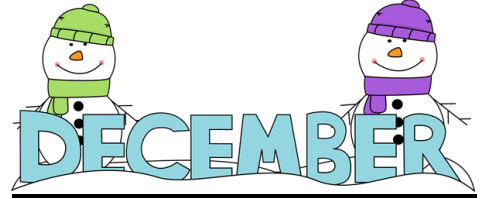


# Pierre Elliott Trudeau Elementary School



IMPORTANT NOTICE - PLEASE TRANSLATE!  
ĐÂY LÀ ĐIỀU QUAN TRỌNG, XIN NHỚ NGƯỜI THÔNG DỊCH ĐÚNG  
AVISO IMPORTANTE! POR FAVOR PIDA QUE SE LO TRADUZCAN  
這是重要的通告, 希請人譯讀。



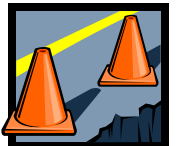
2016 December 06 Newsletter No. 03

<http://go.vsb.bc.ca/schools/Trudeau>

## Traffic Safety

Traffic and our children's safety is a common, shared concern. Working together to choose safety rather than convenience is of utmost importance particularly during these darker days of autumn and winter. When dropping off or picking up your child on 62<sup>nd</sup> or 61<sup>st</sup> Avenue Street, please consider the following:

- Leave an area in front of the school for daily school bus drop off and pick up for children requiring assistance.
- Carefully observe the no stopping areas around our school.
- Please remember that if you cross in the middle of the street you are modeling that this is appropriate for your child.
- Please do not use the school parking lot to drop off your child or have your child walk through this area.
- Do not permit your child to get out of your vehicle on the traffic side of the car. Make sure they exit the car on the sidewalk side instead!
- Do not park on the wrong side of the street to pick-up or drop off your child.



## Peanut/Nut and Scent Aware School



At this time of year we like to remind parents that we have a number of students and staff who have serious health issues with peanuts/ nuts and scents like perfume/aftershave. Please work with us to keep children and staff safe by sending nut free products and scent free items to school.



## Registration for Next Year

Yes, it is that time already! To ensure your child has a spot in the neighbourhood school for Kindergarten, (for children born in 2012) parents must register their child by February 1, 2017. Parents should bring a copy of: the child's birth certificate, immunization record and proof of residency. (e.g. Property tax statement or rental agreement).

## Report Cards

First Term report cards will be distributed to students on Friday, December 9<sup>th</sup>. We hope that you enjoy sharing and celebrating your child's accomplishments and successes this term. All of our students have been working hard and should be recognized for their determination and commitment. Make sure you praise your child's learning successes and help them continue to achieve new goals.



## Internet Safety

Just like the phone, Instant Messaging (or MSN), Facebook and Instagram are very popular for communicating with friends and discussing homework and school projects. Just as you would make sure you knew who your child was going out with; make sure you know who your child is talking to on the internet by reviewing their buddy list with them.



Painful rumors, stinging gossip and other put downs can cause a lot of emotional stress for children – especially because so many of them are visiting and posting things on sites such as MySpace.com. 25% of Canadian children and teens have had mean, hateful and/or threatening things said to them over the internet or on their cell phone. Please talk to your child (ren) about this issue.

- Children should always tell their parents if they are being bullied or have been upset.
- Save all examples of bullying by saving or printing email or social messaging histories.
- If an email or message is particularly disturbing or breaks the law, call the police.
- Check on your school's anti bullying policy and whether it addresses bullying via computers and cell phones.

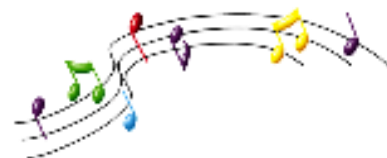
visit <http://www.wiredsafety.org/parent.html> or [www.bewebw](http://www.bewebw)

## Emergency Contact Information

At the beginning of this school year information was sent for parents/guardians to update their emergency contact information. This information is **very** important to you, your child, and the people you have designated as your emergency contact(s). If you have **any** changes to your contacts, please provide us with your updated information (including names and phone numbers). If you have a new cell or land-line phone number or other important changes, please let the office know immediately. Also, if someone other than one of your emergency contacts is picking up your child, please let your child's teacher or the office know. Remember this information is used in the case of an emergency and we need to contact someone immediately. Having the wrong numbers, mail boxes not set-up or full contact information often causes added stress to your child.

## A Celebration of Music

Mark your calendar! On Thursday, December 15<sup>th</sup> at 1:30 p.m. students will be sharing a variety of songs they've learned. Special thanks to Mr. Lattimer and all the Trudeau staff for helping to make this a special Trudeau celebration of learning! Parents and families are welcome to attend this extraordinary Trudeau event!



**Cold and Flu Season has arrived:** The cold and flu season is once again here! These are some ways that parents can help in keeping our school healthy and germ-free.

- Have your child wash their hands frequently with soap and water for 20 seconds (e.g. sing the “happy birthday song” 2 times).
- Teach your child to cough and sneeze into a tissue or into the inside of their elbow.
- Remind your child to stay at least two meters away from people who are sick.
- Children who are sick should stay home from school, daycare, and other people until they have recovered.



Did you know that additional health information is available from Healthlink BC at 8-1-1? This service is available 24 hours a day, 7 days a week to speak to a nurse if you have more questions or concerns about any illness/symptoms you or your child may experience. You can also access information from their website: [www.bccdc.ca/resourcematerials/newsandalerts/news/QuickguidechildhoodDiseases.htm](http://www.bccdc.ca/resourcematerials/newsandalerts/news/QuickguidechildhoodDiseases.htm)



**Rainy Days and Colder Weather:** As you know, our wet and colder weather has arrived but many students are arriving without jackets, boots or umbrellas. Many of our students enjoy playing outdoors during recess and lunch break times. Although children are often driven to school, please ensure that your child brings appropriate outside clothing for recess and lunch or in the event of an emergency where everyone must vacate the building for an extended period of time.

### **Physical Literacy at Trudeau**

Did you know that many Canadian children are not as active as other children in the world? We are lucky at Trudeau to have a PE specialist, Ms Forsyth. In her weekly PE classes she has created a workout routine that keeps everyone busy and active. Another element of her program is family involvement in sports and exercise. Studies have shown that parents/caregivers are strong role-models for exercise and help create life-long interests in sports and movement. It is also an opportunity to be away from screen time (e.g. television, computers, iPhones, etc.) as you enjoy time with your family. Our Vancouver weather is often perfect for a walk, run, playing in the park, kicking a soccer ball or throwing a basketball. Enjoy this special time with your child.



### **Student Council Information and Plans**

Our Trudeau Student Council have planned two important events for December. They are:

- December 13<sup>th</sup> – Green and Red Spirit Day. If you have something with one or both of those colours, wear them on that day and show you school spirit!
- Greater Vancouver Food Bank Collection: We will be collecting non-perishable items in our front hall. Look for the wrapped boxes to place your item in. The Student Council will deliver the items on Thursday December 15<sup>th</sup>. Thanks for showing your spirit of giving!



## Area Counsellor's Corner:

### Random Acts of Winter and Holiday Kindness



Studies have shown that **random acts of kindness are good for you!**

They improve your life satisfaction by increasing your sense of belonging and self-worth, and they improve your health by decreasing your anxiety, depression and blood pressure. And here's the best part: these benefits apply to the giver of kindness, the recipient of kindness, and anyone who witnesses the act! **Every act improves the lives of at least three people.** The list is endless, but some examples might include:

- Give up your spot in line.
- Donate money to an organization you participate in.
- Tell jokes to make someone smile.
- Donate food to your local food bank.
- Donate pet supplies to the shelter.
- Help someone do a chore or other job.
- Do yard work, sweep a walkway or shovel for a neighbor.
- Donate books you no longer need.
- Pick up litter.
- Make get well cards for someone who needs them.
- Make holiday decorations or draw a picture for someone.
- Make ornaments for your neighbors.
- Donate new toys to Toys for Tots, a children's hospital or other charities for children.

#### **Pierre Elliott Trudeau Elementary School**

449 East 62<sup>nd</sup> Avenue, Vancouver, BC V5X 2G2

Phone No. 604-713-4865, Fax No. 604-713-4867

**Principal:** Ms. Kim Nemeth

**VSB Trustee:** Dianne Turner

**Director of Instruction Field Services:** Mr. Robert Schindel

**PAC Executive:**

**Co-Chairpersons:** Mr. Alvin Singh & Mrs. Charlene Singh

**Treasurer:** Mr. Fred Safari

**Secretary:** Mrs. Sarabjit Randhawa