

Pinewood Elementary School Newsletter

Encouraging Open Communication between School and Home

April 2016

Karen Giles, Principal



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Upcoming Events

- ◆ April 1 - Cougar's List Assembly (9:15)
- ◆ Running Club starts April 5 (Weather Permitting)
- ◆ April 8 - Beach Day
- ◆ April 11 & 29 - Pro-D (Staff Only)
- ◆ April 18 - Jump Rope Event
- ◆ April 27 - Ready Set Learn (9:30-10:30)
- ◆ Poetry Assembly- April 27 at 1:05 pm
- ◆ April 28 - Movie Night - 7:00 pm in gym

Welcome Back!

We trust that everyone had a wonderful spring break. We are looking forward to a very successful final term of the 2015/2016 School Year. Remember we are still accepting registrations for the 2016/2017 Kindergarten class. Please see Mrs. Nixon for information.

April is Poetry Month. We will be celebrating many different types of Poetry such as Acrostic and Rhyming. We will wrap up the month of April with a Poetry Assembly on April 27 at 1:05.

Pinewood Cougar's List



Students in Grades 4, 5 and 6 are recognized three times per year on the Pinewood Cougar's List. Congratulations to the following students for being on the Term 2 Cougar's List:

James Adams	Michayla Simcak	Santana Biggy
Joelle Carlisle	Robert Skinner	Kieran Cox
Sage Featherling-Craig	Josiah Johnson	Lacie Daniels
Samantha Latendresse	Kya Chisholm	Dylan Garrett
Donald Lippert	Marissa Lewis	Dom Latendresse
Tyson Blackmore	Mikhaila Fountain	Katy Orr
Jaxon Chisholm		Jordan Shukin
Karyssa Quinton		Skylyne Sterk
Dylan Muhlig		Tanner Watson
Taylyn Skinner		Payton Muhlig
Jaimee Vancura		Kate Westcott

Dear Parents

Spring is here! We have a fun month ahead with various indoor and outdoor activities planned.

The Term 2 Cougar's List assembly is on Friday, April 1 at 9:15 in the gym.

We hope to start Running Club on Tuesday, April 5 (weather permitting). This daily club happens during recess and lunch on the Pinewood field.

Our students are being treated to a Magic Show at Key City

Theatre on Tuesday, April 5. Thank you to our PAC for supporting this event.

Get ready to come to school in your summer gear on Beach Day on Friday, April 8. Wear your shades, beach hat and shorts for House Team points. (Dress code applies.)

Ready Set Learn is on April 27. On this special day Pinewood invites all three-year olds to school from 9:30-10:30 am.

Movie Night is April 28 at 7:00 pm in the gym.



Pinewood "ROCKS"

Student Expectations

Students at Pinewood are expected to be **RESPECTFUL**

- Listen
- Be polite
- Respect others' right to learn

Respectful, Organized, Cooperative, Kind, Safe

You are responsible for your own happiness.

DREAMS Don't Work Unless YOU Do.



RCMP - Media Website

The RCMP have a new media website and are currently wanting elementary school age kids to submit questions to the RCMP. Questions need to be in by April 15. The questions will be answered on the website after April 15. The website is: <http://bc.rcmp-grc.gc.ca/ViewPage.action?languageId=1&siteNodeId=2087&contentId=45654>



Pinewood Virtues Program

The purpose of the Virtues Project is to develop a culture where respect, patience, self-discipline, tolerance and joy for learning are among the virtues our students master. The character education of our students has become a priority. We wish to focus on making our school a caring

community where all students are encouraged to live by the virtues. Our virtue this month is Responsibility. Our Responsibility assembly is April 13.



The April Virtue is Responsibility

At my best

A Promise Keeper



The ability to respond ably

Pinewood PAC News

Thank you to Mrs. Romanick for organizing our Campbell's Soup Labels.

She would like to remind everyone that when collecting these:

- We need the entire label including the UPC Code.
- If a label rips, please tape or staple it.
- Labels from the USA are not eligible

The Next PAC Meeting

Date: Wednesday, April 20
Time: 6:30 pm
Location: Pinewood Library



Aboriginal Education Update

Mrs. R. James, Aboriginal Support Worker

The Grade 4/5 Class welcomed Kokum Marie at the beginning of March. The class learned how to make Bannock.

Our entire school enjoyed the performance of the Metis Fiddlers and our own Pinewood Metis Jiggers on Wednesday, March 9.

Upcoming in April, Mrs. James will be working with the Kindergarten class on

social skills through Learning Journeys.

Thank you, Mrs. James, for continuing to book these cultural experiences for our students.

Kak'kmi' (Kakmee) When the earth breaks open April



Have a Heart. Stay Active.

Your heart may be full of good intentions, but if you don't treat it kindly it won't be able to do its job properly.

The good news is you can show your heart love by having physical fun for 30 minutes a day. Dance, swim, cycle, skip, play soccer or shoot hoops—there

are endless ways for you to get active! Here are some hints to a healthier you...

- Reduce the time you spend in front of the TV and computer
- Set aside 30 minutes a day for physical activity
- Join Pinewood Exercises every morning! It is 15-25 minutes of fun cardio!

A healthy heart adds years to your life.



Did you know???

Each time your heart beats it pushes about 80 ml of blood. That may not seem like much but it is about 3 tablespoons. Your heart beats from 90 to 120 times a minute. Calculate how much blood your heart beats per minute.

Curriculum Corner

April 2016

Mrs. Giles

How to Teach Children to Accept Responsibility for Their Actions. Encourage your children to stop the blame game and start to accept responsibility.

The following tips will help your children to learn how to be accountable for their actions:

- **Connect the Dots.** Help your children to make the link between actions and consequences. The more experience your children get identifying causes and effects, the easier it will be for them to work through this inner dialogue before and after their own actions. For example, "Since I jumped in the puddle, my shoes are soggy."
- **Make Honesty Easy.** If you want your children to come to you with the truth (or admit to it when asked), try to keep your cool when expressing your dissatisfaction about their poor behaviour. Be calm and approachable. Let your children know that everyone makes mistakes and that what matters most is that they are truthful, learn from the situation and that they try to right their wrongs. It is also important to praise your children's honesty when they own up to their actions.
- **Stick to the Rules.** Children need to be accountable. They need to learn to accept the consequences of their words, actions and decisions. The only way children can do this is if you are consistent with rules and discipline.
- **Keep Track of Progress.** To help the lessons stick, turn it into a challenge. Tell your children that they will begin the week with 5 points and each time they make an excuse or try to place blame on others, they lose one point. Use a chart on the fridge or a dry erase board to keep track. If they can make it through the week without getting to zero, reward the improved behaviour with a trip to the park or an extra 30 minutes before bed one night. The chart will help to remind your children to be conscious of what they do and say.

Excerpt from Parents Magazine
By Tamekia Reece

PITCH-IN CANADA WEEK

Pinewood will be joining over half a million Canadians as we participate in Pitch-In Canada again this year. Pitch-In Week is April 17-23, 2016. Students of Pinewood will be cleaning up the school grounds and around our school during this week.



Head Lice

Head lice have made a comeback during the last few decades. They are a common problem in many communities. The presence of head lice does not reflect on cleanliness, parenting or income. Anyone can get them! Children get head lice "again" generally not from infestation at school but usually from improper or incomplete treatment previously. The single most important item is to treat the head. Enclosed in our newsletter is a sheet with some information.

Cool Milk Fact #1

Chocolate Milk & White Milk are a source of the same essential nutrients.



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Home of the
Cougars

Cool Milk Fact #2

Children who drink chocolate milk or other flavoured milks consume fewer soft drinks and fruit drinks than children who don't!

Insertions

- ◆ April Calendar
- ◆ Writing Samples
- ◆ Virtue Memo
- ◆ Head Lice info
- ◆ Hot Lunch

Pinewood Dress Code

With the warmer weather approaching, we want to remind all students and parents of the Pinewood Dress Code. To maintain a school atmosphere that focuses on teaching and learning, Pinewood has developed a dress code requiring students and staff to be covered from neck to knees. The following are guidelines of the dress code:

1. No exposed midriffs
2. All tops and dresses must have straps. These straps must be three fingers wide
3. No hats, bandannas, or other headgear indoors
4. No clothing with logos or pictures with vulgarity, profanity, alcohol, drugs, sex, violence or hatred
5. No low cut tops, halter tops, backless tops, see-through tops or tube tops
6. No exposed underwear
7. No muscle shirts
8. Length of skirts and dresses must meet the fingertip rule (With your hands at your side, the length of the dress must be at least to your fingertips)
9. No clothing which allows underwear to be exposed

Keeping your child safe online



It is a different world for children growing up today. The digital world is a wonderful educational tool, but it can also be a place where tough lessons are learned if children have unlimited, unsupervised access to things they may not fully understand. The following link:

<http://www.getcybersafe.gc.ca/cnt/prtct-yrslf/prtctn-fml/chld-sf-eng.aspx> can help you keep your children safe when they use social networking sites like Facebook and Twitter as well as mobile devices. More parent resources are also available at <http://www.getcybersafe.gc.ca/cnt/prtct-yrslf/prtctn-fml/rsrcs-prnts-eng.aspx>.

Alternate 2015/2016 Calendar



SCHOOL DISTRICT NO. 5 (Southeast Kootenay) 2015/2016 Calendar	
Non-instructional Days (Pro-D)	April 11,29 June 3
Alternate School Days	May 20
Statutory Holidays	May 23
Administrative Day	June 24

Important Dates for Pinewood

- | | |
|--------------|------------------------------------|
| April 1 | Cougar's List Assembly (9:15) |
| April 8 | Beach Day for House Team points |
| April 11, 29 | Pro-D (students not in session) |
| April 13 | Responsibility Assembly |
| April 18 | Jump Rope For Heart Event |
| April 21 | Hot Lunch |
| April 27 | Ready Set Learn (9:30-10:30) |
| April 27 | Poetry Assembly |
| April 28 | Movie Night (Grade 5/6 Fundraiser) |



I am responsible. I give my best to all that I do and keep my agreements. I learn from my mistakes. I am willing to make amends.