



PRINCE CHARLES ELEMENTARY SCHOOL

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MS. LOMAX'S MESSAGE

The last day of January already.... hard to believe! January was, as it usually is, a solid month of teaching and learning at Prince Charles with few interruptions apart from the mid month snow and the snow day! It's a month that teachers savour; a new month, a new year, a new term and students who missed being at school over the winter break!

The past two rainy weeks are a reminder that even though temperatures have become milder and the rain has returned, winter has only just begun and temperatures may drop and snow may fall again. As we know, mother nature can confuse us, especially this week as we've noticed the daffodil stems starting to poke through the soil along the main walkway by the front entrance! As usual, please ensure that your children are leaving home dressed for the weather as they will be outside at recess and lunch unless we have extremely heavy rain.

STAFFING UPDATE

Welcome to two new staff members who joined us at the beginning of January: Mrs. Yushchak is our new Learner Support Teacher replacing Ms. Wharton who is on maternity leave. Mrs. Tedham is our Early Literacy teacher, working with our kindergarten and grade one teachers and students Tuesdays and Thursdays.

Congratulations to Ms. Wharton who had a baby boy on December 29th, 2019. Ms. Wharton, baby Arlo and daddy are all doing well.

SICK KIDS, TIRED KIDS



Many kids still come 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. Similarly, if your child has been vomiting at night or in the morning, s/he should not be coming to school.

The coronavirus is in the news throughout the day and is causing some anxiety and concern amongst parents. The Provincial Health Authority is communicating with school districts regularly and the risk is considered low. There is no need for students at Prince Charles to remain at home. Please read regularly updated information and learn about precautionary measures on the Surrey Schools home page: www.surreyschools.ca.

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 school day. We all experience nights where we do not sleep well, however, many students have relayed that they are staying up very late to play video games, tablet games or watch tv, some into the wee hours of the next day. If your child is falling asleep at school, we will be calling you to let you know. Putting parental controls on technology is easy to do. Google "*parental controls on* _____" and follow the instructions.

Some students are having sleepovers on school nights. 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.

The research on screen time before bed being detrimental to sleep is very interesting and confirming. It is worth sharing these articles again as we have so many new families:

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

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

FEBRUARY P.A.C. MEETING

Our next P.A.C. meeting is on Tuesday, February 11th at 6:30 pm in the Library. Everyone is welcome and babysitting is provided.

Don’t forget to get your Make It Sow seed orders in by Monday, February 3rd. Thanks for supporting our school.

www.makeitsow.ca

SCHOOL SPORTS



Basketball season is underway and our students are doing a fantastic job. Our boys won their first game this Tuesday and the girls’ game yesterday was oh so close! Great effort by all of our athletes. Basketball 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. Thanks too to Ms. Willing for helping organize and manage shift changes.

JANUARY KOTCHAS



Well done to the following students whose names were drawn from the Kotcha box this morning:

Primary – Romeo and Juliet (yes, we have our own Romeo and Juliet) in grade 3 for respectful behaviour, Saber in grade 2 for sharing and playing with kindness and Izzy in grade 3 for helping her classmates and having lots of patience.

Intermediate – Jordan in Div. 6 for working very hard on morning work, Trevor in Div. 7 for great lunchtime behaviour, Gabi and Samir in Div. 2 for helping staff with some jobs.

Congratulations to our two class Kotcha winners , Div. 1 and 11

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 almost \$750.00. Thank-you to our staff for their donations of candy canes that enabled our Leadership students to raise this generous amount!

CROSSING GUARD , STAFF PARKING LOT

Thank-you so much to parent Jonathan B. who has stepped up to be our crossing guard until the end of June. Our students cross a busy street and it's very reassuring to have someone out there keeping kids safe. Thanks very much to parent Jaswinder who helped out on her way to school with her daughter.

Just a reminder to all parents that the staff parking lot is not for student drop-off and pickup. We have regular delivery trucks and vans each morning , school district vehicles at times as well as 3 daycare vehicles that come in for drop-off and pick-up. Only parents and caregivers with a valid handicapped sign may park in the staff lot. Please make every effort to walk or use the gravel lot, the parking bay or a legal parking spot on 100th Avenue on the north side during these busy times. Please note that the City of Surrey has placed a "No Parking" sign in front of the house on the east corner of 124 A Street at 100th Avenue (closest to the crosswalk). Please do not park in front of the STOP sign there. Your cooperation is appreciated.

PARENTS, GRANDPARENTS AND CAREGIVERS ALERT!

Renowned developmental psychologist, Dr. Gordon Neufeld is speaking at the Bell Centre on February 6, 2020 at 7:00pm. The topic is:

Hypersensitivity: Fresh Insights on a Neurological Condition Affecting a Growing Number of Our Children

New understandings of how the brain works, when viewed through a comprehensive appreciation of attachment, human vulnerability and the developmental process, hold great promise for unraveling some of the most confounding mysteries of childhood.

Evidence is mounting that the neurological condition of sensory overload may very well be the root cause and common denominator of a myriad of diverse manifestations and syndromes, including autism, some types of attention problems and even a form of giftedness.

The huge diversity of symptoms results from both the degree of severity of the neurological condition as well as the domino effect on a child's attachments, emotions and resulting development.

If understood and properly addressed, sensory overload issues can usually be compensated for and much of the secondary domino effect can be reversed.

Dr. Neufeld will put the puzzle pieces together to make sense of the hypersensitive brain. He will also provide suggestions for how parents, teachers and helping professionals can help the hypersensitive child realize their full developmental potential.

About the Presenter:

Dr. Gordon Neufeld is a Vancouver-based developmental psychologist with over 40 years of experience with children and youth and those responsible for them. A foremost authority on child development, Dr. Neufeld is an international speaker, a best-selling author (*Hold On to Your Kids*) and a leading interpreter of the developmental paradigm. children. Dr. Neufeld appears regularly on radio and television. He is a father of five and a grandfather to six.

For more information go to

<http://www.bellperformingartscentre.sd36.bc.ca/event/dr-gordon-neufeld-hypersensiti>

MARK YOUR CALENDAR !



Important dates coming up:

Feb. 3	Make it Sow seed orders due
Feb. 5	Rocks and Rings (indoor curling) all divisions
Feb. 6	Rocks and Rings
Feb. 7	Hot Lunch
Feb. 7	Div. 6 & 14 Skating
Feb. 7	Movie Night 6:30 pm "Abominable"
Feb. 11	PAC Meeting – 6:30 pm
Feb. 13	Grupo America Fine Arts performance 1:00 pm
Feb. 14	Red and Pink Day, Happy Valentine's !
Feb. 17	B.C. Family Day Holiday, NO SCHOOL
Feb. 20	Assembly – 9:00 am
Feb. 21	Non-Instructional Day, NO SCHOOL
Feb. 24 – 28	First Peoples in Residence Week
Feb. 26	Pink Shirt Day
Feb. 26	Div. 13 Skating
Feb. 28	Div. 7 & 12 Skating
March 3	Grade 7 Course Selection
March 3	Class Photos
March 4	Flyin' Bob Fine Arts Performance 1:15
March 4 – 6	Scholastic Book Fair

March 6 2nd Formal Report Goes Home
March 10 P.A.C. Meeting – 6:30 pm
March 11 Div. 6 & 14 Skating
March 12 Early Dismissal – 1:32 pm
March 13 Green Day
March 13 Last day of classes before Spring Break
March 16 – 27 Spring Break – SCHOOLS CLOSED
March 30 Schools Reopen

