

May 2024

Mon	Tue	Wed	Thu	Fri
		1 	2	3 Dobler, Hogan, Roberts on the land Alligator Trail
6 Pro-D Day 	7	8 Hot lunch 	9	10 Dobler, Hogan, Roberts on the land Oyster River
13	14	15 Hot lunch  	16 Track & Meet Grd 5's Phoenix	17 Dobler, Hogan, Roberts on the land Cape Mudge
20 Victoria Day 	21 DHH Field Trip, Holly Farm	22 Hot lunch 	23 Mellstrom/ Douglas Camp Bob Wiese/Cook Quadra, kayaking	24 Grade 5's Phoenix Middle School
27	28 Principal's lunch	29 Welcome to Kindergarten 	30 Phoenix Open House, evening event - Grade 5's	3 Dobler, Hogan, Roberts CR Spit Scott/Veenstra Aquarium



Friday May 24th

@ Sportsplex

DOORS OPEN @5:30

6-8pm

IT TAKES A **VILLAGE**

**Community Event Sponsored by SD72 District PAC
Dinner – Prizes – Speakers**

**FREE Family Fun Event for all parents and caregivers of
students in SD72 to create connection and community.**

**Join us for an informational evening how your
PAC and DPAC can offer support for you.**

Please RSVP ASAP to sd72dpac@gmail.com



KEEPING ACTIVE CHILDREN HYDRATED

When children are playing and active they may need to be encouraged to drink fluids to quench thirst and stay hydrated.

Water is the best choice.

Other choices: refrigerated milk, fortified soy, almond or rice beverages, and 100% vegetable and/or fruit juices.*

***Limit 100% pure vegetable or fruit juice to ½ cup (125 mL) per day.**

To meet daily calcium and vitamin D requirements to help build strong bones and teeth, low fat milk (skim, 1%, 2%) or fortified soy beverages are recommended in the following amounts:

- **2 to 8 years = 2 cups (500 mL) daily**
- **9 to 18 years = at least 2 cups (500 mL) daily**

Avoid beverages like pop, iced tea, sports drinks, diet beverages, fruit punches, “drinks” and “ades” (e.g. lemonade).

Avoid caffeinated beverages, such as tea, coffee, pop and energy drinks.

More on sports drinks:

Sports drinks have added flavour, carbohydrate – mostly as sugar – and electrolytes, like sodium and potassium. None of these “extras” are required unless activity is vigorous and lasting longer than 1 hour. A meal or snack + water to drink will provide carbohydrate and electrolytes similar to a sports drink, without the extra sugar.

Try providing “watery” foods like watermelon, oranges, cucumber or smoothies after activity, especially if your child finds it difficult to drink plain water.

For more information:

- Your local [Public Health Unit](#)
- [Dietitian Services at HealthLink BC](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- [Energy drinks and sports drinks](#) (Caring for Kids)
- [Sip Smart! BC](#)



PLAY IT SAFE WITH YOUR SMILE

Every year, sporting accidents cause broken teeth and injury to children's mouths. Mouth protectors help prevent injury to teeth and lips during sports such as ice and field hockey, baseball, basketball, soccer, lacrosse and rugby.

Adults can be good role models by wearing helmets and mouth guards to prevent sports injuries and encouraging children to do the same.

Mouth guard kits are available at sporting goods stores for under \$20.00. Ask the store about the best guard for the particular sport. These mouth guards are quick and easy to fit, but are not suitable for use over braces or other oral appliances. For a custom fit mouth guard, contact your dental office.

Accidents can happen. If a tooth is knocked out, there may be blood. This is upsetting to the child and the adult attending to the emergency. Reassure the child, take a deep breath yourself, then:

- ♦ Find the tooth if possible, hold by the crown and place in milk or water
- ♦ Rinse the mouth with warm water and apply cold compress
- ♦ Call a dentist immediately

Play it safe with your family's smile.

For more information:

- ♦ Island Health, Public Health - Dental:

Saanich Health Unit	250-519-5100
Esquimalt Health Unit	250-519-5311
Peninsula Health Unit	250-544-2400
West Shore Health Unit	250-519-3490
Duncan Health Unit	250-709-3050
Nanaimo Public Health	250-755-3342
Port Alberni Public Health Services	250-731-1315
Comox Valley Health Unit	250-331-8520
Campbell River Health Unit	250-850-2110
Port Hardy Health Unit	250-902-6071



PROTECTING YOUR CHILD'S HEARING

Some hearing facts...

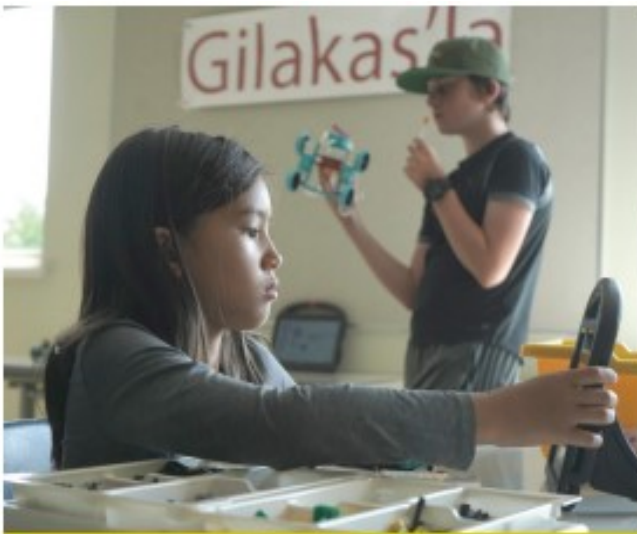
- ♦ **Children have more trouble hearing in noisy environments than adults!** This is because their nervous systems are not mature. Children learn best in quiet, both at home and school.
- ♦ **Noise or loud music can hurt your child's ears!** Firecrackers are really dangerous – they can cause sudden permanent damage. Power tools, lawnmowers and even loud music can damage the delicate inner ear. When your child is around loud noises, protect them with earplugs or earmuffs or better still, avoid the noise.
- ♦ **Do you have concerns about your child's hearing?** Contact a [Public Health Unit](#) Hearing Clinic to arrange a hearing test for your child.

For more information:

- ♦ Your local [Public Health Unit](#) Hearing Clinic

Hearing Clinics:

Victoria	250-388-2250
West Shore	250-519-3490
Nanaimo	250-755-6269
Courtenay	250-331-8526



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Questions?

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