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October 27, 2016

Bulletin #2

Principal: A. Yam
Head Teacher: T. McCreesh
Secretary: S. Wong
School Trustee: R. Burton

Message From the Principal...

Dear Families,

How quickly time flies, as we begin the month of November. Students have settled in very nicely into classroom routines and have shown tremendous enthusiasm and excitement over the start of a new school year. We have a dedicated, hardworking staff that is doing a wonderful job in facilitating the children's active participation in their learning and accommodating individual differences in learning styles.

We always encourage parents to be active participants in the education of their children. Your interest, encouragement and support are very important to both your children and the staff.

There are many ways for you to become involved in the school, such as discussing daily assignments and activities with your children. We would very much appreciate hearing from you whenever you require additional information or whenever you have a concern about the progress of your child. The more quickly we share information and perceptions when problems arise, the more quickly home and school can work together to find alternatives and solutions. Thank you to all Cascade Heights community members who have continued to make this a special place.

Sincerely,

Anthony Yam
Principal

*"Every successful individual knows that his or her achievement depends on a community of persons working together." **Paul Ryan***

Bell Schedule

Reminder to parents that the warning bell is now at **8:51** a.m., classes will begin at **8:56** a.m. and school ends at **3:04** p.m.

Rainy Days (Recess/Lunch)

Students should expect to go outside even if it is raining. Students are expected to dress for the weather. For younger students we strongly encourage students to pack an extra set of clothes to leave in the classroom.

Fresh air and exercise is good for the brain.



When to Keep Your Sick Child Home 🤧

For the protection of your child, as well as other children, keep your child home if he/she:

- Has a fever
- Is too sick to take part in all normal school activities
- Has a suspected or known communicable disease (ie strep throat, pink eye, chicken pox, or any other undiagnosed rash). Keep them home until they are no longer infectious.
- Please let the school know your child's symptoms

Cascade Heights Mission Statement

Cascade Heights School is committed to providing an environment where learners can develop their individual potential through acquiring knowledge, skills, and attitudes that promote adaptation in a rapidly changing social and technological world. Students will be empowered to be independent and self-sufficient with the ability to think critically, to communicate effectively, to live life healthfully, to cooperate socially, and to value life-long learning.

Ecole Cascade Heights Emergency Drills and Procedures

With the start of a new school year, it is important for all staff, students and parents to familiarize themselves with school emergency procedures. To ensure student and staff safety, Cascade Heights conducts emergency procedure drills throughout the school year. Please take a moment to read the procedures carefully and discuss these with your children. We strive to work together to keep the Cascade Heights community as safe as possible. If you have any questions, please contact the school.

Earthquake Procedure

- Bell will sound for 10 seconds
- Students will be instructed to drop, cover and hold (look for cover, drop to the floor, cover the neck and head and count to 60)
- At the sound of the evacuation signal (either P.A. announcement or air horn), students will leave the building and proceed to the assembly area.

In the classroom

- Get under a desk or table and hold on to the desk or table leg
- If there are no desks or tables, move against an inside wall and cover head and neck
- Face away from windows
- Stay away from bookshelves, cabinets or heavy items that may fall over or roll
- Wait for the evacuation signal
- Evacuate in an orderly, speedy fashion. Do not run, and do not wander away from the group

In a hallway or Gymnasium

- Move against an inside wall and cover head and neck
- Do not take cover under hanging fixtures
- Follow evacuation directions inside the nearest classroom

On school grounds or open fields

- Get into the open and squat
- Stay away from buildings, trees, power lines, light poles, garbage bins etc.
- If near a hillside, watch out for falling rocks, trees and debris

Earthquake and Fire General Procedures

- All classes will proceed to designated spots on the upper field
- Students who are not in their classrooms at the time of the drill must proceed to the nearest exit and join their teacher on the field. Non-enrolling teachers with students must escort them to the field and ensure they join their teacher. Staff will review procedures with students to ensure they know what to do if they are in the washroom or alone in the hallway.
- Earthquake supplies are stored in the kiosk next to the school parking lot
- A double bell signal will sound when it is safe to return to the building

Lockdown

In the event of a police emergency, we may be asked to "lockdown" our building. During class time students will hear:

- 5 rings of the bell
- Over the P.A., "We have a situation which requires a Lock Down. Lock Down now in effect." Students and staff are to follow the procedure outlined below.

Inside the school: (Including Lunch/Recess)

1. Direct all students, including those in the hallway, into classrooms and tell them to lie down on the floor
2. Lock all doors and close blinds
3. Remain until you hear ALL CLEAR

Outside the school (including Lunch/Recess)

1. You will hear five short rings of the bell
2. The class will proceed to a designated area off the school grounds
3. Class will remain until instructed otherwise

Available staff will secure any students in halls or office areas.



Cross Country

Congratulations to the 2016 Cross country Team for their commitment and achievement this season. Their willingness to come out to our early practices and compete with other runners from across Burnaby demonstrated their dedication to healthy, active living. We would like to recognize the following athletes:

Grade 7's: Matthew D., Susanna, Jerry, Stella, Keilah, Gabriella.

Grade 6's: James, Maya M., Jade (Gold Medalist), Zack, Abdul, Ali.

Grade 5's: Leah, Logan (silver medalist), Maya D., Jayla.

Grade 4's: Matthew K., Tia, Albert, Bella, Wesley, Maia G.



Entertainment Books

Congratulations! A special thanks to the community for purchasing Entertainment books and supporting our fundraiser. The school earned nearly \$2900!

Terry Fox

Thank you to all the families that donated to the fundraiser. We hit our target of **\$1500.00** and the Ice Bucket Challenge will take place on Friday, Nov. 4th at 2pm.



Safety Reminders

These are a few of the practices we have in place at Cascade Heights:



1. All guests and visitors to the school must check in with the office to get a guest tag.
2. At recess and lunch, we have at least two adults watching the students play.
3. We lock exit doors that do not open into the frequently used areas in our school. At 3:30 p.m. all exit doors are locked.
4. Children are not permitted to play in front of the school or on parking areas during recess or lunch.
5. Children must have adult permission by letter in order to leave the school grounds at lunch (unless they are eating lunch at home). Children should not go to the store to buy lunch or snacks. Children may not leave the school grounds at all during recess.
6. We have a Call Back Program each morning to check on children who are absent and have not called in to report their absence to the school.
7. Children must be picked up promptly at 3:04 p.m. we do not have supervision after school.

Please talk with your children about how to be safe in our community to reinforce the messages that we are working on at school.

Head Lice

We would like to ask parents and guardians to be on the lookout for lice. Please check your child's hair regularly for lice or nits (eggs). If either is found, please advise the school ASAP so that we can advise the other parents in the class to be extra diligent. We will not pass on the names of any student who reported having lice. Please also start treatment immediately. If you have questions about head lice, you can call the School Age Health Team at the Burnaby Health Department, phone number 604-918-7605.

Community Dance all ages!

November 12, 7pm

Willington Heights United Church

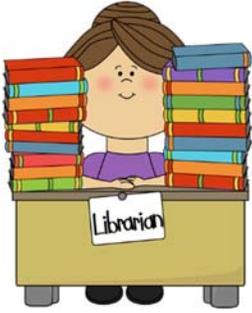
4304 Parker St. Burnaby

Tickets are \$10 per person, \$20/family – free under 12.

Live music. No experience or partner needed.



Library News



All classes visit the Library at least once per week. Students are also able to exchange books on their own during Recess, during the 1:00pm school-wide book exchange, and before school. Kindergarten and grade 1 students are able to borrow 1 book at a time, and are encouraged to exchange their books during their weekly class

visit. Students in grades 2 to 7 are able to borrow 2 books at a time, or more for special projects and research activities. Please note that while the Library does not charge fines for late books, students are encouraged to either return or renew their books in a timely fashion. Students with overdue books will not be able to take out any more books until the overdue is returned. If a book is damaged or lost, a fine will be charged equal to the replacement cost of the book, and students will not be able to take out any further books until the fine is paid. Taking care of library books and returning them on time is a great way to teach your child responsibility!

Beastly Book Club School-Wide Reading Program

This year the school-wide reading program (Beastly Book Club) began on October 3rd and runs until May 31st. All students received the first 25-night charts on Monday, October 3rd. Ms. Lehnert has made a change to the reading charts this year to make it easier for more students to join; students are still required to date every box, but parents/guardians will only have to initial at the end of each row, or every 5 nights. Many students are already starting on 50 nights of reading. Please make sure that each box on the sheet is dated. Please note: the first possible day to hand in a completed reading sheet is the day AFTER reaching the milestone. For example, the first day that you can turn in a completed 50 nights sheet would be on Day 51, as this is an at-home, nightly reading program. Ms. Lehnert keeps track of what Day we are on, in the Library, and points out the Day # to each and every class that comes into the Library during the week; all classes in the school visit the Library at least once per week. Please also note that you cannot "pre-fill" the boxes on the sheet to hand in early. Ms. Lehnert cannot accept early reading sheets. Keep reading to collect all of the monster charms!

Stay Connected to the Library

Ms. Lehnert has created a Twitter account for the Library. You can find it at: <https://twitter.com/CascadeHgtsLib>



Or, if you are already a Twitter user, you can find the account at: @CascadeHgtsLib

The Library Twitter feed is also accessible from Cascade Heights' homepage under the Featured section. Stay tuned for some exciting Tweets!

Scholastic Book Fair

The Library Book Fair, "*Bookaneer: Where Books are the Treasure!*" will be open from Tuesday, Nov. 15th until Thursday, Nov. 17th. Letters seeking parent volunteers will be sent home on Fri. Oct. 28th. **Ms. Lehnert needs parent helpers, or the book fair may be cancelled.** Letters with book fair flyers will be going home next week, so make sure that you take a look at some of the exciting books we will be selling. A reminder about a few things: since this is a "Scholastic" Book Fair (none of the merchandise is owned by Cascade Heights), there is no refund/exchange policy, except for faulty merchandise, DURING the book fair. Once the Book Fair is picked up on Nov. 17th, Ms. Lehnert cannot exchange or replace any merchandise. Most items that sell out can be re-ordered, and will be delivered within 3-4 business days unless an item is on backorder through Scholastic; please note, payment is required before Ms. Lehnert can re-order an item. Lastly, theft at the book fair is not taken lightly- students will be sent to Mr. Yam, who will inform our Police Liaison Officer. The student(s) will then be barred from re-entering the book fair. Let's make this a record year for total sales!

Library Update

If your child is going on vacation during the Winter Break, please make sure that he/she returns his/her library books before leaving. This also applies during the regular school year; if your child will be away from school for an extended period of time (more than 1 week), please return his/her library books so that teachers and students have access to them. Sometimes a particular book is needed for instructional purposes, so we need to be able to recall that item from a student fairly quickly. Also, if you are moving to a new school, please remember to return all library books. Thank you for helping to keep books available to all students and staff.

Red Cedar Book Club

The Red Cedar Book Club, for students in grades 4 to 7, will begin in November, after the Book Fair. Permission forms (will be available after the Book Fair) must be signed and returned to Ms. Lehnert no later than Wed. Nov. 30th. Joining the Red Cedar Club encourages students to read critically, as students must critique and rate each book that they read. After completing 5 or 6 book reviews, students are able to vote for their favourite book.

DO YOU LOVE TO WRITE?

Talk to your teacher about writing a story or poem for this year's **WORDS WRITING PROJECT.** It might be chosen to be printed in the 2016/17 WORDS Anthology!

Submit your written work to your teacher by February 6, 2017



November

Monday	Tuesday	Wednesday	Thursday	Friday
	1 12:00 – 12:20 Snack Bar	2 4:00-8:00pm Family Photo Night Multi-Purpose Room 	3 4:00-8:00pm Family Photo Night Multi-Purpose Room Div 1 & 3 to Rogers Arena	4 Hot Lunch - Subway <i>Strong Start Closed</i>
7	8 10:45-12 Div. 9 Wildlife Presentation 12:00 – 12:20 Snack Bar 1-3pm Div. 10 Wildlife Presentation	9 9:30 – 3 Div. 16 & 17 Maplewood Farm 10:45-12 Div. 8 Wildlife Presentation 1-3pm Div. 7 Wildlife Presentation Hot Lunch – Hot Dog	10 10:45 – 12:00 Remembrance Day Assembly 1:00 – 3:00 Photo Retakes	11 (School Closed) Remembrance Day 
14	15 12:00 – 12:20 Snack Bar <div style="background-color: #4a86e8; color: white; text-align: center; padding: 5px;">Library Book Fair</div>	16	17 Guinness Book of World Records stack up day in Gym 9:30-12 Parent coaching in for Strong Start YMCA Rm. 7	18 Hot Lunch – Sushi Movie Night 
21	22 12:00 – 12:20 Snack Bar	23	24 Hot Lunch - Pizza	25 Pro-D Day School Closed
28 9am Bus leaves for YPC 9:35 Concert Begins	29 9:00 – Infinitus 12:00 – 12:20 Snack Bar 1:00-2:00 Celebration of Learning	30		

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