



École Van Belleghem

Staff List for 2016/2017

Principal: Michèle Olson
Vice-Principal: Louise DeClercq

Administrative Secretary: Gisèle Laurin
School Secretary: Ginette Marie Petit

Student Services Denise Paillé-Jones/
 Louise DeClercq

I.P.E.L. Denise Paillé-Jones

Music Danielle Laurendeau Cormier

Physical Education Gérald Cyr /
 Brett Delisle-Boughen

Guidance Counselor Martine Pelletier

Teacher-Librarian Lynn Fajardo Jour 2-4-6

Library Assistant Nicole Goshawk

Custodians Ed Thibert / Joel Durand /
 Paul McNair

Instructional Assistants Denise Acres
 Lynn Chartrand / Veronica Kirkpatrick/
 Michel Vandermeulen / Marnie Bodner Thomas

Lunch Supervisors Denise Acres /
 Lynn Chartrand / Marnie Bodner Thomas /
 Veronica Kirkpatrick / Cara Wojcikowski

Patrol Supervisors Paul Bosc / Denise Acres



Nov/Dec 2016

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Upcoming Events

The library will be hosting a **Book Fair** during the Parent Teacher Conferences in November - **Tuesday 22th, and Thursday 24th, from 3:30 p.m. to 7:00 p.m.** in the library.



We are looking for volunteers to help organize and/or work the evenings. If you are able to spare a few hours, please call the office at 204-255-1134.



Early Dismissal

School ends one hour early every fourth Tuesday of each month (except December and June). Here are the dates for 2016/2016:

Tuesday, October 25	Tuesday, November 22	Thursday, December 22
Tuesday, January 24	Tuesday, February 28	Tuesday, March 21
Tuesday, April 25	Tuesday, May 23	Friday, June 30

Terry Fox Walk

THANK YOU! Our **Terry Fox Walk** was once again a success this year due to the continued support of École Van Belleghem's parents, students and staff. We raised a **grand total of \$537.35**. Thank you as well to the parents, siblings and grand-parents who attended our assembly and participated in the walk or helped out as crossing guards.

~ The Terry Fox Walk Committee



Remembrance Day is a time to remember those who have given their lives so that we may enjoy freedom and peace. Our ceremony will take place on **Thursday, November 10th at 10:20 a.m.** We invite all the students who take part in Scouts, Brownies, Beavers and/or Girl Guides to wear their uniform for the ceremony. Donations for poppies accepted.



From the Office

Visitors to the School

All visitors must report to the Office and require an identification tag (obtained from the office).

If you need to pick up your child before school ends, please visit the office and we will call your child to you.

If you are dropping anything off for your child, (lunch kit, backpack, extra clothes, permission forms, etc.) please **leave it with the office staff** and we will contact the classroom.

This helps eliminate class disruption.

*** Volunteers** If you are volunteering in your child's classroom, please stop at the office to sign in FIRST.

Thank you for your cooperation in this matter.



Safety Around Lakes and Streams

As concerned parents, please review with your child/children the imminent dangers of playing near lakes and streams and remind them of precautionary measures to be followed.



Thin Ice



Attendance

If your child is to be absent from school, you are asked to phone the school office at 255-1134 before 8:30 a.m. If not, you will be contacted to verify the reason for your child's absence. This callback system is in place to ensure your child's safety.

Your cooperation in informing the school of your child's absence is greatly appreciated.

We ask that you send a note to your child's teacher when your child is to be absent for appointments.

** A note is also required if your child is not taking the bus as usual or if your child generally stays for lunch but will be leaving the school (with proper supervision).*

Emergencies

In case of emergencies (when a child becomes ill or is seriously hurt), the school will contact parents.

For this purpose, please advise the school as soon as possible of any changes in your home, work or cell phone numbers.

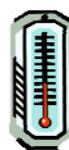
If you need to communicate an urgent message to your child, please contact the office, however we ask your cooperation in limiting these requests to the office to essential matters.



Thank you for helping us keep your child safe.

After School ALL STUDENTS must wait inside the school building (in the front foyer) until their parent/guardian has arrived. *If there are any changes to your child's bus, daycare, drop-off or pick-up routine, please contact the office.*

Dress for the Weather

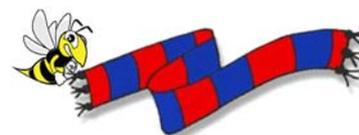


Winter will be here soon and recess can be very cold. Students will be outside for **15 minutes each recess** and **25 minutes for lunch**. Please ensure your child has the proper outdoor wear for recess - hats, toques, mitts, gloves, scarves and boots etc., and please be sure to **LABEL ALL ITEMS**.



Note:

Although Kindergarten students may not go outside for recess yet, in the event of a fire drill or evacuation - proper outerwear is still required.



Fire Drills and Evacuation

The safety of our students and staff is of utmost importance at all times. Our school division has created and follows Policy EBCA - Emergency Preparedness Plan including a Fire Safety Plan and an Emergency Response Guide.

In order to ensure that we are all prepared in the case of an emergency, there are several procedures that are followed on a yearly basis, including:

We conduct ten instructional fire drills per year to ensure that students and staff are totally familiar with the emergency evacuation procedures resulting in orderly evacuation. This includes drills where we practise an evacuation to J H Bruns High School.

We also conduct two lockdown drills during the year. Various situations compel response plans to clear school hallways, and we want students, staff, and visitors to be prepared. Not all situations

are high risk; some merely demand added caution. You will be informed, by letter, before our lock down drill.

Rest assured that your child's teacher will already have explained to your child's class, the importance of the procedure as well as the instructions to follow during the drill.

Some of the teachers (in the younger grades) will also have had their own individual practices to ensure that students are prepared for our school wide practice.



Please note: The biggest threat of peanuts/nuts/peanut butter is how easy it is to contaminate surfaces around the school.

Children can still enjoy these treats at home after school or on the weekends.

If we all work together we can reduce the risk of a child ending up in the hospital - or worse.



From the Lunch Room

Please note: The biggest threat of peanuts/nuts/peanut butter is how easy it is to contaminate surfaces around the school.



Children can still enjoy these treats at home after school or on the weekends. If we all work together we can reduce the risk of a child ending up in the hospital - or worse.

Please read all labels before sending something to school. Items that are labeled: "MAY CONTAIN PEANUTS OR TREE NUTS" are not allowed at school.

Remember to ask your child **not** to share his/her lunch.

MILK is sold in the lunchroom for 75¢ (seventy-five) cents - white or chocolate.



For your convenience you may purchase a pre-paid milk card (20 milks) from the office for \$15.00 (cash or cheque).

Please ensure your child's name is on his/her milk card as we cannot be responsible for lost cards.

With the goal of ensuring safety and order, students are required to abide by the code of conduct and to adhere to the following expectations for behaviour.

Students who are unable to abide by these expectations may lose the privilege of staying at school for lunch.

- I will remain seated and eat my own lunch at my own place.
- I will use a speaking voice when talking to others in the eating area.
- If I need help, I will raise my hand and a lunch supervisor will come and help me.
- When the lunch supervisor gives the signal for our attention, I will stop talking and listen.
- After eating, I will clean my area and I will put my garbage in the garbage container or in the recycling bin before leaving the lunchroom.
- I will take home what belongs to me after lunch to reuse or to recycle.
- I will listen to, and cooperate with the lunch supervisors, both indoors and outdoors.

By cutting fruits and vegetables into bite-size pieces, you can help make lunch time easier for your child.

Please ensure your child has the proper utensils for lunch as these will not be supplied by the school.

Small children have small hands and it can be difficult to open containers for lunch. Please make sure your child is able to open his/her thermos or any other food container he/she brings.



Please ensure all containers are **leak-proof**.

Microwaves are **not** provided.

Please do not send food that needs to be heated.



Halloween



Costumes (or pyjamas) will be allowed at school on Halloween Day.

Your child may dress in any costume or pyjamas if he/she wishes to do so,



but it is optional. In order to ensure a safe and positive experience for all, please assist your child in being respectful of the following rules:

1. **Costumes/Pyjamas** should be appropriate for the learning environment (costumes that promote violence which may frighten small children or of a sexist, racist or culturally insensitive nature are strictly prohibited).
2. **Costumes/Pyjamas** must be comfortable for indoor temperatures and need to fit under a coat for recess.
3. **Costumes** can be easily taken off if needed for washroom needs.
4. **Avoid** costumes which hang too low or have dangling parts (such as a long tail) that may cause children to trip as they walk, come down the stairs, going to Physical Education class or play at recess.
5. **Hand-held** accessories and masks are to be left at home for safety reasons please.
6. **Minimum** amount of make-up is allowed (eg. Whiskers, moustache, eyebrows... no blood).

The school will not be responsible for any loss, damage or items left behind.

What is the Teal Pumpkin Project®?



Launched in 2014 by Food Allergy Research & Education (FARE), the Teal Pumpkin Project® promotes safety, inclusion and respect of individuals managing food allergies.

This movement offers an alternative for kids with food allergies, as well as other children for whom candy is not an option, and keeps Halloween a fun, positive experience for all!

We are proud to support the Teal Pumpkin Project®. Through this international initiative, families are encouraged to place a teal-coloured pumpkin in front of their home to show they have non-food treats available for children with food allergies and other kids for whom candy is not an option. Its aim is to create a safer and happier Halloween for all!

For more information visit:

<http://foodallergycanada.ca/teal-pumpkin-project/>

We would also like to take this time to remind parents about our nut-free policy at school.

If you are sending any food items, please send only store-bought food items to share on Halloween day.

Home baking is not always a guarantee that there are no traces of nuts or peanuts from items used in the home.

Any home baking or treats that are brought to school will be returned.

We thank you for your understanding in this matter.

In keeping with the Louis Riel School Division's Healthy Eating policy, and our own school's no nuts policy, please refrain from sending leftover

Halloween candy to school.



Your cooperation and collaboration in ensuring that your child respects the above expectations will ensure a positive and pleasant day for everyone.

Spirit of Giving



November and December are the months of giving in the Louis Riel School Division and École Van Belleghem is proud to be a part of it. Every year staff and students help to support the many less fortunate families in the City of Winnipeg by donating food, clothes, toys and/or money. We are proud to partner with the following organizations:

Koats for Kids. For the past 26 years, Koats for Kids has been creating opportunities for kids to be kids by collecting and distributing new and gently used winter outerwear free of charge to Winnipeg children and their families. Please drop off new and/or gently used winter clothing to our school.



École Van Belleghem Mitten Tree

Instead of ornaments, we decorate our Christmas tree with new and/or gently used mittens, hats, scarves etc. If you would like to help decorate our tree, please drop your "decorations" at the school during December.



More information will be sent home this month.



Christmas Cheer Board

New unwrapped toys, food, or cash - the Christmas Cheer Board accepts all the above to help families in need this holiday season.



Please consider giving generously to help the less fortunate.

Louis Riel School Division Protocol for the Resolution of Concerns

The Louis Riel School Division Protocol for resolving concerns or conflicts strives to maintain positive, honest and respectful relationships to address misunderstandings that may occur between members of its school community. When such misunderstandings occur, the central priorities must be:

- the best interests of students who may be affected by the misunderstanding;
- providing opportunities for the person(s) most closely involved in the misunderstanding to resolve it promptly and conclusively.

Differences of opinion are a normal part of human relationships and offer opportunities for communication, new learning and improved relationships.

In all cases, clear, timely and direct communication assists effective resolution of misunderstandings:

- When you have a concern regarding a matter involving your young person(s) and another student, beginning with your young person's classroom teacher may help. S/he may direct the inquiry further to another

classroom teacher or the administration. However, you may believe the situation is more appropriately addressed by the administration team. If whomever you decide to consult about a conflict between students is not immediately available, leave phone numbers and times when the teacher/administrator can return your call.

- If you have a concern involving a staff member, please contact that person as your first step. Again, if that person is not immediately available, leave information that will assist him/her to contact you. Once in contact with the staff member, state your concern as clearly and calmly as is possible. This is an opportunity to ensure that any missing information is provided to resolve the concern. Most, if not all, differences can be resolved satisfactorily at this level.

In either instance, if your concern is not satisfactorily resolved your next step is to speak with the Principal or Vice-Principal at the school after informing the staff member that you intend to do so. This action supports

honest working relationships between parents/guardians and staff members.

The majority of concerns are resolved at the school level. However, if your concern remains unresolved after discussion with the Principal or Vice-Principal, again after informing him/her of your wish to do so, contacting the Superintendent's Department is appropriate.

If the concern cannot be resolved by contacting the Superintendent's Department, you may then direct your concern, in writing, to the Louis Riel School Board. The Board will respond, usually following inquiries with the involved parties.

The Board and the Superintendent's Department trust that this process will result in the satisfactory resolution of those concerns which may, from time to time, arise between members of our school community.

Your cooperation with this Protocol is helpful and appreciated.

Communication is the key!

Report Cards

Report Cards will be sent home on **Friday, November 18, 2016.**

Parent - Student - Teacher Conferences will be held during the evenings of Tuesday, November 22 and Thursday, November 24, 2016. (Please note: Kindergarten parents will also be able to meet with Mme Suggitt all day Thursday, November 24th from 8:45-7:30

To help your meeting(s) be as productive as possible, here are a few tips on how to prepare yourself.

Before You Go

Talk to your child to find out if there are things to be discussed with the teacher. Make a list of the things you want to talk about. For example:

- what the teacher expects from my child;
- how my child's work is being evaluated;
- school activities in which I can participate in that will help my child;
- how much time to be spent on homework each night;



- how often report cards are sent home;
- how my child is getting along with other students.

When you are there, ask the teacher what you can do at home to help your child.

After You Go

Talk to your child about the meeting and discuss positive comments made by the teacher. Feel free to call the teacher if necessary.

Halloween Safety Tips

Costumes

- Look for costumes and accessories such as beards, wigs, wings and tails that are labelled flame-resistant. Flowing skirts and capes, baggy sleeves and over-sized costumes can all be hazards around candles or flames.
- Nylon or heavyweight polyester costumes are best. Remember, flame-resistant does not mean fire-proof.
- Pick brightly coloured costumes that can be clearly seen by motorists. Add reflective tape to the costume to increase visibility.
- Use make-up or face paint instead of masks - improperly fitted masks can interfere with your child's vision or breathing.
- Before using face paint or make-up, do a patch test to see if your child is sensitive or allergic to something in the cosmetic. Even products labelled as "hypoallergenic" can still cause allergic reactions.
- If you do choose a mask, make sure it fits properly and allows them to see and breathe easily.
- Do not use contact lenses that change eye colour or create special effects because they can cause injury to a child's eyes.
- Avoid costumes that are too big or have long dangling pieces that children can trip over.
- Ensure that toy weapons and similar accessories are made of soft or flexible material. Hard or rigid costume accessories can cause accidents.
- Choose costumes that fit well and can be worn over warm clothing to protect your child against cold and wet weather.



<http://healthycanadians.gc.ca/security-securite/home-maison/halloween-eng.php>

While Trick or Treating

- Keep your children safe by teaching them to stay visible and to be aware of their surroundings.
- Go trick or treating with your children each year until they are old enough to go with a friend.
- Give each child a flashlight to carry, to make them more visible to motorists and others.
- Tell your children to stay in well-lit areas and only visit homes that have their outside lights turned on. Make sure they know never to go inside homes or cars.
- Teach your children to be careful when crossing the street. Make sure they look both ways and only cross when no cars are coming. Cross streets at the corner, and never cross between parked cars.



Tricks and Treats

- Always examine the treats and toys that are brought home before giving them to your children.
- Tell your children not to eat any treats until you have looked them over.
- Be careful when giving children any treats that could be potential choking hazards such as chewy candies, peanuts and *hard candies*.
- *Check toys or novelty items for small parts and do not let children under three years of age play with them.*

Parent to Parent

A calm and happy school morning begins the night before. Go to bed knowing everything's in order with these tips:

- * Check the weather forecast and help your child choose clothes, coat and shoes.
- * Have her stow her back pack by the door. Be sure she has put in homework, lunch money and permission slips.
- * Together, plan breakfast and pack a healthy snack or lunch.
- * Test your youngster for tomorrow's quiz one last time.

Tip: In the morning, set a timer (the oven works if you don't have a portable timer) to go off five minutes before your child has to leave. That will be the signal to put on socks and shoes and head out the door.

MORNING MEALS

What better way to start the day than with a nutritious – and delicious – breakfast. These easy treats can be made the night before and reheated in the microwave.

A.M. Burritos

Whisk some eggs or egg substitute with fat-free milk or water, and scramble in a nonstick pan. Place on a whole wheat tortilla, and top with canned pinto beans and low-fat shredded cheddar cheese. Roll up.



Breakfast Burgers

Combine 1 lb. lean ground beef with ¼ cup no-sugar applesauce, and 1 tsp. steak sauce. Shape into small patties, and cook in a skillet 3 to 5 minutes per side. Serve on whole-wheat buns.

French Toast

Mix 2 eggs with 1/8 cup milk. Add a tsp cinnamon.. Dip whole grain bread into the mixture to coat. Sauté in a nonstick pan until brown on both sides. Sprinkle with icing sugar (optional). Enough for 4 slices.



LEADING QUESTIONS: At meal or snack time, ask your child questions that will bring healthy responses. Examples: "Would you like water or milk to drink?" "Do you want an apple or an orange for dessert?" Giving only healthy choices leaves no room to ask for soda or candy.

MODEL TV ALTERNATIVES: Do you spend your evening curled up in front of the television? If so, you're passing on the TV habit to your youngster. While some television is okay try to show there are healthier ways to spend time: playing tag or kickball, reading, shooting hoops.

DID YOU KNOW? There's one vitamin that's best obtained outside. It's Vitamin D, and an important nutrient for growth and development. The best way to get Vitamin D is from sunlight, so make sure your kids spend some time outdoors each day. Other sources include milk, or cereal fortified with Vitamin D, salmon, tuna fish, and eggs.

Peanut/Nut Safe School

Peanut Butter-Less Lunches

Are you finding it challenging to make lunches and snacks for your children without the famous peanut butter sandwich? Well, say goodbye to the old stand-by and hello to easy-to-make peanut-free lunches.

If you are concerned that your child will not be getting enough protein at lunch without peanut butter, you'll be happy to know that they're probably getting more than enough protein each day already. Most people can easily meet their daily protein requirements by choosing foods from the four food groups of Canada's Food Guide to Healthy Eating. While protein is primarily found in Meat & Alternates and Milk Products, smaller amounts are also in the Grain Products and Vegetables and Fruit groups.

The following foods have approximately the same amount of protein as 2 tablespoons of peanut butter (1 serving of Meat & Alternates):

- 1 oz. meat
- 1 oz. cheddar cheese
- 1 cup yogurt
- 1 cup Raisin Bran (Post)
- 1 cup milk * *In fact, one slice of cheese pizza has almost two times the protein as 2 tablespoons of peanut butter.*

Peanut/Nut Questions and Answers

Avoiding Peanuts in Schools and Other Group Settings

Why has my child's school asked me to avoid sending peanut products?

Whether it is your child or another child in the same school, daycare or camp that has a peanut allergy, everyone's co-operation may be necessary to help make that environment as peanut-free as possible. Peanut allergies are usually severe and can be fatal. In fact, even a tiny amount of exposure to peanut particles or residue through the eyes, nose or mouth can cause a peanut allergy sufferer to experience strong reactions. Without medical treatment, the person can die within minutes.

Can't the allergic child just avoid peanuts?

Because of the nature of peanut allergies, having the allergic child simply avoid peanut products is not enough. Peanuts tend to leave residue on things like utensils, containers and tabletops. Even unintentionally sniffing peanuts or touching something with peanut residue can prove fatal to the allergic child.

Are peanuts the same as nuts?

No. Peanuts are "ground" nuts and thus are not really nuts but a member of the legume family. Although it would be unusual for someone to be allergic to other legumes, it is possible, especially to soy. All other nuts are "tree" nuts, e.g. walnuts, cashews, almonds, etc. Allergies to tree nuts are unusually severe as well. It is rare, although possible, for someone to be allergic to both nuts and peanuts. On the other hand, most people who are allergic to one tree nut are also allergic to other tree nuts and sometimes to seeds as well.

Example Peanut Butter-less Menus

Monday sliced meat, cheese and lettuce in a pita, carrot sticks, orange slices, milk	Tuesday cold hard boiled egg, celery stuffed with soft cheese, raisin bran muffin, milk pudding, fruit juice	Wednesday crackers with cheese cubes (or slices) and sliced cold cuts, cucumber slices, canned fruit (in juice), milk	Thursday leftover pizza slice, green pepper rings, yogurt, fruit juice	Friday leftover spaghetti with meat sauce, vegetables & dip, fresh fruit, milk
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School Lunch Ideas - Easy, Nutritious & Peanut Butter-less!

The lunch meal should contain at least one food from each of the four food groups of Canada's Food Guide to Healthy Eating. **Mix and Match to plan a balanced lunch**, remembering to read the labels of pre-packaged foods or ingredients you use in home-prepared foods:

Meat & Alternatives: hard boiled egg chick peas refried beans leftover chicken leg cold meatloaf cold cuts hot chili con carne hot vegetarian chili hot beef stew leftover pizza hot baked beans hot lentil soup	Grain Products: bread - whole wheat, rye, cracked wheat, oatmeal pumpernickel bagels, rolls, buns English muffin leftover pasta like macaroni & cheese or spaghetti muffins pita bread crackers
Vegetables & Fruit: fresh fruit canned fruit in own juices fruit juice vegetable sticks (with dip) vegetable juice	Milk Products: 2%, 1% skim milk yogurt cheese cottage cheese milk-based custard or pudding milk-based cream soup quark cheese cheese slices



NOVEMBER 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 PD day-No school	5
6	7	8	9	10	11 Remembrance Day	12
13	14	15	16	17	18 Report Cards sent home	19
20	21	22 Early Dismissal Parent Teacher Conferences K-7 3:30-7:30 BOOK FAIR 3:30-7:30 In the Library	23	24 Parent Teacher Conferences K-7 3:30-7:30 Kindergarten 8:45-7:30 BOOK FAIR 3:30-7:30 In the Library	25 Divisional PD (no School) 	26
27	28	29	30			

DECEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7 PAC meeting	8	9	10
11	12	13 Winter Concert	14	15	16	17
18	19	20	21	22 Pizza Day Last Day of Classes Early Dismissal 2 pm	23 Winter Break	24
25 Christmas	27	28 Winter Break			29	30

January 2017

9 First day of classes 11 PAC meeting 24 Early Dismissal (2 p.m.) 27 Pizza Day

