



HAPPY VALLEY ELEMENTARY

3291 Happy Valley Road,

Victoria, B. C. V9C 2W3

Phone: 250-478-3232

Fax: 250-391-9624

Principal: Ms. DeCicco

Vice Principal: Mrs. Martina Craig



Newsletter

#1 - October 2013

October

- 7th- Meet the Teacher 6:00 to 7:00 pm
- 10th- Picture Day
- 13th- Thanksgiving Day
- 14th- PAC Meeting
- 17th- Hot Lunch (forms to office by Oct. 7th)

WELCOME BACK EVERYONE

It has been a busy but productive start to the new school year! The students have already been diligently fundraising as a community for Terry Fox and Cops for Cancer. We have had a school wide picnic and our first school assembly. Most importantly the students are already happily engaged in new learning experiences. They have moved into their new classrooms and we are already seeing new friendships being made on the playground. Looks like it is going to be another great year at Happy Valley Elementary.

We are excitedly waiting for our new classrooms to be completed. They were put on hold over the summer so we had to do some quick juggling and reorganizing of our school. We turned our library into a classroom and opened the portable back up for a classroom. We are at 17 divisions and should have our new classrooms ready by Christmas. It is going to be a wonderful way to start 2015!

I would like to acknowledge our PAC for being such an amazing support system for our school. We can always count on you to be there for us when we need a helping hand. Thank You.

Thank you as well to everyone for signing in when you are visiting our school. Please remember to use the front door when coming to sign in and visit or pick up your child early from school. It is so wonderful to see parents visiting and being part of our school community.

Please check your email regularly for school updates. This will be the only hard copy newsletter of the year. All other information and updates will come out by email. Newsletters will be monthly, but I send out updates quite frequently.

Enjoy the beautiful fall weather and have a wonderful Thanksgiving with your families!

Karen

MEET THE TEACHER NIGHT

We would like to invite you to our Meet the Teacher Night on October 7th, from 6:00 to 7:00 pm. During this special event you will be able to visit your child's class, tour the school, be part of a short welcoming assembly and then join us for a treat at the end. Please remember to add this date to your calendar. It is a perfect opportunity to share in your child's educational experience.

COPS FOR CANCER- WHAT A RIDE!

On October 1st, we were privileged to welcome the Cops for Cancers riders as they neared the end of their Tour de Rock journey. They rode up to our school to the cheers of our students and then made a short stop to acknowledge the fundraising efforts of our school and welcome Hannah Day to Kindergarten. It was such fun to watch the children's eyes as the riders rode into the gym led by police motorcycles. With great pride, we were able to hand over a cheque for \$850.00 which had been fundraised the day before at our hot dog picnic. Happy Valley is a very special community!

TERRY FOX RUN- RAIN OR SHINE, THEY JUST KEPT RUNNING

The students and staff were ready to run on September 26th at 1:15! The intermediate students hit the Galloping Goose just as the rain started to sprinkle down, then ran a little faster as it started to pour! The primary students ran around the back field enjoying their time together as they showed their support for Terry Fox. The students raised over \$500.00 in just three days. Well done!

Mrs. Craig and Mr. Johnson

VICE PRINCIPAL'S REPORT

Fundraising

It's wonderful to see everyone back and hard at work in their new classes.

We had a very busy two weeks to start with fundraising for the Terry Fox run which Happy Valley has participated in for more than twenty years. Thank you very much to the RCMP who supported our run with providing our students with safe crossing at all the roadways on the Galloping Goose. Thank you also to our wonderful PAC who provided juice for our runners.

Then we had our Tour de Rock hotdog lunch fundraiser where once again the PAC was instrumental in organizing this very successful event. Thank you also to Quality Foods in Langford for donating many of the supplies.

Thank you to the Happy Valley community for your support and generosity for these very important fundraising events for cancer research.

Student Leadership

We are off to a good start with our last year's student leadership team who have been volunteering their time in the office, classrooms at lunch, and setting up assemblies.

I am currently reviewing over one hundred applications for volunteering in the school for the first term which runs from October to the end of January. We have some very dedicated students who are willing to offer their time and enthusiasm to our school community.

Martina Craig
Vice Principal

STAFF FOR 2014-2015

Karen DeCicco	Principal
Martina Craig	Vice Principal
Lea Porter	Secretary
Shannon St. Jean	Grade 6
Steve Price	Grade 5/6
Josh Johnson	Grade 5/6
Rupert Gadd	Grade 4/5
Rob Cook	Grade 4/5
Sue Allen	Grade 3/4
Todd Robertson	Grade 4
Elisha Stracker	Grade 3
Michelle O'Regan	
Sherri Ewer	Grade 3
Liz Jackson	Grade 2
Pauline MacLean	Grade 2/3
Kristin Holland	Grade 1
Linda McCallum	Grade 1/2
Laura Parker	
Martina Craig	Grade 1
Sandy Grimwood	Grade K/1
Jane Beswick	Grade K
Kelly Hancock	Grade K
Liz Postle	Intermediate IS/LS
Joanne Gregory	Primary IS/LS
Kristine Kosolofski	Music Teacher

Educational Assistants

Laurel Pilon
Dolly Argyle
Shirley Brown
Margo Griffiths
Liz Carolei
Sarah Bonnell
Leah Gladders
Jeannie Kwan

Kim Bodman	Library Assistant
Rosalind Wilkinson	Aboriginal Education Support
Carolyn Zanichelli	ELL Teacher
Stephanie Van Citters	Occupational Therapist
Gail Guptill	Speech and Language
Marion Hutchinson	Physiotherapist
Sheyla Beattie	School Counsellor
Marlys Denny	ESD Teacher
Mark Andrews	Custodian
Linda Brown	Custodian

Noon Hour Supervisors

Ron Caley
Laurie-Ann Timlock
Jim Winteler
Kyle Essler
Cathryn Gordon Findlay

Crossing Guards

Pat Hill
Jeannie Kwan
Ron Caley

OPERA TIME AGAIN

Mrs. Kosolofski is once again offering the students an opportunity to watch the Opera! The first opera is "Das Rheingold" by Wagner on October 14th at 7:00 pm. Permission forms need to be back to Mrs. K by October 7th.



Welcome all parents!
The Greater Victoria Concert Band is looking for new members. There are four different adult ensembles, so there is one suited to your level of music knowledge.

Novice – for those who have **never** played an instrument before. This is a great opportunity if you have a child learning a new instrument. You will be able to discover the joy of learning a new instrument in an adult setting and match the lessons your child is learning at school.

Junior – for those who used to play in school, or who wish to take up a new instrument. This band plays music at the middle school level in a fun adult setting.

Intermediate - for those who have played more recently and may just be a bit rusty on their instrument. This group plays mid high school level music.

Senior – for those who are very proficient on their instrument. This ensemble plays upper high school and university level music. Admittance to this ensemble is based on instrument needs and ability.

No matter what your ability, please come check us out at Esquimalt High School on Wednesday nights and we'll make sure you end up in the right band. Please see the website for more information on times and conductors:

<http://www.gvcb.ca/>

At Happy Valley we believe in a safe,
respectful, and fun environment where
we listen and try our best.

Try our best Include
others **General**
responsibility **Effort**
Respect
Safety



**School Wide Social Contract created on June 4,
2013 by the students of Happy Valley!**



FOOD ALLERGIES AND SPECIAL DAYS

Special days like birthdays, Easter and end-of-the-year parties are times of celebration with friends, family and food. However, there are students in our school with life-threatening food allergies and these students are

especially at risk during these times. You can help to keep allergic students safe by:

- ◆ Celebrating with stickers, games or prizes instead of food.
- ◆ Not sending or bringing peanut and nut-containing products to the school or classroom.

Refer to your school's policies and procedures around life-threatening food allergies for more information.

For more information contact:

- ◆ Your local Health Unit
- ◆ HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or www.healthlinkbc.ca/healthyeating/
- ◆ HealthLink BC File #100 Severe Food Allergies in Children and Teenagers: www.healthlinkbc.ca/healthfiles/hfile100a.stm
- ◆ Anaphylaxis Canada www.anaphylaxis.ca/
- ◆ Your doctor
- ◆ Your pharmacist

Health Units:

Esquimalt	250-519-5311
Salt Spring Island	250-538-4880
Outer Gulf Islands	250-539-3099
Sooke	250-642-5464
Peninsula	250-544-2400
Victoria	250-388-2200
Saanich	250-519-5100
West Shore	250-519-3490

Who Should Get The Seasonal Influenza (Flu) Vaccine

The influenza vaccine protects against viruses that cause seasonal influenza, often called the flu. The vaccine does not protect against other viruses or bacteria that cause colds or stomach illness such as "stomach flu."

Influenza, often called seasonal flu, is an infection of the nose, throat and lungs caused by the influenza virus. A person with influenza is at risk of other infections, including viral or bacterial pneumonia (infections of the lungs). Influenza spreads easily from person to person through coughing, sneezing, or having close face-to-face contact. The virus can also be spread when a person touches an object contaminated with the influenza virus and then touches his or her mouth or nose.

In BC, the following groups are eligible for the free annual vaccination:

- ◆ Children and adults with chronic health conditions and their household contacts
- ◆ Healthy children from 6 months of age to less than 5 years of age
- ◆ Household contacts and caregivers of children from birth to less than 5 years of age
- ◆ Pregnant women at any stage of pregnancy during the influenza season
- ◆ People 65 or older and their caregivers
- ◆ Residents of nursing homes and other chronic care facilities
- ◆ Health care workers
- ◆ Emergency responders
- ◆ Owners and operators of poultry farms
- ◆ Aboriginal peoples
- ◆ People who are very obese (those with a body mass index of 40 or greater)

- ◆ Corrections officers and inmates in provincial correctional institutions
- ◆ Those who provide care or service in potential outbreak settings housing high risk persons (e.g. crew on ships)

Influenza vaccine is available through health units, physicians and pharmacists. The vaccine is free for anyone in the above groups.

For more information contact:

- ◆ [/www.healthlinkbc.ca/servicesresources/healthlinkbcfiles/index.html](http://www.healthlinkbc.ca/servicesresources/healthlinkbcfiles/index.html)
- ◆ Your doctor
- ◆ www.immunizebc.ca

Head Lice Awareness

Outbreaks of head lice are common throughout the school year. Although head lice are a nuisance, **head lice are not a health risk.**

Head lice spread quickly by close, head-to-head contact. Lice cannot live on furniture or carpet, and they cannot jump or fly. There may be few or no symptoms, but itching may occur.

You can help by:

- ◆ Checking your child's head with the wet-combing method of detection once a week throughout the school year.
- ◆ Encouraging your child to wear their hair tied back, and avoid touching heads with other students.
- ◆ Using the wet-combing method of treatment if you notice lice on your child's head.
- ◆ Telling the classroom teacher if your child has head lice, so other parents can be notified.

For more information:

- ◆ Review the pamphlet "Wet Combing – How to Get Rid of Head Lice" available at your school and health unit

HEALTHY SNACKS

Snacks are part of healthy eating for children. Offer 2-3 healthy snacks a day as well as 3 meals to provide the nutrients and energy children need to learn and grow. Allowing a child to snack all day long increases the risk for tooth decay.

Healthy snacks include foods from 2 of the 4 food groups from Canada's Food Guide:

- ◆ Cut up vegetables or fruit and cheese or dip
- ◆ Crackers and cheese or hard cooked egg or tuna
- ◆ Trail mix
- ◆ Yogurt and fruit smoothie
- ◆ Muffin and cheese or fruit
- ◆ Whole grain cereal and milk
- ◆ Sandwich

Tips for healthy snacking:

- ◆ Be a role model for healthy eating.
- ◆ Buy healthy snacks that are less processed. Choose foods that are lower in sugar, salt and fat. Children will eat what is available in the house.
- ◆ Limit high sugar snacks. These snacks produce a short burst of energy, but may leave children feeling tired and irritable, and less able to concentrate. Sugary snacks also increase the risk of tooth decay.

- ◆ Sticky foods like crackers, raisins and granola bars cling to the teeth and increase the risk of tooth decay. Rinse with water after these snacks.

For more information:

- ◆ Your local Island Health Public Health Unit: www.viha.ca/locations/health_units.htm
- ◆ Call HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or visit www.healthlinkbc.ca/healthyeating/
- ◆ Dietitians of Canada: www.dietitians.ca/
- ◆ Healthy Families BC: www.healthyfamiliesbc.ca/

Keeping Your Child Safe – Have a Happy Halloween

With Halloween fast approaching, we want to think of ways to keep our children safe while trick or treating. Up to about 9 years of age, children do not have the skills to be safe in traffic. Many children have difficulty judging speed and distance and concentrate for only short periods of time. This will be especially true with the added excitement of Halloween. In addition, there will be many strangers on the street on Halloween night. Here are some tips to help keep your child safe:

- ◆ Teach your child road safety rules and to look, listen and think about traffic
- ◆ Know where they are
- ◆ Know what they are doing
- ◆ Know who they are with
- ◆ Teach your child about personal safety and the danger of talking to strangers. Teach them never to go with or accept anything from someone they do not know.

When children understand how to be safe, parents can be more relaxed about their children being out for Halloween.

For more information contact:

- ◆ Your local Health Unit
Triple P Positive Parenting Program www.triplepvip.ca

TRICK OR TEETH!

When it comes to Halloween candy and tooth health, the "all or nothing" approach is best. Giving children their Halloween candy over days or weeks is not the best choice. The risk of tooth decay increases with the amount of sugar and the number of times teeth are exposed to it.

Tooth safe suggestions for enjoying Halloween treats are:

- ◆ Serve a healthy dinner (or snack) before trick-or-treating. You will know your child has eaten **something** nutritious on this exciting night.
- ◆ Limit the number of times teeth are exposed to sugar by encouraging children to eat treats at one sitting. Then, be sure to brush their teeth afterwards.
- ◆ Cut down on the number of sugary treats children receive by handing out "tooth-friendly" options like stickers, temporary tattoos, fancy pens and pencils, or toothbrushes!

And of course, remember to floss and brush with fluoride toothpaste before going to bed, or there could be some very scary results!

For more information contact:

- ◆ VIHA Child, Youth and Family Community Health Dental:

Victoria	250-519-5100
Esquimalt	250-519-5349
Duncan	250-709-3050
Nanaimo	250-739-5845
Port Alberni	250-731-1315
Courtenay	250-331-8520
Campbell River	250-850-2124
Port Hardy	250-902-6071

Update on PAC News

NEXT PAC MEETING OCTOBER 14TH!
Please come on out and join this important group. Further details about upcoming events and fundraising will be provided in the next week in an email.