



Dufferin Elementary



Volume 15

April 22, 2016

Dear Parents:

Children need and thrive on routine (and so do many adults). With the longer days it is important to remember to try and keep bed times and healthy, positive sleep routines. Sleep is vital and promotes alertness, memory and performance. Children who get enough sleep can function better during the day and are less likely to be prone to moodiness and behaviour problems.



A good bedtime ritual will help your child to relax, fall asleep and sleep through the night. A typical bedtime routine might be: have a light snack; take a bath; put on pajamas; brush teeth; read a story; make sure room is quiet and temperature is comfortable; put your child to bed; say good night and leave.

It is important that you try and make bed time the same time every night (predictable). Make bed time a positive and relaxing experience. Studies show that doing a relaxing, low stimulating activity before bed will help. Studies also show that TV viewing and video games prior to bed can lead to overstimulation and result in difficulty falling and staying asleep – especially for children. Finally, try and keep the environment the same all night long (light, temperature, noise, etc).

Other helpful tips include:

1. Encourage children to fall asleep on their own – A child who learns to fall asleep on their own (without a parent there) will be able to return to sleep during normal night time awakenings and sleep throughout the night.
2. Discourage night time awakenings – When you go to your child's room every time they wake, you are inadvertently strengthening their inability to learn to sleep through the night.

At Dufferin Elementary, our aim is to develop students' knowledge, skills and attitudes so that they can reach their full potential and become contributing members of society.

AFTER SCHOOL STUDENT PICK UP

Thank you to parents for helping us teach good pick up routines for students by waiting for them outside!

Not coming into the school at the end of the day helps relieve congestion and disruption in the hallways as well as encourages students to learn how to be organized and independent.

Things you can do to help:

1. Try not to arrive at the school to pick up your child too early (or drop them off too early). The dismissal bell is at 2:30pm.
2. **Encourage independence! Meet your child outside.** This will teach 'independence' and 'organizational' skills and also help with our congestion. If they come outside not organized, we can then come back in and sort it out. A teachable moment.

Thanks for your help with this!

SCHOOL OFFICE HOURS



Please note that the school office hours are from **8:00am to 3:30pm**. If you are attempting to reach the school by telephone, please note that generally no one is available to answer the telephone outside of these hours.

SAFE ARRIVAL PROGRAM

Our school operates a "Safe Arrival Program." In order for this program to operate smoothly it is imperative that parents let us know if their child is going to be absent prior to the morning bell.

Please contact the school prior to the start of classes if your child will be absent OR late. **THIS IS EXTREMELY IMPORTANT AS WE WILL BE USING A NEW ATTENDANCE SYSTEM THIS YEAR.**

The school phone number is: 250-374-4425 or email Ms. Norton at anorton@sd73.bc.ca

Please include a reason for the late or absence.

DAILY BELL SCHEDULE

A copy of the bell schedule can be found on the school website (<http://dufferin.sd73.bc.ca>) under General Information and Schedules.

PARENT ADVISORY COUNCIL (PAC)



Our next PAC meeting will be on: **Monday, May 2 @ 9:00am** (at the school)

All parents are encouraged to attend and become actively involved at the school.

Some Upcoming PAC Events to Note:

1. Mother's Day Rose Orders due – April 27
2. Tupperware Orders Due – April 22
3. Next PAC Meeting (May 2) will include executive elections for 2016-2017.

Epicure is an ongoing fundraiser for the PAC. Monthly orders need to be in by the 25th of each month. Orders can be made online and information is posted on the PAC bulletin board under the TV monitor in the school hallway.



A **BIG** thank you to all the parents who have participated in all our fundraisers so far. Without you the PAC would not be able to support the school

and our children the way we do! Having said that, we are always looking for more people to come out and get involved, especially parents with children in the primary grades.

SATISFACTION SURVEY

During the months of March to April, School District #73 Kamloops Thompson and Dufferin Elementary School is participating in the 2016 Ministry of Education Electronic Anonymous Satisfaction Survey Project in cooperation with all other school districts throughout the province.

More information is provided on the Dufferin School website.

HERITAGE FAIR

Congratulations to the participants in our school Heritage Fair and thank you to the volunteers that help make it so successful! We have several winners that will be moving on to our District Heritage Fair. Congratulations to: Nikki Christiaens, Kailey Moore, Kaelinn Wilkie, Gurman Kang, Amaryn Mahal, Paige Geoghegan, Kaleb Preymak, Ila Campbell, Paige Christianson, Paige Judiesch, Sophie Lovett, Jordan Smith, Hudson Shiels, Sam Zulyniak, and Anisse McAusland!



DUFFERIN MATH CHALLENGE

Well done by the following students. They had the highest scores on our Dufferin Math Challenge!

Jodh Nahal, Paige Hembly, Maia Matheson, Amaryn Mahal, Braden Friesen, Evan McCarthy

BATTLE OF THE BOOKS

Congratulations to our Battle teams in the zones this year for their strong finish! Most teams finished a very strong third.



SPRING BOOK FAIR

We are looking forward to our annual Spring Book Fair! The library will be hosting our annual

spring book fair Wednesday, Thursday and then just Friday morning (April 27-29). This is our last book fair of this school year. Any money raised goes toward the purchase of new resources for our school library.

SCHOOL CLEAN UP



As part of our preparation for Earth Day and Lights Out Canada on April 22, our students did an excellent job cleaning up our school grounds!

We would also like to encourage our community users (before and after school) to try and be 'litter conscious' and take their garbage home and keep our playground clean for our children.

RECYCLING

Unfortunately we are no longer able to do juice box recycling at the school. In order to make an effort to be 'garbage' free we would like to encourage parents and students to use recyclable food and liquid containers to reduce waste and garbage.



If students do bring juice boxes or other recyclable waste containers, they will be asked to bring them home to get recycled.

Thanks for your help in reducing waste!

BIG LITTLE SCIENCE CENTRE

StarLab is coming to the Big Little Science Centre on April 30. Explore the skies above, inside the Okanagan Science Centre's Inflatable Planetarium. Learn about the skies above, stars, and the legends and lore behind them, from your favourite guide through the galaxies, Kevin Aschenmeier. Contact BIG Little Science Centre to reserve seats for one of the five shows: 10:05, 11:05, 12:30, 1:30, 2:30.

If you are interested, you can find out more by going to the website: <http://blscs.org/>

DRESS CODE

With the warm weather we would also like to share a friendly reminder about our dress code. Please be



aware that the dress code is in compliance with high school expectations. A detailed copy of the dress code can be found on the Dufferin School website in the Code of Conduct folder. www.dufferin.sd73.bc.ca.

KINDERGARTEN ORIENTATION

Our Kindergarten Orientation this year is scheduled for Tuesday, May 31, 2016 at 9am in the library. Registered Kindergarten parents will receive an invite with information in the mail in early May.

KINDERGARTEN REGISTRATION

Kindergarten registration for 2016-2017 was open on February 22. If you have a child (or know of someone who has a child) going into Kindergarten in September 2016, there is still time to register!

Registering early helps our planning and makes sure we have enough space for your child by September. Late registrations can sometimes be disruptive for the whole school if we have to juggle classes because of unanticipated registration numbers in the late spring or September.

MATHLETICS

The school, supported by the PAC is continuing with our Mathletics online program. Teachers will be giving their students a Mathletic account, which includes a password and user name. Students can access Mathletics at home through the website: <http://www.mathletics.ca/>

If you would like to access this program and do not have a user name and password for your child, please contact your teacher for information.

STUDENT/SCHOOL SAFETY

Please be aware that parents and visitors should check in at the front office before they proceed into the school.

Also, if you need to be in the school, please make sure you use the front doors. Thank you in advance for observing this precaution for the safety of your children.

Thanks again for helping us keep our children safe!

TRAFFIC AND PARKING

We would like to remind parents to be EXTRA careful while driving through our school zones and in our parking areas.

Please keep the bus turn-about clear while the buses are running. Not only operating a running vehicle around a bus is extremely dangerous, but holding up a bus can disrupt their schedule. Most of our buses serve more than one school and community. If you are dropping your child off and are caught in the bus loop, please don't stop but proceed through or turn and drop off in the designated drop off and parking area.

FLAG FOOTBALL

Flag Football season has begun! A big thank you to the parents who stepped up as coaches! Also a thank you to Mrs. McGarry who is our teacher sponsor.



TRACK AND FIELD



We are starting to think of our upcoming Track and Field season. We will be looking for parent volunteers to help with the events on our Track and Field days. If you can help out on those days, please let us know:

May 11	Dufferin School Track Meet
May 13	1000m/1200m/1500m Zones
May 20	Zone Track Meet (TRU)
May 26	1000m/1200m/1500m Districts
May 27	District Track Meet (TRU)

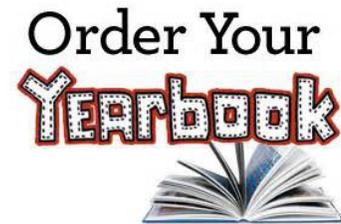
If you are interested in starting a Track and Field Club, please let us know.

YEARBOOKS!

Mrs. Harrison has generously donated her time

to support a dedicated grade 7 team to create a yearbook for the school. If you wish to have a yearbook, you must pre-order by April 29, 2016. No additional copies will be available when the final copy comes out.

Dufferin Yearbooks will be available to order online for only \$25 with any credit card. Students have the option to personalize the cover for an additional \$5.



To order a yearbook:

<https://ybpay.lifetouch.com/Order/SelectJob>

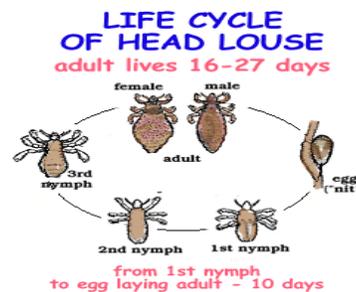
Yearbook ID: 12776116

Cost: Standard Yearbook \$25

Optional: Personalized Yearbook cover (\$5)
(Your name gets printed on the cover) **ensure you have the correct spelling you wish on the cover**

HEAD LICE

Head lice often take up to two weeks to hatch, therefore head lice outbreaks are often due to exposure that occurred during times when families and friends are more likely to get together. This includes extended holidays such as Spring Break!



It is recommended to parents that you **check your children at home at least once a week!** If you find any, please treat them immediately and report it to the school so that we can take steps to keep them under control. The school handles any reported cases confidentially.

More information about head lice and how to control them can be found on our school website. Thank you in advance for helping with this. Vigilance from the home is the best way to control the spread of head lice. Remember, it

isn't enough to just use the shampoo. Some lice are immune - so removal of all the nits (eggs) from the hair after treatment is necessary or they can hatch and re-infest. It only takes one live louse to lay hundreds of eggs.

2015/2016 SCHOOL CALENDAR



Please note that the school calendar is also posted on the Dufferin Website (www.dufferin.sd73.bc.ca). The website calendar will be updated on a regular basis and may change.

Apr 22	HS Band Performance Earth Day Tupperware Orders Due
Apr 27-29	Spring Book Fair
Apr 27	Mother's Day Rose Orders Due
Apr 28	Young Artist's Conference
Apr 29	Young Author's Conference Yearbook Order Due Children Choir Performance
May 2	Young People's Concert ROCKS Assembly PAC Meeting
May 4 & 5	Regional Heritage Fair
May 5	Choir Field Trip (Sr. Centre)
May 8	Mother's Day
May 11	Dufferin School Track Meet
May 12	Flag Football Jamboree
May 13	1500/1200/1000m Zones
May 16	NI Day* (No School for Students)
May 20	Track & Field Meet - Zones
May 23	Holiday (Victoria Day)
May 26	1500/1200/1000m Districts
May 27	Track & Field Meet – District
May 31	Kindergarten Orientation
Jun 9	Fun Fair
Jun 15-17	Eagle Bay Trip
Jun 19	Father's Day
Jun 21	Aboriginal Day
Jun 29	Last Day of School (½ Day) Term 3 Report Cards

***NI Day = Non-Instructional Day (Staff Professional Development and training)**

DUFFERIN ROCKS!

At Dufferin Elementary we follow our ROCKS matrix. ROCKS stands for:



Respectful
Organized
Caring
Kind
Safe

This month we are going to be working on **BEING ORGANIZED!** We will be reviewing how to be **ORGANIZED** for the month of April. The staff is on the look out for students who are displaying our **ROCKS** motto. Book tickets will be handed out and put on our display in the entrance for students who are caught doing this!

We will also be working on strategies to deal with peer conflicts (TILT):

T = Talk to the person
I = Ignore
L = Leave
T = Tell an adult

If you could review all of these expectations as well as the parent/student handbook with your children at home it would help us maintain a positive school culture at Dufferin. A copy of the ROCKS Matrix can also be found in the student agenda. A copy of the parent/student handbook can also be found online.

The School District has also revised the CODE OF CONDUCT. Copies of the new CODE OF CONDUCT are on the school website as well as posted around the school.

BEING ORGANIZED IS COOL!



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DUFFERIN ROCKS!