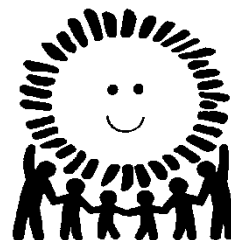


N O R T H R I D G E ELEMENTARY SCHOOL NEWSLETTER

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Our Northridge values: Safety, Kindness and Respect

February 22, 2018

Principal's Message...

February has been a very busy month at Northridge.

Northridge celebrated the 2018 Olympics on Friday, February 9th. We opened our day with a whole school Opening Ceremony followed by a morning of sports including moguls, biathlon, curling and skating. It was so much fun! Check out our interactive bulletin board outside the office which provides daily Olympic information and updates.

Grade 4/5 Basketball games continue on Mondays and Thursdays after school until March 15th. On Friday, March 16th, there will be a final game at lunch time. Our grade 5s will participate in a Basketball Jamboree at Spectrum school on Feb. 28th afternoon. Thank you Mr. J and Mr. R. for all your hard work!

Northridge has been busy registering Kindergarten students for next year during registration week/K transfers. K-Grade 12 transfer week continues until this Friday. On March 8th, we will be sending home a "Parent Input for Student Placement for September 2018". Please have this form returned to us before Spring break as this helps us in planning for staffing and classrooms for next year.

Student report cards will be going home on March 16. Please do take this time to discuss the report with respect to your child's growth and learning versus over-emphasizing grades. Talk to your child about what they think they need to do to improve their learning. It is important that your child know that you are interested in their successes and challenges as a learner.

Student Led Conferences will be held on Wednesday, April 25 (Early dismissal at 11:50 for this day). Conference forms will be going out shortly after we return from Spring break.

Spring/Easter break starts Monday March 19th and runs to April 3rd. Our First day back will be Wednesday, April 4. Please enjoy this time with your family.

Enjoy your Pro D day tomorrow and see you back on Monday. As always, if you have any issues or concerns, or just want to drop in for a chat, my door is open and I am only a phone call away.

.....N. Naughton, Principal



A special Thank You to Our Parents --- from Mrs. Naughton

"Staff Appreciation Week" was celebrated by our parents this past month. We were spoiled with coffee break goodies and a beautiful luncheon and kind and caring words that made us all smile and feel very much appreciated. From the staff at Northridge, to each of you ~ thank you very much for showing us that the hard work we do is appreciated and acknowledged. We all feel grateful to be working with such a terrific and supportive community.



Pink Shirt Day Pledge- Kindness Day

Pink Shirt Day is on Wednesday, February 28th. Students pledge "to care, help change things, to be a leader in being kind and respectful, and to know that standing up for someone is the right thing to do." Thank you to everyone who supports the day by wearing pink and being kind every day.

Northridge Elementary Expansion - At the January 29th Board meeting, the Board of Education has approved up to \$350,000 for a permanent classroom space to be built at Northridge Elementary. The District received funding from the Ministry as part of the Classroom Enhancement Fund (CEF) capital envelope and additional monies were received from the Ministry of Children and Families on behalf of the out of school care provider. The concept is to have two additional spaces added to the current school.

Parking Lot & Drop Off Zone Issues - 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.



PHONE NUMBER, ADDRESS AND EMERGENCY CONTACT INFORMATION.

Please advise the Office if you have recently moved or changed your phone number. Also, please advise us if you have new emergency contact information. This information is helpful in the event that your child is injured or sick at school and needs to be picked up. Besides family members, if possible, place a few trusted neighbors or family friends on the list. This way, there is someone to pick up your child even if there is a family emergency. Always make children aware of who is on the emergency contact list and who has permission to pick them up.

Basketball Program



The students in Grade 4 & 5 have enjoyed an excellent season of basketball. Skills were taught in November and December and games have been ongoing twice weekly after school in January, February and March and will wrap up on Friday, March 16 at lunchtime with a championship match. The playoff schedule is posted outside the gym. The Grade 5's will participate in a mini tournament at Spectrum High School gymnasium on the afternoon of Wednesday, February 28th. Special thanks to Mr. Johnston and Mr. Richardson for providing such a fine program and basketball experience.

Every Friday is Car Free Friday - Bike, Walk or scoot to school!

Dates to Remember

Thursday, Feb. 22	Newsletter Day. Subway Hot lunch Day.
Friday, Feb. 23	Pro D Day - no school for students
Wed. Feb. 28	Pink Shirt Day. Spectrum Basketball Jamboree (pm)
Friday, March 9	School Assembly 12:45pm
Wednesday, March 14	PAC meeting 6:30pm
Thursday, March 15	Newsletter Day
Friday, March 16	Report Cards home. Basketball Final Game at lunch time. Last day before spring break
March 17 to April 3	Spring Break/Easter
<u>Wednesday</u> , April 4	Students return from spring break



Northridge PAC - The White Hatter Internet Safety/Social Media and Digital Literacy

Thursday March 1 from 6:30-8:30 pm

This workshop will provide information needed to help keep students safer, increase their privacy and protect their online digital footprint.

Some of the topics covered will be:

- The four step process to Internet safety that all parents should know
- Hardware/Software monitoring/protection issues
- What are Chat Rooms, Instant Messaging, and SMS/MMS texting and how to stay safe while using them
- Emotional, psychological and physical challenges surrounding on-line addictions to pornography, gaming and gambling
- Cell phone/ Smart Phone and Web Cam safety
- The good and bad of Social Networks such as Facebook, Twitter, Tumblr, Instagram, etc.

Please go to www.thewhitehatter.ca/internet-safety-parents for more details.

REGISTER for this FREE! parent workshop at:

<https://www.eventbrite.ca/e/the-white-hatter-internet-safety-for-parents-of-elementary-students-tickets-43152022862>

Contact: Carol Tickner ctickner@shaw.ca

Sponsors: VCPAC, Northridge PAC and Strawberry Vale PAC

Understanding Stress Behaviour for Teachers

What is Stress Behaviour?

Modern science is showing that there is a HUGE difference between misbehaviour and stress behaviour.

It's critical for teachers to understand this distinction because if we treat them in the same way, it can be worse for our students—and is very hard on everyone!

Misbehaviour

The key to *misbehaviour* is that the child *could* have acted differently: that she was *aware* that she shouldn't have done something, and was perfectly capable of acting differently.

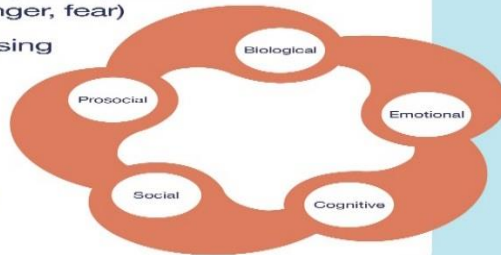
Stress behaviour

The key to *stress behaviour* is that the child *is not* fully aware of what she is doing, or why: she has *limited* capacity to act differently.

Stress behaviour is caused by too high a stress-load. The big challenge in doing Self-Reg is figuring out why the child's stress is so high.

5 Primary Domains of Stress

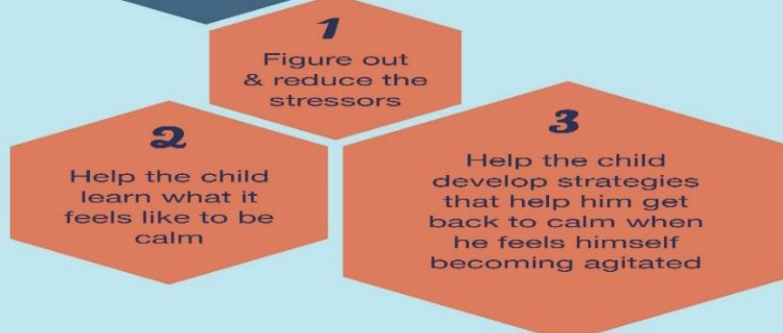
- * **Biological**—noises, crowds, too much visual stimulation, not enough exercise
- * **Emotional**—strong emotions, both positive (over-excited) & negative (anger, fear)
- * **Cognitive**—difficulty processing certain kinds of information
- * **Social**—difficulty picking up on social cues, or understanding the effect of his behaviour on others
- * **Prosocial**—difficulty coping with other peoples' stress



Signs of Stress Behaviour

- 1 Heightened impulsivity
- 2 Difficulty ignoring distractions
- 3 Problems in mood (sees everything negatively)
- 4 Erratic mood swings
- 5 Trouble listening
- 6 What she is saying doesn't make sense

Tips to Deal with Stress Behaviour in Students



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 inside the office.
Northridge will get 3% of the pre-tax value back.



Canadian Tire Money

We continually collect Canadian Tire Money (box inside the office).
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.