

Pinewood Elementary School Newsletter

Encouraging Open Communication between School and Home

April 2017

Karen Giles, Principal



Contents

News!	1
Cougar's List	1
Dear Parents	1
Pitch In Canada	2
PES Virtues Program	2
PAC News	2
Aboriginal Education	2
Have a Heart	3
Curriculum Corner	3
Dress Code	4
Keep Safe Online	4
Alternate Calendar	4
Other Important Dates	4

Upcoming Events

- ◆ Running Club starts April 18 (Weather Permitting)
- ◆ April 8 - Beach Day
- ◆ April 10 - Pro-D (Staff Only)
- ◆ April 14 - Good Friday
- ◆ April 17 - Easter Monday
- ◆ April 21 - Jump Rope for Heart
- ◆ April 26 - Poetry Assembly (1:15)
- ◆ April 27 - Ready Set Learn

News! News! News!

Our Principal, Mrs. Giles, will be officially retiring at the end of this school year. We are pleased to announce that Mrs. Judi Poole has been appointed to Principal for the 2017/2018 School Year. We wish Mrs. Giles a wonderful retirement and we look forward to working with Mrs. Poole next year.

Remember we are still accepting registrations for the 2017/2018 Kindergarten class. Please see Mrs. Nixon for information.

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:

Sadie Biggy
Quinn Featherling-Craig
Jessica Romanick
Jack Westcott
James Adams
Joelle Carlisle
Sage Featherling- Craig
Donald Lippert
Sarah Matthews
Karyssa Quinton

Taylyn Skinner
Jaimee Vancura
Kya Chisholm
Mikhaila Fountain
Liam Kachman
Marissa Lewis
Keira Quinton
Michayla Simcak
Robert Skinner



Dear Parents

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

We hope to start Running Club on Tuesday, April 18 (weather permitting). This daily club happens during recess and lunch on the Pinewood field.

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.)

A Book Fair is planned for the gymnasium on April 19. More details will follow about this event.

Jump Rope for Heart is on April 21. We are excited to promote this event in our school again this spring.

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.

Read to your child for 15 minutes each day!



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



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 23-27. Students of Pinewood will be cleaning up the school grounds and around our school during this week.



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 Honesty assembly is April 7.



The April Virtue is Honesty

- Honest!
- Nothing but the truth
- What you see is what you get



Pinewood PAC News

Thank you to Mrs. Romanick for organizing our Campbell's Soup Labels over the past five years. Just a reminder that we are **NO LONGER** collecting Campbell's Soup Labels.

Thank you to all of the family and friends of Pinewood that supported our Mother's Day Flower Basket Orders.

The Next PAC Meeting

Date: Wednesday, April 19
Time: 6:30 pm
Location: Pinewood Library



Aboriginal Education Update

Mrs. R. James, Aboriginal Support Worker

Our entire school enjoyed the performance of the Metis Fiddlers and our own Pinewood Metis Jiggers on Wednesday, March 8.

The Pinewood Metis Jiggers practiced from the end of February until March 8 on Mondays, Wednesdays and Fridays during the lunch hours. Thank you to Ms. Amy Cross for spending time at our school to teach our group of jiggers.

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.



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 2017

Mrs. Giles

Helping your child become a skilled, confident reader *(continued from March 2017)*

- **Set an Example.** Let your child see you reading novels, the newspaper or other texts. When children see their parents doing something, they interpret it to be a valuable activity.
- **Pick Favourite Books.** Read to you child the books that were your favourites when you were a child and talk about why you loved them.
- **Visualize.** Ask your child to picture the story as you read it.
- **Write.** Encourage your child to write about the stories that you have read together. Writing is an excellent support to reading.
- **Play Games.** Play letter and word games like Scrabble.
- **Build Confidence.** Encourage your child to “read” to you even if your child is not yet old enough to actually read the words on the page and is just following the pictures. This important activity, generally believed to be a step to early reading, will help your child to build confidence and an understanding about stories.
- **Visit the Library.** Create a home library or visit the public library regularly. Provide a variety of reading materials: books, comics, newspaper, recipe books, computer software and an encyclopedia.
- **Point Out Words.** Point out words on street signs, cereal boxes and other packaging.
- **Word Solving Strategies.** Practise word solving strategies: look at the first letter of a word, reread, sound out words or skip a difficult word and read to the end of the sentence for clues as to what the word might be.
- **Value School and Learning.** Show your child how much you value school and learning. Visit your child's class and talk to the teacher about reading progress.
- **Take Books With You.** Take books with you wherever you go; to the restaurant, to visit relatives, in the car, on the bus, to the doctor's office.



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.



Pinewood Elementary School
40 Pinewood Avenue
Cranbrook, BC
V1C 5X8

Phone:
(250) 426-6201

Fax:
(250) 426-6415

jane.nixon@sd5.bc.ca

Website:
www.pes.sd5.bc.ca

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
- ◆ Book Fair flyer

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/rsrscs-prnts-eng.aspx>.

Alternate 2016/2017 Calendar



SCHOOL DISTRICT NO. 5 (Southeast Kootenay) 2016/2017 Calendar	
Non-instructional Days (Pro-D)	April 10, May 5, June 9
Alternate School Days	April 28, May 19, June 2
Statutory Holidays	April 14, 17, May 22
Administrative Day	June 30

Important Dates for Pinewood

- | | |
|--------------|---------------------------------|
| April 7 | Beach Day for House Team points |
| April 7 | Honesty Assembly |
| April 10 | Pro-D (students not in session) |
| April 14, 17 | Good Friday, Easter Monday |
| April 19 | "Book-a-neeer" Book Fair |
| April 21 | Jump Rope for Heart |
| April 26 | Poetry Assembly (1:15) |
| April 27 | Ready Set Learn (9:30-10:30) |



I am honest. I can be trusted to keep my word. I admit my mistakes. I tell the truth, kindly and tactfully. I have no need to impress others. I accept myself as I am.