



HIGHLANDS HIGHLIGHTS

FEBRUARY 2015



Principal's Message

IMPORTANT DATES

- Feb 13 Pink, Red & White Day
- Feb 16 PAC Meeting 7:00 pm
Highlands Library
- Feb 20 "Pink the Rink"
Kootenay Ice vs Edmonton
Milk & Cookie Day
- Feb 25 Wear a Pink Shirt Day
- Feb 27 Pro D
School not in session
- Mar 13 Alternate Friday
School not in session
March 9 to 12
Report Cards go home
- MARCH 16 TO 27 SPRING
BREAK
- March 30 Classes Resume
- April 3 to 6 Easter Weekend
- April 13 Pro D
School not in session
- April TBA Talent Show

It is interesting looking back on last year. At this time last year we were having a cold snap and like this year the snow hill sledding was put on hold in hopes for more snow. Unlike last year, our snow this year is almost all gone and it feels like spring. Someone said they saw daffodils but I am thinking they must be kidding. I know a lot of our students are disappointed and hoping to have the snow back soon.

Like last year we had a lot of cold and flu bugs going around and we are experiencing these phenomena again this year with a lot of children and adults in our building getting sick. With the cold and flu bug making the rounds once again at the school we are asking you if you could please remind your children to wash their hands frequently as this will help reduce the spread of the flu and cold bugs. As well if your child is sick please keep them at home until they are well. This also helps to stop the spread of the bugs.

Basketball season is now at the halfway point and both the boys and girls team having played 3 games each. We have both grade 5 and grade 6 girls on the girl's team and grade 5 and grade 6 boys on the boy's team. We are excited to have former Highlands School students coaching both of the teams. A big thank you goes out to the coaches and the teacher reps for helping out.

Our Foundation Skills Assessment (FSA) testing for the grade 4 students has begun. The FSA is a provincial exam given to grade 4 students. Students do a written component and computer component and the exam taken in ½ to 1 hour chunks takes a total of about 4.5 hours. The students are tested on reading comprehension, writing, and numeracy. The student results give the provincial government a baseline on how grade 4 students are performing and an idea on what areas of the curriculum the province and schools need to focus on. This year more than half of our grade 4 parents have opted to have their children not write the exam.

This month we will be focusing on anti-bullying. Coming up will be our anti-bullying assembly in the gym and the date is yet to be decided. This will be run by our leadership team. We also have Pink Shirt day on Feb. 25 and Anti-bullying night (Pink the Rink) at the Kootenay Ice hockey game on Feb. 20th. We are hoping to have a good turnout for this event. Tickets will be \$10 each and information will be coming out shortly.

Mr. Rogers



Kindergarten Registration

Kindergarten registration is open to any child who will be turning 5 before December 31, 2015. When you register, bring with you the child's birth certificate, care card and proof of residency (ie utility bill).

If you have a child who will be attending kindergarten in September 2015, please call the health unit at 250-420-2207 for information on your child's immunization and to book an appointment. Your child can receive their kindergarten booster any time after their 4th birthday, ideally before school entry.

Pink Shirt Day

Wednesday, February 25th everyone will be encouraged to wear a pink shirt in recognition of anti bullying day. So if you want to participate see if you can find a pink shirt to wear.



Self-Regulation – Teach Positive Self-talk (Barry MacDonald – “Mentoringboys.com”)

As having mastery of a more varied vocabulary can help improve self-regulation, parents should discuss positive self-talk. When emotions and thoughts are spiralling down, boys can make the decision to shift their internal self-talk.

It can be helpful for many to use reflective language and even visual images to manage emotions. Teach your son that when frustration pushes him around, he needs to get tough with frustration. Encourage him to use internal dialogue to give frustration the boot. Depending on what kind of images might appeal to your son, you could teach him to say something in his mind such as “Back off, trouble. I’m in charge here!” A boy who needs to build his confidence could practice an affirmation: “This is rough but I know I’ll figure it out.” While boys of differing ages need different phrases, here are a few examples of positive self-talk that you can adjust to suit your son’s needs:

- When anger (or another emotion) visits me, I become curious about the anger.
- I know that problems are trying to teach me something and that they will become my friend.
- What is this worry trying to teach me?
- I know that finding a solution to this frustration will come to me soon. I just know this frustration will get better.
- When yucky feelings visit me, my mind is alert to solutions.

I often teach boys how to neutralize strong emotions that provide a way to reframe their current emotional state:

- Even though right now I am _____(frustrated/hurt/anger/or another emotion). I know that things will get better. I don’t exactly know how but I do know that I will figure it out. Right now I want to feel better and I am reaching for a more positive feeling, like _____ (hopeful, happy/eager/or another emotion) to help me get there.

PAC News – Lies Salvador PAC Co - Chair

Thank you to everyone who supports the school and PAC in their own way. Some of the many things we have been able to accomplish this year already are; A new area rug and whiteboard in Mrs. Johns class, field trip money, Family Dinner, Hot Lunch Program, music recorder for playing back music in Mr. Dureski's music classes, a welcome sign over the main doors, and an educational light cube that will be used by all classes. There are some more exciting events and activities coming up, so keep watching for info coming your way. We are in need of a few positions to be filled so that we can continue this support throughout the school. Please take a minute to see if you are able to assist in any way.

ONE TO ONE READING PROGRAM- although this is not a PAC- run program, we are asking if there are any parents/grandparents who are available to read with children at the school, one time per week for an hour or two. Please contact Adrienne Campbell at (250) 426-4481 or pafcampbell@shaw.ca if you are able to volunteer your time and need more information.

HIGHLANDS PLAYGROUND COMMITTEE- We are seeking a couple of parents to join a group that will formulate a plan for the use of PAC-raised funds to purchase some new playground equipment. We also will have the benefit of a School District 5 liaison to help the group. This is not a time-consuming committee; we just need some folks with open-minds and solid ideas. Please contact Liz Chaney at the school or jonandliz@shaw.ca.

SPC (School Planning Council) – This group consists of 3 parents and Steve Rogers (Principal) and they work together to form a school growth plan, and also focus on safety plans. We currently have 2 parents and require one more. If you are interested in learning more and/or putting their name forward for recommendation, please contact Steve Rogers at the school.

PAC TREASURER- We will need to fill the position of PAC Treasurer effective, Sept 2015. This individual should have some bookkeeping experience and will have to commit to the term of one school year minimum. This is a voted in position through PAC, so please contact Lies Salvador to put your name forward at hes.pac@sd5.bc.ca or 250-421-8148. Training for this position will take place in the late spring with the current treasurer, Nicole Bouliane. Nicole has given us 6 years of her time for this position, for which we are very grateful.

The new hot lunch menus will be coming home to you on Feb. 10 so keep an eye out for those. We encourage all parents to visit the school website PAC page to find the minutes from meetings and all other sorts of information about PAC.

**PAC MEETING February 16 at 7pm in the school library.....
See you there!**