



Ladner Link

Ladner Elementary School

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Principal: Mr. J. McCallum

Vice Principal: Mme C. Edge-Partington

NEWSLETTER #06 February 14, 2018

SCHOOL INFO & REMINDERS KINDERGARTEN REGISTRATIONS

Please note Kindergarten Registration for Ladner Elementary School opened on **Wednesday, February 14th**. The following documents **must be provided when registering** and required before the student can start at school:



1. Child's Birth Certificate (**registration will not be accepted until proof of birth is received**)
2. Proof of residency (municipal bill or copy of purchase/rental agreement. We **cannot accept** hydro, telephone, etc. or driver's license.
3. Proof of citizenship for both the parent and the student (Canadian birth certificate, citizenship card, passport, landed immigrant document, permanent resident card)
4. Immunization record, care card, medical and emergency contact information.

The Ministry is extremely strict about registering students without the proper documentation. Although we can hold the registration, we cannot accept it until a copy of the birth certificate is provided. Please ensure that you bring the original birth certificate and all proper documentation to the registration on February 14th.

PINK SHIRT DAY



On February 28th students and staff will be encouraged to wear Pink t-shirts / clothing to acknowledge Pink Shirt Day. This annual event takes place to remind everyone that kindness and acceptance for everyone is what we should all strive to achieve. For those families who placed an order for a pink t-shirt through Staples, I'm expecting those orders to be delivered to the school in the next week or so.

REPORT CARD ENVELOPES



If you have not yet returned your child's report card envelope, please sign and return it to the school as soon as possible. The report card and all inserts are yours to keep.

BUILDING SECURITY

ALL VISITORS
PLEASE
CHECK IN AT
FRONT OFFICE

Thank you for observing the signs posted on various doors reminding all parents and visitors to enter the school during the school hours only via the front door and only after checking in at the office. It is imperative to school security that we know who is in the hallway during regular school hours.

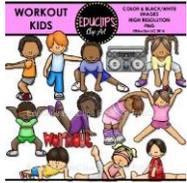
If you are dropping off lunches, please leave them on the "lunch table" in the front hallway and please ensure they are labeled with your child's name and division.

SPORTS

BASKETBALL: The basketball season is underway. This year we are very grateful for all the support we are receiving in coaching our four teams. Some parents, former students, community members and staff have all taken on coaching roles and we really appreciate everyone's help in making the season possible and positive for our students. Thank you!



TRACK & FIELD CONDITION SESSIONS



We have started our track and field conditioning sessions on Monday and Friday during the lunch hour. If your child is in grades 3 – 7 they are welcome to come and join in the fun. If you have a child that doesn't want to do track and field but would like to get into shape they are also welcome to attend. Students must come prepared with shorts, runners and a water bottle. Students will work out first and then they have their lunch.

ATTENTION GRADE 7 PARENTS!

It is the time of year when we start to make plans for our Grade 7 student's transition to high school. By default, all of our Grade 7s who are currently enrolled in our English program are assigned to attend Delta Secondary School. All Grade 7 students enrolled in our French Immersion program are assigned to South Delta Secondary School. Please contact Mrs. Hann at shann@deltasd.bc.ca if your child will be attending a school other than as indicated above.



READY, SET, LEARN



Ladner Elementary School will be a part of a local Ready, Set, Learn event in the afternoon of Wednesday, April 11th for parents and their three year old children. It will take place at the Delta Manor Education Centre from 9:30 - 11:00 am. For more information, see the informational poster at the bottom of this newsletter. Please help us inform all parents of pre-schoolers living near Ladner Elementary School. This is a great opportunity to help preschoolers get ready for school!

Studies suggest that children who have their own books and are read to by their families get off to a flying start as learners. The Province's **Ready, Set, Learn** initiative recognizes that families need positive connections with the school system and community agencies that provide relevant resources and information.

The Ministry of Education, in collaboration with the Ministry of Children and Family Development and the Ministry of Health, is providing resources to support a series of **Ready, Set, Learn** events. Families and their pre-school aged children who attend receive:

- An age-appropriate book for the child
- Helpful tips for supporting their preschooler's learning and development
- Additional information from community agencies

If you participate in a Ready, Set, Learn event your child will receive a book to take home. Please take the time to read it with your child and to talk about the illustrations. Give your child the gift of reading and have fun spending time together.

PAC NEWS

PAC MEETING



PAC meeting will be Thursday, February 15th, 2018 at 6:00 pm in the Staffroom. Babysitting will be provided. The Executive is a terrific group of parents who work hard to support school activities. In addition, they are a nice group of people to get to know. Every parent who has a child at Ladner Elementary is part of the PAC! Please join us, even if you have never been to a PAC meeting before! Help make Ladner Elementary a great place for our students.



Flu Season Is Upon Us



What can parents do?

1. Arrange for your family to have an annual flu shot if your child has a chronic health condition (call the Health Unit for more information).
2. Prevent illness by maintaining good health habits...frequent hand washing, eat a variety of foods, exercise and get enough sleep.
3. Recognize flu symptoms—stuffy nose, cough, sore chest, fever, chills, muscle and joint pains. Vomiting and diarrhea are not usual symptoms of Influenza but may be seen in young children.
4. Keep your child at home away from others and treat the symptoms with bed rest, plenty of fluids and acetaminophen (i.e. Tylenol) for fever and aches.
5. Call you doctor if your child has a rash, high fever, ear ache, severe vomiting and/or diarrhea.
6. When calling the school please inform them of the symptoms your child is experiencing.

If the school finds it necessary to send your child home because of illness, please make sure you have made alternate arrangements when you are not available. Inform the school of these arrangements.

Heart Health

Healthy Heart



Healthy You

Establishing a heart healthy lifestyle early on can help keep the risk of heart disease low. The three key aspects to heart health are:

- eating a balanced and varied range of healthy foods
- living a physically active life
- living smoke free

Healthy eating means a diet comprised of vegetables and fruits, whole grains, lower fat milk and milk alternatives as well as smaller, leaner portions of meats, poultry and vegetarian protein sources such as beans, lentils and tofu. Heart healthy fats should also be eaten; these fats are found in fish, nuts, seeds, avocados, and vegetables oils.

Our heart is a muscle and just like other muscles, it needs extra work on a regular basis to keep it strong. Physical activity exercises the heart and all of us, our children included! Canada's Guide to Physical activity recommends that activities for children and youth add up to 90 minutes every day.

Smoking is bad for your heart. It makes your heart beat faster, clogs the blood vessels (this makes the heart work harder) and less oxygen gets to the lungs. Smoking is harmful and highly addictive; a heart healthy move is to never start.

Eat Well...Be Active...Live Tobacco Free



CALENDAR REMINDERS



Friday, February 9	Hot Lunch
Monday, February 12	Family Day – No School
Wednesday, February 14	Kindergarten Registration
Wednesday, February 14	Spirit Day
Friday, February 23	Non-Instructional Day – No School
Friday, March 2	Popcorn Day
Tuesday, March 6	Class Photo Day
Friday, March 9	Hot Lunch
Wednesday, March 14	Term 2 Report Cards Home
March 19 – March 30	Spring Break
Monday, April 2	Easter Monday
Tuesday, April 3	School Re-Opens