Northridge, we focused on that during the month of October. We learned that when you are empathetic, you not only feel the pain when someone is hurt or sad but also the joy when someone is happy. It is putting ourselves in someone else's place. Having empathy is showing that we understand the feelings of others. It makes you a friend when someone needs a friend and it gives you a good feeling as well as your friend. People who are empathetic have feelings toward their family, friends, strangers, pets and even plants. With empathy, we are all connected and it makes life much easier because we understand and care about one another. Please view the bulletin board in the main hallway which highlights our monthly virtue.

## Northridge PAC Family Halloween Dance – Friday, October 27, 2017 from 6-8pm



You are invited to Northridge PAC's Family Halloween Dance tomorrow, Friday October 27 from 6-8pm. There will be a D.J. and fabulous prizes.

Please note this is for students of Northridge and younger siblings only. All students must be accompanied by a parent/guardian. Please no masks or weapons please.

Admission is by donation at the door.

We will have a concession, selling water, chips, candy bags for \$1 and pizza for \$2.

The PAC is still looking for parent volunteers. If you can help, please e-mail Lindsay at l.szteina@gmail.com. Looking forward to seeing everyone in their costumes!

## Small Pumpkin Carving/Decorating Contest – Monday, October 30<sup>th</sup>



Northridge is having a Small pumpkin carving/decorating contest. Students are asked to prepare their pumpkins at home and bring them to school on the morning of Monday, October 30<sup>th</sup>. We ask students to bring them in the front door by the Office and place them on the tables representing the category that they would like to be judged in. The categories are:

 Scariest  Funniest  Happiest  Most Creative  Best Character

Students may carve their pumpkins, paint them, add things to them, whatever they would like. Please make sure that your child's name (first and last) and Division is inside or on their pumpkin as well as a non-flame candle. Students will be able to take their pumpkins home at the end of the day.



## Tuesday, Oct. 31 IS BLACK AND ORANGE DAY.....

The children are very excited about Black and Orange Day. Students are encouraged to wear their Black and Orange outfits on Tuesday.



## Turkey Trot Winners...

Congratulations to Esme M., Jacob D. and Kaelyn B. who won Country Grocer Gift certificates for turkeys in the Turkey Trot Draw. Thank you Northridge PAC for donating the gift cards!

## Scholastic Book Fair – October 2017 – Mrs. Buckham



Thank you to the Northridge Community for your generous support of our literacy fundraiser! Our total sales for our scholastic book fair were just over \$5900 which means that we raised \$3200 for new books in our library!! This would not have been possible without the help of our wonderful staff volunteers. A huge thank you goes out to: Leslie Hall, Sylvia Schumann and Diana Jang.

## Northridge Grade 5 Class of 2018 Hoodie Orders



Forms were sent home with your child on Monday. Samples are available in the Office if you are unsure of the size. Order forms need to be returned by Friday, November 3<sup>rd</sup>.

If you do not wish to purchase a hoodie, please mark the box on the form and return it to your child's classroom teacher. Thank you!

## The Northridge Strings - Mrs. Whyte

Northridge Strings are participating in a Beginners Strings Concert on Monday, November 6, 2017 at 7:00 pm at Mt. Douglas Secondary School Gymnasium.

A Concert Featuring School District #61 Beginner Strings and Guest Performance by the Mt. Douglas String Orchestra  
All Northridge Families and Staff are welcome to attend. Admission is by donation.

## The Great British Columbia ShakeOut Drill - October 19, 2017

On Thursday, October 19<sup>th</sup>, Northridge Elementary joined over 12 million people registered to participate in ShakeOut drills worldwide. This annual earthquake preparedness drill helped us to prepare to react should an earthquake ever happen. Congratulations on a job well done!

## Safety is important at Northridge - Mrs. Naughton

At Northridge School, we regularly practice safety procedures to ensure that students and staff know how to respond to emergency situations should they occur. In September, we held several fire drills as practice for our October drill with the Saanich Fire department. We were all well prepared and we impressed the fire department with our swift quiet evacuation.



## DATES TO NOTE FOR NOVEMBER

*Every Friday is Car Free Friday - Try to walk, bike or scoot to school!*

Mon	Tue	Wed	Thu	Fri
Oct. 30	31 Black & Orange Day Apples delivered	Nov. 1	2	3 Hot Dog Hot lunch forms go home
6	7	8	9 Hot Lunch Order Forms due	10 Remembrance Day Assembly 11am
13 Remembrance Day Holiday – no school	14	15 PAC meeting 6:30 pm	16	17 Hot Dog Hot lunch day School Assembly 12:45pm
20 Kindergarten vision & hearing screening 9am	21 Anjou pears delivered	22	23	24 Pro D Day – no school for students
27	28	29	30 Newsletter Day	Dec. 1 PAC movie night

Grade 4/5 Beginner Strings - Wednesday and Friday mornings 7:55-8:35. Intermediate Strings - Thursdays 7:55-8:45am

### Lunch break activities

With rainy days ahead of us, we are having lunch break activities for students.

**Tuesdays** - Hip Hop - alternating weeks - Grade 4/5s week of October 23 (week 1) and Grade 1-3 week of October 30 (week 2)

**Wednesdays** - Gr 4/5 YCI (Student Leadership)

**Thursdays** - Chess (all grades) and Choir (Grades 3-5)

# Have a Safe & Happy Halloween!



## TRICK OR TEETH:



When it comes to Halloween candy and tooth health, the "all or nothing" approach is best. Giving children their Halloween candy over days or weeks is not the best choice. The risk of tooth decay increases with the amount of sugar and the number of times teeth are exposed to it.

Tooth safe suggestions for enjoying Halloween treats are:

- Serve a healthy dinner (or snack) before trick-or-treating. This will leave less room for sugary snacking. You will know your child has eaten something nutritious on this exciting night.
- Cut down on the number of times teeth are exposed to sugar by having a one-time Halloween candy binge.
- Cut down on the number of sugary treats by handing out "tooth-friendly" options like stickers, temporary tattoos, or fancy pens and pencils.

And of course, remember to floss and brush with fluoride toothpaste before going to bed, or there could be some very scary results!!!

For more information contact: Prevention Services Dental Program, Prevention Services Nutrition Program, 744-5100

## Top 10 Halloween safety tips for families from the Canadian Red Cross:

The day that paranormal creatures invade city streets is near. As your little ones prepare their costumes to trick or treat their way through the night, the Canadian Red Cross has prepared a quick list of 10 tips to make sure everyone gets home safely. You may not need to fear vampires and ghosts knocking on your door, but fire hazards, scrapes and getting lost are potential concerns.

1. Give your kids a map of their trick or treat route so they can find their way home. Mark the homes of nearby friends and relatives in case they need assistance on their journey. Younger children should be chaperoned by an adult.
2. Instruct children to walk on the sidewalk not the street, even princesses and fairies have to watch out for motorists!
3. Prepare for the dark with lighter coloured clothing and reflective surfaces. What better way to decorate a sword or a cape, than with magical glowing tape?
4. Avoid any type of flame by substituting candles with glow sticks. Wigs and costumes are highly flammable and glow sticks are perfect for illuminating Jack-o-lanterns.
5. Remind your kids to stick with groups of at least four or five - after all, even legendary heroes are stronger as a team (like the Avengers and X-Men!)
6. Tell them to only visit residences with a porch light on and not to enter a stranger's home. Politely accept candy and promptly leave.
7. Costumes are meant to embellish not to hide. Keep hems short to avoid tripping and don't let masks block the eyes.
8. Whether you have one eye, two eyes, three eyes or four, always look both ways before crossing the street.
9. Both mystical creatures and children need to let parents check their candy before eating to remove any potential hazards.
10. A flashlight is akin to a protective light saber of sorts and makes nighttime travelling safer (it also helps you spot a ghost or goblin trying to plan a surprise attack!).

Following these tips on October 31 will help ensure your family has a fun and safe night of trick or treating!





**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.

## Community Information

**TRY WATER POLO FOR FREE**

Free Try-Outs  
this fall for  
Grades 1-5  
Sundays 5-6 pm  
Commonwealth  
Place Pool

Tel: 250-514-9236 Email: [waterpoloschool@shaw.ca](mailto:waterpoloschool@shaw.ca)  
[www.waterpoloschool.com](http://www.waterpoloschool.com)




Children's Book Recycling Project  
Greater Victoria  
1000X5 Books Part of  
October Fun



As you prepare for the end of the month celebrations with fun costumes and food, can you find a minute to locate 3 gently used books for babies and toddlers and drop them off in the pink bin just outside the Northridge library. These books will entertain and enrich wee ones long after the October fun has ended. **140,000 books in 6.5 years!!**

**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 inside the Northridge Office. This is a great fundraiser!



# Northridge & Strawberry Vale Elementary PACs Parent Education Night

Monday Nov 20

6:30-8:30

## The Adult/Child Connection: Working with Children and Teens

By Allison Rees

This presentation deals with how to communicate with children. Learning this material is like learning a new language and one that brings about profound change in relationships and children's behaviour.

Topics covered in this 2 hour presentation are:

- Safe and Effective Communication: Listening, Speaking and Taking Turns
- Conflict Resolution (How to get to a win/win.)
- The Intelligence of Emotions: Emotion Coaching (Dealing with anxiety, anger, fear.....)
- Boundaries (The Underpinning of Healthy Relationships)
- The Development of Self-Esteem in Adult and Child (The essence of a healthy life.)



Allison Rees has been teaching Parenting LIFE Seminars courses since 1993. Countless parents and professionals attend these popular courses in Victoria through word of mouth alone. LIFE Seminars has become one of the largest and longest running parenting programs in the world running for over 30 years with an average of 100 parents attending each eight week course. Allison's articles regularly appear in Island Parent Magazine with her monthly Cut it Outs. She has co-authored two books, Sidestepping the Power Struggle and The Parent Child Connection. Her greatest lessons came from raising her own children who are now 28 and 25 years old.

**Location: Northridge Elementary School**

**Cost: Free!**

**3 Ways to Register: by Thurs Nov 16th**



Go to:

[www.eventbrite.ca/e/the-adultchild-connection-working-with-children-and-teens-by-allison-rees-tickets-39210309090](http://www.eventbrite.ca/e/the-adultchild-connection-working-with-children-and-teens-by-allison-rees-tickets-39210309090)

Contact Carol Tickner:

[ctickner@shaw.ca](mailto:ctickner@shaw.ca) or 250-514-9810