



École Willow Point Elementary

250 Larwood Road, Campbell River, BC V9W 1S4

Tel: (250) 923-4311

Fax: (250) 923-4157

Website: <http://www.sd72.bc.ca/willowpoint/>

Dear Parents/Guardians

Spring is almost upon us – we think! It is hard to believe we will be moving our clocks forward on March 10th and Spring Break is quickly approaching.

Winter term has been a busy one as promised. It is great to see all the progress our students are making in their academics and the sense of pride and accomplishment this brings with it. It continues to impress us how much growth our students experience at this time of the year. Student Learning Updates will be sent home on Wednesday, March 13th.

On Monday, March 11th our wonderful PAC is hosting a pancake breakfast in the morning from 7am to 9 pm and we are looking forward to seeing you there as we begin our Carnival celebrations at Ecole Willow Point.

Congratulations to all our students who participated in the Battle of the Books competitions at Ecole Willow Point. We were all impressed with your knowledge of the books you read and the friendly competition that went along with it. Bravo!

It is a pleasure to be part of this great community and your involvement does not go unnoticed or unappreciated. We wish you all a relaxing Spring Break which begins on Monday March 18th!

Kind Regards,

Hendrick Horsthuis and Rachel Black



Safe Thoughtful Accountable Respectful Students



Bonne Fête!

February Birthdays

Mayla 05 Shayla 06
Alexander 09 Anneke 09
Darren 10 Autumn 12
Kallen 15 Kimaya 16
Kalvin H 16 Abigail 18
Maximus 21 Koen 2
Makena 22 Stella 24
Kol 25 Evelyn 26
Lincoln 26

March Birthdays

Willow 02 Ethan 03
Ari 05 Hailey 07
Ava 08 Everett 14
Axel 17 Tasman 21
Caleb 23 Cassidy 27
Zareen 27 Persephone 29
Lexie 29 Israel 31

BONNE FÊTE
FEVRIER



WELCOME



Students had a great time with the “Maple Man” , they learned how Maple trees are tapped and the sap processed into yummy Maple Syrup. They were then treated to an even yummier treat, Maple Taffy.



*Always time for a good
book!*



Mme Halliday with
Mme Rachel at
the district Long
Service Award.
Mme Halliday is
celebrating over
30 years with
SD72! Quite a
milestone. Con-
gratulations Mme
Halliday.





We didn't get a lot of snow but it was enjoyed by all for a short time !





In Social Studies, M Remy's class learned about the collaboration and interactions between Europeans and First Nations in the context of the fur trade. Part of the project included building a 3D model of a fur trade post. There were some amazing and imaginative models. We may have to start calling Avery the "Cake Boss" as her model was completely edible! Including a rock candy river bed.





More trading post models from M Remy's class project.



THE ROUTE TO SCHOOL SHOULD ALWAYS START WITH SAFETY

Island Health recognizes the importance of daily physical activity. Are your children getting 60 minutes of physical activity a day?

"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

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.

Less children being driven to school = less traffic and safer roads. It's a WIN WIN.

For more ideas and information:

- ♦ Your local [Public Health Unit](#)
- ♦ [Bicycle Safety](#) (CAA)
- ♦ [Road safety for your kids](#) (ICBC)
- ♦ [Active School Travel Planning](#) (CRD)



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

For more information:

- ♦ Your local [Public Health Unit](#)
- ♦ [HealthLinkBC and Dietitian Services](#) or dial 8-1-1 and ask to speak to a Registered

Dietitian (a free call)

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:

Comox Valley Health Unit 250-331-8520

Campbell River Health Unit 250-850-2110

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 District Battle of the Books @Timberline 8:30 am	6	7	8	9
10	11 Carnaval Pan- cake Breakfast 7:00 am Skating Div. 1,5,8 & 9	12 Skating Division 2, 7 & 10 Pizza lunch	13 Skating Division 3,4, & 6	14 Rain City Improv Perf. 9:00 am	15 	16
	"CARNAVAL WEEK "					
17	18	19	20	21	22	23
	SPRING BREAK -RETURN APRIL 2nd.					
24	25	26	27	28	29	30