



Dear Parents:

It is already the middle of February! Spring is approaching, the days are getting longer and we are working toward the end of our second semester. As we work toward the end of the semester it is important to make sure students are on top of their assignments. Sleep and good nutrition are also a good recipe for success.

For elementary school children (ages 6-12), the suggested average amount of sleep per night is about 10 hours. A good nutritious breakfast to start the day is also important! The brain consumes a significant amount of energy. The brain consumes about two times the amount of energy than any other cells in the body. Healthy food is also key, too much sugar or refined carbohydrates (processed food) can actually block the brain's ability to use energy – compromising the brain's power to concentrate and remember. Mental activity requires a lot of energy.

Students who are not getting enough sleep and/or do not eat healthy will often be agitated, easily distracted, lack focus and will struggle to learn.

Developing students' knowledge, skills, and attitudes to their potential, so they can contribute to a multi-cultural society, and information-based world.

## PAC NEWS

Our next PAC meeting is on **Monday, March 3<sup>rd</sup> at 6:30pm.** As a



parent at our school you are automatically a member of our Parent Advisory Council. Our PAC Executive welcomes your involvement at any time! If you miss a meeting, don't forget to check out the minutes posted on the website on the right hand side. New faces are always welcome! It gives parents a chance to have input on school events or other ideas you would like to see happen at our school.

If you are planning on attending the next PAC meeting and require free child care, please contact Kirsten Christianson at [dufferinelempac@gmail.com](mailto:dufferinelempac@gmail.com) or at 250-851-9397.

The PAC will be launching their **SPRING FUNDRAISER on February 24<sup>th</sup>**. Gift ware and locally grown hanging baskets, planter inserts and plants all in plenty of time for Easter and Mother's Day!

## HOT LUNCH

The hot lunch form can now be found on the school website under the PAC folder ([www.dufferin.sd73.bc.ca](http://www.dufferin.sd73.bc.ca)).

Thursday, Feb 20 - Senor Froggy's Mexican  
Friday, Feb 28 - Spa-ghet-ti Pasta

## FAMILY CHILI DINNER



Unfortunately, due to lack of interest, the PAC is forced to cancel the Family Chili Dinner. Families who have already paid will be refunded the cost of

their tickets.

## NON-INSTRUCTIONAL DAY!

On **February 21**, the school district will be



having a Non-Instructional Day. This means school will be **closed for students** as staff will be participating in professional development activities for the day.

## PINK SHIRT DAY

On February 26<sup>th</sup>, 2014 we encourage everyone to wear something pink to show that we have no tolerance for bullying. Pink Shirt Day comes from two Nova Scotia high school students, who decided to take a stand against bullying in their own school. Now Dufferin, as well as many other schools across Canada also wear pink to raise awareness against bullying.

### KINDERGARTEN REGISTRATION

Dufferin Elementary will be accepting Kindergarten registration for September 2014 from March 4<sup>th</sup> - 6<sup>th</sup>. Birth certificate, Care Card and proof of residence (Dufferin Catchment Area) will be required. More information will be posted on the Dufferin website.

### WE TEAM

Thank you Dufferin families for your generous support of the WE Team's Valentine chocolate lollipop fundraiser. The money raised goes toward "Clean Water in Kenya," the WE Team's Global Initiative Project.

The WE Team will be holding a "Pink" raffle in the next few weeks. Funds raised will go toward "Build a School," Free the Children general initiative this year. \$20 = one brick toward building a school in a developing country. 500 bricks = 1 school.

Thank you for your ongoing support Dufferin!  
From Ms. Dalsin and the WE Team!

### HEAD LICE

With the colder weather, students are 'bundling' up, wearing hats, keeping inside and in close contact with friends and family. This makes it easier for our pesky friends the head lice to spread.

It is recommended to parents that you **check our 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.

### UPCOMING EVENTS

Please note that the school calendar is also posted on the Dufferin Website (<http://dufferin.sd73.bc.ca>). The website calendar is updated on a regular basis.



Feb 20	Hot Lunch (Mexican)
Feb 21	NI Day (no school for students)
Feb 24	Basketball Playoffs Begin
Feb 24-28	Anti-Bullying Week
Feb 26	National Pink Shirt Day
Feb 28	Hot Lunch (Pasta)
Mar 3	School Planning Council
Mar 3	Parent Advisory Council (PAC)
Mar 4-6	Kindergarten Registration
Mar 6	Science Fair
Mar 14	Report Cards Home
Mar 15-23	Spring Break

### PARKING!

**Please respect our bus round-about.** We have noticed that there has been an increasing amount of traffic and parking in our bus drop off area.



**For safety and access, there should be NO STOPPING or use of our round-about area while buses are active for any reason.** This is between 7:40am and 8:15am and between 2:15pm and 3:40pm. Please use the designated public parking areas for pick up and drop off.

We thank you a head of time for modeling respect for our school and helping to keep our students safe.

## DUFFERIN ROCKS!

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

**R** *espectful*

**O** *n time and prepared*

**C** *areful*

**K** *ind*

**S** *elf-disciplined*

This month we are working on **Hands and feet to ourselves**. This includes horse play (pretend fighting) and wrestling.

If you could review these expectations with your children at home it would help us maintain a positive school culture at Dufferin.

