

I. Allergies

We have two different kinds of life-threatening allergies we need to be aware of this year at Shortreed:

- 1. Peanut/Nut allergy:** We are a 'nut aware school' and require your support to not send nut products to school. If you need to do so, please ensure you practice with your child at home not touching items before washing hands after consuming products with nuts. If your child does come with nut products, we ask these students to come eat in a designated area where there is adult supervision to ensure hand washing occurs.
- 2. Latex allergy:** New to our school this year is we have a student with a life-threatening latex allergy. This means in particular that there can be no balloons at school because if balloons pop, the latex becomes airborne which is the most dangerous situation for the child.

If your child has a life-threatening allergy (i.e. they need Benedryl and an Epi-Pen at school) we request that you remember to ensure that these items are up to date and you have completed the necessary paperwork at the office. New: If your child has such an allergy, we will be asking them to wear their Epi-pen (in a pouch) on them at all times. ****Please contact Mr. Ribeyre to set up a consultation regarding your child's allergy!**

Shortreed Behaviour Expectations:

You can help us at home! Review with your child(ren) what to do when they are angry, sad, frustrated, etc. Being physical to solve problems is not an option. "At Shortreed we keep hands, feet and objects to ourselves at all times." Please encourage your child(ren) to take problems to the nearest adult instead of leaving them unresolved at school and waiting until they get home to tell you. Problems are best dealt with at the time they occur. We also spend a lot of time working with our students to help them distinguish between things that happen 'on purpose' and those that happen 'accidentally'. If you could review the difference at home, that would help us out at school. Lastly, we try and get our students to know the difference between tattle-taling (purposely getting someone in trouble even though you could resolve it with words yourself or it has already been dealt with by an adult) and telling (to prevent harm to self or

others, something an adult definitely needs to know about). Spending time reviewing at home these items will help us out here at school. Thank you in advance for your support!

18. School Colour Fridays

In an effort to create an even stronger sense of community for our Shortreed students, we would like to suggest that every Friday students try and wear our school colours (blue and yellow and white). Thank you to all the families who supported our School Spirit Wear clothing drive. It will be nice to see more of our students and families wearing school gear to show our school spirit on Fridays!!

19. Student Pick-up and Drop-off

Let's start off the year on the right foot! Students are not to be dropped off at school before there is morning supervision (8:20), and should leave the school grounds at the end of supervision at 2:45. Students are not supervised before or after these times and it is a huge safety concern if you are not abiding by these times.

As well, please ensure your child(ren) are beginning the year arriving at school on time. School begins at 8:35 with our welcoming bell and classes begin at 8:40. Being on time and attending school regularly is essential for children to be successful in school.

20. Parents entering the school

Just a reminder that parents dropping off lunches, jackets, etc. must sign in at the office and wear a 'visitor' badge. This is necessary for safety reasons. We are responsible for all adults and children in the building and need to know who is present in case of an earthquake or fire drill. Please be respectful of this (even if Mrs. Frost knows who you are) and sign in each and every time.

21. Attendance

If your child is going to be away from school, please call and leave a message at the front office as soon as possible. In addition, please do not send your child to school if they have thrown-up or are threatening to throw-up (i.e. they have a flu). There needs to be a 24-hour window where there has been no fever or vomit before returning to school. Please be mindful of all the

other staff and students who would prefer not to get the flu from your child. A reminder that we cannot give medication to students without proper forms being filled in by parents at the office.

22. Late?

If you are running late and your child is arriving after the 2nd bell (8:41), please ensure your child enters the school from the main doors. They will need to check in with Mrs. Frost and get a late slip. Being late should be something that should be avoided as it greatly impacts a student's connection to classmates and interferes with their learning.

25. Traffic and Parking

Parents are reminded that the school parking lot is closed to parents during the school day and especially between 8:15 - 8:45 and between 2:15 - 2:45. If you see us letting certain vehicles in during these times it means: they have a disabled person sticker; a daycare identification badge; are a bus; or are a staff member or someone belonging to Family Place. If you sneak into the lot early, then please stay parked until after 8:45 or after 2:45 for the safety of all our children. Please be reminded that there is a lot of parking available in the church parking lot and along the street BUT do not park on yellow lines - yellow lines can be used for a quick (less than 30 seconds) drop off and pick up only (i.e. parent must stay in the car). We respectfully request that the adults model safe and responsible practices with children and use cross walks and refrain from making u-turns.

26. Appropriate clothing and footwear

School is a busy and messy place to learn. Please encourage your children to dress appropriately for school and in clothing that may get dirty. Remind your child(ren) to not share hats and coats with friends. Every year, numerous students get injured due to attempts to run in flip-flops. Please send your child to school in shoes that are safe to run in at all times. As a school, we are having special school runs on a regular basis, so proper footwear is even more essential this year than in previous years. Unless it is pouring rain or a snow blizzard, we send students outside for play times. Ensure they are dressed for the weather. Please see the new District Dress Code attached to this newsletter.

27. Healthy snacks and lunches

We all love treats but we respectfully request that treats are the smallest part of your child's lunch. Lunches should have a source of protein & carbohydrate. Milk products are awesome as well. Of course there should be fruits and veggies included. We strongly recommend that juice boxes not be sent as we see so many thrown out on a daily basis. It's better for the environment if students use re-useable water bottles for their drinks at school (water and milk are the best options).

28. Homework

At this time of year we are often asked about homework. The only homework that is essential is --- **READING!!** Students should be reading on their own or with an adult every single night. It is the most important homework of all - the creation of good reading habits. Additional homework should occur if students need a small bit of additional practice or a particular student did not do their assigned work during class time and now must finish their work during their own time. Not including time spent reading (@1/2 an hour a night) all other homework should not exceed one hour a night for Grade 4 & 5 students.

31. Assemblies

At the end of each month we have a designated 'month end assembly' (please refer to each newsletter for the date of these assemblies). These assemblies range from 15 - 30 minutes and parents are always welcome to attend these. We would love to see you there!

Backpacks: If your child is in need of a backpack for the 2016-2017 school year let us know. We have many new backpacks from Costco donations and would love to put them to good use. Please keep this in mind as the year goes on if your child(ren) need a new backpack for any reason throughout the school year.

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Facebook and Parent Interactions: There seems to be an increase in the number of problems between parents that use Facebook regularly as a form of communication. Please ensure any difficulties you may have with other Shortreed parents does not flow into our school or affect the learning of our students. Shortreed should be a neutral zone for parents and students. Please remember at all times that information in the form of email or on sites such as Facebook can easily be misunderstood and taken the wrong way. If you have a problem or concern, please ensure you talk to the adult in question directly vs. taking the discussion onto the internet. Once things are said there, they stay there. In addition, as adults, we should always be trying our best to model appropriate forms of communication and problem solving. If you are including Shortreed in your online interactions, and they are negative, this has the ability to make our whole school look bad and provides a negative reputation for our school. Thank you in advance for your cooperation with this matter that has the potential to directly affect our school.

LICE: We do our best here at Shortreed (with the help of our trained PAC Lice Checkers) to regularly check if there are any classes where live lice are evident. But we also need your help at home. If a letter comes home to you letting you know that your child has lice, PLEASE take the time to deal with the problem effectively. And yes, it does take time. Please check out the best/most helpful resource: www.lice911.com. You don't need to buy expensive, toxic substances to get rid of lice. You need to buy a proper lice comb and a cheap but thick, white hair conditioner. Then you need to spend TIME daily combing the conditioner through the hair with the lice comb. The conditioner shows you the lice (because they are black), it makes the lice stick to it and thus makes it easier to comb them out. This is not a one evening treatment. If you don't consistently do the combing for a period of 2-3 weeks, you will find the lice returning regularly. Remember it only takes one live louse to repopulate your child's head with hundreds of eggs. If your child does have lice, don't forget to change the bedding and towels and wash all recent clothes. Lice will die quickly if not in contact with human hair, so even just taking the bedding into the garage or basement for 24 hours will kill any live ones. With your help at home, we can keep these pesky bugs to a minimum for all at school. Thank you!

Important Calendar Amendment: The Ministry of Education has reduced the minimum number of instructional hours in order to support curriculum changes in BC. Therefore, two non-instructional days must be added to the current 2015-2016 District calendar. The next date is Monday, April 18, 2016. The potential dates have been provided by the Board of Education to allow parents and guardians to begin to plan accordingly. For more detailed information please visit the District website: <https://www.sd35.bc.ca/news-events/district-board-news/view/calendar-amendment-letter-to-parents/>

Is it BULLYING or is it CONFLICT? It depends on how you look at conflict; conflict is usually based on needs/ power, resources or values. So if one person's needs are not being met by the other a conflict can ensue. Also, if there is not enough of a resource, conflict may ensue; for example child B may "need" to play with child A but child A wants to play with child D and so child B says something mean or hits child A.

Conflict is an interpersonal disharmony between two individuals where one individual is not having their needs/power, resources or values met. So one party in a conflict may not be aware there is an issue.

Bullying is an imbalance of power between people, where the individual with power will deliberately and willfully use that power to induce fear and harm to the other individual; consistently and over time.

Did you know that research on ***chronic absenteeism*** shows that missing 10 percent or more of a school year for any reason – excused or unexcused absences and suspensions – places students at risk of academic failure, involvement with juvenile justice, and dropping out. The goal should be students missing no more than one day of school a month.