

Ocean Grove Elementary

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May 2022 Newsletter

Dear Ocean Grove School Community,

If April showers truly bring May flowers then we are going to be in for one amazingly colourful and floral spring! The flowers are already blooming and our hallways are coming alive as students decorate classroom doors for our Leadership sponsored door decorating contest.



This past week we had our first whole school assembly! It was wonderful to see everyone all together and students adapted amazingly after only their second assembly in two years. Our next step is to slowly add the adult volunteers in classrooms and on fieldtrips with the hope, if things continue to go well, that we can have parents with us in larger numbers for year end activities.

We continue to focus on literacy as a school and have purchased some brand new literacy resources to enhance the amazing lessons that teachers are providing in the classrooms. We are also lucky to have some special elders in our school for the next few weeks who will be working with some of our students to make new drums, completing our class set. On May 26 we will have a special birthing ceremony where the new drums will be heard for the very first time. The entire school will be involved in the birthing ceremony and the bannock celebration afterward.

This is going to be the most amazing month!

Deborah Beres, Acting Principal

Robert Wilson, Acting Vice-Principal

Information for Next Year . . .

Please let us know if you are moving and/or plan on attending a different school in September 2022.

Registration for Fall Kindergarten will continue, if you or someone you know has not yet registered please do so sooner rather than later so that we can make sure we have space for everyone.

Important Dates

May 10 - Grade 5
Transition Visit to
Southgate Middle

May 12 - Drum
Making

May 19 - Whole
School Assembly

May 23 - Victoria Day
SCHOOLS CLOSED

May 26 - Drum birth-
ing ceremony
- Fun Day in the after-
noon

*For individual class-
room fieldtrips please
see information pro-
vided directly by
classroom teachers.*

**Please ensure that
you perform a Daily
Health Check on
your child every
morning, and follow
the directions as to
when to keep them
home. (see website
to download K-12
health check App)**

Bell Schedule

8:25	School Starts
10:15-10:30	Recess
11:55-12:40	Lunch
2:10	Dismissal

Before & After School Childcare Spaces

Information was recently emailed home by SD72 to all families advising of the announcement by the Ministry of Education and Child Care that they will support the creation of 210 new licensed before and after school childcare spaces at seven of our schools, including Ocean Grove.

Although the announcement guarantees funding to create the spaces, there is a lot of work to be done before the spaces will be made available for families.

We are not able to take registrations or start a waitlist yet.

It is anticipated that these spaces will be ready for families in **September 2023**.

Additional information will be provided when available from the Ministry.



Drivers' Abstracts

To accompany a classroom fieldtrip as a volunteer driver, we require the completion of THREE items:

- * Driver Information Form (blank form available from school office);
- * Photocopy of Driver's License ("N" drivers may not transport students); and
- * Driver's Abstract. *To obtain Abstract online: www.icbc.com, select "get your driving record or abstract" and request email to: oceangrove@sd72.bc.ca (a copy can also be sent to your email)



The Driver Information form is valid for a period of one year. Paperwork can be completed within 24 hours. If you are unsure whether you have current documents, please ask your child's teacher.

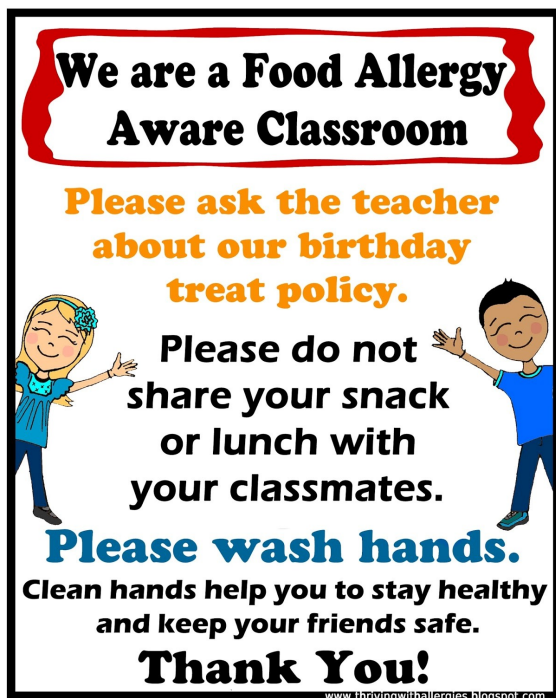
Grade 5 Transition to Southgate

In order to aid in the transition of grade 5 students to Southgate Middle School, a virtual counselor visit was held earlier this spring in our classrooms.

On May 10th, all grade 5 students will travel by school bus to Southgate for a tour and visit. If you have not yet received a permission form for your grade 5 student please contact their teacher.

In the past there has been an Open House at Southgate in August for families to attend. We have not received confirmation of an open house for this year, so if you are interested please check the Southgate website on a regular basis.

Also, there may be a middle school prep course offered during summer school (course offerings have not yet been confirmed).



Classroom Allergy Alerts

Please note that we have allergy alerts in certain classrooms.

Ms. Watkinson
All nuts & fish

Please help us keep our classrooms free of these allergens to protect these children.

Ms. Menard
All nuts

Mrs. Jarvis
Tree nuts, sesame, pistachios & cashews

Mrs. Kretlow
All nuts and eggs

Mrs. Hatfield
All nuts & lentils

Ms. Menard
All nuts

Mrs. Ross
*Peanuts * (new)*

Mrs. Holland/Beres
Peanuts, cashews & pecans

May Birthdays

Happy birthday wishes are sent out to all of the following students having a birthday in May:

Kaiden	Maya	Wyatt
Kenzie	Blake	Leon
Dawson	Carlee	Reese
Eli	Thorin	Graeme
Ace	Ariana	Mika
Lilly	Haden	Lincoln
Sadie	Coen	Jax
Adelyn	Claire	Miya
Oscar	Asher	Alexa
Meeka		
Isaiah		
Eliza		



Fieldtrips & Early Dismissals

Teachers are busy booking a lot of fieldtrips off the school property through the last two months of school. Some walking fieldtrips are booked last minute, depending on the weather.

We are noticing an increase in the amount of late calls to the school to advise of early pick-ups.

Whenever possible, please email both the student's teacher AND Ocean Grove (main office) **the day before (or no later than 8:30 am the day of)** to advise of any early pick-up.

This will be less disruptive to classrooms and ensure that your child will be at the school instead of away on a fieldtrip.

When coming to the school, you may pick up your child from the exterior classroom door (unless otherwise advised by their teacher).

Just a little reminder . . .

Please have your child wear appropriate footwear at school so that they may



play outside and participate in gym class and walking fieldtrips - flip flops or "high heels" are NOT a safe footwear choice.



At this time of year, more classes are booking fieldtrips. Verbal permission may NOT be given, written permission only is acceptable.

Signed permission forms must be turned in to your child's teacher prior to leaving on the fieldtrip. Thank you for your understanding and cooperation.

Keep checking your child's backpack daily for permission forms.

No Slip = No Trip!

SCHOOL CLOSED:

Monday, May 23rd



Reporting Student Absences

We require parent/guardian notification of student absences EACH day (unless you have pre-notified of a block absence).

Two ways:

(1) Phone

250-923-4266,

Option 2 for

Attendance Line

(2) Email

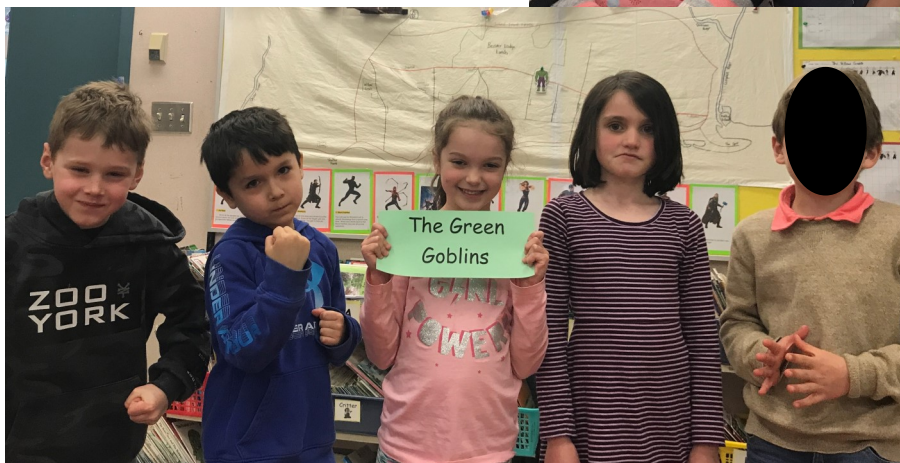
oceangrove@sd72.bc.ca

When leaving a message please state the REASON for the absence (ie sick, appointment, vacation, etc.)

We track for health reasons. Thank you!



These are Mrs. Haffield's 4 Avenger teams. We try to read at home and do extra activities to jump up a level and become a more powerful superhero! Our teams travel around the map of Campbell River to collect Infinity Stones and defeat villains.



It's always a pleasure to be able to publish student photos in our newsletter. If your child's face is not visible in a photo, it is because we do not have a positive FIPPA Consent on file for this school year.

This consent is required each school year and is sent home to families in September. If you would like to change your consent status please contact the office to have a new form sent home with your child.

International Homestay Information

The International student program is seeking Campbell River and Cortes Island homestay families in preparation for September 2022.

Homestay provides: a welcoming home, parental supervision, a private bedroom, good WiFi connection, and three healthy meals plus snacks each day.

The program provides: \$900 monthly compensation per student, training and ongoing support, extensive experience and knowledge, and a team-based approach and support.

To learn more about the program, email homestay@sd72.bc.ca.



Ready, Set, Learn **And** **Welcome to Kindergarten:** **Open Houses for** **Preschoolers and Parents**

Elementary Schools will be hosting Ready, Set, Learn and Welcome to Kindergarten events to help preschoolers and their parents transition into school.

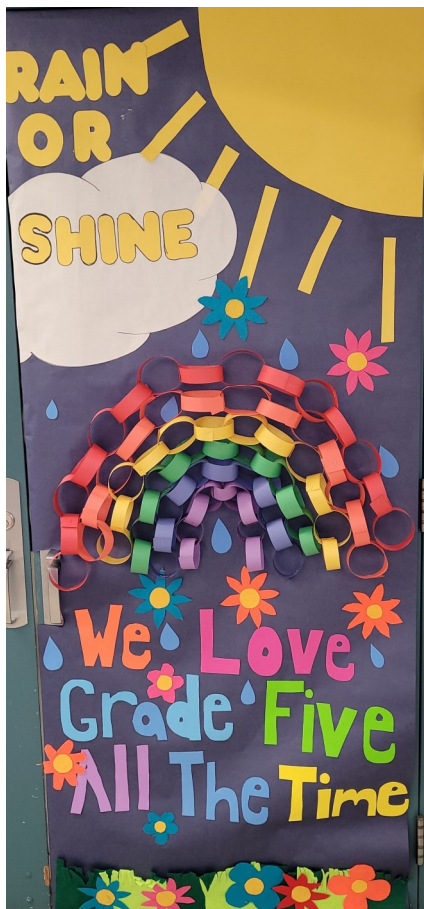
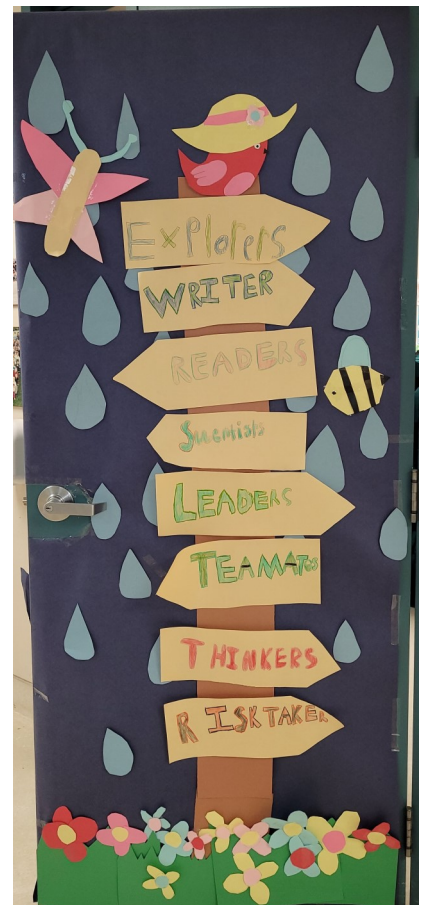
Ready, Set, Learn is open to children from 3 to 5 years old.

Welcome to Kindergarten is intended for children entering kindergarten in September 2022.

Dates for these two events will be announced shortly and a message will be emailed home to our Ocean Grove families. Information will also be published on our school website.

Spring Door Decorating Contest





KEEPING ACTIVE CHILDREN HYDRATED

When children are playing they may need to be encouraged to drink to prevent dehydration (not enough water in the body). **Water is the best choice to keep children hydrated.**

Recommended: Water, milk, fortified soy, almond or rice beverage

NOT Recommended: Sports drinks*, energy drinks

(*sports drinks are high in sugar and are only for those exercising and sweating for longer than an hour)

Keep active children hydrated:

- * Offer water often, especially during activity
- * Provide water or milk and watery snacks like watermelon, cucumber or smoothies after activity.
- * Avoid juice and give fresh fruit instead.



Is your child's water bottle safe?

Use stainless steel or plastic bottles that are designed for reuse. Disposable plastic bottles that are filled with water, pop, sports drinks, etc. should not be reused.

Wash water bottles every day!

Wash water bottles well by hand each day. Dishwashers do not clean all parts of the inside of the bottle. Recycle any bottles that show signs of wear such as scratches, dents, or a cloudy, cracked appearance.

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)

[What's in the Bottle? From Sports Drinks to Vitaminized Water](#) (PDF)
[Sip Smart! BC](#)



National Child & Youth Mental Health Day

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

The ABCs of Substance Use and Connecting With Our Kids

MAY
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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

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.



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)



We Are Families. We Serve Families.

Are you looking for help or information about mental health support and services for your child, youth, or young adult?

We help children and young people by helping their family and other caring adults. We know children and young people do better when the adults who care about them are supported.

We are here for you and we want to help.

familysmart.ca

RESOURCES



A Conversation for Families About Digital Wellness and Mental Health

WEBSITES:

[Back to School: Gaming & Screen Time Tips for Families](#)

[Building Healthy Screen Habits | Kelty Mental Health](#)

[Common Sense Media](#)

[Keeping Tech in Check: Developing Healthy Habits In Your Family | Kelty Mental Health](#)

[The White Hatter - Internet Chat Lingo](#)

[5 Questions to Ask Before You Get Your Kid a Phone | Common Sense Media](#)

BOOKS FOR PARENTS AND CAREGIVERS:

"Reset your Child's Brain" by Dr. Victoria Dunckley

["The Tech Solution" by Dr. Shimi Kang](#)

PODCASTS:

["A Parents' Essential Guide to Thriving Kids in a Digital Age" by Dr Kristy Goodwin](#)

["Keeping Tech in Check: Developing Healthy Habits In Your Family" by Where You Are featuring Dr. Shimi Kang](#)

["Kids and Digital Wellbeing" by Parenting in the Trenches with Karen Peters featuring Dr. Kristy Goodwin](#)

MORE FROM FAMILYSMART:

[Collaborative Problem Solving](#) - Video Resource

[Some Ideas for Helping Conversations Go Better.pdf](#)

[What to Say to Kids \(and Teens\) When Nothing Seems to Work](#) - Video Resource

Visit our [Video Library](#) for more great video resources



www.familysmart.ca

