



**St. Michaels University School**  
Outstanding preparation for higher learning and for life.

# OCTOBER NEWSLETTER

ST. MICHAELS UNIVERSITY SCHOOL  
JUNIOR SCHOOL  
820 Victoria Avenue  
Victoria, BC V8S 4N3  
Phone: (250)-598-3922

Volume 5, Issue 2

October 3, 2011

Dear Junior School Parents:

The school year is off to an excellent start and the children have settled nicely into the school routines. Thank you to all parents who attended the recent Junior School Curriculum Night. We hope that you found the evening informative. Our annual Terry Fox Walk was held on Friday, September 23. This event took place on our school sports field in the morning. This was a fundraising opportunity for cancer research and the Junior School raised almost \$400.00.

We look forward to a number of other special events during the month of October.

## Admissions Open House

The Junior School admissions process for our entry years has begun. This term I will be interviewing Kindergarten families, so if you know of families who are looking for a Kindergarten spot for their child for the 2012-13 school year, please have them call Ms. Cook, our Junior School Admissions Associate.

The annual Junior School Open House will take place all morning and afternoon on **Friday, October 21, 2011**. The Grade 5 students will act as ambassadors for this event. They will conduct tours and speak with prospective families about the school. The boys and girls will be trained as ambassadors over the next few weeks in their Life Skills class.

Thank you in advance to our *Junior School Parent Welcome Committee* which helps support special events such as this.

## Grade 5 Leadership Assembly

Grade 5 is a special year during which the students are given an increased number of leadership opportunities. A special Leadership Assembly will occur on **Tuesday, October 4 at 8:30 a.m.** where each student will speak about what leadership means to them. The Junior School leadership pins will be presented to the students at that time. Parents are welcome to attend this assembly, and following the assembly there will be a brief reception for Grade 5 families.

## Parent/Teacher Interviews *(\*Please note: dates for Primary Interviews were not in Parent Handbook.)*

The **Intermediate (4-5) Home Room Teacher Parent/Teacher Interviews** will take place on **Monday, October 17** from 3:30 to 8:00 p.m. and **Tuesday, October 18** from 1:45 to 4:30 p.m. There will be a parent sign-up list posted soon outside each of the classrooms. Interviews will be at fifteen minute intervals.

The **Primary (K- 3) Homeroom Teacher Parent/Teacher Interviews** will take place in the classrooms on **Tuesday, October 25**, from 3:30 to 7:00 p.m., and **Thursday, October 27**, from 1:30 to 5:00 p.m. Sign-up sheets will be posted soon on the home room teachers' doors. **Please note:** that due to a fieldtrip, the second day of the **Grade 3** interviews will be on **Wednesday, October 26** from 1:45-5:00 (instead of Thursday).

The **Specialty Teacher Parent/Teacher Interviews** (Art, Music...), will take place in January this year.

As always, we encourage parents to email or telephone teachers at any time throughout the year. We wish to develop and maintain open communication between parents and teachers.

### **Hallowe'en Festivities**

During the afternoon of **Monday, October 31, 2011** all of the children at the Junior School will participate in a number of Hallowe'en activities which will be organized by the Grade 5 students.

All students are asked to bring a costume to school in a well labelled bag. Simple make-up is permitted, but face masks and weapons are **not** permitted. Students should wear their uniform to school, but may go home in costume.

**Please note:** **After School Care** children will be having some fun and special activities on Hallowe'en after school. Please phone or email Brooke Kray to secure a spot on that day. (brooke.kray@smus.bc.ca)

### **Coats for Kids**

In past years the families of the Junior School have generously donated coats for those in need in the community of Victoria. Once again there is a great need for warm coats as we approach the winter season. Beginning on **October 3**. The Service Club will organize boxes in the foyer of the school and will be collecting any gently used coats (everything from infants to mens' and womens' extra large). We thank you for your support of this cause.

### **Interim Reports**

Interim reports will be sent to all students **new** to the Junior School, except those in Kindergarten. The reports are very brief overviews giving parents input as to how their children are adjusting to their new school. Interim reports will be sent home on **Thursday, October 6, 2011**.

### **Winter Uniform**

After Thanksgiving, all students will be expected to wear their winter uniform. Students must also wear a **tidy uniform** on school property when arriving **AND LEAVING**. Please consult the Parent Handbook for specific clothing items required. The children have been very good about remembering their #1 uniform on Mondays. Thank you for your assistance with uniform.

### **Virtue of the Month: Responsibility**

### **Crosswalk & Road Safety**

A reminder to parents that parking is not permitted on either side of the crosswalk as it impedes visibility for these crossings. Please ensure that you follow the law at all crosswalks, including the one at Beaverbrook and Hampshire. In advance, thank you for your cooperation.

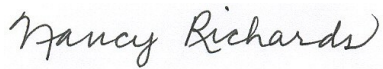
Also, please remember that there are posted “**school zone**” speed signs in the neighbourhood.

A reminder to parents that when the bus bell rings at the end of the day, the back playground is out-of-bounds, as there is no teacher supervision. We appreciate your cooperation in this regard.

On behalf of the staff, I would like to wish you and your family a very Happy Thanksgiving.

Attached please find our *At A Glance* for October, 2011.

Best regards,

A handwritten signature in cursive script that reads "Nancy Richards". The signature is written in black ink on a white background.

Nancy Richards, M.Ed.  
Junior School Director

# SMUS JUNIOR SCHOOL

October 2011

*At a Glance*

- Mon., Oct. 3 (day 9) Chapel (#1 uniform) 8:30 am  
Sign Language Club (12:00) in 5P classroom  
**Grades 3-5 Cross Country Team Meet** (3:45-4:40)  
at Beacon Hill Park, All Weather Field
- Tues., Oct. 4 (day 10) **Grade 5 Leadership Assembly** (8:30-9:30) in the gym  
Grade 3 Advanced Bell Choir (12:05) in the Learning Centre  
Grades 2-5 Chess Club (12:05)  
Grades 4 & 5 Green Team (11:45-12:15) in the library  
Grades 4 & 5 Boys' Soccer (3:15-4:15) Jr. School
- Wed., Oct. 5 (day 1) Grades 3-5 Running Club (7:45-8:15) on the field  
Pizza Day  
Grades 4 & 5 French Club (11:45-12:05) in the library  
Grades 4 & 5 Sports Club (3:15-4:15)  
Grades 4 & 5 Girls' Soccer Practice (3:15-4:15) on the field
- Thur., Oct. 6 (day 2) Grades 4 & 5 Boys' Soccer Practice (3:15-4:15) on the field
- Oct. 7 - 10 SCHOOL CLOSED FOR THANKSGIVING HOLIDAY WEEKEND
- Tues., Oct. 11 (day 3) Grades 4 & 5 Dance Club (12:05) in the gym  
Grades 2-5 Chess Club (12:05) t.b.a.  
Grades 4 & 5 Boys' Soccer Practice (3:15-4:15) on the field
- Wed., Oct. 12 (day 4) Pizza Day  
**Grades 3-5 Cross Country Meet** (3:45-4:45) at Clover Point/Dallas Road  
NO other sports or sports club after school today
- Thurs., Oct. 13 (day 5) **Grade 5 Fieldtrip to Fort Langley** (all day) Vancouver  
Grade 3 Advanced Bell Choir (12:05) in the Learning Centre  
Grade 5 Service Club (11:45-12:15) in the gym  
Grades 4 & 5 Boys' Soccer Practice (3:15-4:15) on the field
- Fri., Oct. 14 (day 6) Grades 4 & 5 Dance Club (12:05) in the gym  
**GRADE 5 ISEA Soccer Jamboree** (10:00-2:00) at Topaz Park
- Mon., Oct. 17 (day 7) Chapel (#1 uniform) 8:30 am  
Grades 4 & 5 French Club (11:45-12:05) in the library  
**Grades 3-5 VISSA Cross Country Meet** (1:15 start) at Beaver Lake  
**Grades 4 & 5 HOMEROOM TEACHER PARENT/TEACHER INTERVIEWS** (3:30-8:00)
- Tues., Oct. 18 (day 8) **Grades 4 & 5 HOMEROOM TEACHER PARENT/TEACHER INTERVIEWS** (1:45-5:30)  
Grades 4 & 5 Boys' Soccer Practice (3:15-4:15) on the field

- Wed., Oct. 19 (day 9) Grades 3-5 Running Club (7:45-8:00 am) on the field  
**Grades 4 & 5 Scholar in Residence Assembly** (8:30 am)  
 Pizza Day  
 Sign Language Club (12:10-12:40) in 5P classroom  
 Grades 4 & 5 Girls' Soccer Practice (3:15-4:15) on the field
- Thurs., Oct. 20 (day 10) Grades 4 & 5 Boys' Soccer Practice (3:15-4:15) on the field
- Fri., Oct. 21 (day 1) Grades 3-5 Running Club (7:45-8:15 am) on the field  
 Grades 4 & 5 French Club (11:45-12:05) in the library  
 Grade 3 Advanced Bell Choir (12:05) in the Learning Centre  
 Grades 4 & 5 Green Team (11:45-12:15) in the library  
**OPEN HOUSE** (9:00-11:30 & 1:30-3:00)
- Mon., Oct. 24 (day 2) Chapel (#1 uniform) 8:30 am
- Tues., Oct. 25 (day 3) Grades 2-5 Chess Club (12:05)  
 Grades 4 & 5 Dance Club (12:05) in the gym  
 Grades 4 & 5 Boys' Soccer Practice (3:15-4:15) on the field  
**PRIMARY HOMEROOM TEACHER PARENT/TEACHER INTERVIEWS** (3:30-7:00)
- Wed., Oct. 26 (day 4) Grades 3-5 Running Club (7:45-8:15 am) on the field  
 Pizza Day  
 Grades 4 & 5 Girls' Soccer Practice (3:15-4:15) on the field
- Thurs., Oct. 27 (day 5) Grade 3 Advanced Bell Choir (12:05) in the Learning Centre  
 Grade 5 Service Club (11:45-12:15) in the gym  
 Grades 4/5 Boys' Soccer Practice (3:15-4:15) on the field  
**PRIMARY HOMEROOM TEACHER PARENT/TEACHER INTERVIEWS** (3:30-8:00)
- Fri., Oct. 28 (day 6) **Last** Grades 3-5 Running Club (7:45-8:15 am) on the field  
**SCHOOL CLOSED AT 11:45** FOR STAFF PROFESSIONAL DEVELOPMENT  
 After School Care—for those who have signed up early
- Mon., Oct. 31 (day 7) Chapel cancelled  
**Hallowe'en Activities in the afternoon**

## WHO SHOULD GET THE SEASONAL INFLUENZA (FLU) VACCINE

The influenza vaccine protects against viruses that cause seasonal influenza, often called the flu. The vaccine does not protect against other viruses or bacteria that cause colds or stomach illness such as “stomach flu.”

Influenza, often called seasonal flu, is an infection of the nose, throat and lungs caused by the influenza virus. A person with influenza is at risk of other infections, including viral or bacterial pneumonia (infections of the lungs). Influenza spreads easily from person to person through coughing, sneezing, or having close face-to-face contact. The virus can also be spread when a person touches an object contaminated with the influenza virus and then touches his or her mouth or nose.

### **In BC, the following groups are eligible for the free annual vaccination:**

- ◆ Children and adults with chronic health conditions and their household contacts
- ◆ Healthy children aged 6 to 23 months
- ◆ Household contacts and caregivers of infants aged 0 to 23 months
- ◆ Pregnant women who will be in their 3<sup>rd</sup> trimester during the influenza season
- ◆ People 65 or older and their caregivers
- ◆ Residents of nursing homes and other chronic care facilities
- ◆ Health care workers
- ◆ Emergency responders
- ◆ People who work with poultry and swine
- ◆ Employees and inmates at BC correctional facilities
- ◆ Those who provide care or service in potential outbreak settings housing high risk persons (e.g. crew on ships)

Influenza vaccine is available through health units and physicians. The vaccine is free for anyone in the above groups.

For more information contact:

- ◆ Your local Health Unit
- ◆ HealthLinkBC at 8-1-1 (a free call) or [www.healthlinkbc.ca](http://www.healthlinkbc.ca)
- ◆ Your doctor
- ◆ [www.immunizebc.ca](http://www.immunizebc.ca)

### **Health Units:**

|                    |              |                    |              |
|--------------------|--------------|--------------------|--------------|
| Esquimalt          | 250-519-5311 | Salt Spring Island | 250-538-4880 |
| Outer Gulf Islands | 250-539-3099 | Sooke              | 250-642-5464 |
| Peninsula          | 250-544-2400 | Victoria           | 250-388-2200 |
| Saanich            | 250-519-5100 | West Shore         | 250-519-3490 |

## LIFE-THREATENING FOOD ALLERGIES AND SPECIAL DAYS

Special days like birthdays, Easter and end-of-the-year parties are times of celebration with friends, family and food. However, there are students in our school with life-threatening food allergies and these students are especially at risk during these times. You can help to keep allergic students safe by:

- ◆ Celebrating with stickers, games or prizes instead of food
- ◆ Not sending or bringing peanut and nut-containing products to the school or classroom

Refer to your school's policies and procedures around life-threatening food allergies for more information.

For more information contact:

- ◆ Your local Health Unit
- ◆ HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or [www.healthlinkbc.ca/dietitian/](http://www.healthlinkbc.ca/dietitian/)
- ◆ HealthLink BC File #100 Severe Food Allergies in Children:  
[www.healthlinkbc.ca/healthfiles/hfile100.stm](http://www.healthlinkbc.ca/healthfiles/hfile100.stm)  
[www.healthlinkbc.ca/healthfiles/hfile100a.stm](http://www.healthlinkbc.ca/healthfiles/hfile100a.stm)
- ◆ Anaphylaxis Canada [www.anaphylaxis.ca/](http://www.anaphylaxis.ca/)
- ◆ Your doctor
- ◆ Your pharmacist

Field Code Changed

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|                    |              |                    |              |
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## HEAD LICE AWARENESS

Outbreaks of head lice are common throughout the school year. Although head lice are a nuisance, **head lice are not a health risk.**

Head lice spread quickly by close, head-to-head contact. Lice cannot live on furniture or carpet, and they cannot jump or fly. There may be few or no symptoms, but itching may occur.

You can help by:

- ◆ Checking your child's head with the wet-combing method of detection once a week throughout the school year.
- ◆ Encouraging your child to wear their hair tied back, and avoid touching heads with other students.
- ◆ Using the wet-combing method of treatment if you notice lice on your child's head.
- ◆ Telling the classroom teacher if your child has head lice, so other parents can be notified.

For more information contact:

- ◆ Your local Health Unit
- ◆ Review the pamphlet "Wet Combing – How to Get Rid of Head Lice" available at your school and health unit

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## TRICK OR TEETH!

When it comes to Halloween candy and tooth health, the "all or nothing" approach is best. Giving children their Halloween candy over days or weeks is not the best choice. The risk of tooth decay increases with the amount of sugar and the number of times teeth are exposed to it.

Tooth safe suggestions for enjoying Halloween treats are:

- ◆ Serve a healthy dinner (or snack) before trick-or-treating. This will leave less room for sugary snacking. You will know your child has eaten **something** nutritious on this exciting night.
- ◆ Limit the number of times teeth are exposed to sugar by encouraging children to enjoy some candy at one sitting. Then, be sure to brush their teeth afterwards.
- ◆ Cut down on the number of sugary treats children receive by handing out "tooth-friendly" options like stickers, temporary tattoos, fancy pens and pencils, or toothbrushes!

And of course, remember to floss and brush with fluoride toothpaste before going to bed, or there could be some very *scary* results!

For more information contact:

- ◆ VIHA Child, Youth and Family Community Health Dental:

|                |                |
|----------------|----------------|
| Victoria       | 250-519-5100   |
| Esquimalt      | 250-519-5311   |
| Nanaimo        | 250-739-5845   |
| Port Alberni   | 250-731-1315   |
| Courtenay      | 250-331-8526   |
| Campbell River | 250-850-2124   |
| Toll Free      | 1-800-663-7867 |

## KEEPING YOUR CHILD SAFE – HAVE A HAPPY HALLOWEEN

With Halloween fast approaching, we want to think of ways to keep our children safe while trick or treating. Up to about 9 years of age, children do not have the skills to be safe in traffic. Many children have difficulty judging speed and distance and concentrate for only short periods of time. This will be especially true with the added excitement of Halloween. In addition, there will be many strangers on the street on Halloween night. Here are some tips to help keep your child safe:

- ◆ Teach your child road safety rules and to look, listen and think about traffic
- ◆ Know where they are
- ◆ Know what they are doing
- ◆ Know who they are with
- ◆ Teach your child about personal safety and the danger of talking to strangers. Teach them never to go with or accept anything from someone they do not know.

When children understand how to be safe, parents can be more relaxed about their children being out for Halloween.

For more information contact:

- ◆ Your local Health Unit
- ◆ Triple P Positive Parenting Program [www.triplepvp.ca](http://www.triplepvp.ca)

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