



SASEENOS SCOOP - APRIL 2018

Phone: 250-642-5261 250-642-6017 Fax: 250-642-3867

Safe Arrival Line: 250-642-5658

www.saseenos.sd62.bc.ca

Principal: Mrs. R. McArthur Secretary: Kerry Hueston

Principal's message

Dear Saseenos Families,

Last week we wrapped up an activity filled 'Literacy Week'. We had guest speakers, 2 assemblies with aboriginal story tellers, school wide write activity, we wrote poems and book reviews. 'Poem in your Pocket Day' and 'Dress-up as your Favorite Book Character Day' were a big hit with students and staff. Please read a lovely poem composed by Naomi from Mrs. George's class. We also welcomed guest readers to our classes every day of the week. Additionally, many students took on the challenge of turning off electronics at home for 30 minutes! We would like to thank Sooke Lions for sponsoring the delicious pancake breakfast for the whole school.

We encourage students to continue to read daily at home. Please consult with your child's teacher if you would like specific strategies to help with reading or if you would like more information on your child's reading progress.

We look forward to seeing many of you during the '**Celebration of Learning' Open House on Thursday, April 19, 2018**. Please read on for more information on this.

Sincerely,

Mrs. McArthur

~~SEASONS AND THE MOONS - SKINEL - Bullheads~~

After a big wind, the bullhead catfish appear on the shores and swallows arrive. This is an indicator of good weather to come, although, warmer days can also bring sudden thunderstorms. Traditionally, more time is spent on the water. The elder ladies took baskets to gather bullheads to eat. Seaweed is also harvested. As halibut spawn at this time, the halibut fishery ends.

IMPORTANT DATES

APRIL

Wed. April 18 & 25 – Cross country at JDF

Thurs. April 19 – 3 hour early dismissal, Celebration of Learning – Open House

Fri. April 20 – Pro D Day, school is not in session

Tues. April 24 – whole school performance by 'Ache Brazil' at 1:30 p.m.



CELEBRATION OF LEARNING OPEN HOUSE – Thursday, April 19, 12:00 – 7:00 p.m.

We will be holding our student-led **Celebration of Learning Open House on Thursday, April 19** from **12:00 to 7:00 pm** in 3 time blocks. Families are invited to spend some time sharing their child's learning and classroom activities. Children in the same family can take the time needed to visit each classroom. It usually takes 20-30 minutes for each child.

We will also have an art display in the gym and our Music Room will be open as part of the 'Celebration of Learning' tour!

The times for joining us at the 'Celebration of Learning' Open House Event are:

- 12:00-1:00 (closed 1-2 for lunch)
- 2:00 - 4:00 (closed 4-5 for dinner)
- 5:00 - 7:00 p.m.



IMPORTANT - Please come at least 30 minutes in advance of the end times to be finished before the lunch, dinner breaks and the end of the evening – thanks!

ARE YOU MOVING?

At the moment school district staff are working on staffing schools for the 2018/2019 school year. The number of students in a school determines the staffing ratio of a school. It is therefore critical that you notify the school if your son/daughter will be attending a different school next year.

If you have plans for your grade 5 student to transition to a school other than Journey Middle School, please notify us of that as well.

Please call or email Kerry (khueston@sd62.bc.ca) or Mrs. McArthur (rumcarthur@sd62.bc.ca) if your child will not be returning to Saseenos for September 2018.

GRADE 5 TRANSITION TO JOURNEY MIDDLE SCHOOL (JMS)

We will soon be saying goodbye to our grade 5 students as they will move on to JMS next year. Here are some upcoming transition opportunities for parents & grade 5s:

- Parent evening at JMS Thursday: All current grade five students and their families are invited to visit Journey's Open House and Grade Five Parent Information Evening on **Thursday, April 19th**. The Open House is 4-7 p.m. and the Information presentation begins at 7 in the gym. Check out what students have been doing and have the opportunity to ask questions about coming to middle school.
- Students will be visiting JMS on May 1 & 10; more details will be sent home closer to the visit
- JMS staff will be visiting to meet with grade 5 students and staff

LOST & FOUND

With warmer weather arriving, students may accidentally leave their coats/jackets/sweaters out in the playground at their break times and before/after school. Please check the LOST & FOUND items at the front door of the school. It's overflowing with great stuff!!



STAFFING UPDATE

I would like to welcome Ms. Geneya Fredette to our school. Ms. Fredette has taken over my teaching responsibilities in Division 1 which has allowed me to be in my role as a principal full time.
I would like to welcome Ms. Cheryl King who will be working as an ECE in Mrs. Talman's Kindergarten class till the end of June 2018.



3-hour early dismissal – April 19/Pro – D Day April 20

Don't forget students will be dismissed at 11:45 a.m. next Thursday, April 19 for parent/teacher conferences and also that Friday, April 20 is a Pro-D Day.

Signs of Spring

The crickets are chirping

The bees are buzzing

These are the signs of Spring!

The frogs are croaking in their ponds

That is a sign of Spring!

The flowers are lifting their coloured heads

The plants are coming alive not dead.

When the ice will melt and the sun will shine

Everything will be divine!

The grass will be green, the birds will have been seen,

And the people will go out for walks.

When the first day of Spring has been done,

The second day has not begun!



By Naomi, Division 3

SCREEN TIME AND YOUR CHILD

Kids are spending more time on screens than ever before. Screens are everywhere and are often used by teachers and students for school-related work. As with most things in life, there should always be a balance!

Too much screen time in children has been linked with:

- ◆ Sleep problems
- ◆ Reduced attention span and learning challenges
- ◆ Increased anxiety and depression
- ◆ Increased consumption of unhealthy foods
- ◆ Increased risk of overweight and obesity

The Canadian Sedentary Behaviour and Physical Activity Guidelines for children age 5-17 years recommend:

- ◆ Recreational screen time - Limit to less than 2 hours per day
- ◆ Physical Activity - At least 60 minutes per day of moderate to vigorous physical activity

Tips to help limit screen time and promote physical activity:

- ◆ Look at your own behaviours around screen time and physical activity - be a positive role model
- ◆ Find an activity or sport your child likes!
- ◆ Be active as a family - schedule regular activities (walks, hikes, bocci ball, pickle ball)
- ◆ Sign up for an activity at your recreation centre

For more ideas and information including tips for parents, children and youth to navigate the digital world:

- Your local Public Health Unit
- Media Smarts
- Common Sense Media
- 24-Hour Movement Guidelines for Children and Youth
- Your local recreation centre

PAC—PARENT ADVISORY COUNCIL

- Vessy's orders are due April 23rd. The PAC receives 50% profit from these orders with all the money dedicated towards our new teaching garden.
- Save Around Coupon Books are still available for purchase in the office. \$25.00 each.
- PAC AGM and elections will be taking place on June 13th. The positions of PAC President and Vice President are open for nominations. More information to come.
- PAC Bottle Drive on May 26th—Volunteers for driving and sorting are needed!



Saseenos Carnival

May 17th

Vendors, carnival games, concession, 50.50 draw

Chicken poop bingo and much more!

\$5.00 per child entrance.

We are currently seeking donations of goods or services for the Silent Auction.
Request letters are available in the office.

Hello Parents!

Our ordering system is going **GREEN!** Instead of filling out a paper order form,

parents can place their hot lunch orders online using [MunchaLunch.com!](http://MunchaLunch.com)

You can pay for your orders online by credit card (Visa/Mastercard) OR cheque/cash.

Please visit the [Parent-PAC Tab](#) for more information on the Saseenos Website.

<http://saseenos.web.sd62.bc.ca>