

## Penfield May 2022

Dear Parents and Guardians,

It is hard to believe that it is already the first week of May! This is an exciting time of the year as we continue to see our students make progress in their studies combined with all the energy that Spring brings. It is nice to see students playing outside and participating in lacrosse, baseball, hockey, dance, swimming, and soccer in the community.

As a staff we are working to prepare your child for their transition to the next grade. If you are going to be moving or know of anyone who may moving into our area, we request that you let the office know so that we can best prepare for the next school year.

We would like to take this opportunity to thank all the parents who have contributed to the PAC. Your involvement has directly impacted the students who attend Penfield. Many of the things we do such as, hip hop lessons, field trips, cultural performances, garden beds, and hot lunches are the results of your efforts - **THANK YOU!** None of these events would happen without your involvement.

Finally, thank you to all our Penfield families who continually support of our students.

Sincerely,

Hendrick Horsthuis and Kelly Gage



### Daily Health Check

Please continue to do the Daily Health Check with your children every morning. You can find all the Covid-19 Protocol information and Daily Health Check on the School District 72 website here [COVID-19 \(sd72.bc.ca\)](https://sd72.bc.ca/COVID-19)

### Student Absence Reporting

Thank you to everyone for reporting student attendance information. Please continue to keep the school informed if your child will be late or absent. You can call the attendance line

250-923-4251 or email [penfield@sd72.bc.ca](mailto:penfield@sd72.bc.ca) to report absences. Please be sure to include the reason for the absence (ex: ill, appointment, vacation). You need to advise the school each day the student will be absent, unless you have pre-notified of a block of absences.

# HAPPY BIRTHDAY



TO THE FOLLOWING PENFIELD STUDENTS WHO HAVE MAY BIRTHDAYS

Cai S	Skylar S	Matteo D	Denzel M	Dahlia P
Oakren B	Nolan V	Madden K	Santiago S	Benjamin Z
Antonia G	Rose V	Malakai B	Rhett R	Sawyer P
Olivia C	Edward V	Kaya H	Vincent M	Kelly B
Carter S	Reef SC	Annabelle H	Cooper R	Teagan C
Sebastian S	Kennedy C	Summer C	Nathan W	Cooper B
Olivia B	Ryler W	Clara P	Frederick W	Jaxx W
Nikoas W	Mairah B	Angelina I	Addison E	

*“The world’s favorite season is the spring.  
All things seem possible in May”  
- Edwin Way Teale*

## NEXT PAC MEETING

Check the Penfield PAC Facebook group for the date and time of the next PAC meeting. The meeting link will be posted on the Facebook page as well.



## PAC NEWS

PAC is organizing T-shirts and hoodies for our grade 5 class transitioning to Southgate in September. Hard copy order forms will be sent home with students. If you did not receive one, there is a copy included in the newsletter. For any questions, contact Elyse (contact information included on the order form). Orders are due May 4th.

### Penfield T-shirt & Sweater Order Form

Hello Grade 5 students. We are selling T-shirts or Hoodies as a little extra celebration for leaving Penfield. We will have an eagle on the top left chest and on the back we will have 2022 filled with all your names on it.

These will be Royal blue with White writing. If you have any questions please text or call Elyse @ 778-348-1447. You will get them when you get your year books

(Unless orders come in earlier)

Student Name: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Teachers Name: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_



2022 will be filled with names and much bigger

**T-Shirt: \$20.00**

**Hoodies: \$35.00**

Sizes Available: Adult Size only

Small      Medium      Large      X-large

Type of shirt	Size	Quantity	Total
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T- Shirt					
Hoodie					

Total cost: \_\_\_\_\_

Due May 4, 2022



## LIBRARY NEWS

### Spring into the Library...

- \* Thanks to Mrs. Stewart's class, we have butterfly larvae (caterpillars) and are eager to see them become butterflies.  
What an amazing opportunity to observe these creatures, sign out books and learn more about them!
  
- We had two wonderful virtual visits from two authors this past month, Roselyn Akulukjuk and Hermione Tankard.

## DIGITAL LEARNING HUB

Please take a moment to check out SD72's student Digital Learning Hub for easy access to ebooks (Sora), child friendly learning sites and much more. We'll be exploring this over the next month and getting ideas for summer reading and learning.





**WELCOME TO  
KINDERGARTEN**

DATE: THURSDAY, JUNE 2ND

TIME: 9:00AM - 10:00AM

LOCATION: PENFIELD GYM &  
LIBRARY

**READY, SET, LEARN**

DATE: THURSDAY, MAY 19th

TIME: 9:00AM - 9:45AM

LOCATION: PENFIELD  
LIBRARY



**THURSDAY, JUNE 2ND**

We are excited to be able to return to an in person Welcome to Kindergarten this year. It is so nice to be able to connect in person with our new Kindergarten families.

We invite Kindergartens to attend in the gym and library from 9:00am to 10:00am where students can meet our wonderful Kindergarten teachers and pick up a Welcome to Kindergarten bag. We ask that children are only accompanied *by one parent/guardian and no siblings*, so we can ensure safe social distancing. More information will be emailed out to families.

**READY, SET, LEARN**

Penfield will be hosting Ready, Set, Learn on May 19th which is geared towards preschoolers to help with the transition to school. It is open for children ages 3 - 5. More information to follow.

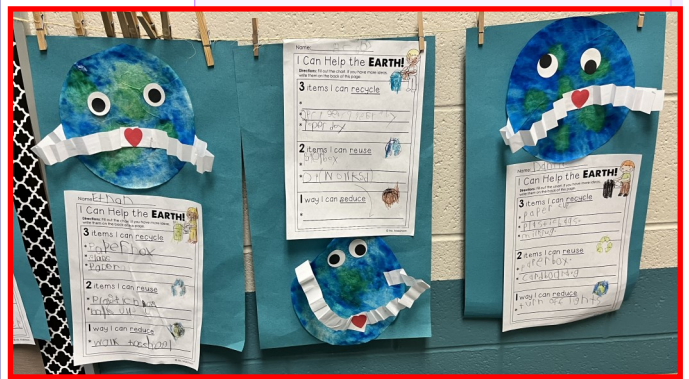
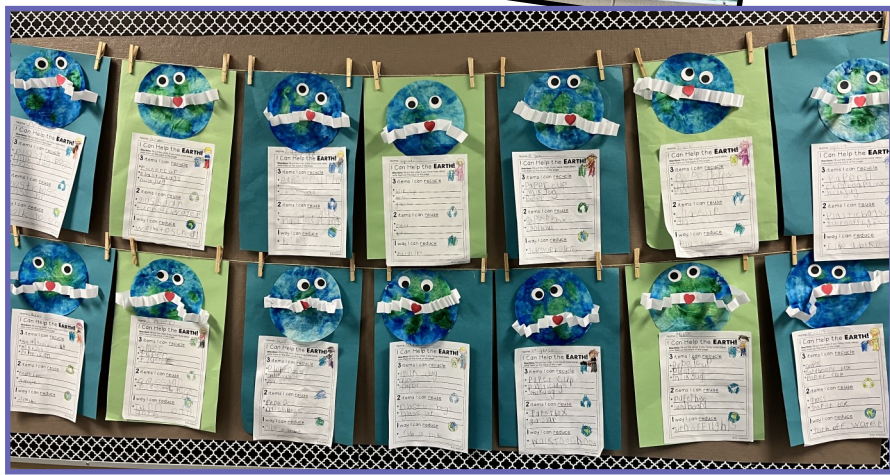


**2022/2023 SCHOOL YEAR**

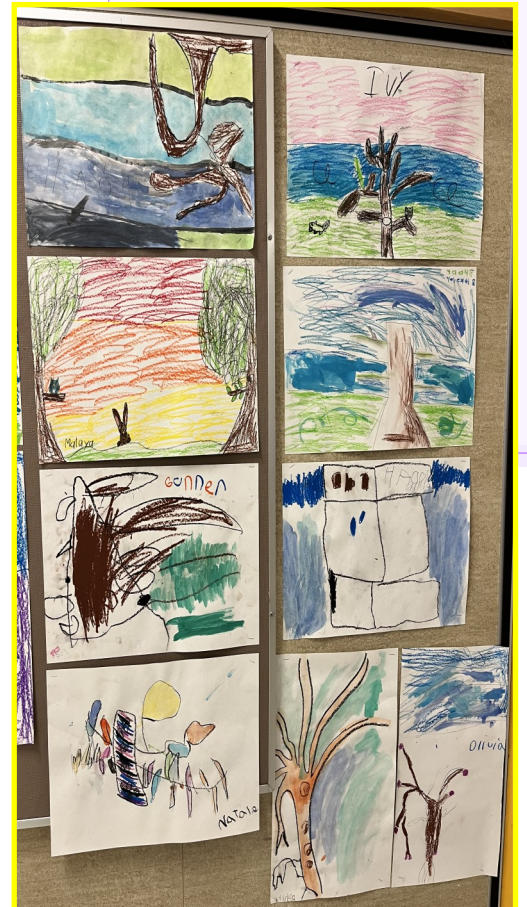
**The process of staffing, scheduling and enrolment has begun for the 2022/2023 school year. If you anticipate a change in your child's school for September due to a Cross Catchment Transfer or switch to homeschool or online learning, please advise the school as soon as possible so we can plan for that change in enrolment.**



# CREATIVITY AT PENFIELD



“Kindness is free. Sprinkle that stuff everywhere.”  
— UNKNOWN





# CREATIVITY AT PENFIELD



“Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind.”  
—HENRY JAMES





# PENFIELD GARDEN WORK



*What type of flowers are best for Mother's Day?  
"MUMS"*







# May 2022

Mon	Tue	Wed	Thurs	Fri
2	3	4 <i>Grade 5 Southgate Tour</i>	5	6
9	10	11	12	13
16	17	18	19 <i>Ready, Set, Learn 9 - 9:45</i>	20
23 <i>Victoria Day School is not in session</i>	24	25	26	27
30	31			



June 2 -	Welcome to Kindergarten
June 23 -	Whole School to Miracle Beach
June 29 -	Last day of school for students
June 30 -	Administration Day



CONNECT AND LEARN WITH US - An Online Event for Parents & Caring Adults

# The ABCs of Substance Use and Connecting With Our Kids



Talking about substance use with our kids is important, but we don't always know how. Join us for a conversation with Senior Associates of Youth Substance Use Health Promotion, a Youth Addiction Counsellor, and Parents to talk about the basics of substance use; from pre-experimentation to casual using. We will focus on the importance of our relationships and staying connected to our kids.

*This event will not cover chronic use and addiction.*

**Time: 6pm - 8pm**

**Register at: [familysmart.ca/events](https://familysmart.ca/events)**

**Cindy Andrew** is a mother of two, a former teacher and long time health promoter. She is a senior associate on the team leading The ABCs of Youth Substance Use, a BC government funded project focused on supporting schools - and by extension, parents and caregivers, in addressing substance use with youth. A former program consultant with the Canadian Institute on Substance Use Research, Cindy also works with a Vancouver Island based school district in supporting their health promoting schools related efforts, which includes connecting with and support parents and caregivers.

**Angela Lawrence** is a parent of 2, a certified educator and a registered clinical counsellor. Angela works to support youth who present with substance use issues.

**Art Steinmann** brings over 40 years of experience in substance use policy, education, program development, advocacy and health promotion work. Art is a Senior Associate, Youth Substance Use Health Promotion, Bunyaad Public Affairs Inc. From 2005 - 2021 Art was the co-founder, co-developer and Manager of Substance Use Health Promotion and SACY (Supporting and Connecting Youth) for the Vancouver School Board.

**Victoria Keddiss** is a FamilySmart Practice Manager & Facilitator. Victoria is a mom of two adult children and is grateful for the teachings of her children along the way.



[may7icare.ca](https://may7icare.ca)







## National Child & Youth Mental Health Day

CONNECT AND LEARN WITH US - Online Events for Parents & Caring Adults

### It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion-Focused Family Therapy (EFFT)

With **Dr. Adele Lafrance**, clinical psychologist, author, scientist, and developer of emotion-focused treatment modalities, including Emotion-Focused Family Therapy

**Time: 6:30pm - 7:30pm**

MAY  
2

### Building Connection With Our Kids When It Feels Impossible

With **Diane Evans**, FamilySmart Parent Peer Support Worker, BC Children's Hospitals Kelty Mental Health Resource Centre.

**Tammy Music**, Family Smart Parent Peer Support Worker, Surrey Memorial Hospital, Child & Adolescent Psychiatric Stabilization Unit (CAPSU) and Short Term Assessment Response Treatment (START) Fraser North.

**Time: 12pm - 1pm**

MAY  
3

### The ABCs of Substance Use and Connecting With Our Kids

With **Cindy Andrew**, senior associate on the team leading The ABCs of Youth Substance Use, a BC government funded project focused on supporting schools

**Angela Lawrence**, educator and registered clinical counsellor

**Art Steinmann**, Senior Associate, Youth Substance Use Health Promotion, Bunyaad Public Affairs.

**Time: 6pm - 8pm**

MAY  
4

REGISTER AT: [FAMILYSMART.CA/EVENTS](https://familysmart.ca/events)



[may7icare.ca](https://may7icare.ca)





## 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](#)
- ♦ [HealthLinkBC and Dietitian Services](#) 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](#)



## 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