



## SASEENOS SCOOP

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[www.saseenos.sd62.bc.ca](http://www.saseenos.sd62.bc.ca)

Principal: Mrs. R. McArthur Secretary: Kerry Hueston

### Principal's Message

Dear Saseenos Families,

At Saseenos we remind students to be kind, friendly, helpful, respectful, responsible and safe. With these simple guiding principles we work with students to take responsibility for their actions and behavior, help them repair their mistakes and move forward with a plan.

We also work with students to help them understand the difference between conflict with peers and bullying. Bullying differs greatly from conflict. Among other things, bullying involves an imbalance of power, intention to harm and/or repeated incidents over time. When this happens we encourage students to speak to their parents or to school staff. When students have conflict with a peer, our teachers are skilled at helping children understand what's happened and help them use strategies to solve problems. We also appreciate the support of parents to keep us informed about concerns as they arise.

We are fortunate to have kind and caring student community – thank you for sharing your children with us.

Sincerely,  
Mrs. McArthur

### SEASONS AND THE MOONS WEXES – Moon of the Frog

The frog is a symbol of the beginning of the Sacred Season. It denotes a new beginning as the Earth warms up, frogs wake from hibernation and there is more sunshine. This moon is a signal to put canoes back into the water as ocean travel becomes safer. As the frog appears, it's a sign to end the winter ceremonial dances and move outdoors to prepare for the return of the Salmon People in the coming moons.

#### Important dates:

Mon. Feb. 12<sup>th</sup> – Family Day

Wed. Feb. 14<sup>th</sup> – PAC organized Valentine's Day sock-hop 2:00 p.m.

Fri. Feb. 23<sup>rd</sup> – Tri District Pro-D – school is not in session

Tues. Feb. 27<sup>th</sup> – Author Michael Kusugak

Thur. Mar. 15<sup>th</sup> – Term 2 reports sent home

Mon. Mar. 29<sup>th</sup> – April 2<sup>nd</sup> – Spring Break

Tues. April 3<sup>rd</sup> – school reopens



## SCIENCE WORLDS PRESTATION

Wednesday afternoon we had a fantastic assembly led by scientists from Science World. They gave an engaging presentation on 'FORCE' – ask your children about PULL – PUSH – LIFT – GRAVITY and how force works!! BC Hydro educators also gave a presentation on electrical safety and talked to students about 'Down, Danger, Dial' in case of downed power lines.



### SPORTS NEWS!

#### Basketball ...

Students in grades 4 & 5 have been honing their basketball skills during lunch hour under the expertise of Mrs. George & Ms. Ferguson. We will let you know when we have a schedule of their games with other elementary schools.



#### Grade 2 Red Cross swimming lessons ...

All grade 2 students have started their Red Cross swimming lessons. Students will be going to SEAPARC for the next 6 Tuesday afternoons. We would like to thank Sooke Lions for supporting this program.



Dates are as follows: Jan. 30, Feb. 6, 13, 20, 28, & March 6

#### School Skate ...

Students in grades 1, 2, 3, 4 & 5 will be going skating to SEAPARC on **Monday, Feb. 5** in the afternoon. Students will be transported by school bus. Please send skates and helmets if possible as SEAPARC has a limited number, and gloves. A notice regarding the skating trip was sent home earlier this week.

## TRAFFIC and PARKING

We've had some complaints about vehicles parked in the handicap parking lots without identification. We have two designated handicap parking spots and we respectfully request you park in those spots if you have identification. Thanks for your cooperation.

Our PAC has been working hard advocating to the Ministry of Transportation & Highways, BC Government, and Sooke RCMP & ICBC to make the stretch of highway in front of Saseenos safer. We have had several meetings with different people and will keep you posted if there are any changes.

## D.A.R.E

All grade 5 students will be participating in the D.A.R.E (Drug Abuse Resistance Education) program starting next week. The D.A.R.E programs runs across BC in elementary schools empowering students to think critically and to make right choices. The 10 week program is delivered by Constable Sean Heidman from the Sooke RCMP detachment. The program is supported by the generous donation from our PAC.

## In-school mentoring program for our students!

Over the past few years we have been fortunate to be selected by Big Brothers/Big Sisters of Victoria to have high school students from EMCS mentor our students. The program strives to do the following:

- Provide a role model and friend for girls and boys
- Promote the importance of staying in school and have healthy relationships with family & peers
- Instill trust, leadership and self-confidence in our youth
- Make a difference while having fun

We have over 20 students matched with big buddies from EMCS. These big buddies visit their little buddies on a weekly basis and engage in activities such as board games, crafts or just hang-out in the playground. We would like to thank Ms. Walling, our school counsellor, for spearheading the program and our PAC for their financial support.

## PAC (Parent Advisory Council) News

1. Thank you to everyone that came out and supported our bottle drive. With your help we raised \$303.05. That is the equivalent to one school bus rental.
2. Be on the look out for our next fundraiser. Purdy's Chocolates Easter catalog's will be sent home soon.
3. Save the date! Thursday, May 17th is Saseenos Spring Fair. More information to come.
4. **Date change** - Next Hot Lunch Day will be on Wednesday, February 14th not Friday the 16th.
5. Please join us for our next PAC meeting on Wednesday, February 14th @ 9:15 am in the library. All parents and caregivers are welcome.
6. Do you have an idea for a fundraiser? Please let us know. We are always looking for new ideas.

## SCHOOL DISTRICT NO. 62 (SOOKE) 2017 - 2018 SCHOOL CALENDAR

Family Day Mon., Feb. 12

**Non-instructional Day** (Tri-District) Fri., Feb. 23

Last Day before Spring Break Fri., Mar. 16

Spring Break Mon., Mar. 19 – Thurs., Mar. 29

Good Friday Fri., Mar. 30

Easter Monday Mon., Apr. 2

Day in Lieu of Mar. 30 Stat. Holiday Tues., Apr. 3

Schools Reopen Wed., Apr. 4

\*Early Dismissal (three hours for all schools) – Learning Conferences (Parent-Teacher Interviews/conferences) Thurs., Apr. 19

**Non-Instructional Day** – Professional Development Fri., Apr. 20

**Non-instructional Day** – Professional Development Fri., May 4

Victoria Day Mon., May 21

Provincial Exams (Gr. 10 – 12) TBA

Last Day of School Thur. June 28

Year-end Administrative Day Fri., June 29

## Want some fun music "homework"?

All students and families are welcome to access some amazing online resources at [musicplayonline.com](http://musicplayonline.com)  
Just use the **username: student** and **password: 2345**

You'll Find:

Games

Songs for Singing

Pieces for Recorder and Ukulele

Videos



### Spring Choir

Our Spring Choir is bigger and better than ever! Students in grades 2-5 meet once per week on Thursdays at 11:20. This spring, choir is rehearsing for the Sooke Sing Out, which takes place on March 12 at EMCS and Music Monday, which will happen at Saseenos on May 7.

### Ukulele Club

Ms. Parliament has started a ukulele club with Ms. Bell's grade 4/5 class. It takes place on Fridays at recess. We will be practicing the ukulele part for "Count On Me" that the Saseenos Choir will sing at the Sooke Sing Out.

### Orff Instruments

Thanks to the PAC and a learning grant from the government, our school has some new "Orff" Instruments. We purchased two new xylophones and one metallophone in the fall. Students have been using them recently. They have been discovering melodies of familiar songs and making their own creations to share with their classmates. What a glorious sound!



## LIFE-THREATENING FOOD ALLERGIES AND SPECIAL DAYS

Special days like birthdays, Easter and end-of-year parties are often times of celebration with friends, family and food. However, for students at our school who have life-threatening allergies, these can be very risky times. You can help to keep allergic students safe by:

- ◆ Celebrating with stickers, games or prizes instead of food.
- ◆ Not sending or bringing peanut, nut, or other allergen-containing products to school.
- ◆ Checking in with the teacher/school ahead of time to find out if any special celebrations are planned.
- ◆ Remind students to tell an adult right away when they might be having a reaction.
- ◆ Make sure the teacher and school staff know what to do if a student has a reaction.

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

For more information contact:

- ◆ Your local Public Health Unit
- ◆ Food Allergy Canada
- ◆ HealthLinkBC and Dietitian Services or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- ◆ HealthLink BC File #100a Severe Allergic Reactions to Food Children and Teens
- ◆ Your local Doctor or Pharmacist