

SEA VIEW NEWS

January 2019

SEA VIEW
ELEMENTARY/JR.
SECONDARY SCHOOL
PORT ALICE, BC

IMPORTANT DATES

Christmas Break	Dec. 24th- Jan 4th
In-Service Day No Classes	Jan 7th
First Day Back to School	Jan 8th
Hot Lunch	Jan 16th
PAC Meeting in School Library	Jan 28th
Kindergarten Registrations for Sept. 2019	Jan 28- Feb 5
Parents Meeting Camp Home- wood	Jan 30 @ 2:30 in SS room
Hot Lunch	Jan 30th

Don't forget to
like us on



to be advised of
weekly updates,
newsletters,
special events and
more as soon as
they are posted!

'Herring Spawning Season'- Wa'y^anx

PRINCIPAL'S MESSAGE

Happy New Year to our students and school families!

The Christmas holidays and the beginning of a new calendar year create renewed energy for the coming months at school. January, February and March are important months for learning, with students overtly demonstrating newly acquired academic and social skills. All that tremendous, consistent and patient effort in the fall begins to slowly "sprout", just like the hardy daffodil shoots that will surely begin to poke through the soil and

snow during the slowly lengthening days ahead.


Let's be sure to make good use of this special time in our school year; expectations, routines, and good work habits have been established, and efforts and attention can be fully applied to new growth. All students continue to develop social skills and positive ways of interacting because these habits are what allow, and promote their ongoing academic achievements. We are looking forward to the productive months ahead!

Wishing Sea View students and their families all the best for 2019,

Mrs. Heather Johnson
Principal



NOTICES

- Please consider donating your used Christmas card fronts to the school. We will gladly tuck these away for next year's Christmas crafts!
 - School Ski Trip to Mt. Cain! Monday, February 11th. 
 - Students and Parents will be busy fundraising over the next few months for the following field trips: (fundraisers are chosen carefully in order to get the best return for our efforts)
 - ◇ April & May—Swimming Lessons (all students)
 - ◇ May – Grades 5-6 go to Camp Homewood for 5 days
 - ◇ June – Grade 7's go to Victoria with Sunset students for 5 days
- Thank you for your kind support of our students' efforts and endeavors.
- Thank you to all of our school families and friends who attended our Christmas Coffee-house on December 12th. Your presence meant a lot to us, and made the evening very special.



Sea View School is a NUT FREE School



Registration at Non-Neighbourhood Schools

The school district has a policy and process for students to attend a non-neighbourhood school. Please note the following application process for students who wish to attend a school other than the one that is closest to their ordinary place of residence:

1. Application for students to attend a non-neighbourhood school must be submitted to the non-neighbourhood school no later than February 15th each year. Port Alice students wishing to attend NISS for grade 10 are exempt. Students already attending a non-neighbourhood school do not need to reapply for subsequent years.
2. Students must be registered at their respective neighbourhood school, the one that is closest to their ordinary place of residence, before applying to enrol at a non-neighbourhood school.
3. The school principal will confirm decisions about registrations at non-neighbourhood school by October 1st.
4. Students attending a non-neighbourhood school who wish to transfer back to their neighbourhood school should notify the neighbourhood school by February 15th.

For further information please contact your local school for a copy of the Student Admission Policy No. 2-295/R or visit the district website at: www.sd85.bc.ca

PAC HOT LUNCH

Hot Lunches for January will be January 16 & 30. Order forms will be sent home a few days before each planned lunch. Thank you to Mrs. Steffler, and all of her helpers for making these lunches happen



REMINDERS

- Please be sure to call the school and let us know if your child will be absent or late. Our policy is to phone home for any unexplained absence. 250-284-3315, or send an e-mail to nstewart@sd85.bc.ca.
- January can be a very cold month. Please send your children to school dressed in warm clothes (including snow gear if necessary) and a warm jacket. A complete change of clothes including socks is highly recommended. If you have extra snow pants—these can be donated. Thank you!

THANK YOU!

A huge THANK YOU to all those who supported our PAC Christmas Lunch:

Warren & Catherine Beatty
Waypoint insurance
Dr. Mud Consulting
Island Foods
Family Foods
Union Local 514
IGA
Cathy Anderson
Sidney Frank
Kim & Steve Masters
Kevin Livingston



MT. CAIN FIELD TRIP

On Monday February 11th students in grade 3-7 (grade 2's may join us if they are accompanied by a parent) will be heading to Mt. Cain for a fun filled day of skiing, snowboarding and tobogganing. Each Student will be required to take a lesson before being allowed to ski/snowboard for the day. Complete information along with waivers, rental needs etc. will be sent home and must be completed before departure.

Notes:

- Only the lower half of the mountain will be open on Mondays.
- Everyone is responsible for purchasing their own lunch. We recommend that you pack your own lunch as the menu is limited on Mondays at the Café. Items such as hot chocolate, baked goods and other drink/menu items will be available. Debit and credit payment is an option.
- Be sure to bring snacks and water to drink are highly recommended – the cold and exercise can be dehydrating
- Ski goggles or sunglasses on a string are MANDATORY. Sunscreen is also a very good idea, sunburns are very common after a day on the mountain.
- Don't forget your gloves, jacket and snow pants! A dry change of clothes is also a very good idea.
- Children may bring devices to use silently on the bus (with parents' permission) but please note children are fully responsible for their own devices.
- Reminder: We cannot transport sleds, poles, skis or any other equipment on the bus. There may be a few vehicles heading up the mountain that are able to carry this equipment. Please make these arrangements ahead of time and arrive early Monday morning (between 7:00-7:15) to load up your gear.

Bus leaves at 7:30 a.m. on Monday February 11th. Please arrive by 7:15 to ensure a 7:30 departure.

**** For those driving up the mountain, please remember that chains are mandatory.****

Thank you to PAC for helping fund this trip!



MID YEAR CONFERENCES

We are approaching the middle of our school year, and staff are looking forward to meeting with each school family during the month of February. These informal conferences are an important occasion to discuss each child's progress in learning and to set goals for the remainder of the school year. A list of questions for parents to consider beforehand will be sent home at the end of January. In the meantime, please continue to communicate with your child's teacher(s) if you have questions or concerns. We look forward to meeting with you in February.



PARENT ACTION RESOURCES

Here is a resource for parents to help encourage their children's development in several areas such as social & emotional well-being, health, academic achievement and overall success in their lives. If you would like to explore these topics further, go to <http://discovermdi.ca/resources>

This month's segment is: Connectedness

- Ask your children:
What do you love the most about our family? What family activities do you enjoy the most? What do you want our family to do more of?
- When children show problem behaviours, it is helpful if adults focus on regulating their own emotions first so that they do not act out of anger or frustration. Recognize that children of all ages need caring and comfort when they are struggling and acting out. Respond with sensitivity and constructive boundary setting rather than punishment.
- Create family traditions and a strong cultural identity. Take part in community celebrations together.
- Engage in creative play that your child initiates. By giving them your time and your full undivided attention, you may get to know their perspectives and needs.

(Adapted from NISS newsletter, Dec. 2018)



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Sea View Elementary/Jr. Secondary School

“Working together we strive to ensure individual student development through effective education, creating a community of learners in a changing

world.”

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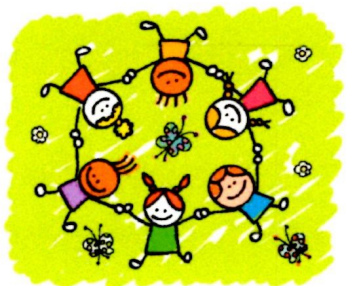
Welcome to Kindergarten!

Registration begins January 28th

School District No.85 invites all parents of Kindergarten-aged children to register their child for full day Kindergarten classes in September 2019.

Registration to take place
January 28 to February 8*

<u>School</u>	<u>a.m.</u>	<u>p.m.</u>	<u>Phone #</u>
A.J. Elliott	8:30 - 12:00		973-6331
Alert Bay	8:45 - 11:45	12:30 - 2:30	974-5569
Cheslakees	8:55 - 11:55	1:00 - 2:55	956-3411
Eagle View	8:00 - 12:00	1:00 - 4:00	949-6418
Fort Rupert	8:00 - 11:30	12:30 - 2:00	949-6518
Sea View	8:30 - 12:00	1:00 - 3:00	284-3315



For Kindergarten busing inquiries,
please phone: 949-8155, Ext. 2521
Visit the school district website:
www.sd85.bc.ca

Each child is unique ...

learns and grows at his/her own rate and has different experiences and interests.



But all children need...

love, a good self image, guidance, acceptance, opportunity, approval, conversation, respect, patience, tolerance, encouragement, laughter, and a sense of belonging.

Parents are partners ...

encouraging young children to try a variety of experiences and progress at their own learning rate, listening carefully to them and fostering their natural curiosity about their world.

SD85 offers all its Kindergarten students a program that follows the B.C. Curriculum where students learn and develop through play in the following key areas:



- ◆ Emotional & Social Development
- ◆ Physical Development & Well-Being
- ◆ Intellectual Development
- ◆ Language & Literacy Development
- ◆ Numeracy Development
- ◆ Artistic Development

Children must be 5 years of age by December 31, 2019 to enter Kindergarten in September, 2019. **You will need to bring your child's birth certificate and B.C. Care Card with you at the time of registration.** If your child has exceptionalities (special needs), please contact your school Principal.

**The deadline for non-neighbourhood school application is February 15th. Students must first register at their neighbourhood school.*



10 POSITIVE RESPONSES

to common child complaints



1. "I DON'T LIKE MYSELF." → "YOU DON'T LIKE YOURSELF... THAT SOUNDS LIKE IT DOESN'T FEEL VERY GOOD."
2. "I'M BORED." → "YOU WISH THIS WAS MORE INTERESTING."
3. "I'M NOT GOOD AT THIS." → "YOU THINK YOU'RE NOT GOOD AT THIS. DO YOU WANT ME TO HELP?"
4. "I MISS MY OLD FRIENDS." → "YES, YOU MISS THEM SO MUCH. YOU WISH YOU COULD GO BACK AND SEE THEM."
5. "THIS IS DUMB." → "YOU WISH THIS WAS MORE ENTERTAINING."
6. "HE ALWAYS GETS HIS WAY." → "YOU WISH THINGS TURNED OUT DIFFERENTLY."
7. "I DON'T WANT YOU TO...." → "YOU'RE SAYING NO TO ME DOING THIS. I HEAR THAT."
8. "I DON'T LIKE THIS." → "YOU WISH YOU GOT SOMETHING DIFFERENT."
9. "BUT I WANT IT NOW!" → "YOU WISH YOU COULD HAVE IT RIGHT NOW."
10. "WHY DOES SHE ALWAYS GET BETTER STUFF THAN ME?!" → "YOUR SISTER GOT THE GIFT YOU WANTED. I SEE. YOU WISH YOU HAD HER GIFT."

Acknowledging their feelings and letting them be.



7

POWERFUL WAYS TO RESPOND WHEN YOUR CHILD COMPLAINS

by Big Life Journal

1

DEFINE IT

- Discuss the “nice voice” or “**calm voice**” inside everyone. How does that voice sound? Practice asking for things with a calm voice.



2

LISTEN AND VALIDATE

- Make eye contact, do not interrupt, and accept without judging.
- Use the “**I hear you...AND**” method: “*I hear that’s not what you wanted...AND we have no control over the weather.*”



3

GIVE A CHOICE

- When your kids start to complain, clarify **what they want to happen** as a result. Say, “*It sounds like you’re frustrated right now. Do you need to vent or do you want to make a plan?*”
- Encourage them to switch from complaining to **problem-solving** mode. Say, “*Let’s think about what we can do to fix this situation.*”



4

REPHRASE AND REFRAME

- Rephrase complaints as a “**want**” or a “**wish**.” Say: “*You want a different toy*” (The message: you’re a child who knows her likes and dislikes).



5

SET LIMITS

- Give a **time limit** for complaining. Say, “*You can say one more negative thing, but then say 5 positive things that happened today.*”
- Set aside a **daily “complaint time”**.



6

RESPOND PLAYFULLY

- Once kids know about their “strong voice” and how to use it, playfully offer to find it when it disappears.
- Say, “*Hey, where did your strong voice go? It was here a minute ago...Help me look. HEY! You found it! Now let me hear you use it!*”



7

FIND THE GOOD

- Empathize and then help **notice** the positive.
- Empower with questions: What can you learn from this? How would you like things to be? How can you take it there?



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