



A Musqueam
Welcome



Volume 2
October 2017

Lord Kitchener Elementary School
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Tel: 604-713-5454 Fax: 604-713-5457
<http://go.vsb.bc.ca/schools/kitchener>

The students and staff of Lord Kitchener school acknowledge that we live, learn and work on the traditional lands of the Musqueam, Squamish and Tsleil-Waututh Coast Salish peoples.

Professional Development Days

Each year the school's Professional Development Committee plans a series of professional learning opportunities for our staff based on mutual topics of interest. For the past several years, the School Goals for Lord Kitchener School have focused on improving the learning outcomes of our students in two areas. You will notice that the professional development activities that the staff have been participating in also reflect these goals. The school goals for 2017-2018 are:

To improve self-regulation, solving problems in peaceful ways, contributing to community and caring for the environment.

To increase knowledge, acceptance, awareness and appreciation of Aboriginal histories, traditional, cultures and contributions among all students.

On our September 22nd Pro D Day staff were treated to a morning overview of the Earthbites program with educator Krista Levesque, nutritionist Britte Nielsen and Metis herbalist and wild food forager Lori Snyder. The morning included a tour of the outdoor classroom and garden plantings, and a delicious soup made with greens. The afternoon focused on Communicating Student Learning.

The next professional development day is on Friday, October 20th, 2017. This is a province-wide professional day. Staff will be attending a variety of workshops related to their professional interests.



Safe Contact at Kitchener

Our Safe Contact for Kitchener families is Mr. Steve Mulligan. Both he and our Area Counsellor, Ms. Anica Grenzberg are members of our staff who can provide support and resources for families regarding LGBTQ topics.

SAFE ARRIVAL PHONE LINE

604-713-5159 #43

If your child is going to be late or absent from school please call the phone line before 9:00am. Record student's name, division # and reason for absence. Thanks for helping keep our children safe!

Lord Kitchener Elementary is allergy-aware!

Please note that parents are asked to avoid sending foods containing nut or peanut products to school with their children due to severe allergies to these particular foods.

As peanut/nut butter tends to stick to surfaces, please ensure that your child has washed his or her hands if they have these foods for breakfast before school.

Lord Kitchener 小学要有敏感意识! 请家长注意, 不要让孩子们带任何含果仁和花生的食物到学校, 因为有些孩子对此类食物极度敏感。

由于花生/果仁酱容易粘在表面, 如果你的孩子早餐食用了该类食物, 请务必让他们洗手后再上学。



COPS FOR CANCER

On the morning of Thursday, September 28th Lord Kitchener community was privileged to be visited by **Cops for Cancer** Team *Tour de Coast*. Last year, families at Lord Kitchener raised funds to sponsor our School Liaison Officer, Trevor Letourneau, a member of the team. *Tour de Coast* was the top fundraising team at \$281,208!



“Why? Because the impact of cancer on the life of a child and their family is devastating. Donations made to the Canadian Cancer Society through Cops for Cancer are used to fund life-saving research and caring support programs to reduce its impact.” http://convio.cancer.ca/site/TR/CopsforCancer_BC/COPS_BC?pg=entry&fr_id=23051

REMINDER THAT THERE IS NO SMOKING ON THE SCHOOLGROUNDS. Thank you.



School Fees

If you have not already done so please pay School Fees online @ www.school-day.com. You may also access School-Day through the school website: go.vsb.bc.ca/schools/kitchener. Please call the school if you have questions or problems.

Fire Safety at School and at Home – have a plan and practice it

The staff and students are again reviewing and practicing our plans for evacuating the school in case of a fire. It is important to have a fire safety plan and to practice it at home much the same as we do at school. Our first fire drill practice was on September 20th.

- Identify several ways to leave your house. Make a map of your escape plans and share it with your family members.
- Establish an outside meeting place located a safe distance away from the building. At school we meet on the field.
- Practice fire drills regularly. Schools in Vancouver hold 6 fire drills each year.
- Close doors behind you as you leave the building
- If you have to escape through smoke, *get low and go* under the smoke to get out.
- Call 911



Cross-Country

Wow! What a start to our cross-country season. We have had amazing weather for practices and for our first two meets. The team is comprised of a high energy, spirited and hard-working large group of students. We have also had a number of parents and staff who have enthusiastically joined in the practices. The team has gradually built up their speed and stamina and many of our runners have placed in the top fifteen at the first two meets. We have even had five first place finishes.

Terrific work! I look forward to the next mini meet at Balaclava Park on October 10th and to the district meet at Trout Lake on October 19th.

Thank you to Ms. Schouten, Ms. Acs, Ms. Steer, Ashley Horlock and Anna Nelson who have all helped throughout this season.
Ms. Wilson-Haffenden



October 2017 PAC News

Message from PAC (Parents Advisory Council)

The hustle and bustle of September has quickly passed us and now the students and teachers have comfortably settled into the rhythm of school. Cross Country and soccer teams have already started this month. The first Math Club meeting will be after Thanksgiving. The Winter jacket and boots drive for our sister school is finishing this Friday (Oct 6th). Keep your eyes and ears on alert for many more activities to come.

PAC Survey: Please use the link below to our school survey if you have not already done so. The information will be used for a school directory that every participant will have access to. It will be a convenient tool for parents to connect with each other for playdates or coordinating other activities. If you are interested to volunteer for some PAC committees, the survey will be the opportunity for you to sign up. We hope every family will participate in this survey!

<http://tinyurl.com/pacinfo2017>

The next PAC meeting will be on **Tuesday, November 7th**, 7 pm, at the school library. Childcare will again be provided by our resident Gr 7s, Brayden and Athena - Thank you!

Happy October!

Joyce Cheung and Angela Whitney, PAC Chairs



Direct Appeal 2017-2018

Our Direct Appeal campaign will officially start on October 5, 2017 and end on November 10, 2017. Direct Appeal donations made to Lord Kitchener School PAC have been successful in funding programs which are not supported by the Vancouver School Board budget.

Through generous donations in past years, teachers were able to provide enrichment programs like Earthbites, Science Alive, sports clubs, gymnastics and author visits. Furthermore, we were able to purchase computer equipment, art supplies, and science equipment. Thus, donations made by parents/families play an integral part in supporting various enrichment programs as well as providing teachers with additional educational tools that enhance classroom experiences for your children.

We hope to continue the Kitchener tradition of generosity and support from parents! Your donation of **\$125 or more per child** will help us achieve the goal of raising **\$40 000 this year**. Your donation will be applied towards the immediate needs and programs for **THIS** school year. A Direct Appeal notice with instructions for payment will be given to students to take home on October 5, 2017. Your donation can be made by cheque (payable to **Lord Kitchener PAC**) or by PayPal online through our website www.kitchenerschoolpac.com. There will be a box in the office for students/parents to drop off their cheques. A tax receipt is provided for your donation.

I would like to extend a **BIG THANK YOU** on behalf of the PAC, teachers, and students for your continued commitment to Lord Kitchener. If you have any questions, please contact me at jean.kim@shaw.ca

Thank you, Jean Kim – Direct Appeal for PAC



October 2017 PAC News—Cont'd.

Parent Education Evening – October 23, 2017 with Deborah MacNamara

We are pleased to announce that **Deborah MacNamara** will be the first speaker in our Parent Education initiative for this year. Deborah is a passionate and dynamic speaker, teacher and author with over 20 years experience.

She will be presenting the topic, "**Roots of Resilience and Resourcefulness**". According to Deborah, *"Raising resilient children has never been more important and the role of tears in the process never more misunderstood. Adults play a key role in cultivating the roots of resilience that have lasting effects on their capacity to endure adversity and find a way through."*

All parents and staff are welcome to this insightful event which will take place on **Monday, October 23rd at 7:30 pm** in our **Multipurpose Room**. The cost is **\$5** per ticket. Participation for this event will be confirmed through an RSVP system. Further details will be sent shortly. Hope to see you there!

Outdoor Classroom

Fresh To You Fundraiser

Lord Kitchener's application to participate in the Fresh To You Fundraiser has been accepted. Forms will be going home after Thanksgiving and are due back **October 22**. The fundraiser sells healthy bundles of fresh BC fruits and vegetables at a great deal, and 40% of each sale is returned to Lord Kitchener PAC. Recipes and cooking tips are included with each order. Bundle A (\$25) includes Squash, Cabbage, Carrots, Gold Beets, and potatoes. Bundle B is 10lbs of gala apples (\$18). **Don't miss out - we can only sell up to 200 bundles!**



EarthBites

Fall Feast and Market, Tuesday October 17th

Did you know that soon there will be more plastic than fish in the ocean? Join us Tuesday October 17 after school to learn more about how to unplastify our world. Students and Earthbites are hosting a Fall Feast and Farmers Market. Students will be sharing free soup and tea made from our garden bounty. Garden produce will be for sale by donation. Also for sale will be Luumi silicone sandwich bags, straws, and lids. Luumi is generously donating half the proceeds from each sale to EarthBites@Kitchener, to help our garden grow. Pre-order forms have been sent home with students and are available from the office. Order forms are due Friday, October 13th.

Preserving the Harvest, Module 1

The first Module of EarthBites, Preserving the Harvest will be completed October 24th. During September and October students have discussed various ways to preserve local foods, planted fall & winter veggies, cleaned the gardens and made a delicious pumpkin pudding.

Classroom parent volunteers

Curious about EarthBites? Want to try our snacks first hand? Join us for a workshop and learn about gardening and nutrition.

Follow this link, or visit our Facebook page and click on the "Lord Kitchener Calendar", to sign up for a workshop with your child(s) class: <https://teamup.com/ksbap17tn74p4ughyb>

Math Club

Math Club has returned this year! Whether you are a math enthusiast or still to discover your passion for math, you are welcome to join us. Our primary goal is to prepare students for the Mathematica Centrum exam in April. There will be math games (like the popular Jeopardy) and guest speakers at some of the meetings. This year, we have a volunteer from the UBC Math PhD program to lend support to the club. The meetings will be held in the library, every other Tuesday from after school to 4:15pm. The first meeting will be on October 10th, and run through to April 2018:

October 10th and 24th

November 7th and 21st

December 5th and 19th

January 9th and 23rd

February 6th and 20th

March 6th

April 10th

The Mathematica Centrum exam is scheduled for April 18th, 2018.



EARTHBITES Pumpkin Pudding Recipe

Ingredients

- 1 can of pureed pumpkin
- 1 can coconut milk
- 4 tablespoons chia seeds
- 1 1/2 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/2 teaspoon vanilla extract
- 3 tablespoons maple syrup



Directions

1. Combine chia seeds and coconut milk in a bowl.
2. Soak for a minimum of 15 minutes.
3. When the mixture has thickened, mix well with the pumpkin puree, maple syrup, cinnamon, vanilla, and allspice.
4. Place bowl in fridge for 4 hours to allow pudding to thicken.
5. Serve with optional toppings of coconut whip cream, pecans, pumpkin pie spice.
6. Enjoy!

2017 Terry Fox Run

Congratulations Lord Kitchener on your 2017 efforts to raise funds for the Terry Fox Foundation. We set a school goal of raising \$5,000 and we not only achieved that but went well beyond. Lord Kitchener collected a tremendous \$6,500 this year. Fantastic work!

It was a rather wet run day for the school on September 29th but despite the weather the students, parents and staff were super positive and had a great deal of fun honouring Terry's efforts by running, jogging and walking as a school. A huge thank you to the grade seven students who assisted with leading the intermediate runners as well as the primary grades at Balaclava Park. Also, a big thank you to Kaitlin Ingram and Hazel Doyle who did all the Terry Fox announcements and to Division 11 for collecting the donations each morning.



Ms. Wilson-Haffenden

Contact Information



Principal:	Debra Nothstein	604-713-5454
Vice-Principal:	Angela Stewart	604-713-5454
Administrative Assistant:	Kim Roe	604-713-5454
Extra Clerical:	Shirley Chen	604-713-5454
Director of Instruction:	Ellen Roberts	604-713-4448

IMPORTANT NOTICE - PLEASE TRANSLATE!

ĐÂY LÀ ĐIỀU QUAN TRỌNG, XIN NHỚ NGƯỜI THÔNG DỊCH DÙM

AVISO IMPORTANTE! POR FAVOR PIDA QUE SE LO TRADUZCAN

這是重要的通告, 希請人譯讀。

OCTOBER 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
8 	9 Thanksgiving Day NO SCHOOL	10 --Cross Country Meet @Balaclava Park 3:30-4:45 -EarthBites Div. 8,9,1	11 -Boys Soccer 3:30-4:45pm @ Kerrisdale	12 -Girls Soccer @ Kerrisdale 3:30-4:45pm	13 -PAC Hot Lunch -Div. 10 Pacific Spirit Park a.m.	14
15	16 -PAC Hot Lunch	17 -EarthBites Div. 2,3,4 -Earthbites Pocket Market	18 --Div 5 to Kits Beach 9am-3pm -Boys Soccer 3:30- 4:45pm	19 -District Cross Country Meet @ Trout Lake 11:45am-3pm -Girls Soccer 3:30-4:45pm @ Kerris.	20 PRO D DAY NO SCHOOL	21 
22	23 -PAC Hot Lunch -PAC Parent Ed Evening 7:30pm	24 -EarthBites Div. 20,19,18	25	26	27 -PAC Hot Lunch	28
29	30 -PAC Hot Lunch	31 -Earthbites Div. 5,6,7 				
NOVEMBER 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 -Immunization Clinic	2 -Div 1 & 5 to MOV 9:15-12 -Family Photo Night 5-9pm	3 -PAC Hot Lunch	4
5	6 -PAC Hot Lunch -Photo Re-Take Day	7 -EarthBites Div.11,12,10 -PAC Meeting @ 7pm in the library	8	9 Remembrance Day Assembly	10 Curriculum Implementation Day NO SCHOOL	11 
12	13 Remembrance Day Holiday NO SCHOOL	14 -EarthBites Div. 15,14,13	15	16	17 -PAC Hot Lunch	18
19	20 -PAC Hot Lunch	21 -EarthBites Div. 16,17,20	22	23 -Div. 3 & 4 to MOV 9:15-12pm	24 -PAC Hot Lunch	25