



# ÉCOLE PUNTLEDGE PARK ELEMENTARY

401 Willemar Avenue, Courtenay, B.C. V9N 3L3

Phone & Whereabouts Line: (250) 334-4495 Fax: (250) 897-0487

School Website: <http://sd71.bc.ca/sd71/school/puntledge/school/index.htm>

Principal: Mr. Allan Douglas

Vice-Principal: Mrs. Andrea Rowland

*"A Community of Learners exploring our world in a creative, healthy and caring environment."*

April 1, 2005

Dear Parents,

Hope you had a safe and relaxing Spring Break! We're in the final stretch of the school year – a really busy and active time for everyone with intermediate camping trips, track and field, sports day, fun fair, art show, etc.

We have just been approved by Thrifty Foods as an official "receipt collecting organization"! So, what does this mean? To put it simple, if you shop at Thrifty's, send us your cash register receipts to the school office and we can submit them for a 5% rebate of the grand total. Get your friends, neighbours and relatives to collect them as well....the more receipts, the greater the rebate. (\*you can send in any receipts with a 2005 date)

Safety reminder ... on the weekend, two of our primary students were approached by a stranger while playing on our schoolgrounds. Please remind your children of the dangers of "strangers".

Yours truly,

Allan Douglas  
Principal

**GARAGE SALE** ~ Mr. Hartig's grade 6 class is still accepting donations for their garage sale. Please drop off them off at the school. Plants and compost are available for sale. Come and see what kind of treasures we have. See Mr. Hartig for details.



**When:** Saturday, April 9<sup>th</sup>

**Time:** 9am – 12pm

**Where:** École Puntledge Park Elementary

## KINDERGARTEN REGISTRATION ~

French Immersion - April 5 & 6 – Siblings only  
- April 7 & 8 – Open registration

English – April 12, 13 & 14 – Open registration

\*\*\*Please ensure you bring your child's care card and birth certificate.

**SPRING CONCERT~"CHILD OF THE WORLD"~** Will be presented in 2 performances.

Ms. Archibald's students only.

**Group 1 - Tuesday, April 5, 10:30 a.m.** dress rehearsal

**6:30 p.m.** performance, Hartig, Zimmer, Campbell/Mollerup, Nelson, Weiler/Robertson, Brucker, Crawford

**Group 2 - Wednesday, April 6, at 10:30 a.m.** dress rehearsal

**6:30 p.m.** performance, Johnson, Staicu, Klassen/Mollerup, Denny, Ashwell, Greenlaw/Robertson, Goodger

\*\*Costumes: Hartig/Johnson – cool, funky clothes, sunglasses, hats sideways, backwards. All other classes, red and/or white tops, dark pants/skirts – casual, not sloppy.



**BOTTLES AND CANS** ~ If it's time to clean out your garage of all the refundable bottles and cans, there is an account set up at The Courtenay Return Centre, 1255 McPhee in Courtenay. If you take your refundable items there, just let them know to credit the Puntledge Park



Elementary **Strathcona Account** and the money will be used for the Grade 6 trip.

## HOW THE BRAIN WORKS BEST WORKSHOP ~

Here are some of the facts presented in the workshop.

The brain learns best:

- with Baroque music
- when we have downtime.
- when the brain is not under stress
- through laughter
- through games.

We are losing our ability to remember in large part because of computer technology. Our frontal lobes are shrinking! T.V. causes delayed development in children. Violence on television and in video games is hazardous to mental health. In order to grow healthy brains, children need:



- to play outside and run around
- to play games thereby growing neuro networks (remember T.V. causes delayed development in children)
- **OXYGEN** - is what the brain needs, so they need lots of exercise outdoors
- **WATER** - the brain is 80% water and depends on constant rehydration. I recommend keeping a water bottle at their desk
- **REAL FRESH FOOD** - your brain loves green vegetables like green beans, zucchini, spinach, parsley, broccoli and kale
- **EAT** - whole, natural foods
- **SUPER MEMORY FOODS** – fish, eggs, soybeans, bananas, avocados, low fat organic dairy, free range chicken, lean beef, blueberries and green vegetables.

**MAD SCIENCE** ~ Mad Science will be offering another session of their exciting After School Program this year!



**When:** Fridays from April 29 to June 24th

**Time:** 2:40-3:40 p.m.

**Cost:** \$89.00, additional siblings at \$79.00 each

\*\*There will be no classes on May 20 as it is a pro-day and there is no school\*\*



## ART WORKSHOPS FOR GRADE 1'S ~

**Date:** April 8, 18, May 2 & 9

**Time:** 2:30-4:00

**Where:** Mrs. Rowland's classroom

**Theme:** Animals

⇒ **Parent helpers more than welcome. We have room for 15! Sign up at the office.** ←

## BE PREPARED - NOT SCARED ~ Emergency Preparedness starts with you ~

Puntledge Park Elementary School is planning an evening workshop along with area schools and concerned residents to address the issue of how to be better prepared in case of an emergency. Tom Miles, the deputy emergency co-ordinator for our area has a wealth of information to present.

**Where:** Lake Trail Middle School

**When:** April 14, 2005

**Time:** 6:30 – 9:30 p.m.

For more information please contact Linda Graceffo at 338-9172 or Gaylene Rehwald at 338-2973, Earthquake Committee, École Puntledge Park Elementary School.

During an earthquake:

- Remain calm! The shaking usually lasts no more than a minute.
- If inside, stay inside...**"DUCK, COVER, and HOLD! Duck** under sturdy furniture. **Cover** as much of your head and torso as you can. **Hold** onto the furniture, move to an inside wall or archway and sit with your back to the wall, bring your knees to your chest and cover your head.
- Stay away from mirrors and windows.
- Do not exit the building during the shaking.
- If outdoors, move to an open area away from all structures, especially buildings, bridges, overpasses, tunnels, and overhead power lines. Stay as low as possible inside the vehicle.

## STUDENT WELLNESS IS OUR THIRD GOAL

*~Eat Right! Be Bright!*

Check out these school food and nutrition resources:

- About School Health and Nutrition Programs in BC –

[www.dashbc.org](http://www.dashbc.org)

- Eat Well, Play Well [www.dietitiansca/child](http://www.dietitiansca/child)

- Making it Happen: Healthy Eating at School

[www.knowledgenetwork.ca/makingithappen](http://www.knowledgenetwork.ca/makingithappen)

### Lake Trail Gym Blast Day Monday, April 25 – Pro D. Day

We would like to invite any grade 4, 5 and 6 students from our feeder schools to a fun-filled day at Lake Trail on Monday, April 25 from 9 a.m. to 3 p.m.

We will be having games, food, a movie and lots of fun in our gym. As we will need to have numbers to order food, we need to know how many students are interested in participating on this fun day.

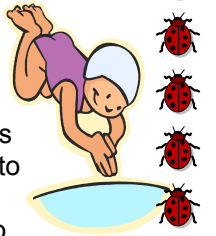
There will be adult supervision throughout the day, and students will not be allowed to leave the school unless we have written authorization from their parent. If any parents would like to volunteer an hour of their time, or more, to help, please contact me directly at Lake Trail (334-3168).

The cost for this day is \$15 per student. This will cover lunch (hot dog, drink and treat), the movie and popcorn for the movie. We would like students to pay at the door when they arrive at Lake Trail. Cheques made out to Lake Trail will be accepted as well at the door. There will be a small concession for students to purchase other snacks throughout the day if they choose, but lunch will be provided.

Students are to sign up in the office at their school if they will be attending our Gym Blast Day.

If you require further information, please call Lake Trail Middle School at 334-3168.

**GRADE 2 SWIM PROGRAM** ~ Our grade 2 students have begun their swimming lessons on Mondays and Fridays. Mme. Crawford's and Mme. Goodger's classes will swim from 1-1:30pm and Mrs. Rowland's and Mr. Ashwell's classes will swim from 1:30-2pm They will return to the school in time for dismissal at 2:30. The classes run from April 1 through to May 6.



**GRADE 6 CAMPING TRIP** ~ Please help support the grade 6 camping trip to Strathcona Park Lodge by purchasing a raffle ticket to try and win some great prizes!

**1<sup>st</sup> prize** - a trip for four to Strathcona Park Lodge worth \$250.

**2<sup>nd</sup> prize** – gift basket with items from local businesses worth over \$200.

**3<sup>rd</sup> prize** – snack basket from Thrifty Foods worth \$50.

Ticket sales begin early April and the draw is the last week of April. Thank you for your support.

## COURTENAY MIDDLE SCHOOL TECHNOLOGY IN EDUCATION EXPO – April 26 from 4-9 pm

**Who we expect to be at the Expo:**

- ❖ Several hundred parents and students from the middle school and feeder schools

**Here is some of what we have planned:**

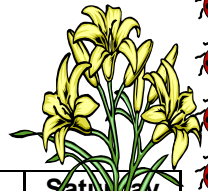
- ❖ Watch as students create dynamic Flash animations in front of your eyes
- ❖ Students will teach you:
  - How to make a flash animation
  - How to find what you want on the Internet faster using Boolean Logic
  - How to determine if a Web site is usable
  - About Internet Safety
  - How to lay out a poster or brochure
- ❖ Learn how to take photographs with digital cameras and manipulate the photos with free software
- ❖ Play educational games that help students learn basic math skills
- ❖ See student created PowerPoint presentations
- ❖ See how the Journalism students create the CMS newspaper and yearbook
- ❖ Learn about the gadgets and gizmos that are out today and that are coming soon
- ❖ Watch as students use digital video editors to work on video projects
- ❖ Learn about the future of technology in education

## WIN FABULOUS PRIZES

- ❖ A computer, T.V., memory cards & gift certificates.



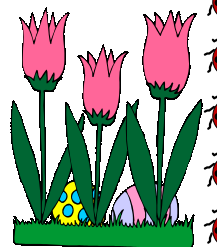
# April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Hot Lunch - Hot dogs Mr. Hartig's class ~ Gr. 2 Swim Program	2
3  <b>DAYLIGHT SAVING TIME</b> Clock ahead 1 hr	4 ~ Gr. 2 Swim Program	5~ Child of the World- group 1-10:30 am & 6:30 pm ~ French Imm. Kindergarten reg.-siblings only	6 ~ Child of the World - group 2-10:30 am & 6:30 pm ~ French Imm. Kindergarten reg.-siblings only	7~ School wide lice check-no hair products or braids ~ French Imm. Kindergarten reg.-open	8 ~ French Imm. Kindergarten n reg.-open ~ Gr. 2 Swim Program	9 Mr. Hartig's Grade 6 Class Garage Sale
10 	11 ~ Gr. 2 Swim Program ~PAC meeting 7pm	12 ~ English Kindergarten n reg. open	13 ~ English Kindergarten n reg. open	14 ~ English Kindergarten n reg. open	15 Intermediate Assembly ~ Gr. 2 Swim Program	16
17 	18 ~ Gr. 2 Swim Program	19	20 ~. Grupo America 1:30 pm	21	22 <b>EARTH DAY</b> ~ Gr. 2 Swim Program	23
24 	25 Pro-D Day <b>NO CLASSES</b>	26	27	28 <b>~ FUN FAIR</b>	29 ~ Gr. 2 Swim Program	30
1 May	2 Gr. 2 swim program	3	4	5	6 ~ Hot Lunch - White Spot -Final session Gr. 2 Swim Program	7

**MONTHLY NEWSLETTER DRAW** ~ Congratulations to Jasna Ramsden of division 17 for being our monthly newsletter draw winner for March. Jasna wins a \$5.00 gift certificate, compliments of White Spot.

The monthly newsletter is our way of communicating with the parents and guardians of our students. It will normally go home with the youngest member in the family or you can get it on-line by going to our website: <http://sd71.bc.ca/sd71/school/puntledge/school/news/news.htm>



To enter the draw for April, please complete the tear off and return it to the school.

Student's Name \_\_\_\_\_  
Division \_\_\_\_\_  
Parent's Signature \_\_\_\_\_

### HOT LUNCH

Fundraiser for Mr. Hartig's Grade 6 Strathcona Trip.

**April 1- Hot Dogs** - Hot dog - \$2.00, Rice Krispie - .50¢, banana - .50¢, juice - .50¢

### May 6th - White Spot

Chicken fingers - 4/\$3 or  
Macaroni & Cheese - \$3.50

Combo- 2 chicken fingers & Mac & cheese - \$4.00  
Cumberland donut - .50¢, fruit - .50¢, juice - .50¢

**SUMMARY OF PAC MEETING - March 14, 2005**  
**Next PAC Meeting April 11, 2005 @ 7:00 p.m. in the school library**

**Treasurer's Report: Jan Katerberg.**

The bank balance updates were reported on, in both the Gaming and Non-Gaming accounts – this has been a light month in terms of transactions. The budget adjustment of the year-to-date was submitted – revenues and expenditures were delineated, as well as an overview of our committed funds. Jan moved to allow the Nutrition Committee to buy a much needed fridge for up to \$1500 in total. Jan moved to dispose of the old kitchen fridge to the Silent Auction Committee of the 2005 Fun Fair, to be sold as an 'ice cold drinks dispenser', with a minimum bid of \$30.

**School Trustee's Report: Danny White and Janice Caton**

School trustee was unable to attend.

**District PAC Report:**

Report submitted by Karae White. Next DPAC meeting: April 4, 2005

**School Planning Council (SPC):**

Next SPC meeting: March 30, 2005, 7:00pm.

**Teacher's Rep Report: Debbie Nelson**

The teachers conveyed their appreciation to PAC for the recent cultural events that have taken place at the school: author Eric Wilson's visit, and the Dufflebag Theatre's presentation of "Peter Pan". An update on Natalie Claveau's field trip: only the Grade 4s will go on the overnight portion of the trip – the Grade 3s will join them in the morning. The PAC requested that teachers plan field trips one year ahead of time if possible, so that the funds can be put in the next year's budget; it was noted that it is easier to cancel the trips if they end up being unfeasible than to apply for funding that may not be there.

**Fun Fair/Silent Auction Committee: Karae White**

We were given an update on several of the items and services already donated for the Silent Auction, including a family pass to MusicFest, a family pass to the Fall Fair, kayaking, B&B packages, garden designs, physiotherapy and acupuncture treatments, and many more.

**Earthquake Committee: Andrea Rowland**

Linda Graceffo will be ordering replacement supplies for the school's earthquake kits over Spring Break. Thomas Miles will be coming to Lake Trail School to give a presentation on earthquake preparedness. The meeting is open to anyone from the community, and is especially planned to include the Lake Trail feeder school neighbourhoods. It will be held on Thursday, April 14 from 6:30-9:30 pm in the Lake Trail Multipurpose Room. Babysitting will be available for \$2.

**Principal's Report: Allan Douglas**

- The five Korean students attending our school in Grades 4 and 5 are settling in. The school receives \$500 per student/month, for extra resources to support their learning and for an ESL teacher. They are staying with several home-stay families.
- Five student teachers are here from Malaspina College, and are doing well. David Barnes, the new Director of Property Management for SD 71, went on a 'site walk' with each school principal, and Allan was able to present a list of concerns, needs and wishes to be considered for our school property.
- The math resource for our school district will be changed for next year, chosen from two series that have been piloted this year, in both English and French.
- Protective window screens are up on all the school's outside windows.
- We have been approved for Thrifty Food's receipt program: for every \$5000 in receipts turned in, they will donate a \$20 gift certificate.
- In light of the fact that bingo revenues in the province are falling and casino revenues are climbing, the Valley Charitable Bingo Society is asking the government for money from casino revenues as well as bingo – this will affect school PACs like ours who receive quite a bit of money from bingo.
- The BC government is introducing a new program, called ACT BC, into select schools in the province. Its aim is to focus on bringing fruits and vegetables into the schools rather than easy and unhealthy junk food. Ten schools will be chosen to pilot this project, and Allan has contacted Stan Hagen to volunteer EPPE for the task. We'll be informed.
- The Ready-Set-Learn preschool reading program is well-established in the library, and a meeting with preschool parents, health practitioners and related professionals, in conjunction with Ready-Set-Learn, is in the works.
- A Parent Lending Library collection has also been established in the library, with educational and other interest areas available.
- The school is gearing up for next year, with kindergarten registration and French Immersion kindergarten orientation.

**Vice-Principal's Report: Andrea Rowland**

- The Boys and Girls Club is moving to two days/week for their Homework Club – it is well used. Tracey Croonen will be the school liaison for this group.
- The supplier of our school agendas, which are made available to all Intermediate students, also provides study skills booklets and character education booklets (for \$1.25). It might be a good idea to consider making these available to those who attend the Homework Club, or to target a certain age level.

**Art Show:**

- It has worked well to have the classes working on their art projects throughout the year rather than only in the last two months of the year. One gallery walk has taken place (portraits), and another one is planned (collections). The Primary classes will take part in a 'mail art' workshop, sending postcards between classes. A huge mural will be painted on hardboard for the school gym, which can be re-done every 2-3 years as needed. Each student will do one individual project to take home, one group project to be sold at the Art Show, and each one will also contribute to the mural.
- A large-budget item coming up: buying re-useable art backgrounds.
- Andrea would like to hold a primary-age art workshop after school.

PAC Chair	Tome Nakashima	897-3137
Treasurer	Jan Katerberg	338-9190
Secretary	Lisa Taylor	338-4275
Hot Lunches	Anne Koke	336-8773
Nutrition	Eva Saxton 334-8445/ Laura Murray	338-0315
Fun Fair	Julie Kochanuk	338-4532
Whereabouts	Anna Leevers	338-9486
Lice Checks	Gaylene Rehwald	338-2973
PAC Minutes	Linda Graceffo	338-9172
DPAC	Ron Amos	338-7923
Magazine Sales	Colleen Holden	334-3676
School Planning Council	Tome Nakashima	897-3137 /Lisa/Dave Taylor 338-4275
School Planning/Past Chair	Mark Steven	703-2070

