

September 22, 2016



www.west.sd57.bc.ca  
PHONE (250)562-3076

# Westwood Elementary

## Here's What's Happening !

### Welcome to a new school year at Westwood Elementary.

We have several permanent staff that are new: Gige Blais, Aboriginal Education Worker; Brianna Potvin, grade 4/5 & support teacher; Andrew Lee, support teacher; Catherine Hendry, Grade 1/2 teacher and; Patricia Kristinsson, Grade 2/3 teacher.

Weather has been really variable to start up the year. Please have your children bring jackets to help keep them warm and dry.

The Westwood staff uses these three rules to guide our conversations with our young learners:

- Do your Job.
- Be kind.
- Play Safely.

Lastly, I am grateful for the community support shown to us by our PAC parents and the Westwood Church.

### Back to School Ideas

The Provincial Health Services Association (PHSA) has some ideas about this time of year that I will share:

For many children and youth, beginning a new school year is an exciting time – an opportunity to make new friends, set goals, excel in a favourite subject or play on a sports team. For others it can be unnerving; common sources of anxiety are caused by several things such as,

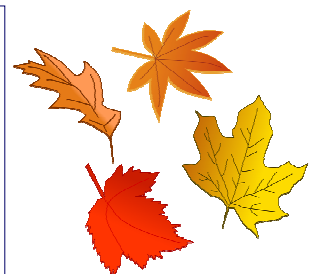


### Bell Schedule

Supervision Begins.....	8:25 am
Warning Bell .....	8:35 am
Start .....	8:40 am
Recess.....	10:17 am
Classes Resume.....	10:32 am
Lunch .....	12:12 pm
Outside Bell .....	12:27 pm
Warning Bell .....	12:57 pm
Classes Resume.....	1:02 pm
Dismissal.....	2:37 pm
Supervision End.....	2:52 pm

### Important Dates:

Sep 30	NID—no school
Oct 10	Thanksgiving—no school
Oct 11, 12,13	Early Dismissal (1:37) - parent teacher interviews
Oct 21	NID—no school
Nov 11	Remembrance Day—no school
Nov 25	Primary Report Card Writing—no school for grades K-3
Nov 28	Intermediate Report Card Writing—no school for grades 4-7



Absentee Hotline PHONE: (250)562-7521

## Here's What's Happening.....

adjusting to a new routine and a new teacher, pressure to make new friends and take part in social situations. These feelings are normal for children and youth who become anxious when faced with change. Here are some ways you can help:

- Provide regular routines
  - morning, school, homework, bedtime
- Hold realistic expectations that are right for your child's age
- Help your child identify his or her feelings – nervous, intimidated, shy
- Ask your child if they have ideas or solutions for a particular concern
- Show yourself identifying your own feelings, problem solving and being brave
- Remain calm when your child is anxious
- Help your child shift their focus to the positive aspects of school
- Praise and reward even their small accomplishments



Principal

### PHOTO DAY TOMORROW

SEPTEMBER 23RD

CHECK OUT THEIR WEB SITE

[Order.mountainwest.ca](http://Order.mountainwest.ca)



Once again we are saving labels from Campbell's products. Please drop them off with Mrs. Cruikshanks (YCW) or the office.

PRO-D flyer is available on the City Of Prince George website at [www.princegeorge.ca](http://www.princegeorge.ca) (look under **City Living>Recreation>Youth Programs**). The flyer changes from one Pro D Day to the next but the link to access it on the City website is the same. This is the direct link: <http://cityadmin/cityliving/recreation/YouthPrograms/ProDDay>

DISTRICT 57 *Tapestry Singers* would like to welcome new members to join them for their 10th Season!

JUNIOR Singers include Grade 4-7 students from the Prince George public school district and SENIOR Singers include Grade 7-12 students from the Prince George public school district.

The mission of Tapestry Singers is to create a joyful and beautiful sound, to strive for choral excellence, and to foster a life long love of music

and music making.

For more information regarding their 2016-2107 season, contact:

250-964-8184 or e-mail:  
[cduerksen@sd57.bc.ca](mailto:cduerksen@sd57.bc.ca)



Join our facebook group  
**Westwood Wildcats, SD57**

EMAIL US AT [westwoodpac@hotmail.com](mailto:westwoodpac@hotmail.com)

# Westwood PAC


# Here's What's Happening.....

Bring a **SMILE** On Photo day!


## STUDENT PORTRAITS WILL BE TAKEN TOMORROW

Our photographer will be visiting your school tomorrow (or the next regular school day) to take student photographs. Colour proofs from the photo session will be sent home on an envelope with your child. You can then choose your favorite pose and background combination(s) by submitting the envelope with your payment to your school by the **ORDER DUE DATE**.

**\*\* If you miss the due date for any reason, orders can be submitted online at [order.mountainwest.ca](http://order.mountainwest.ca) up to two days later without incurring a \$10 processing and handling fee. \*\***

 For best photo results, please do not wear green coloured clothing, clothing that contains green patterns, or any solid white tops. Attention to hair and grooming also contributes to great looking photographs!

Thank you! Your Mountain West Studios Photographer.

 Choose from dozens of great backgrounds online!  
Our unique method of photography allows you to choose the background of your choice.  
[order.mountainwest.ca](http://order.mountainwest.ca)

Note: Background choices available for your school may differ from the ones shown.

