



Dufferin Elementary



Volume 17

May 17, 2016

Dear Parents:

As the end of the year draws closer, stresses at school can increase for children. Children can be asked to deal with problems such as teasing at school, busy after school times, disruptions in routines at home and in the classroom. The ability to thrive despite these challenges comes from the skills of resilience. This is the ability to adapt well to adversity.

In elementary school children begin to get into social cliques as they figure out the social order of their schools. They look to adults to help them sort it all out as they learn these social skills.

We need to realize that extra stresses often heighten normal daily stresses. Children may normally be able to handle some of these situations but when under extra stress they may respond with heightened emotions (anger, sadness, etc). We need to reassure them that we just expect them to do their best.

Some tips to help teach resilience:

1. Teach your child how to make connections.
2. Help your child by having them help others.
3. Maintain a daily routine.
4. Take a break. While it is important to stick to routines, endlessly worrying can be counter-productive.
5. Teach your child to 'self care' (eat, exercise, and rest properly).
6. Teach your child to set reasonable goals and then move towards them.
7. Nurture a positive self-view.
8. Keep things in perspective and

maintain a positive outlook.

9. Tough times are often when children learn the most about themselves. Look for opportunities to self-discover.
10. Accept that change is part of living.

(2016 American Psychological Association)

Resilient children will be better able to cope with the fast pace that tends to come with spring and at the end of the school year!

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, June 6 @ 9:00am** (at the school)

Unfortunately there were **NO NOMINATIONS** for our PAC next year and only a very small number of parents who showed up for the AGM and elections. We have had a couple of parents come forward but are still looking for a couple more.

Unless there is a change between now and June, the June meeting will be to review the budget and close it until a future PAC can be formed.

Some things that the PAC run, organized and sponsored are:

- a) Class field trips (bus funding)
- b) Classroom funds
- c) Additional technology (iPads, Chromebooks, etc)
- d) Movie nights, family dances, fun days, and other after school events
- e) Concessions and hot lunches
- f) Additional playground items
- g) Athletics
- h) Sports Jerseys, etc
- I) Grade 6/7 Eagle Bay
- j) Grade 7 School Leaving tags
- k) Many, many other school functions.

The PAC is also the official forum for input about school goals and plans.

If enough parents come forward, the PAC may be able to do a second call for nominations and a vote in June.

If you are interested in becoming a part of this vital organization and keeping the PAC going, please contact the PAC by email: dufferinelempac@gmail.com or Mr. Bowden at the school.



A **BIG** thank you to all the parents who have participated in all our fundraisers

and volunteering so far. Without you the PAC would not be able to support the

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

SUMMER ACTIVITIES



KAMLOOPS CANOE & KAYAK CLUB

The KCKC Summer Camps teacher paddling fundamentals to kids, plus many useful skills

they will use for the rest of their lives. The camps are for ages 7-14. There are 8 one week long camps to choose from starting July 4. Monday to Friday from 8:30am to 3pm. There are also several other camps available. If you are interested, pick up a pamphlet at the school or go to:

www.kamloopscanoeandkayakclub.ca

TRU WOLFPACK SPORTS CAMP

TRU Wolfpack will be running sports camps this summer starting July 4. For more information or to register go to:

www.tru.ca/sportcamp or call at 250-852-7135

PAC FUN FAIR - JUNE 9

The PAC is planning their annual fun fair on Thursday, June 9 from 5pm-8pm.



This is always a big fund raiser and great community activity. You can help support your children and PAC by:

1. **Volunteering** – if you can volunteer, please contact the school and/or PAC (dufferinelempac@gmail.com).
2. **Donate to Gift Baskets** – each class is collecting items for a gift basket that will be raffled off at the Fun Fair.
3. **Donate Prizes** – A box will be located at the entry way for *lightly* used toys that can be given as prizes

for events at the fun fair. Please drop donations off in the box.

GRADE 7 NEWS!

There are several activities happening in June for grade seven students that need to be noted:

May 30	Grade 7 Parent Meeting
June 1	Sa-Hali Orientation Day
June 15-17	Eagle Bay
June TBA	Grade 7 Luncheon
June 29	Grade 7 Leaving Ceremony

The Grade 7 Luncheon is planned and organized by the grade seven parents. They will be meeting on May 30 at 6:30pm at the school to begin planning and setting a date for the luncheon. The gym is reserved for this event. If you wish to help, please attend the meeting on May 30 or contact the school if you can't make the meeting but would like to help.

FLAG FOOTBALL

Another successful Flag Football season has come to a close. Our Dufferin Team did great this year and everyone had fun at the Jamboree.



A BIG shout out to our coaches Mr. Anderson and Mr. Mahal. Without them we would not have had a team this year! They also volunteered to coach teams at the Jamboree on Thursday! Also a huge thanks to Mrs. McGarry for her support in sponsoring the team!

SUMMER LEARNING PROGRAMS

Summer Math Program

For students who lack comfort when working in math or who would like some enrichment.

Grades 4 to 9
July 5 to 22

Monday to Friday
9:00am to 12:00pm

Registration opens in Mid-May. If you are interested go to the school district website:

<http://www3.sd73.bc.ca/kool/content/summer-school-2016>

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!

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!

MATHLETICS

Unfortunately this may be the last year for Mathletics. Without the support of an active PAC, we may have to drop the Mathletics program for the 2016-2017 school year.



The school, supported by the PAC is continuing with our Mathletics online program until the end of June. 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.

TRACK AND FIELD



Thank you to all the parents who came out to help at our school track meet!! We had lots of help and a great event! Also a thank you to the parents who came and helped drive and supervise during our zone 1000m and 1200m events.

Dufferin did very well and will probably have a number of students who qualified for the Districts.

Our next big track meet will be the zones at Hillside stadium (TCC). Participating students will be bused to this event. If you can help, please let the office know.

May 20	Zone Track Meet (TCC)
May 26	1000m/1200m Districts
May 27	District Track Meet (TCC)

A reminder to students about hot lunch. Our Zone and District events are both on a Friday. If your child is attending the events and has ordered a hot lunch, you may need to make arrangements for their lunch that day.

LIBRARY NEWS

Book exchanges typically continue into the beginning of June. Please stay tuned for the date of our final book exchange. All books will be due back to the library at that time.

A reminder that the public library is an excellent source for books over the summer!

TICKS!

With the warm weather, ticks are out! Children are outside almost every day of the week. It is important to check them (and pets) daily for ticks, especially before they come into the house. Ticks can easily drop off on carpets



or furniture. Some favorite places for ticks are under arms, between legs, hair, behind your knees, and even in your belly button!

Some other ways to avoid ticks are: wear light-colored clothing; wear long pants with sneakers (socks or bare feet don't work); and stay on trails or groomed areas.

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.

May 20	Track & Field Meet - Zones
May 23	Holiday (Victoria Day)
May 25	Choir Field Trip
May 26	1500/1200/1000m Districts
May 27	Track & Field Meet – District
May 31	Kindergarten Orientation
Jun 1	Gr 7 Sa-Hali Orientation
Jun 6	PAC Meeting
Jun 9	Fun Fair
Jun 15-17	Eagle Bay Trip
Jun 19	Father's Day
Jun 21	Aboriginal Day
Jun 27	Fun Day!
Jun 28	Recognition Assembly
Jun 29	Last Day of School (½ Day)
	Term 3 Report Cards
	Gr. 7 School Leaving Assembly

**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 SAFE OUTSIDE!** We will be reviewing how to be **SAFE** for the month of

May. The staff is on the look out for students who are displaying our **ROCKS** motto. Sports tickets will be handed out and put on our display in the entrance for students who are caught doing this! Check out the goal posts in the entrance way!

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 CODE OF CONDUCT are on the school website as well as posted around the school.

BEING SAFE IS COOL!



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DUFFERIN ROCKS!