



400 Campbell St, Nanaimo, BC, V9R 3G7
Telephone: 250-754-2722
School Year: 2021 / 2022
October 2021

Principal: Christine Bohm
Secretary: Jennifer Mile

Principal's Message

Already the first month has come and gone.
Time is just flying!

We have been busy getting settled into a new school year. All classes are completing the ALPIN Reading assessments through the latter part of September and into October. The resulting data is extremely valuable to us as a school as we use this information to plan our school goals and support systems for students. Also underway currently, is the Foundations Skills Assessment (FSA) for Grades 4 & 7. Again, the results of this Ministry of Education mandated assessment is used at a school level to inform our practice. If you have any questions about either of these two assessments, please do not hesitate to connect with me.

Formative Assessment Conferences (ie. Parent Teacher Interviews) took place this past week both in-person and virtually. It was wonderful to see parents again in the building.

A big thank you to M. Bamford, who has taken on coaching the Cross Country runners in the Tyke, PeeWee and Bantam categories. The Zone Cross Country Meet is coming up at the end of October, with the District Meet in early November. For more information about Cross Country, please connect with M. Bamford.

During the month of October, we celebrated International Music Day (Oct 7) with Indigenous Drumming in the hall. Thank you to M. Bamford for helping to organize and all the staff for their support. It was lovely to see and hear Division 6 drum, and all the students who sang or danced with the music played over the PA system during lunch. We also celebrated Smile Day (October 8th). We encouraged everyone to participate by simply smiling because we never know who just might need that small connection to brighten their day.



Sincerely,
Mme. Bohm

Student Verification Forms

In September the school sent home Student Verification, Consent, Emergency, Technology Forms for parents/guardians to update and sign. These forms contain important information about your child: current home address and phone numbers, medical information, allergies, etc. It is vital that this information is up to date for each school year. If you change your phone number throughout the year, please let the office know right away; so that in case of emergency or illness we are able to contact you. ***Please return all of the forms to the classroom teacher as soon as possible. We still have quite a few not returned.***

Fire, Earthquake, Lockdown Drills

EPH will be conducting the mandatory number of each of the emergency drills this year. We have already had two fire drills, one lockdown drill and one earthquake drill. Our next drill will be the Great Shakeout on October 21st.

Drop Off and Pick Up

The school provides supervision 15 minutes before school and after school. Supervision is at the front of the school. The duty at the front is there to direct traffic and keep students safe while crossing. Students should not arrive at school prior to 8:30 am, unless they are attending the onsite daycare. Similarly, please ensure that your child(ren) is/are picked up at the end of the day by 2:40 pm. Students whose parents are late will be asked to remain at the office. If you know you will be late, please contact the office a *minimum of 15 minutes before the end of the day*, so that the office staff can locate your child and relay the message.

We ask everyone to please respect the Staff Parking areas as well as the Yellow Lined "Bus Only" area. This area is reserved for Buses, Day Care drop off and pick up and for those needing to park in the Handicap Parking.

We also ask that you drive slowly in and out of our parking lot and down the alley and at the back near the Scout Hut. Please note that the alley and Scout Hut are not part of our school grounds and we do not have supervision back there. Please ensure you arrange to pick up your child from the FRONT of the school for their safety.

Grade 6 Immunizations

The Vancouver Island Health Unit came to EPH on October 15th for the Grade 6 Immunizations. For more information about the Immunization program, please contact VIHA directly.



Sports

Cross Country is underway! Students in categories Tykes, Pee Wee, and Bantam are able to participate in the Cross Country Zone and District Meets. Thank you to our parent volunteers and M. Bamford for coaching and sponsoring our Cross Country Team. The Zone meet is October 27th and the District Meet is November 9th. Permission slips for the Zone Meet have already been sent home.

Volleyball is also starting up again! This year, NETPEA is hosting Bantam teams only. Thank you to Mme. Nadia, Mme. Murdoch, Mme. Richardson and M. Bamford for organizing, sponsoring and/or coaching our Bantam Girls and Boys teams. Thank you also to all the parent and community volunteers who have generously donated their time and expertise to help coach. The game schedule and permission slips will be coming home as soon. Please note that there have been some recent changes to the spectator guidelines. A notice has been sent home to families of all volleyball players. All volunteer drivers must comply with the cleaning standards of the School District's Guidelines for Communicable Diseases (Covid-19).



Halloween

Halloween is fast approaching! EPH will be having a costume parade for students on Friday, October 29th. Students are encouraged to wear their costumes to school for the day. Students should bring a set of clothing to change into for recesses, as they will be going outside and we would not like their costumes to be soiled before the big day. Also, we are kindly asking that costume weapons (guns, swords, etc.) and Halloween costume face masks remain at home. Students will be asked to remove them. Just a reminder that a disposable or reusable mask for the prevention of Covid 19 must still be worn while at school on the 29th. As EPH follows the Ministry's Healthy Food Guidelines, please keep candies and treats for home too.

Counselor's Corner

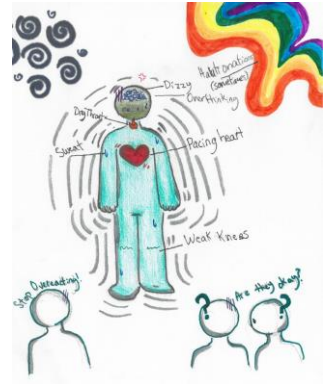
*What is Anxiety?

Anxiety is a very general term used to describe a feeling of extreme worry or unease.

*What are the symptoms?

Anxiety has many symptoms and can look very different from child to child:

- Trouble sleeping
- Complaining about stomach aches or other physical problems
- Avoiding certain situations
- Being clingy around parents or caregivers (more than usual)
- Trouble concentrating in class or being very fidgety
- Tantrums
- Being very self-conscious



*Tips for Parents

- The goal isn't to eliminate anxiety, but to help your child manage it.
- Don't avoid things just because they make your child anxious.
- Express positive, but realistic, expectations.
- Respect your child's feelings but don't empower them.
- Don't ask leading questions.
- Don't reinforce your child's fears.
- Encourage your child to tolerate their anxiety.
- Try to keep the anticipatory period short.
- Think things through with your child.
- Try to model healthy ways of handling anxiety.
- Diversify the term *anxiety* to unease, worry, concern, nervous, apprehension, etc.
- Re-frame *my anxiety* or *your anxiety* to wording that doesn't allow the child to own the anxious feelings that they are feeling.

Resources

*Child Mind Institute,

<https://childmind.org/topics/anxiety/>

Dr. Paul Foxman,

<http://www.vtcenterforanxietycare.com/>

Dr. Gordon Neufeld,

<https://neufeldinstitute.org/course/making-sense-of-anxiety>

Anxiety Canada,

<https://www.anxietycanada.com/>

Children's Books: *Ruby Finds a Worry*; *The Whatifs*; *Wemberly Worried*; *Ten Beautiful Things*; *Fraidyzoo*; *When Worry Takes Hold*; *Me and My Fear*; *Wilma Jean the Worry Machine*; *Better with Butter*; *GUTS*

Psycho-Educational Books: *The Whole-Brain Child*; *What to do When you Worry Too Much*; *A Smart Girl's Guide: Worry*; *The Relaxation and Stress Reduction Workbook for Kids*; *Outsmarting Worry: An Older Kid's Guide to Managing Anxiety*; *The Anxiety Workbook for Teens*; *Anxious Kids, Anxious Parents*; *Parenting from the Inside Out*; *The Power of Showing Up*

Dress Code

We appreciate the fact that our students come to school appropriately dressed for our school activities. Please remember to have a pair of running shoes at school for Physical Education.

Students are expected to dress appropriately for each season and weather. Recesses will be outside this year regardless of the weather, so rain jackets and boots are a must.

T-shirt logos must not have references to drugs or alcohol. Casual school wear is expected to be worn by all students.



Nut Aware

We greatly appreciate the effort Ecole Pauline Haarer families make to ensure that our school is a safe food zone for all students. While we cannot guarantee a nut free environment, we are reminding parents/guardians that snacks and foods containing nuts are not encouraged to be brought to school. We have a number of students and staff with severe life-threatening allergies to nuts. We thank you for your attention and cooperation.

Important Upcoming Dates

Oct 18-21 Formative Assessment Conferences
Oct 22 Pro D Day
Oct 25 Pro D Day
Oct 27 Cross Country Zone Meet
Oct 29 Halloween Costume Parade
Nov 9 District Cross Country Meet
Nov 11 Remembrance Day – No school
Nov 12 FSAs end for Grades 4&7

BELL SCHEDULE – 2021/22

8:45 – 10:15	Instructional Time
10:15 – 10:30	Short Recess
10:30 – 11:45	Instructional Time
11:45 – 12:20	Long recess
12:21 – 2:25	Instructional Time