



Sayward School News

March 2024



March is here!



It feels like only last week was January. Time is flying by and students are learning and growing at a beautiful pace.

The salmon are also growing at a perfect pace! They have reached the point of needing to be fed daily as they have grown out of their feeding sacs. It is quite the sight to see as they swim around the tank in their adorable 'school' form.



The lost and found shelf is continuing to pile up. Please come and take a look at your earliest convenience to see if anything is familiar to you. Items left unclaimed will be donated to a Campbell River thrift store bi-monthly.

Reminders:

- Field Trip March 13! Forms will be coming home in the next couple of days.
- PJ Day! 14th 
- Please send students with **ready to eat lunches**. With the classroom microwave being ruined and irresponsible use of the kettle, we are forced to no longer provide a warming option for students. If financial assistance is needed to purchase a thermos, please let us know 

Spring Break!

March 16- April 1



No devices allowed at any BC School during sessions. This policy will take official effect September province wide.

Sayward Elementary School is implementing this policy immediately. Please keep student cell phones home, or at very least, in backpack or left in the Principal's office until the end of the school day and off school grounds. This policy is in an effort to keep schools as safe as possible for students as they grow and learn in our ever-changing world. Thank you for your understanding and support.



WHAT ARE THE ELEMENTS OF PHYSICAL LITERACY?

Physical literacy is when kids have developed the skills, confidence, and love of movement to be physically active for life.

What are the **elements of physical literacy**?



- **Motivation and Confidence:** A person, who enjoys, is keen and feels confident to make physical activity an important part of life. For example, a child who wants to join the school soccer team.
- **Physical Competence:** A person who can learn the movement skills and patterns, and the ability to have different movement intensity and duration. For example, a child needs to learn how to catch before they can enjoy playing softball.
- **Knowledge and Understanding:** A person who knows and can describe the important qualities that affect movement, the health benefits and the safety features of being physically active in many settings and environments. For example, a child who learns how to swim safely at the local river.
- **Engagement in Physical Activities for Life:** A person who takes responsibility to be active on a regular basis and makes it a priority in their life. For example, children who walk to school.

"Together, we can make active travel, like walking, cycling, or taking transit, part of our school routine – for the good of our physical and mental health and our communities." ~ Dr. Murray

Fyfe, Medical Health Officer, Island Health



"Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life." ~ The International Physical Literacy Association, May 2014 Canada's Physical Literacy Consensus Statement June 2015

For more information:

- Your local Public Health Unit
- Your local Parks and Recreation
- Sport for Life
- Active for Life
- Physical Literacy
- Appetite to Play
- Healthy Schools BC
- 2018 ParticipACTION Report Card: The Brain + Body Equation (video)



WHY USE FLUORIDE TOOTHPASTE?

Fluoride is absorbed into the tooth enamel making the tooth more resistant to decay.

New teeth especially can benefit from fluoride, and school-aged children are getting their new adult teeth. **Daily use of fluoride toothpaste is a cheap and easy way to protect children's teeth from decay.** A small amount of toothpaste about the size of a pea, used twice each day, is all you need. **Public water supplies on Vancouver Island do not have fluoride added.** Therefore, it is very important to use fluoride toothpaste. Spit out after brushing – don't rinse! This will allow small amounts of fluoride to stay in the mouth. **The fluoride can help reverse areas of early tooth decay and slow down the decay process.** Toothpastes with special adult ingredients such as "anti-tartar", "whitening", and "anti-bacterial" agents are not recommended for children under age 12.



For more information: Island Health, Public Health - Dental: Campbell River Health Unit
250-850-2110

Birthday Corner!

1~ Mr. Mac

4~ Coby

7~ Colt

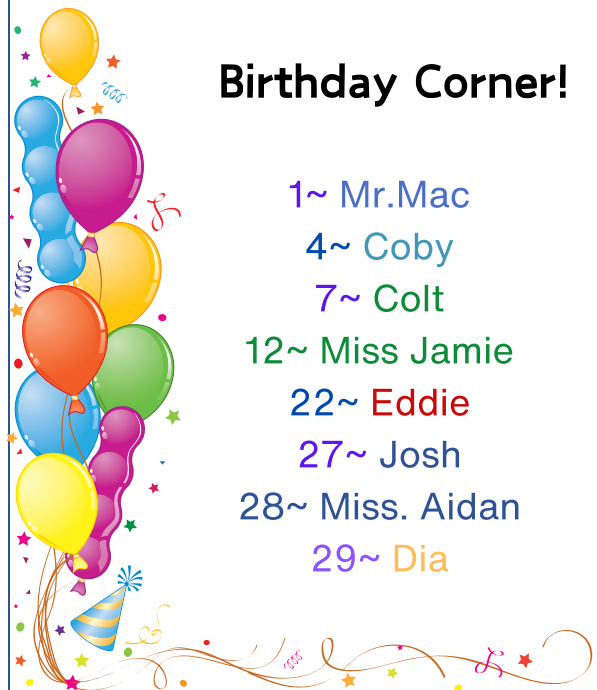
12~ Miss Jamie

22~ Eddie

27~ Josh

28~ Miss. Aidan

29~ Dia



THE ROUTE TO SCHOOL SHOULD ALWAYS START WITH SAFETY

Active travel to school has many benefits including the development of physical literacy. It's a great way for family and friends to connect meaningfully during travel time, and to form new habits of becoming active and spending more time outdoors. It's also a great time to teach your children an important skill that we often take for granted... **road sense**. Remember to teach age-appropriate rules of the road. Here are a few tips to make sure the commute to school is safe:



- **Look**. Ask your children to make eye contact with drivers before crossing the street, and reinforce the importance of looking in both directions before crossing the street.



- **Listen**. Put away electronics, and remind your children to be alert, especially when crossing streets.



- **Be seen**. Wear bright clothes and reflective gear, especially at night and in poor weather.

Parents can map-out safe routes to school. Contact your children's school, as there may already be a list or map of popular routes. For parents who are concerned about their children walking alone, connect with neighbours or classmates – there is always safety in numbers.

Hot Lunch Schedule



7th~ Bacon, sausages, pancakes and fruit



14th~ grilled cheese sandwiches with veggies and dip



Menu items are subject to change based on availability.



PAC meetings 2024

March 14 @ 2:45pm

April 18 @ 5pm

May 16 @ 2:45pm

June 13 @ 5pm AGM

All meetings to be held in the school library

Join the PAC group on Facebook
@saywardschoolpac

**Volunteers
needed**

Interested in joining our amazing
PAC?

- Come bring your voice to our next meeting! (schedule above)
- Volunteer to help cook hot lunch!
- or simply, Let the school office know!

We value and encourage any parent/guardian of Sayward School Students to join us in planning and fundraising for our kids!



Cookbook Deadline EXTENDED!

The Cookbook recipe deadline has been extended!

The PAC has collectively decided to push this deadline back in an effort to collect even more delicious recipes!

Please send any of your family favorite recipes to:

saywardschoolpac@gmail.com

EASY IDEAS WITH VEGGIES AND FRUIT

Most children don't get enough vegetables and fruit each day. Proportionally speaking, **half of the foods they eat should be veggies and fruit.**



Support your child to eat vegetables and fruit:

- Eat more vegetables and fruit when you have a meal together. Children learn by watching you.
- Involve children in buying and preparing vegetables and fruit. Try cut-up veggies and fruit such as cucumber slices, cherry tomatoes, cauliflower, oranges, apple, pear, melon or berries with salad dressing or yogurt for dipping.
- Cut and serve them in many ways. Try vegetables and fruit cold, hot or right from the freezer. Frozen grapes or blueberries make a terrific snack.
- Offer vegetables and fruit at snack and meal times. It can take up to 20 times of offering the same food before a child will accept it.



A child's intake varies from day to day. Trust that a healthy child will meet their nutrient needs over time. Need **fresh ideas**? [Check out halfyourplate.ca](http://halfyourplate.ca)

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)
- Dietitians of Canada



As explained in our last Newsletter, we have begun incorporating the **Circle of Courage** personal growth methods in our daily routine at Sayward School. We are holding monthly assemblies where Certificates will be given to students who show these qualities through the remainder of the school year.

An email will be sent to parent/guardians of students who are to receive a Certificate as they are earned and recognized.

Circle of Courage sections:

1. **Belonging:** The universal longing for human bonds is nurtured relationships of trust so that the child can say, *"I am loved."*
2. **Mastery:** The child's inborn thirst for learning is nurtured; learning to cope with the world, the child can say, *"I can succeed."*
3. **Independence:** The child's free will is nurtured by increased responsibility so that the child can say, *"I am in charge of my life."*
4. **Generosity:** The child's character is nurtured by concern for others so that the child can say, *"I have a purpose for my life."*

(Brendtro, M., Brokenleg, M., & Van Bockern, S. (2002). Reclaiming youth at risk: Our Hope for the Future. (Rev. ed.). Bloomington, IN: Solution Tree Press)