



1025 Morningside Drive, Nanaimo, BC, V9T 6C3  
Telephone: 250-758-5711  
Website: <http://hb.schools.sd68.bc.ca>  
School Year: 2016-2017  
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Principal: Christine Bohm  
Vice-Principal: Kelly Payne  
Secretaries: Susan Clark  
Marina Lockhart

## Principal's Message



I would like to take this opportunity to congratulate our students on the progress made in their learning. It was a pleasure to read and sign everyone's Mid Year Written Progress Report. I would encourage our students to strive to continue their excellent progress for the remainder few months of the year.

We have had some beautiful art being displayed around the school from different classes over the past few months. It is always wonderful to see the exceptional pieces the students have created, and all should be very proud of their accomplishments. Well done!

The Foundation Skills Assessment 2016-17 were completed by Grade 4 and 7 students. They have been all marked and will be returning to the school, and have been sent home with your child already. If you have any questions about how to read the results of the FSA for your child, please do not hesitate to contact me. I would be happy to go through them with you.

The Satisfaction Survey for this school year is coming in the Spring. Students, staff and parents of Grade 4 and 7 students were invited to take part in the online survey. Information will be sent home after Spring Break.

The Patati Patata event continues again this year. The school selection will take place on April 5<sup>th</sup>, with a District presentation occurring on April 18<sup>th</sup> at the Port Theatre. Congratulations to all students who are presenting and/or have presented their speeches in their classrooms already. It takes much courage to stand before your peers and speak. Well done everyone!

The Swim to Survive program will be offered again this year to Grade 7 students. The program will focus on drowning prevention, survival in water after an accidental fall in and understanding risk-taking behavior in youth around water activities. Students will be participating in three sessions: the first two at the Nanaimo Aquatic Centre and the final session at Westwood Lake. Further information and permission slips will be coming home after Spring Break.

Our Grade 6 and 7 students have been participating in the Young Entrepreneurs program. They have been learning the ins and outs of product development, marketing and financial planning. The Young Entrepreneurs Fair will be taking place in our gym on April 20<sup>th</sup>.

Once again, PAC is sponsoring the Spell-a-thon event with the students. Spelling lists will be coming home with your child this week to review over Spring Break. Teachers will be completing the assessments during the week of April 18<sup>th</sup>.

Mark your calendars! Ecole Hammond Bay is proud to host a Scholastic Book Sale on April 21, 24 and 25<sup>th</sup>. Items will be in both French and English. More information will follow in April. Thank you to PAC, and especially Ms. Kosmider and Mrs. Therriault, for organizing this event.

As we all look forward to a rest from all our hard work, the staff and I would like to wish everyone a safe, restful and relaxing Spring Break.

*Christine Bohm*

## Vice Principal's Message

I want to wish everyone a safe and restful spring break. If you are staying in town or heading somewhere warm I hope every student gets recharged and ready to finish off another school year. Thank you so much to the hard working staff and parents for helping make each student succeed in their own ways. I am so lucky to be a part of this, at our beautiful school.

We began a new French oral presentation last year called Patati & Patata. It replaced the Concours d'Art Oratoire. When we return from our break the grade 6 and 7 school finalists from each class will be competing for a position in the district level competition. The competition will be held at the school in the afternoon of April 5<sup>th</sup>, 2017. Thank you to Jaqueline Kellam, Nicole Lewis for volunteering to be judges. Good luck to everyone!

À bientôt,  
*Kelly Payne*



### **Erase Bullying Resource**

The Ministry of Education in conjunction with School Districts across the province have developed and implemented an online student and parent resource about and to report bullying incidents. Please visit [www.erasebullying.ca](http://www.erasebullying.ca) for more information.

### **Spell-a-thon**

The Yearly Spell-A-Thon will be starting soon. The big test will take place during the week of April 18th. Following the test, students will be asked to collect their pledges and return them to the school.



Spelling sheets and pledge forms will be sent home prior to Spring Break or just upon our return in April. Students will have a few weeks to study their words and collect their pledges.

Various prizes will be awarded to students in recognition for their participation. Thank you to PAC for organizing this event for us. This is an important PAC fundraising event and we would like to thank all families for their support.

### **Track and Field**

Grade 3 to 7 students will be invited to participate in our School Track and Field Meet on May 18<sup>th</sup> at the Rotary Bowl. Information about the events will be provided to the students in April, along with event sign up. Permission slips will be sent home at the beginning of May along with the schedule of events. We will need many parents to help us at the Track Meet. Please indicate on our child's permission slip if you are available to help. Mme. Bohm will be checking in with the teachers and be contacting parents.



### **Run Program at Neck Point**

We have started our spring running program at Neck Point. Classes will be invited to participate twice a week. This is great conditioning in preparation for our Track and Field season. Permission slips were sent home already.



### **Library News**

Thank you and congratulations to students who submitted their completed Family Literacy Challenge calendars. I enjoyed learning about the various ways in which students are working toward their

literacy goals at home. Each participant received a prize as a token of recognition for their accomplishment. Félicitations!

The library and computer lab have been buzzing with activity thanks to the newspaper, coding, homework and library clubs. Thank you to all participants for contributing your enthusiasm, dedication and leadership skills.

Students have received notices listing their overdue books. Please return these in a timely fashion in order to help keep the book circulation process running smoothly.

*Merci et bonne lecture!*

Madame Alison

### **Lost and Found**

The Lost and Found Box is overflowing. All items have been on display in the foyer throughout March, but few items have been collected by their owners. Items will be donated to a local charity in April.



### **When Children Should Stay Home from School**

During this time of year there are a number of colds and flus around. These can spread amongst others quite easily. For the health of the staff, students, and volunteers in the school, we ask that you take into consideration the following information. If your child has any of the following symptoms they should be kept home from school.

**Fever** - Keep your children home if they have a fever. Wait until children are fever-free before letting them return to school.

**Diarrhea/Vomiting** - Keep children home if they've vomited twice or more in the last 24 hours. They can return to school after symptoms clear up or your doctor says they're no longer contagious.

**Severe cough and cold symptoms** should keep kids home from school. A serious cough could be a sign of contagious conditions like whooping cough, viral bronchitis, or croup.

**Pinkeye** - is contagious, and children should stay home from school for the first 24 hours after treatment begins.

**Upcoming School Events Mar/April**

Mar 17	Dufflebag Theatre – Snow White/ St Patrick’s Day / Break a Rule day
March 20-31	Spring Break
April 3	School re-opens
April 5	Patati Patata School Presentation
April 7	Whole School & Class Photo Day Hot Lunch
April 10	PAC meeting at 7 pm
April 11	Band to Port Alberni
April 14	Good Friday
April 17	Easter Monday
April 18	District Presentation of Patati Patata
April 20	Young Entrepreneur Fair
April 20-24	Scholastic Book Fair
April 21	Hot Lunch
April 27	Assembly – Grade 2 classes are presenting



## EASY IDEAS WITH VEGGIES AND FRUIT

Most children don’t get enough vegetables and fruit each day. School-age children and youth need 5 to 8 servings of fruit and vegetables each day.

Support your child to eat more vegetables and fruit:

- ◆ Eat vegetables and fruit together with your children. Children learn by watching you.
- ◆ Involve children in buying and preparing vegetables and fruit. Try cut up veggies and fruit such as cucumber slices, cherry tomatoes, cauliflower, oranges, apple, pear or kiwi with salad dressing or yogurt for dipping.
- ◆ Cut and serve them in many ways. Try vegetables and fruit cold, hot or right from the freezer. Frozen grapes or blueberries make a terrific snack.
- ◆ Offer vegetables and fruit at snack and meal times. It can take up to 20 times of offering the same food before a child will accept it.

A child’s intake varies from day to day. Trust that a healthy child will meet their nutrient needs over time.

Need fresh ideas? Check out [halfyourplate.ca](http://halfyourplate.ca)

For more information:

- ◆ HealthLinkBC and Dietitian Services or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- ◆ Dietitians of Canada
- ◆ Healthy Families BC
- ◆ Your local Public Health Unit:
  - Duncan - Margaret Moss Health Centre 250-709-3050
  - Lake Cowichan – Kaatza Health Centre 250-749-6878

## SCREEN TIME AND YOUR CHILD

Kids are spending more time on screens than ever before. Screens are everywhere and are often used by teachers and students for school-related work. As with most things in life, there should always be a balance!

Too much screen time in children has been linked with:

- ◆ Sleep problems
- ◆ Reduced attention span and learning challenges
- ◆ Increased anxiety and depression
- ◆ Increased consumption of unhealthy foods
- ◆ Increased risk of overweight and obesity

The Canadian Sedentary Behaviour and Physical Activity Guidelines for children age 5-17 years recommend:

- ♦ Recreational screen time - Limit to less than 2 hours per day
- ♦ Physical Activity - At least 60 minutes per day of moderate to vigorous physical activity

Tips to help limit screen time and promote physical activity:

- ♦ Look at your own behaviours around screen time and physical activity - be a positive role model 😊
- ♦ Find an activity or sport your child likes!
- ♦ Be active as a family - schedule regular activities (walks, hikes, bocci ball, pickle ball)
- ♦ Sign up for an activity at your recreation centre

For more ideas and information including tips for parents, children and youth to navigate the digital world:

- ♦ [Media Smarts](#)
- ♦ [Common Sense Media](#)
- ♦ [Physical Activity and Sedentary Behaviour Guidelines](#)
- ♦ Your local recreation centre
- ♦ Your local Public Health Unit:  
Duncan - Margaret Moss Health Centre 250-709-3050  
Lake Cowichan – Kaatza Health Centre 250-749-6878

## **LIFE-THREATENING FOOD ALLERGIES AND SPECIAL DAYS**

Special days like birthdays, Easter and end-of-year parties are often times of celebration with friends, family and food. However, for students at our school who have life-threatening allergies, these can be very risky times. You can help to keep allergic students safe by:

- ♦ Celebrating with stickers, games or prizes instead of food.
- ♦ Not sending or bringing peanut, nut, or other allergen-containing products to school.
- ♦ Checking in with the teacher/school ahead of time to find out if any special celebrations are planned.
- ♦ Remind students to tell an adult right away when they might be having a reaction.
- ♦ Make sure the teacher and school staff know what to do if a student has a reaction.

Refer to your school's policies and regulations around life-threatening food allergies for more information.

For more information contact:

- ♦ Food Allergy Canada
- ♦ HealthLinkBC and Dietitian Services or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- ♦ HealthLink BC File #100a What is a Food Allergy?
- ♦ Your local Doctor or Pharmacist
- ♦ Your local Public Health Unit:  
Duncan - Margaret Moss Health Centre 250-709-3050  
Lake Cowichan – Kaatza Health Centre 250-749-6878

## **WHY USE FLUORIDE TOOTHPASTE?**

Fluoride is absorbed into the tooth enamel making the tooth more resistant to decay. New teeth especially can benefit from fluoride, and school-aged children are getting their new adult teeth.

Daily use of fluoride toothpaste is a cheap and easy way to protect children's teeth from decay. A small amount of toothpaste about the size of a pea, used twice each day, is all you need.

Public water supplies on Vancouver Island do not have fluoride added. Therefore, it is very important to use fluoride toothpaste.

Spit out after brushing – don't rinse! This will allow small amounts of fluoride to stay in the mouth. The fluoride can help reverse areas of early tooth decay and slow down the decay process.

Toothpastes with special adult ingredients such as “anti-tartar”, “whitening”, and “anti-bacterial” agents are not recommended for children under age 12.

For more information contact:

- ♦ VIHA Child, Youth and Family Community Health Dental:

Victoria 250-519-5100  
Esquimalt 250-519-5311  
Duncan 250-709-3050  
Nanaimo 250-739-5845  
Port Alberni 250-731-1315  
Courtenay 250-331-8520  
Campbell River 250-850-2124  
Port Hardy 250-902-6071