

Mount Benson Elementary School

4355 Jingle Pot Rd., Nanaimo, B.C., V9T 5P4
Phone: (250) 758-1536 / Fax: (250) 758-3873

Principal: Mr. Gary Dodd

Secretary: Mrs. Jill Williamson



NEWSLETTER

ISSUE # 4

February 21, 2007

Principal's Comments

Dear Parents,

We are near the half way point in the school year, so it seems an opportune time for reflection and review. Many of the professional staff have commented on the positive tone and excitement for learning evident in our school. Teamwork and cooperation is honoured and respectful collaboration is very much in evidence throughout the school. Learning does not occur in isolation in classrooms but is a school wide endeavour supported by all.

Coupled with the work of staff is the partnership and collaboration we enjoy with our parents. Your continued support is very much appreciated. Just as the staff value teamwork with colleagues they also value the many contributions made by our parents.

Professional Development Day--Thursday February 22nd

Thursday is a non-instructional day. Teachers will be participating in a number of different professional development activities on that day and school will not be in session. Thursday was the only day that a very renowned speaker, Alfie Kohn was available. School will be in session on Friday February 23rd.

Report Cards

Teachers are busily preparing second term report cards, which will be distributed on March 14th.

Options for Sexual Health

Unfortunately these sessions planned for the grades 5-6 will have to be postponed until after Spring Break. The presenter, Joy Becker is unable to do them until then. The parent evening, planned for next week will also need to be re-scheduled. Joy Becker regrets this postponement and apologizes for any inconvenience.

Parent Appreciation Tea

Thank you to the almost 60 parents, grandparents, and caregivers who attended our parent tea last week. It was a wonderful opportunity for us to demonstrate our appreciation for the wonderful support Mt. Benson receives from parents and the community. Those in attendance enjoyed a fabulous programme of song, reader's theatre and music performed by the students. Thanks to Mrs. Smoker, Ms. Butterworth, and Mrs. Murchie for all of their efforts in coordinating this annual event.



Dates to Remember

February 22 – District Pro D Day – No school for students

March 2nd – Pizza Hot Lunch

March 16th – Literacy Celebration for students

March 16th – last day of school before spring break

March 26th – students return after spring break

April 6th – Good Friday – no school for students

Student Supervision

Recent events in our community have highlighted the need for careful vigilance and supervision of our children.

Students are supervised at school from 8:30 am until 3:00 pm. Before and after these times, staff is not on supervision.

We have several students who are dropped off as early as 7:40 am and some who remain on the school grounds until after 4:00 pm.

Staff is concerned about the number of parents who are jeopardizing their children's safety by leaving them without care before and after school.

Heeleys at school

Students have been reminded that heeleys (the shoes with wheels in the soles) are not allowed at school for safety reasons. Your cooperation is appreciated.

5000 Nights of Reading!!

A home reading program has been initiated to promote nightly reading. Your child should have brought home a Home reading record page in their planner to record their reading times with you. A point will be awarded for every night of reading with an adult. Check out the reading thermometer by the library to see our progress. Children should bring in their record books on the day that they go to the library to exchange books to have their nights recorded. A whole school celebration is planned for Friday March 16th when we expect to have reached our goal. We have already reached 2000 nights of reading!! Be sure to read with your child and bring the record back to school. Only those students who have read regularly will be participating in the celebration. Thanks once again to our hard working PAC for sponsoring the celebration pizza!



Ready Set Learn Thursday, April 12—1:00-2:30—Mt. Benson Elementary School

Come out and bring your pre-school child to learn and play at Mt. Benson's "Ready Set Learn" program. You'll be introduced to the school and provided an opportunity to learn about the importance of early learning. You will receive a "Treasure Bag" to take home to develop fine motor skills and coordination. You will also be given a children's book to take home to read with your child. Please phone the school to let us know if you'll be able to join us.

Please let parents of pre-school age children in your neighbourhood know about this program.

Books for Kids

Mt. Benson will once again be participating in this worthwhile community event. A notice has already gone home from Mrs. Fowler, our librarian advertising this event and calling for donations of books in good condition for this drive. Books can be dropped off at the school until February 29th. Parent volunteers from Mt. Benson are required to help in sorting, selling and clean up at this event. We will require 30 hours of volunteer time for the school to qualify. Please call Sharon Preston @ 758-7009 to sign up. The book sale will be at Rutherford Mall from March 8 - 11. In return for our participation we can expect perhaps a \$1000 or more in books for our school!!

Basketball Season

Boys and girls basketball has started. Both girls' and boys' teams enjoyed victories in their first games last week. Thanks to parent volunteer, Dave Brown for coaching our boys and to Mrs. Robertson and Ms. Favelle for coaching the girls. Mr. Dodd will be sponsoring the boys' team.

Jazz Concert

Our grade 6 and 7s recently attended the Secondary Schools Jazz Band concert at the Port Theatre. It was a great experience for our students and we were excited to be able to offer not only this cultural opportunity for our students but also to support the high school bands at the same time. Thanks to the PAC for sponsoring the transportation to this event.

Milton Randall Drumming

This week saw an amazing performance by our intermediate students under the direction of Milton Randall. In the words of one staff member: "I have never had so much fun at school in 25 years of teaching." Every student in the school had the opportunity to learn and perform some drumming and dancing during the day. The culminating performance saw the whole school up dancing and drumming in the gym. Thanks to the PAC for sponsoring this fine arts experience for our students. We would not be able to bring in these artists without the support of our Mt. Benson PAC.

One Woman circus coming!!

Sandy Northrup, the one woman circus is coming to our school for the full day on Wednesday March 7th. She does a workshop for all of the students in their gym classes. Unicycle, wire spool walking and other fun circus themed activities are taught. Parents welcome to attend any time during the day but especially at the end of the day when the older students will put on a performance for the whole school. Again thanks to the Mt. Benson PAC for sponsoring this performance.

Grade 7 Fund Raising

The grades 7s have been actively fund raising for their year-end activities. A very successful bottle drive day, raffle, hot lunch and ice cream sales have been conducted.

Raffle Draw winners were:

B. Morry--\$250 Save-On-Foods certificate
Mary Parker--\$100 Gift Certificate for Mad Man MacKay
K. Clark—Rogers Video Theme basket

The grade 7s thank the school community for their continued support: Save-On Foods; Lisa & Terry Burns with Madman MacKay; Rogers Video & Country Club Mall.

Congratulations to Rachel Eisenkolb for winning the candy count draw at Christmas time.

Congratulations and Thanks

The Beverage and Burger afternoon at the Wellington Pub last Saturday was an enormous success. Over \$2750 was raised!! Congratulations to our Mt. Benson PAC for organizing and running this event. Many, many parents helped out and made this a most successful fundraising. Final tally and sponsors will be listed in a future newsletter.

Lost and Found

There is an ever increasing amount of lost items causing our bin by the gym to overflow. The items are being displayed along the hall by the gym. Please check out these items before the Spring Break. Items not claimed will be turned over to charity at the Spring Break.

Kindergarten Registrations

Reminder that we are now registering for Kindergarten. Children born in 2002 are eligible to begin kindergarten in September 2007. Bring your child's birth certificate and care card to the school office between 9:00 and 2:30 to register.

Volleyball

Both the boys and girls volleyball teams have wrapped up their seasons. Both teams played very few games due to the numerous interruptions due to snow and wind but nevertheless had a good time. Congratulations to the following boys and girls who participated:

Girls Volleyball Team:

Nicole Langford, Lindsay Weleschuk, Miranda Erickson, Rachel Eisenkolb, Haylie Parnall, Darian Tennison, Carrie Forrest, Gabriella Bray, Sarah Pennie, Kayla Sorensen, Shelby Parnall

Boys Volleyball Team:

Stephen Champion, Tommy D'lerma, Mishka Pidruchney, Dakota Knighton, Morgan Wowchuk, Tyler Suter, Jonathan Clark, Ryan Delage, Cody Munroe, Ryan Balla, Chase Torrie, Dorian Critchlow, Kaylan Taylor, Kameron O'Keefe

Move More, Eat Well February 2007

Fun and Fitness the Name of the Game
Source: Heart and Stroke Foundation of Canada
With childhood obesity rates soaring, experts agree it is more important than ever to get our children moving. Consider this:
-over half of children and youth aged 5 to 17 are not active enough for optimal growth and development.

cont'd.....

- rates of childhood obesity in Canada have almost tripled over the past 20 years.
- leading causes of climbing obesity rates include a combination of physical inactivity, an unhealthy diet, and genetic factors.
- Health Canada recommends that children and adolescents should increase the time currently spent on physical activity, starting with at least 30 minutes more per day in periods of at least 5 to 10 minutes.

Traditional recess games, whether played at school or at home, combine fun and fitness – two key factors in keeping kids active every day! In addition to providing them with an opportunity to be physically active, these games also act as a stress reliever and help children develop social skills, problem solving abilities, imagination and conflict resolution. Once more, research shows children who are physically active are more likely to be active, fit adults. So join in the fun and try these games with your children!

