



# Woodland Park Elementary Newsletter

## February 2015

Ms. E. Harrison, Principal  
Ms. L. Thiessen, Acting Vice-Principal  
604-589 5957

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### Message from the Principal

## Anxiety

Research suggests that anxiety is becoming a serious problem for some children. When children are anxious, they burn a lot of energy just coping with their tension. This is energy that could be used to learn, to interact with others and to feel good about themselves. We cannot take away this anxiety however; we can help them deal with it.

#### Tips:

- Be aware of your own anxiety as children pick upon the emotional state of parents. Children need adults to be calm, supportive and optimistic.
- Listen to children talk about their anxiety and gently question their negative thoughts. These negative thoughts will only serve to keep the anxiety in place.
- Introduce changes at home slowly. Give children information about how a situation may change and what to expect.
- Watch to see if the anxiety lasts for many months or interferes with a child's daily life. If it does, ask your family doctor to refer you to a psychologist or children's mental health services.
- Keep adult problems/challenges out of the world of children as much as possible. It is a fine line between informing children of situations and treating them as confidants (not good for their mental wellbeing).



Below is a link for some good suggestions and advice for families:

<http://www.pampers.ca/home>

Pro D Day Friday  
February 20<sup>th</sup> – no school

### March Important Dates

Tuesday Mar 3	2 <sup>nd</sup> Report Cards Issued
Thursday Mar 5	Early Dismissal @ 1:30
Thursday Mar 5	Cookie Sales \$1.00 each
Spring Break March 9 – 20	
Monday Mar 23	Back to School
Thursday Mar 26	Newsletter Issued
Friday Mar 27	PAC Hot Lunch

### Administration Change

For personal reasons, Mr. Caley has left his position at Woodland Park Elementary. I wish to take this opportunity to thank him for his service to the school and wish him well in his future endeavours. Mrs. Thiessen has graciously stepped up to take on the role as Acting Vice-Principal. We are committed to serving you and your children and look forward to all the learning and activities planned for the remaining 4 months.



## One Thing That Will Ruin a Perfectly Good Relationship

Whether we are reflecting upon our relationships with students, colleagues or those in our personal lives, this article sums up quite nicely how our words have such a significant effect on those around us. Much of what is said may not be new to us however, it serves as a valuable reminder the power we hold to make or break relationships. Please click on the link below to read the article.

[https://www.psychologytoday.com/blog/anger-in-the-age-entitlement/201212/one-thing-will-ruin-perfectly-good-relationship?utm\\_source=FacebookPost&utm\\_medium=FBPost&utm\\_campaign=FBPost](https://www.psychologytoday.com/blog/anger-in-the-age-entitlement/201212/one-thing-will-ruin-perfectly-good-relationship?utm_source=FacebookPost&utm_medium=FBPost&utm_campaign=FBPost)

## Under the Sea Winners

Angelo Z. – Under the Sea Drawing  
Cassandra O. – Under the Sea Discoveries  
Jerry P. – Estimating Crackers  
Victor H. – Interpreting Graphs  
Liam K. – Under the Sea Drawing  
Tia S. – Creativity in Decoration

Peace W. – Under the Sea Drawing  
Pavan A. – Sea Creature Trivia  
Vivian L. – Story Writing Draw  
Markus N. – Interpreting Graphs  
Shayal P. – Sea Creature Trivia  
Sebastian M. – Colouring Contest



### Lunch Time Cutlery

Please remember to pack the appropriate cutlery (spoon or fork, no knives) with your child's lunch. We have a number of students asking for cutlery at the office, which unfortunately, we do not have any to give them.

## Pink Shirt Day

Pink Shirt Day is a day where we show our support for a school environment  
**FREE OF BULLYING.**

We encourage all students to wear pink. It doesn't have to be a shirt; a scarf, mitts, hat, bracelet etc. will do! So, put the date on your calendar – **Wednesday, Feb. 25!**

Please take some time to chat with your child/ren about the importance of treating everyone with respect and dignity. Even better, let us all work together to teach the children to thrive on differences and diversity!!

When we work together to promote the same values, we stand a much better chance of...

**MAKING THINGS HAPPEN!**



# Kidswap Feb28th Cloverdale Fair Ground

Like an indoor flea market!

Families or those expecting, this is a goldmine!

Find items from strollers to books to clothing to toys, this is an event you don't want to miss!

Swap hours: 9 am – 1 pm

Location: Shannon & Alice Hall

Vendors: 150 plus

Admission: 9am – 10am \$5.00 / 10am – 1pm \$3.00

Kids under 12 are free

\*\*\*Parking is free\*\*\*

## \*\*\*\*\* VERY IMPORTANT MESSAGE\*\*\*\*\*

Dear Parents / Guardians,

You may have seen news media coverage recently regarding a public notice from the Ministry of Justice that a high-risk offender named John Conway was planning to live in Surrey. You will be able to see photos and other information about this man by visiting the websites of the Surrey Now or Surrey Leader, as well many other news media websites, or you can obtain a copy from our school.

Our school district believes it is prudent to take some precautions under these circumstances. Besides ensuring our school staffs, supervisors and safe school liaisons have the appropriate information; the district also wants to ensure parents are aware.

The man is not allowed to be near anyone under 18-years-old, nor in any park, playground, school or other facility where children may gather. If you see the man at these places, you should phone police.

You may want to review the information with your child and remind him/her of these safety tips:

- Don't take short cuts. Use main routes; avoid lanes, forested or secluded areas.
- Walk with friends.
- Tell someone where you are going and when you will be back.
- Phone home when leaving a friend's house and say when you will be home.
- Don't assist strangers.
- Trust your instincts and your feelings.
- Phone if you are going to be delayed, or if your plans change.

On the next page are a photo and Punjabi Version of the above.



## PUBLIC NOTIFICATION

February 9, 2015

James CONWAY

James CONWAY, age 40, is a high risk sex offender and is the subject of a public notification conducted by the Ministry of Justice, Corrections Branch.

CONWAY is 6 feet 4 inches tall and weighs 276 pounds. He is Caucasian with brown hair and blue eyes. He plans to reside in the City of Surrey.

CONWAY has a criminal history which includes sexual interference of person under 16, sexual assault, arson damaging property, fail to comply with disposition and breach of recognizance.

He has maintained a versatile pattern of sexual offending against female children in a predatory and opportunistic manner.



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*Protect Communities, Reduce Reoffending*

**Ministry of Justice**

Corrections Branch  
Office of the  
Assistant Deputy Minister

Mailing Address:  
PO BOX 9278 STN PROV GOVT  
Victoria BC V8W 9J7

Location Address:  
7<sup>th</sup> Floor, 1001 Douglas Street  
Telephone: 250 387-5363  
Facsimile: 250 387-5698

ਸਤਿਕਾਰ ਯੋਗ ਮਾਤਾ ਅਤੇ ਪਿਤਾ ਜੀਓ,

ਸ਼ਾਇਦ ਤੁਸੀਂ ਇਹ ਖਬਰਾਂ ਵਿੱਚ ਦੇਖਿਆ ਜਾਂ ਪੜ੍ਹਿਆ ਹੋਵੇਗਾ ਕਿ ਅਦਾਲਤਾਂ ਦੀ ਮਿਨਿਸਟਰੀ ਵਲੋਂ ਇੱਕ ਜੋਹਨ ਕੌਨਵੇ ਨਾਮ ਦੇ ਵਿਅਕਤੀ ਨੂੰ ਸਮਾਜ ਵਿੱਚ ਵਿੱਚ ਇੱਕ ਖਤਰਨਾਕ ਵਿਅਕਤੀ ਹੋਣ ਦਾ ਨਾਂ ਦਿੱਤਾ ਹੈ ਅਤੇ ਉਹ ਸਹੀ ਵਿੱਚ ਰਹਿੰਦਾ ਹੈ। ਇਸ ਵਿਅਕਤੀ ਦੀਆਂ ਫੋਟੋ ਤੁਸੀਂ ਸਹੀ ਨਾਓ ਅਤੇ ਸਹੀ ਲੀਡਰ ਦੇ ਅਖਬਾਰ ਰਾਹੀਂ ਜਾਂ ਉਹਨਾਂ ਦੀ ਵੈਬ ਸਾਈਟ ਉਪਰ ਜਾ ਕਿ ਵੀ ਦੇਖ ਸਕਦੇ ਹੋ ਅਤੇ ਹੋਰ ਵੀ ਅਖਬਾਰਾਂ ਅਤੇ ਟੀ.ਵੀ. ਵਿੱਚ ਜਾਂ ਸਾਡੇ ਸਕੂਲ ਤੋਂ ਫੋਟੋ ਲੈ ਸਕਦੇ ਹੋ।

ਸਕੂਲ ਡਿਸਟਰਿਕਟ ਦਾ ਇਹ ਵਿਚਾਰ ਹੈ ਕਿ ਸਾਨੂੰ ਇਸ ਤਰ੍ਹਾਂ ਦੇ ਇਨਸਾਨ ਤੋਂ ਸੁਰਖਿਆ ਲਈ ਬਹੁਤ ਗੂੜ੍ਹਾ ਧਿਆਨ ਰੱਖਣ ਦੀ ਜ਼ਰੂਰਤ ਹੈ। ਇਸ ਲਈ ਤੁਹਾਡੀ ਜਾਣਕਾਰੀ ਲਈ ਅਤੇ ਸਕੂਲਾਂ ਦੇ ਕਰਮਚਾਰੀਆਂ ਲਈ ਇਹ ਜਾਣਕਾਰੀ ਸਾਂਝੀ ਕਰਨੀ ਜ਼ਰੂਰੀ ਹੈ।

ਇਸ ਵਿਅਕਤੀ ਨੂੰ ਕਿਸੇ ਵੀ 18 ਸਾਲ ਦੀ ਉਮਰ ਤੋਂ ਘੱਟ ਵਿਅਕਤੀ ਦੇ ਨੇੜੇ ਜਾਣ ਤੋਂ ਮਨਾਹੀ ਹੈ, ਕਿਸੇ ਪਾਰਕ ਵਿੱਚ, ਸਕੂਲ ਵਿੱਚ ਜਾਂ ਹੋਰ ਕੋਈ ਵੀ ਜਗ੍ਹਾ ਜਿਥੇ ਬੱਚੇ ਹੋਣ।

ਕਿਰਪਾ ਕਰਕੇ ਇਹ ਜਾਣਕਾਰੀ ਆਪਣੇ ਬੱਚੇ ਨਾਲ ਸਾਂਝੀ ਕਰੋ :

- ਸਕੂਲ ਨੂੰ ਜਾਂ ਹੋਰ ਥਾਵਾਂ ਨੂੰ ਜਾਣ ਵੇਲੇ ਸਦਾ ਨੇੜੇ ਦਾ ਰਾਹ ਨਾਂ ਚੁਣੋ। ਜਿਹੜੀਆਂ ਆਮ ਸੜਕਾਂ ਹਨ, ਉਹਨਾਂ ਨੂੰ ਵਰਤੋ, ਘਣੇ ਦਰਖਤਾਂ ਦੇ ਨੇੜੇ ਨਾਂ ਜਾਓ, ਨਾਂ ਹੀ ਉਹਨਾਂ ਥਾਵਾਂ ਵਿੱਚ ਜਿਥੇ ਹੋਰ ਕੋਈ ਨਾਂ ਹੋਵੇ
- ਜਦੋਂ ਵੀ ਕਿਤੇ ਜਾਣਾ ਹੋਵੇ ਤਾਂ ਘਰ ਦੇ ਮੈਂਬਰਾਂ ਨੂੰ ਪਤਾ ਹੋਵੇ ਕਿ ਕਿਥੇ ਜਾਣਾ ਹੈ ਅਤੇ ਕਦੋਂ ਵਾਪਸ ਆਓਗੇ
- ਕਿਸੇ ਦੋਸਤ ਦੇ ਘਰ ਤੋਂ ਤੁਰਨ ਤੋਂ ਪਹਿਲਾਂ ਫੋਨ ਕਰੋ ਅਤੇ ਘਰ ਦੱਸੋ ਕਿ ਕਦੋਂ ਘਰ ਪਹੁੰਚੇਗੇ
- ਕਿਸੇ ਵੀ ਅਜਨਬੀ ਵਿਅਕਤੀ ਨਾਲ ਮੇਲ ਜੋਲ ਜਾਂ ਮੁਲਾਕਾਤ ਨਾਂ ਕਰੋ
- ਜਦੋਂ ਦਿਲੋਂ ਆਵਾਜ਼ ਆਏ ਕਿ ਇਥੇ ਖਤਰਾ ਹੈ ਤਾਂ ਉਥੋਂ ਬਚਣ ਦਾ ਸੋਚੋ
- ਅਗਰ ਤੁਸੀਂ ਲੇਟ ਹੋ ਜਾਣਾ ਹੈ ਜਾਂ ਦੇਰੀ ਹੋਣੀ ਹੈ ਤਾਂ ਆਪਣੀ ਸਕੀਮ ਘਰ ਦੱਸੋ

ਲੋੜ ਅਨੁਸਾਰ ਆਪਣੇ ਸਕੂਲ ਮਿਲੋ ਅਤੇ ਆਪਣੇ ਸਵਾਲਾਂ ਦੇ ਜਵਾਬ ਦੀ ਜਾਣਕਾਰੀ ਲਓ।

ਆਪਦੇ ਸੁਭਚਿੰਤਕ,