



L'Ecole Bilingue/Bilingual School

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Newsletter #3

2016 Oct 31

Dear Parents and Students,

October is now over and there are many events and plans to report. While you may hear accounts from your own child's class, other noteworthy initiatives are underway throughout the school. Among the many possible highlights, we report:

Nut Safe School

We continue to hope that our parents will support this important initiative. The reason for this is because we have a large number of students with life threatening food allergies in our school and child care settings. **Please come by the office to pick up an "Emergency Care" plan information sheet if you have not already done so. Please be aware of the Allerjet recall and replace any school Allerjets as required.**

Trick or Treat!

Hallowe'en is an exciting time for kids. They get to dress-up and collect heaps of candy! But after the fun of trick or treating is over, do you find yourself wondering how to best manage all of the candy? Do you eat it yourself and slowly diminish the stash? Do you allow your child to eat as much as they want? Or do you put limits on how much they get each day? Ellyn Satter, an expert in child nutrition



suggests that: after trick or treating, let your child lay out the candy, get excited over it, sort it and eat as much of it as she/he wants. Do the same thing the next day. But on day three, set a rule that limits the candy to meal and snack times. Allow no more than a few small pieces at mealtime for dessert and a few at snack time. If he/she can follow the rules, your child gets to keep control of the stash. Otherwise, you do, on the assumption that as soon as he/she can manage it, he/she gets to keep it. This way your child will still feel in control of his stash of candy and you will still be in control of choosing healthy foods for meals and snacks.



Written by: -Melanie Kurrein, RD,
CitywideNutritionist,
Vancouver Coastal Health

Student Council

Our Student Council has been meeting and we thank them for their Popcorn day fundraiser. Presently our student council consists of our intermediate classes which are represented by sending two students to each meeting. Thank you to all for participating in our Student Council meetings. We will also be busy planning our Remembrance Day



assembly. Council members have found that strategic planning is very important due to the host of activities such as Sushi days, cross country meets etc. Council members have been responsible for planning a Hallowe'en Dance for Grades 6 and 7 which was held on today at noon. Expect to receive regular updates on the initiatives the Council undertakes.

Last year, one of the wishes of the Student Council was to add to and expand our **Community School garden**. We are pleased to announce that this initiative is now well into its eighth year. **Vicky Baker** is always looking for parent volunteers to join the gardening club. We wish to thank our PAC for their generous support and also to SPEC, for working with our K and Grade one classes again this year. Thank you to **Denise Cousineau** as well for all her work with planting spring bulbs around our gardens and her work organizing the Fruit and Veggies program. Stay tuned for details regarding our old school's brick fundraiser.



Code of Conduct

Once again, please take the time to review and discuss these matters with your family. We have attached our code for your perusal in this month's newsletter. Remember, too, that the Code belongs to all of us: students, staff and parents. We would appreciate any comments or feed back regarding our code. Merci tout le monde!

The Sports Report

Cross-country season came to an end with the annual district meet at Trout Lake. We wish to once again thank our parents for their active participation. Félicitations to all student participants who made us so very proud. Your energy, commitment and enthusiasm were

inspiring. Thanks for representing our school so well!

Volleyball Season

Practices have begun for the upcoming volleyball season. **Games commence shortly**. Intermediate students have received their schedules and locations for after school games. Thank you to the parents and teachers who have volunteered to coach or chaperone one of our teams.



F.I. Registrations and Information Night

Families wishing to register children in Kindergarten or Grade 1 for September 2017 should note that registration opens on Tuesday, November 01, 2016 and closes on Tuesday, January 31st, 2017. Full details are available on the VBE's website, www.vsb.bc.ca, link to French Immersion. **Please note that all parents with children here at L'École must register first in their English catchment school during the dates listed above.** Once you register at the English catchment school you will receive your child's PEN number. You will need this to register online for any choice program including French Immersion. **Registration for French Immersion will be online and takes place from January 09 2017 until February 6th 2017 only.**

To register on line go to:
www.vsb.bc.ca/kchoice

L'École Bilingue will be hosting our Information Night for all interested parents on Wednesday, January 10th, 2017, at 7:00 p.m. in our school's gymnasium. We look forward to seeing you there.

Office Phone

Please remind your child/children that the office phone is for emergency use only. Merci!



Treats

As Hallowe'en approaches and students will be bringing treats into the school, parents and guardians are reminded of the dangers certain nuts, especially peanuts, represent to others.

We, therefore, ask once again that students **refrain from bringing food containing nut products to school.**



Flu Season

Our school nurse, Ms. Shannon Wright, reminds all of us of **the importance of hand-washing** as a way of avoiding transmission of nuts and nut oils from one child to another and to prevent the spread of the flu.

Parking/ No Stopping Zones



The Traffic Safety officers have been contacted by community members and several of our parents have expressed concerns over those parents, guardians and caregivers who are not obeying the signs. Officers have been out to the school and **will be ticketing the vehicles that are illegally stopped or parked.** This will be strictly enforced on a daily basis. Please remember that your **children's safety is paramount and the signs are there for that purpose!** **The staff parking lot is for staff only and should not be used to drop off children.**

Important Dates

Nov 01	Kindergarten & Grade 1 registration begins at English catchment schools.
Nov 06	Daylight savings time ends; remember to turn your clocks back one hour
Nov 09	Remembrance Day Assembly: 11:00 a.m.
Nov. 10	PRO D Day no school for students
Nov 11	Remembrance Day Holiday School not in session
Nov. 22	Photo retake day a.m.
Nov 24	Grade 6: Immunization
Nov 28	PAC meeting and social: 7:00pm
Dec. 05	PRO D school not in session
Dec 08	Choir Concert 1:30 pm and 7:00 pm
Dec 16	Winter Assembly 9:15 Last day of school before winter vacation: Report cards issued
Jan 03	School reopens after winter vacation.
Jan 10	Info Night for K and Grade 1 entry for Sept. 2017 @ 7:00 p.m. in Multipurpose room
Jan 16	PAC meeting: 7:00pm
Jan. 30	Pro D school not in session

Tobacco Reduction & No-Smoking Policies

Each year, through our school nurse and other community agencies, students benefit from presentations on the health risks associated with tobacco. Most Vancouverites are well aware that smoking is not allowed in our school buildings. What many do not know, perhaps, is that smoking is also prohibited on school properties. These policies apply not only to staff, students and parents, but also to members of the general public.

Please be aware of the importance of safety on Hallowe'en Night:

Always trick or treat in pairs, groups or with parents



- Wear fire retardant costumes
- Do not eat any candy until your parents have checked your goodies
- Wear a reflector so that you

are visible to all drivers

•Every year several children in B.C. are injured when using or standing by fireworks. Please use extreme caution if you are in an area where they are being used.



For your information

“The Vancouver Board of Education is committed to ensuring that no school age student will be denied the opportunity to participate in a course, class or program because of an inability to pay fees.” Please contact Mr. Frenzell should you require assistance.