

South Wellington Elementary School



1536 Morden Road, Nanaimo, BC, V9X 1S2
Telephone: 250-754-2873 Fax: 250-741-0346

Administrators: Mr. Dean & Mr. Walsh Secretary: Mrs. Francescutto

School Year: 2009/2010
March 25, 2010

March Theme – Self-Discipline

Upcoming Dates To Remember

March 30 th	- Girls' Basketball Away Game (Pauline Haarer)
April 1 st	- Jump Rope Event
	- Report Cards home
April 2 nd & 5 th	- Good Friday & Easter Monday (School Closed)
April 7 th	- Class Pictures and All School Photos
	- SPECIAL PAC MEETING 6:30 pm
April 17 th	- Ready-Set-Learn – 1:00 – 2:00 - Storyteller
April 22 nd	- Welcome to Kindergarten
April 26 th	- Pro-D Day – No School
May 15 th	- Ready-Set-Learn – 1:00 – 2:00 – Storyteller
May 17 th	- Track Meet with Chase River & Bayview
May 24 th	- Victoria Day (School Closed)

Principal's Message

This month our virtue at South Wellington has been Self-Discipline. In our last newsletter, we identified the first of three approaches to help children practice self-discipline (*teach children to give it an extra push*). In this newsletter, we will examine two remaining strategies.

Approach #2 - Show them how to set priorities - Sometimes children feel overloaded and scattered. Help them to prioritize so that they don't waste time doing things that they shouldn't. They can label items; "Top priority," "Important," and "Complete if you have time." By doing so, they'll know that they should complete things in a certain order. Then, they won't get too tired before completing the important things.

Approach #3 - Help them to recognize the rewards of self-discipline - The rewards of self-discipline are both internal and external. We know that studying hard for a test typically leads to a higher grade (an external reward) but it also can also lead to a feeling of pride (an internal reward). Help your child connect these rewards to decisions made to stick to the task at hand. "You must be proud of being called up to demonstrate that skill you've been working on so hard. You showed self discipline when you practiced everyday even when your sister asked you to play." By doing this, it will help them recognize what it takes to be successful and they'll want to do it again.

Satisfaction Survey 2009/10

The Provincial Satisfaction Survey is unique in its scope, size and usefulness to schools. It gathers information from parents, teachers and students on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective.

Early in 2010 the Satisfaction Survey will be administered to students in grades 4 and 7, their parents, and all school staff. We encourage parents to participate in this survey, as the results are important in identifying and celebrating current strengths, as well as determining where the school needs to focus improvement. The surveys contain standard questions for the Province – in addition, questions from the school and/or district that focus on local conditions or issues may be included.

This year, the survey can be completed electronically and can be accessed on the Internet at www.bced.gov.bc.ca/sat_survey. Any computer with an Internet connection can be used, and access to the e-survey is simple and secure. All that is required is a logon number that the school will provide to participants. Provincial, District and School Reports for previous years can be viewed at the same site, without a logon number.

Our school computers are available for parents who would like to participate but do not have access to a computer. Please contact the school office if you need to arrange computer access.

Football Nanaimo

Football Nanaimo wants you to have fun!!

Our office is open on Tuesday evenings starting **March 16th – 6:30 - 8:00 pm**. We are located at Pioneer Park behind Canadian Tire, directly behind the Skateboard Park.

Spring Flag Football starting **April 11th**, every Sunday until June 6th

We are taking registration for our Tackle Football program as well.

- PeeWee Tackle Football - ages 9-11 within the calendar year.
- Junior Bantam Tackle Football - ages 12 & 13 with the calendar year.
- Bantam Tackle Football - ages 14 & 15 within the calendar year.
- Midget Tackle Football - ages 16-18 within the calendar year.

Check out our website for more detailed information: ww.footballnanaimo.com



Jump Rope for Heart

We will be supporting the Heart and Stroke foundation again this year by holding a Jump Rope event on **April 1st**. Students will have the opportunity to canvas family members and friends for pledges. Prizes will be awarded for their efforts.

South Wellington Star Students

Recognition goes out to the following South Wellington Star students “caught doing good “around our school...

Primary & Litter Buster—Jimmy P - **Intermediate** – Adrian A, and Shane M.



Steve Nash Youth Basketball

This is a grassroots basketball program developed by Basketball BC. Students will have one practice and one game each week. Each player will receive a reversible basketball jersey and membership to basketball BC. Practices are scheduled for Thursdays and games will be played on Sunday afternoons at Oliver Woods.

Dates: April 8 - June 16 / 2010 – Open to Boys and Girls - Ages 8 - 12 years

Days & Times: Thursdays (1 hour practices from 4:00 – 8:00 pm) /
Sundays (1 hour games from 1:00 – 5:00 pm)
10 weeks / 20 Sessions

Location: Rutherford Elem.; Randerson Elem.; Oliver Woods Recreation Center

Fees: \$90.00 new players / \$80.00 returning players (L.E.A.P qualifies)

Please provide your email address at the time of registration.

To Register: Call 250-756-5200 or register online at www.nanaimo.ca/ireg or in person at Beban Park, Bowen Complex, Oliver Woods Community Centre, Nanaimo Ice Centre or Nanaimo Aquatic Centre

CALLING COACHES AND VOLUNTEERS: If you are interested in coaching or volunteering with the Steve Nash Youth Basketball program please call 250-755-7526 or email damon.johnston@nanaimo.ca

HEAD LICE

This is the time of year when head lice may show up in your child’s hair. To prevent the spread of head lice among children at our school, we ask that you check your child’s head weekly for the presence of head lice.

If you detect head lice on your child, we ask that you notify the school, and treat immediately. Avoid using head lice shampoos. They may no longer be effective in killing all lice and their nits, and may cause skin irritation. As described in the handout which is available from the office inexpensive conditioner and special lice combs, used as directed, will eliminate lice from your child’s head. Hair conditioner and lice combs are available at most drug stores. We also have lice combs available at the office.

Remember that head lice are a nuisance. They do not carry disease and are not a health risk. Early detection and appropriate treatment will significantly limit the spread of head lice in our school.

We would appreciate each family taking the time to check their child's head regularly. Checking other members of the family is also good idea. More information is available from the Public Health Nurse (755-3388).

Thank you for helping to prevent head lice from becoming a problem. Your cooperation is very much appreciated.

SPECIAL PAC MEETING

A special PAC meeting will be held on Wednesday, April 7th at 6:30 pm in the school library. At that meeting members of the PAC executive will be voted in for the upcoming 2010-2011 school year. Come out and participate to you're your support for your school PAC! Door prizes will be drawn!

If you are interested in being part of the PAC executive next year, please let your name stand for nomination! Contact Paris Moxam at 250-714-0959 or Krista Seggie at 250-245-0440.

RDN Recreation Update for Spring Programs

Leap into Kinder Gym

Leap into Kinder Gym is the perfect opportunity for children to have fun, learn basic motor skills and burn off some energy. Focus is on fun, social interaction and fundamental skill development such as running, throwing, catching and jumping. Participants will receive a FREE Leap BC family resource at the end of the session. Location: Cedar Heritage Centre.

Wednesday Mar 10–Apr 28 1:15pm-2:15pm \$32.50 / 8

Social Striders Walking Group

Are you ready to take the first step to a healthier you? Join the Area A Social Striders walking group for a beginner's course to walking. This program is designed for those who are generally inactive, but can walk a short distance without difficulty. Location: TBA

Thursday May 6–Jun 24 5:30pm–6:30pm \$40 / 8

Spring Boot Camps

Do you want to feel stronger, healthier and happier? Join instructor Suzie Kelly for this boot camp style fitness program. This program is offered in partnership with SWACA. Location: Outside South Wellington Elementary

Tue Apr 6–27 Intermediate Class (Ladies Only) 6:00pm–7:00pm \$30 / 4

Wed Apr 7–28 Beginners Class (Ladies Only) 6:00pm–7:00pm \$30 / 4

Fri Apr 9–30 Co-ed Cardio & Core Class (Co-Ed) 6:00pm–7:00pm \$30 / 4

Zumba

Are you ready to quit the workout and join the party? Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. Program instructors provided by North Ridge Fitness and Spa. Location: Cedar Heritage Centre.

Wed Apr 7 – Jun 9 5:30pm–6:30pm \$80 / 10
Wed Apr 14 – Jun 16 9:30am–10:30am \$80 / 10

Preschool Tip Top Tappers

This program will help your preschooler recognize music beat, timing, balance, and coordination while providing a stomping fun time! Program instructor provided by Heritage Academy of Performing Arts. Location: Cedar Heritage Centre.

Thursday Apr 22-Jun 10 1:40pm-2:25pm \$50 / 8

Get The Most Out Of Your Walking Workshop

Are you interested in starting a walking for fitness routine or are you currently an avid walker? Check out this workshop designed to build good walking habit and to help you get the most out of your walking. Workshop will be led by Dr. Ferenc Stefani. Location: Cedar Secondary Library

Thursday Apr 22, 2010 6:30pm-8:30pm \$10

To register for any of these programs please call Kelly @ 250.722.0123

SWACA Spring Community Market

The South Wellington and Area Community Assoc. is pleased to be holding a SWACA Spring Community Market on Sunday April 25, from 10am – 2pm at the South Wellington Community Hall at 1555 Morden Rd.

There will be a concession, door prizes etc., so come on out for a great community event! SWACA will have a table and donations for that are welcome and appreciated – all monies raised will go towards enhancing our exceptional community!

Table rental will be \$10; you are welcome to sell whatever you like – crafts, garage sale items, plants, produce, baking, showcase your business etc. For more information call Barb at 754-2820. Please call Barb at 754-2820 to reserve your table now or to donate items for sale.

Bookfest - A Magical Day

Mark your calendars! This year the 24th annual Vancouver Island Children's Bookfestival falls on **Saturday May 1st**. Once again, Book Fest will present some of Canada's finest children's authors, illustrators and storytellers.

Join us for a fun day in the celebration of books!

For more information visit www.bookfest.ca or call 250.716.FEST (3378).