



SASEENOS SCOOP

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www.saseenos.sd62.bc.ca

Principal: Mrs. R. McArthur Secretary: Kerry Hueston

Dear Saseenos Families,

We were fortunate to have Michael & Geraldine Kusugak visit our school this week. Michael is a renowned story teller who weaves wonderful stories for children and adults delving deep into his past and his experience in the Arctic. His stories are often based on the tales he heard from his grandmother and are rooted in the story telling tradition of his culture. Our students and staff spent the morning listening to Michael and his wife Geraldine.

Term 2 report cards will be sent home on Thursday, March 15, 2018. Our last day of school before Spring Break will be Friday, March 16, 2018.

Thank you for your supportive involvement at Saseenos, and have a wonderful Spring Break!

Sincerely,
Mrs. McArthur
Principal

Seasons and Moons PEXSISEN – The Moon of Opening Hands

The Blossoming out Moon: As the warmer weather helps dry the land, flowers and plants open their buds and leaves. Traditionally, people hunted and dried Brant geese, and harvested clams, oysters, and mussels. According to tradition, this is the best time to fall cedar logs & strip cedar bark to use for clothing. Salish wool dogs shed at this time and their fur is collected for knitting and carding later.

Important Dates:

- Mar. 7 – Basketball game (home game vs John Muir)
- Mar. 8 – Mrs. McArthur's evaluation survey closes
- Mar. 9 – Divisions 1, 2 & 3 off to watch *Pinocchio*
Kindergarten vision and hearing screening by VIHA nurses
- Mar. 11 – Daylight Savings Time begins (spring ahead!)
- Mar. 12 – Role Model Rick Peter will be visiting
- Mar. 14 – PAC meeting at 9:15 a.m.
- Mar. 15 – Term 2 reports will be sent home
- Mar. 16 – PAC Hot Lunch – A&W
- Mar. 19 – April 2 – Spring & Easter Break combined

APRIL

- Apr. 3 – school reopens
- Apr. 3 – 6 – Literacy Week
- Apr. 19 – 3 hour early dismissal
- Apr. 20 – Pro D – school is not in session

Mrs. McArthur's evaluation: Please see the message below from Mr. Dave Strange, Associate Superintendent, Sooke School District #62

Hello Saseenos Parents/Guardians:

The survey in the link below is for all Saseenos parents and guardians regarding the evaluation of Principal, Ruchi McArthur. As standard practice for all school Principals, regular evaluation and growth planning occurs. Mrs. McArthur is now due for a performance review.

As part of this process, I am gathering data on Mrs. McArthur's performance. Mrs. McArthur is very interested in your comments through this survey to inform her professional growth plan. Mrs. McArthur and I invite you to participate in this online survey. **The survey will be open until 4:00 p.m., Thursday, March 8, 2018.**

The results of the survey will be anonymous and completely confidential and will only be shared between Mrs. McArthur and myself. Thank you for participating.

Dave Strange
Associate Superintendent of Schools
dstrange@sd62.bc.ca

Survey link:
<http://sd62.hostedincanadasurveys.ca/index.php/268886?lang=en>

PAC (Parent Advisory Council)
News

- The Saseenos Spring Fair will be on May 17th. This is our biggest event of the school year. There will be vendor tables, silent auction, games and a concession. Volunteers are a must for this event. More information to follow.
- Next PAC meeting will be Wednesday, March 14th @ 9:15 a.m. We will be discussing road improvements, the Spring Fair and the concession.

Thank you to everyone who ordered Purdy's Chocolates.
Orders will be ready for pick up no later than Friday, March 16th.



Sooke Basketball Club - Spring Basketball Camps

All camps are co-ed with 2 Sr Varsity Head Coaches, Sr Varsity Players, and Collegiate Alumni will lead and teach at our camps.

Camp 1 - SBC Fun and Play

Grades 2, 3 & 4

Emphasis on fun, physical activity, and play. This program is a great way to introduce basketball to youth.

Dates - Tuesdays April 3-May 22 from 5-6 pm

Where-@ EMCS

Cost \$50 for 6 weeks (includes camp t shirt)



Camp 2 - SBC Learning the Game

Grades 5,6,7(8)

This program focuses on the fundamentals of dribbling, passing, shooting, and shot form/technique. Each one hr session breaks down to 20 min of drill stations and 35 min of game play application.

This year we will use 3 on 3 games to ensure ball possession for all players.

Dates - Tuesdays April 3 - to May 29 from 6-7 pm

Where - EMCS

Cost - \$70 for 7 weeks (includes SBC camp jersey /shirt)

Sooke Basketball club is hoping to enter a girls and boys team from this age group in the Victoria night league in the fall.

Register by email theblighs@gmail.com

Registration day Saturday March 10th. 11am-1pm EMCS Gymnasium

Check our Facebook page for more info.



EASY IDEAS WITH VEGGIES AND FRUIT

Most children don't get enough vegetables and fruit each day. School-age children and youth need 5 to 8 servings of fruit and vegetables each day.

Support your child to eat more vegetables and fruit:

- ♦ Eat vegetables and fruit together with your children. Children learn by watching you.
- ♦ Involve children in buying and preparing vegetables and fruit. Try cut up veggies and fruit such as cucumber slices, cherry tomatoes, cauliflower, oranges, apple, pear or kiwi with salad dressing or yogurt for dipping.
- ♦ Cut and serve them in many ways. Try vegetables and fruit cold, hot or right from the freezer. Frozen grapes or blueberries make a terrific snack.
- ♦ Offer vegetables and fruit at snack and meal times. It can take up to 20 times of offering the same food before a child will accept it.

A child's intake varies from day to day. Trust that a healthy child will meet their nutrient needs over time. Need fresh ideas? Check out halfyourplate.ca

For more information:

Child, Youth

- ♦ Your local Public Health Unit
- ♦ HealthLinkBC and Dietitian Services or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- ♦ Dietitians of Canada
- ♦ Healthy Families BC