



ROYAL HEIGHTS Elementary

11665 97 Ave.

Surrey, B.C. VV3V 2B9

Telephone: (604) 581-7622 Fax: (604) 581-5946

www.surreyschools.ca/schools/royalheights



Reaching great heights by honoring deep roots

January 28, 2021

Principal Message



The end of January is here, and this year, like last year we have been blessed with warm weather! The weather is unpredictable though, so please make sure your child dresses in layers as children will be going outside as much as possible both for recess and lunch and also with their teachers for outdoor learning activities.

Please be mindful of the students walking to school each morning. The roadway out front of the school gets very busy and most student must cross it at some point to access the school. I have begun emailing the City to look into additional speed bumps to help slow down those cars using our roadways as a shortcut to 96th, and will keep you posted as I hear back from them. In the meantime, please be vigilant should you be driving - students are not always watching as well as they should!



Flu season and Covid continue to be evident all around us. Thank you to all of you for keeping your children home when they are sick, and keeping them home until all symptoms are gone. All Royal Heights members are doing a great job of the Health Protocols - we are very good at washing our hands! Please continue to do the self-checks each morning prior to bringing your children to school. **Please remember to call the school if your child will be absent.**

The number of students coming late to school is quite high. I am not sure why this is happening, but the start of the day is critical for setting students up for success. Please teach your

children the importance of being on time - assist them with this life-long task!

I look forward to a fun February.

Mrs. Mrak

Pink Shirt Day



"Lift Each Other Up" theme this year

Royal Heights will be participating in this annual event again this year on Feb. 24. We will have a virtual assembly with all the classes - I can't wait to see the sea of Pink. Mark your Calendar - and make sure you set aside some Pink!

Valentines Day



The Surrey School District has set out the following protocols for our safe Valentines day.

Activities that can go ahead:

- Student exchange of paper cards
Be mindful of how the exchange occurs, to not involve large groups of students/staff gathering in an enclosed area. (We already do this)
- Crafts that involve paper
Ensure students are using their own set of supplies (glue, scissors, colouring pens, etc.) (We already do this)

- Valentine's Day themed dress up day (or pajama day). (We are wearing Pink/Red/White)
- Baking of edible items in our teaching kitchen (Multipurpose room), if the items will be consumed there by the student creating the item. (Ind. Teachers may choose to do this)

1. Activities that can't occur:

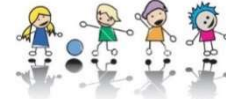
- Sharing of food of any kind (includes, but not limited to, individual exchange or communal sharing of chocolates, cupcakes, candy, treats that come with Valentine's day cards, treats that are prepackaged and are individually wrapped, pancake breakfasts, staff potlucks, etc.).
- Exchange of items wrapped in plastic or made of plastic, such as treat wrappers or plastic bags.

So... start writing out those Valentines Cards ... just please do not send anything other than cards to school!

Cloth Masks from School District

As some of you may be aware - the Surrey School District purchased for schools two cloth face masks for each child in the school. The staff here have opted to use these masks at the school level. Each teacher has a supply of these (and disposable ones) to use with their students. Many of the students prefer the disposable ones as the cloth ones are

quite small and do not fit their faces well. Should a student need a mask during the course of the day - they are provided with one of these two options. Most of you have sent your children to school with fun masks - which is awesome, but please know that the school does have extra supplies should your child need one.



MDI

Our Grade 4 & 7 students will be participating in the MDI survey this year. This survey is designed to learn about social and emotional development, health and well-being of children between the ages of 9 - 13. It helps us understand their thoughts, feelings and experiences from their perspective. It really is interesting to see their results. Students will be doing this in the middle of February.



FSA

FSA Testing is also done by our Grade 4 & 7 students. This test is not part of their assessed activities, but it does provide the school feedback about how the students are feeling about the specific classes they are taking here at Royal Heights. It also gives the school general feedback about students' general Literacy and Numeracy skills - allowing us to plan appropriate programs for our students. This will also take place during the Month of February.



Things We do Every Day to Keep your Children Safe



Kindergarten Registration

If your child turns 5 during 2021 - registration for Kindergarten starts on January 11th. Please see our Website for registration packages! All registrations will be done online this year.

Please call the school if you have any questions or concerns about this process. 604-581-7622.



- Students are in their Cohort Groups
- Hand washing and sanitizing throughout the day and during transition periods
- Staggered recess and lunch times
- Walking on right hand side of the hallways
- Custodians cleaning high touch surfaces throughout the day
- Custodians cleaning thoroughly each night
- Students wearing masks in all common areas and often times in their classrooms
- Students sitting in their assigned spots using their assigned supplies

Important Dates to Remember:

Feb. 3	Global Schools Play Day
Feb. 12	Valentine's Day - Dress up
Feb. 15	Family Day - No school
Feb. 19	Pro-D No school
Feb. 24	Pink Shirt Day 
Mar. 12	Twins Day
Mar. 15	Spring Break Begins
Mar. 29	School begins again

Spirit Day on Valentine's Day



On Friday Feb. 12 - students and staff of Royal Heights are invited to dress in Valentine's colors - Red, Pink, White.

The Importance of Breakfast

Lately in conversation with the teachers, I have noticed that many of our students are coming to school hungry and consequently they are not ready to learn. Please note the following article from the “Globe and Mail”:

“Giving students a nutritious meal at the beginning of the day improves their academic performance and attendance, the first large-scale study of school breakfast programs done in Canada shows.

The two-year study by the Toronto District School Board captures the simple fact that educators say they always instinctively knew but couldn’t substantiate with figures: a hungry child just isn’t primed for learning.

The TDSB project followed 6,000 Toronto students in four middle schools and three secondary schools in 2008 and 2009 where a free breakfast was offered before or during first period – and the results are positive. About 78 per cent of high school students who ate the breakfast on most days were on track for graduation, compared with 61 per cent of students who ate it only on a few days or not at all. Similar data has been collected in the United States, but this is the first Canadian study of its kind.”

“A child isn’t going to be focused on that math problem if he’s hungry,” said Catherine Parsonage, the executive director and CEO of the Toronto Foundation for Student Success, the board’s charitable arm. “We know that as parents ... that’s why we chase our kids to eat breakfast. And kids in priority neighbourhoods need that extra bit of help.”



Royal Heights is fortunate in having a breakfast program at school, and you are more than welcome to send your children in at 8:00 to take part. Should you keep them home in the mornings, please heed the advice in this study - we have noticed that many of our students are very hungry by recess and eating most of their lunches then. A solid breakfast with some protein helps sustain students longer - thus allowing them to focus and learn.

Protein, protein, protein!



Help Your Child Succeed in School: Build the Habit of Good Attendance Early

School success goes hand in hand with good attendance!

DID YOU KNOW?

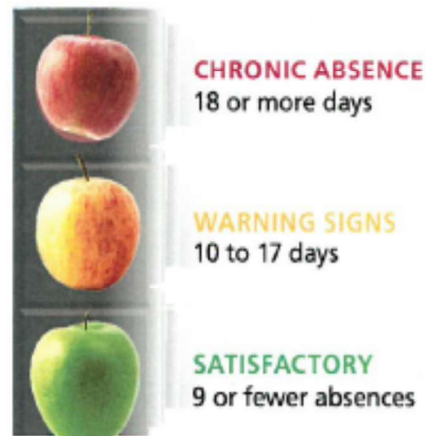
- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.

WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

For more on school readiness, visit attendanceworks.org and reachoutandread.org