

4860 Main Street ♦ Vancouver, BC , V5V 3R8 ♦ 604-713-5245 ♦

Principal—Angela Hughes ♦ Director of Instruction—Magdalena Kassis ♦ Trustee—Diane Turner

Monthly Communication from General Brock Elementary School

We would like to acknowledge that we live, work, and play on the traditional lands of the Musqueam, Squamish and Tsleil-Waututh Coast Salish people.

Upcoming Events

- Monday, January 30—Professional Development Day—No school for students
- Monday, February 13—Family Day—No school
- Wednesday, February 15—PAC Meeting at 6:45 p.m.
- Tuesday, February 21—Thursday, February 23—Arts Umbrella Stage Coach Drama for classes that did not participate in Arts Umbrella in the fall
- Wednesday, February 22—Pink Day



Help us Plan for Next Year

We recently sent home forms asking if your child(ren) will be returning to Brock next year. Please return these forms as soon as possible so that we can determine accurate numbers for staffing purposes. If your child **is not returning** to General Brock and will be attending another school, you must be registered at that school to ensure a placement for your child in September.



Visit :

[http://](http://www.generalbrockpac.com/events-and-fundraising/brock-playground-fundraiser-gala/)

[www.generalbrockpac.com/
events-and-fundraising/brock-
playground-fundraiser-gala/
for more information about
the Gala on Saturday, March 4.](http://www.generalbrockpac.com/events-and-fundraising/brock-playground-fundraiser-gala/)

Kindergarten Registration

Kindergarten registration began on November 1. Priority registration closes tomorrow, January 31 at 4:00 p.m. If you have a child that is ready to

start Kindergarten in 2017 (born 2012) visit <http://www.vsb.bc.ca/kindergarten> for more information about how to register. If you know families in the neighbourhood with children ready to start kindergarten, please pass on this information to them.



PAC News



The next PAC meeting will be on Wednesday, February 15 at 6:45 p.m. in the Brock Library. All parents are welcome and childcare is provided in the lunchroom.

Thank you to the PAC for another wonderful Multicultural Night. The

food was great and the banghara dancing was a lot of fun!

Visit the PAC website for more details about upcoming PAC events and how you can help become more involved <http://www.generalbrockpac.com/>.

Ready, Set, Learn and Welcome to Kindergarten

If you have a child entering Kindergarten at Brock in September please make note of these important dates:



- **Ready, Set, Learn** “preschool sessions” are on April 4, 11, 18, and 25. These sessions are organized in collaboration with Little Mountain Neighbourhood House and are helpful in introducing children to the school before they enter kindergarten. It also gives families the opportunity to speak with the Principal and Vancouver Coastal Health Nurses about getting ready for kindergarten.
- **Welcome to Kindergarten** is on Friday, June 2 at Brock—an invite will be sent out to registered kindergarten families closer to the event date.

Helpful Hints for Problem-Solving at Home and School

If your child is having difficulty solving problems, here are some ideas to discuss with him or her at home.

“I” is for the “Things I Can Do” to find peaceful solutions to my own problems:

- I can be a good friend
- I can be angry without being mean
- I can use my words instead of my fists
- I can listen to the other person’s point of view
- I can share
- I can say “I’m sorry” and change my behaviour in the future
- I can be a good sport
- I can forgive
- I can care for people, plants, and animals
- I can be generous
- I can keep trying
- I can be fair
- I can be kind
- I can make positive choices
- I can tell the truth
- I can understand and appreciate people who are different than me.



You Can’t Train the Brain if You Don’t Include the Food

Do you want to help your children do their best at school? One easy way is to make sure they start the day by “including the food”. This means eating

breakfast before arriving at school. Children who eat breakfast:

- Are ready to learn
- Are more energetic at the start of the day
- Can concentrate on their schoolwork rather than on their empty stomachs
- Are less irritable (so everyone is happy!)

- Have more energy to play at recess and be physically active

Make breakfast a habit! Your child will be happier and healthier for it!

For breakfast ideas visit:

<https://www.healthyfamiliesbc.ca/home/articles/get-your-child-eat-breakfast-children>.