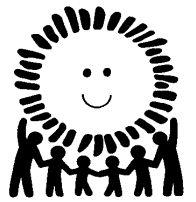


# N O R T H R I D G E

## ELEMENTARY SCHOOL NEWSLETTER

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*Our Northridge values: Safety, Kindness and Respect*

April 26, 2018

*Principal's Message...*



Hello Northridge Families,

Spring has finally arrived; it seemed to be a long time coming this year! It's been lovely to see the students springing right into the season donning hats and shorts in the blink of an eye! Please ensure your child is wearing sunscreen and hats as we move into warmer weather.

As you may be aware, we have been scheduled to have an extension to our school that includes two new classroom spaces in the area that is currently our covered area off of the fields. This build is starting by the end of this week. These classrooms will be utilized for our dance/music program next year and as shared space with KidsKlub. As a result of this construction work, the blacktop area will be out of bound between now and the end of June. We realize that this will be disappointing especially for our basketball players. The positive news is that our fields have been reopened to students for the remainder of the school year.

I would like to express my gratitude to our amazing PAC parents who approved \$3500.00 for silent spin bikes for students. As we continue to learn about the critical role of self-regulated learning in school success, our Pro Social Behaviour Team has been collaborating to design and implement strategies that support student learning. The establishment of clear school values (kindness, safety and respect) in combination with weekly student recognition is part of this work. With our new bikes, we intend to place bikes in both classrooms and various locations within the school that will allow easy access for students who need them to reduce stress, anxiety and increase focus and engagement.

Enjoy the beautiful weather!

Nadine and Katie

### **Class/Whole School Photo Day - Tuesday, May 29, 2018**



Edge Imaging Photography will be photographing each class as well as the whole school (panorama photo) on Tuesday, May 29. The Class photos are free.

Let's hope for a great sunny day. Bring your bright Northridge smiles!!!!



## Track Season

Track season will soon be here; our fields are being lined. Students in Grades 3, 4, and 5 will have an opportunity to participate.



The track program consists of one individual race 100m or 800m and each child must run in one relay (4x100m) team race.

Therefore your child could potentially be in a maximum of two races.

Our Zone Track meet will be held on Tuesday, May 29th at UVic stadium, 10:30-1:30 (for all runners). The City Finals will be held on Thursday, May 31st, 5:30-8pm, for ONLY those students who finish 1st or 2nd in their race IF they are in an A or B flight Only! Training for the upcoming track season will begin next week.

**Please ensure your child has shorts and proper running shoes (no spiked/aqua shoes allowed) here each day!**

## Kindergarten Orientation - Tuesday, May 15<sup>th</sup>



Our Kindergarten Orientation will be held on Tuesday, May 15<sup>th</sup>. There will be two sessions - 9:00 - 9:45 a.m. and 11:00 - 11:45 a.m. Parents are being e-mailed/phoned this week to indicate which sessions that they are to attend. Our new students will have an opportunity to tour the school and visit a classroom. Parents will be introduced to the many services that are available to support their child's learning. We look forward to this special day which will provide valuable information for all.

## Before & After school care -

If you are providing before and after school care and needing more children, please either post your information on our Community Board (just past the computer lab) or e-mail your information to the school. There are new parents/students looking for care. Thank you!



## Parent/Volunteer Appreciation Day - Wednesday, May 23rd

The staff at Northridge would like to recognize our parents/volunteers for all their support in and out of the classroom this past year. We will be offering coffee/muffins to parents as they drop off their children in the morning at the school.

## District Transitions Day for Grade 5 Students - Thursday, May 17th

Our Grade 5 students will be visiting Glanford Middle School on Thursday, May 17<sup>th</sup> in the afternoon. This is part of a district transition-orientation day for students. The students that are going to Glanford will be walking with their teachers. Students who are not going to attend Glanford next year, should contact their new school.

**Strings - Mrs. Whyte**

On Friday, April 27<sup>th</sup> morning, the Northridge Second Year string students are invited to perform in the Greater Victoria Performing Arts Festival with students from Marigold and Colquitz schools. Their session is taking place at Claremont Secondary.

The Strings students are invited to participate in "Orchestra Finale", a concert involving many of the School District #61 Strings classes.

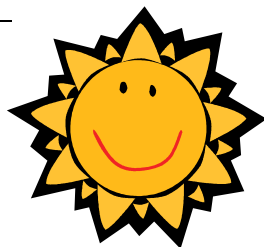
This concert will begin at 7pm on Tuesday, May 15<sup>th</sup> and will take place in the UVic MacKinnon Gymnasium. Admission is by donation and all family members are invited to attend. The pieces to be performed are: Themes from Star Wars and Lord of the Rings, O Canada, Impulse, Main Street March and an easy version of Vida La Vida.

The concert is part of the "Music in the Air, Music Everywhere" events that are taking place in Victoria from May 6-16.

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

**Dates to Remember:**

Fri. Apr 27	Subway Hot Lunch day
Mon. Apr. 30	Track begins this week
Tues. May 8	Fruit & Vegetable Program - mini cucumbers delivered.
Fri. May 11	School Assembly at 12:45pm. Hot lunch forms go home.
Tues. May 15	Kindergarten Orientation (9:00-9:45 session and 11:00-11:45 session)
Wed. May 16	PAC meeting - everyone welcome - 6:30pm
Thurs. May 17	Gr. 5 Transition Day - visit to Glanford Middle School (pm) Hot lunch forms due
Fri. May 18	Pro-D Day (District Wide) - no school for students
Mon. May 21	Victoria Day Holiday - no school
Wed. May 23	Parent Appreciation Day
Fri. May 25	Hot Lunch Day
Tues. May 29	Fruit & Vegetable Program -Tomatoes delivered Whole School Photos - bring your smiles ☺ (Class photos are free)
Tues. May 29	Track Zone Meet at UVIC Stadium
Thurs. May 31	Newsletter Day. City Finals.





# 1000X5

1000 Books by Age Five

Children's Book Recycling Project Greater Victoria

## The Story of 1000X5



You donate gently used books for babies and preschoolers to the pink bins at local schools



Volunteers sort, clean and gift package books



More children have the opportunity to love reading

6 Strong Start Centres and 18 Community Agencies distribute donated books to families

Take your books to the pink bin in your school

Your support has helped distribute over 90,000 books to build home libraries for babies and preschoolers

Eileen Eby • Project Coordinator [www.1000x5.ca](http://www.1000x5.ca)

### 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.

Submit CT money in the Country Grocer box inside the office.

Monies are used to purchase items such as game and sporting equipment, prizes and auction items.



#### 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.



## SOCIAL AND EMOTIONAL LEARNING



**SECURE AND CALM** is the ability to take part in daily activities and approach new situations without being overwhelmed with worries, sadness or anxiety. To be secure and calm also means being able to cope with stress and pressure, and to bounce back from difficulties.

**WHAT PARENTS CAN DO** Reading books with children, while simple and practical, is a powerful and fun tool that can be easily used at home to help children feel secure and calm, build strong attachments with adults, and become more aware of emotions.



**GETTING ALONG WITH OTHERS** is the ability to form positive and healthy relationships with peers and adults. Children with better abilities to regulate their emotions and behaviours have more friends and experience more positive playtime with their peers.

**WHAT PARENTS CAN DO** Make talking about feelings normal in the family, learn new feeling words together and help your child find ways to label emotions they see in others and experience themselves. Take advantage of conversations, playtime and reading stories to teach and explore new words to describe emotions.



**ALERT AND ENGAGED** is the ability to manage and direct one's own feelings, thoughts and emotions. In general, the ability to be 'present' and to exercise self-control. People who can manage their emotions effectively spend more time being alert and engaged. Alert and engaged is the "sweet spot" where we can learn and work most productively.

**WHAT PARENTS CAN DO** To help your child be alert and engaged:

- Take note of the events/experiences that cause stress for your child and use breathing as a technique to calm them.
- Allow time for active and or imaginative play on a regular basis.
- Help your child be aware of their emotions.
- Notice the strategies that your child is already using successfully to help them be alert and calm.





**COMPASSION AND KIND** is closely related to empathy. While empathy refers more generally to the ability to take the perspective of and to feel the emotions of another person, compassion goes one step further.

**WHAT PARENTS CAN DO** Create opportunities for your child to be kind and helpful. When unkind actions occur ensure that you talk to your child about the effects of their actions on others.



**SOLVES PROBLEMS PEACEFULLY** Managing conflict effectively is about creating an atmosphere where violence and aggression are not likely. Resolving conflict means using empathy, problem-solving skills, understanding other points of view and coming up with ways to make things right in a fair way.

**WHAT PARENTS CAN DO** When problems arise, don't rush to solve your child's problems for them. Give them time to think through the steps to solving the problem. If they are unable to come up with a fair solution, step in and help them think of solutions.

Source: [heartmindonline.org](http://heartmindonline.org)

