



# Woodland Park Elementary Newsletter

## December 2014

Ms. E. Harrison, Principal  
Mr. B. Caley, Vice-Principal  
604-589 5957

[woodlandpark@surreyschools.ca](mailto:woodlandpark@surreyschools.ca)

### Message from the Principal

#### Calm, Alert and Ready to Learn – Part 2

**Helping Kids Get Energized!** When children feel tired or bored, it is difficult for them to find the mental or physical energy a situation requires. They often need our help to feel more energized or excited.

The following is an example of how a mundane task can be turned into fun for both parent and child. “Hey Joey, let’s see how many toys you can put away in one minute. I’ll set the timer and you can race against the clock”!

Helping kids feel calm, alert and energized when they need to be is a key part of how we help them develop self-regulation skills. Eventually, we can teach children how to “regulate” themselves. We do this by helping them identify their own energy level and what they can do to feel better.

For example, we might say “You are really wound up right now. What can I do to help you slow down”? This can help children learn how to understand and change their inner energy and tension.

**Providing Good Care and Support!** Meeting children’s basic needs is a big part of supporting self-regulation. This includes a healthy diet, lots of sleep, exercise and unstructured play time. Good care teaches children how to care for themselves.

Connections with others is very important. Positive, loving relationships help children face the world with a positive attitude. Physical connections help them feel safe, calm and happy. Children are different and some less able to control their behaviour and cope with stress. There is no magic solution. Try some of the strategies below.

#### Tips for Calming

- Give your child a lot of physical contact such as hugs and holding hands
- Make sure your child(ren) have plenty of QUIET one-on-one time with you
- Teach them the benefit of taking deep breaths to relax
- Encourage them to do physical activity (run, skip, jump, etc) when they are restless

#### Tips for Energizing

- Change your tone of voice, facial expressions, and gestures when you are interacting with your child
- Turn a task into a game
- Have your child do a physical activity that uses large muscles, such as lifting objects that strengthen (but not strain) muscles
- Play lively music

January Important Dates	
Monday Jan 5, 2015 – Back to School	
Friday Jan 9	Pajama Day
Friday Jan 16	PAC Hot Lunch
Monday Jan 19	Kindergarten Registration
Friday Jan 23	Pro D Day – No School
Friday Jan 30	PAC Hot Lunch

**Next month...Self-Regulation and Emotions**

## Kindergarten Registration School Year 2015 - 2016

It's that time of year again to register your child for Kindergarten. If you have a child born in the year 2010 they will be starting school September 2015. Registration begins on Monday **January 19, 2015**. Please see our website for registration information.



### **Communicating Student Learning (CSL)**

As most of you know, Woodland Park is a pilot school for CSL. In a nutshell, we are looking for new ways to provide valuable information to both students and parents. The focus is more on the process of learning and having students understand what they are learning, why they are learning specific things, being able to identify their strength and areas that still require growth. Last year we tried out a new template that did not use letter grades. We are continuing with this template this year. You will find Key Concepts identified for each subject area and a GL (grade level) or (EM) emerging beside each concept. I strongly encourage each of you to make an appointment on December 18 to meet with the teacher to discuss our new format and how you can support your child(ren) at home.

## **Ski-Snowboard Program**



### **To Registered Students: Awesome! It's a GO!**

The dates to Grouse Mountain are Tuesday Jan 6, Tuesday Jan 13, Tuesday Jan 20, and Tuesday Jan 27. Please bring your gear to the school in the morning as we will be leaving the school at 2:30 pm SHARP!

Volunteer Drivers – Please be at the school by 2:15 pm.

Christmas Concert Videos (DVD) on sale for \$5.00 each. Please call the school if you would like to order a copy! (Deadline to order is January 9, 2015). Thank You!





# Merry Christmas

*Handwritten signatures (clockwise from top left):*  
Jeffrey Shissen, Robyn Tsuji, Cindy Colwell, Paul Bulayeto, Mike Vandenberg, Lara Campbell, W. Robert, Dawn Owens, C. Harrison, A. Abram, E. Mordel, S. Nakashima, E. Sessau, A. Peterson, Sprab Schmidt, A. K. L., Henry Lorteaue, C. Breen, Thina Myint, Janine Finley, Cheryl Will, Barbara Wills, Holly Hasso, James P. a, Bladd, Windsor, W. Casey, Brenda, Cindy G. O'ne, Phoebe, N. Robert, Dawn Owens, C. Breen, Thina Myint, E. Mordel, S. Nakashima, E. Sessau, A. Peterson, Sprab Schmidt, A. K. L., Henry Lorteaue, C. Breen, Thina Myint, C. Harrison, A. Abram, Woodland Park Staff



## Find ME id



**CANADIAN CENTRE for CHILD PROTECTION®**  
*Helping families. Protecting children.*

Fall 2014

**Dear School Principal,**

On behalf of the *Canadian Centre for Child Protection*, I am writing this letter to highlight some important resources enclosed in this mailing and to connect with you directly, should you be interested in acquiring additional materials for your school.

As a registered charitable organization dedicated to the personal safety of all children, our goal is to reduce child victimization by providing programs and services to Canadians. One of the ways we do this is through the *Kids in the Know* program – a national, bilingual, interactive safety education program designed to increase the personal safety of children and reduce their risk of victimization online and in the real world.

The Canadian Centre for Child Protection recognizes the important role of educators in helping students learn information in a manner that leaves them feeling empowered and confident. We believe that the best way to promote child personal safety is to use a community-based approach that engages children, educators, and parents, as well as community agencies. As such, we are pleased to partner with Lifetouch to provide you with the following samples of our material:

- **Resource Catalogue and Kids in the Know Overview Guide**

Please review the catalogue and overview guide with your staff to learn more about our resources that are available to order or download. Should you be interested in ordering materials, visit [protectchildren.ca/order](http://protectchildren.ca/order) or call us directly at **1-800-532-9135**.

- **7 Root Safety Strategy Poster**

We encourage you to place the 7 Root Safety Strategy poster in a high traffic area of your school. The messaging on this poster reinforces important safety strategies that will help to reduce a child's risk of victimization.

- **Find Me ID Promotional Card**

Please consider mentioning this resource in your upcoming parent newsletter or in parent/teacher meetings to bring awareness to this new and innovative tool. The Find Me ID app is a child ID program offered by *MissingKids.ca* – Canada's missing children resource and response centre.

It is our shared responsibility to safeguard children and teach them skills that will help keep them safe. I would like to thank you in advance, for reviewing the items in this package and sharing the information as suggested above.

If you have any questions or comments, please contact us at [contact@protectchildren.ca](mailto:contact@protectchildren.ca). We look forward to hearing from you.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Lianna McDonald'.

Per: Lianna McDonald, Executive Director  
**Canadian Centre for Child Protection Inc.**

The Canadian Centre for Child Protection is a charitable organization dedicated to the personal safety of all children. Visit [protectchildren.ca](http://protectchildren.ca) for more information on our national programs and services.

**The snow is falling and winter is just around the corner.**

**Let it snow, let it snow, let it snow!**

**Pick up a SnowPass for your 4th or 5th grader  
and find hundreds of ways to save this winter.**

The snow has begun to fall all across the country and with all this snow comes all sorts of fun! Don't let your kids spend the winter indoors, get them outside and active, and get them to try skiing and snowboarding with the Grade 4 & 5 SnowPass.

Your kids have never skied or snowboarded before? No problem! With all the fresh snow on the ground it's the perfect time to get them started. And the Canadian Ski Council has everything you need to make it easy and affordable for them to learn. Just pick up a Grade 4 & 5 SnowPass for your child and receive three free lift tickets at each participating ski area. With over 150 locations across Canada to choose from, there are hundreds of opportunities for your kids to ski and snowboard this winter!

Registering your child for a SnowPass is easy and any child in grade 4 or 5 is eligible (or those born in 2004 or 2005). Just visit [www.snowpass.ca](http://www.snowpass.ca), upload your child's picture and proof of age, enter your method of payment, and presto - your child's personalized SnowPass will be mailed directly to your home within days.

Do you or your family also want to learn how to ski or snowboard? The Canadian Ski Council has you covered. Sign up for a Discover Learn to Ski or Snowboard lesson package, which includes a lesson, lift ticket and equipment rental, all for a very low price. Check out [www.skicanada.org](http://www.skicanada.org) for a full list of ski areas that offer Discover lesson packages and their package prices.

The Grade 4 & 5 SnowPass is a national program and is valid at over 150 ski areas across Canada, including 31 ski areas in British Columbia, 19 in Alberta, 1 in Saskatchewan, 2 in Manitoba, 32 in Ontario, 57 in Quebec, 8 in Atlantic Canada, and 1 in the Yukon. So no matter where you live, everyone can take advantage of this fantastic offer. To see a full list of participating ski areas, please visit: [www.snowpass.ca](http://www.snowpass.ca).

Grade 4 and 5 SnowPass information and applications are available online at [www.snowpass.ca](http://www.snowpass.ca) or [www.passeportdesneiges.ca](http://www.passeportdesneiges.ca). Sign up today so you have the SnowPass in time for Christmas.

# # #

For more information on the Grade 4 and 5 SnowPass program, contact the Canadian Ski Council, tel: 905-856-4754 or email [info@skicanada.org](mailto:info@skicanada.org)

NORTH SURREY SECONDARY DRY GRAD  
CHRISTMAS SEASON BOTTLE DRIVE.



# BOTTLE DRIVE & TREE CHIPPING FUNDRAISER

PLEASE SAVE YOUR BOTTLE AND RECYCLABLES  
FOR OUR DRY GRAD BOTTLE DRIVE

BRING YOUR BOTTLES TO THE  
NORTH SURREY SECONDARY  
PARKING LOT @ 96TH & 160TH



*JANUARY 3RD FROM 10-4PM*