



PRINCE CHARLES ELEMENTARY SCHOOL

12405 100 Avenue, Surrey, BC V3V 2X2 Phone 604-588-5481
www.surreyschools.ca/princecharles

February 1, 2019

Volume 3, Issue 5

MS. LOMAX'S MESSAGE

Welcome to February (already)! January was a solid month of teaching and learning at Prince Charles with few interruptions such as holidays and school wide events. It's a month that teachers savour; a new month, a new year, a new term and students who have missed being at school!

It's been a mild winter thus far; some days have felt like spring is in the air and just around the corner, even though there are two solid months of winter ahead! This week will be a reminder of that as temperatures drop and snow lingers in the forecast. As we know, mother nature can confuse us just when we're admiring the crocuses blooming and thanking our lucky stars we live where we do. Please ensure that your children are leaving home dressed for the weather as they will be outside at recess and lunch on sunny, cold days.

STAFFING UPDATE

We were fortunate to have been given another full day per week of Learner Support time in January. Mrs. Dumont, our Teacher-Librarian has been able to add this time to her schedule.

SICK KIDS, TIRED KIDS

Many kids are coming to school sick and our office staff end up phoning home to have them picked up. When kids have the flu or a bad cold with a persistent cough and runny nose, they are not in an optimal learning state. Please keep kids home until they are healthy.



the school day. We all experience nights where we do not sleep well, however, many students have relayed that they are staying up very late and/or waking up in the middle of the night to play video games, tablet games or watch tv.

Putting parental controls on technology is easy to do. Google "*parental controls on* _____" and follow the instructions.

Students need good sleep patterns and enough sleep for proper brain development, concentration and learning. Sleep deprivation can lead to mood swings, behavioural problems and difficulty learning. School aged children ages 6 – 13 require 9-11 hours of sleep per night.

- Limit sleepovers to the weekend only. Children need to sleep in their own bed and adhere to the same routine on school days.
- Establish a consistent bedtime routine and sleep schedule. Follow through.
- Make your child's bedroom conducive to sleep – dark, cool and quiet
- Remove technology and television from the bedroom.
- Put parental controls on technology. Take charge.



On another note, we have an increasing number of students across the grades from Kindergarten to Grade 7 who are overtired and falling asleep in class during

The research on screen time before bed being detrimental to sleep is very interesting and confirming. Here are some articles to peruse:

<https://www.sleep.org/articles/ways-technology-affects-sleep/>

<https://www.iflscience.com/health-and-medicine/why-screen-time-bed-bad-children/>

<https://www.kidsmatter.edu.au/families/ene-wsletter/screen-time-and-sleep>

A great article in the New York Times this weekend “Let Children Get Bored Again”

<https://www.nytimes.com/2019/02/02/opinion/sunday/children-bored.html>

FEBRUARY P.A.C. MEETING – Special Guest

Calling all intermediate parents – L.A. Matheson Principal Peter Johnson will be speaking at the February 12th P.A.C. meeting. Please come to the Library for a 6:30 pm start. Peter will share information about what’s going on at L.A. Matheson and answer any of your questions related to high school and the transition to grade 8.

Grade 7 Parent Night is at 6:00 pm on February 21st at L.A. Matheson. If your son or daughter is going to L.A.M. for grade 8 in September, you won’t want to miss this event.

REDUCE, REUSE AND RECYCLE!

Division 1 and 2 students have been educating Prince Charles’ students about recycling and the impact of garbage on the environment. They presented an impactful slideshow and presentation this month on ocean and land pollution. This month Division 1 & 2 students are visiting each class to remind them about how to properly sort their garbage, recyclables, returnables and organics at our hallway stations. Thank-you to our students for caring about the environment. It takes each one of us to make a difference !



SCHOOL SPORTS

Basketball season is underway and our students are doing a fantastic job. The season culminates with girls’ and boys’ playdays at the end of February. Thanks to our boys’ coaches Ms. Strohan and Ms. Damaso and our girls’ coach, Mr. Parker, for your time and commitment to our students.

JANUARY KOTCHAS

Well done to the following students whose names were drawn from the Kotcha box at the end of January:

Primary – Jasleen, Div. 10, Amraj Div. 11, Gurshaan, Div. 11 and Teghbir, Div. 15.

Intermediate – Chloe, Div. 4, Kyra, Div. 1, Raiyden, Div. 1 and Rashmeet, Div. 4.

Congratulations to our two class Kotcha winners Div. 2 and 9.

Thanks to all students for your helpfulness, effort, and/or good behaviour! We’re glad you were “caught” being awesome!

SURREY FOOD BANK



Prince Charles has always been a caring and giving community at Christmas time and throughout the year. We received a lovely thank-you letter from the Surrey Food Bank acknowledging our students and families who givingly donated 200 pounds of food in December as well as presenting a cheque for \$1,047.00. Thank-you to our staff for their donations of candy canes that enabled our Leadership students to raise over \$700 toward this generous amount!

DROPPING OFF LUNCHES

For safety reasons, students will not be meeting parents in the parking lot to pick up lunches. Parents bringing lunches should drop them off on the table at the front entrance. Please make sure there's a name on the lunch and office staff will ensure your child receives their lunch if it's not picked up. Students come in from playing at 12:12 pm to eat.



STAFF PARKING LOT

Just a reminder that the staff parking lot is not for student drop-off after 8:00 am and student pickup before 3:00pm. Please make every effort to use the gravel lot, the parking bay or a legal parking spot on 100th Avenue on the north side during these busy times. Your cooperation is appreciated.

MARK YOUR CALENDAR !



Important dates coming up:

| | |
|---------------|---|
| Feb. 5 | Div. 12 Skating |
| Feb. 7 | Mobile Dairy Classroom |
| Feb. 12 | P.A.C. Meeting – 6:30 pm |
| Feb. 13 | Div. 3 & 4 Skating |
| Feb. 18 | FAMILY DAY HOLIDAY – No School |
| Feb. 19 | L.A.Matheson grade 8 visits P.C.'s grade 7s |
| Feb. 21 | Grade 7 parent night at L.A.M. 6:00 pm |
| Feb. 22 | Non-Instructional Day – No School |
| Feb. 26 | Fine Arts Performance 9:00 am Andy the Musical Scientist |
| Feb. 27 | Skating – Div. 13, 15 |
| Feb. 27 | Pink Shirt Day |
| Feb. 28 | Young Entrepreneurs Fair in the Gym |
| March 5 | Div. 12 Skating |
| March 6 | Div. 15 Skating |
| March 8 | 2 nd formal report goes home |
| March 12 | P.A.C. Meeting – 6:30 pm |
| March 13 – 15 | Scholastic Book Fair |
| March 14 | 1:30 Early Dismissal |
| March 15 | Last Day of Classes |
| March 18 – 29 | Spring Break |
| April 1 | Back to School |