



École Lord Tweedsmuir Elementary School

October 2019

Principal Jen Richter
Vice-Principal Debbie Ramen

Upcoming Events in October

- Oct. 14 – Thanksgiving Day (students do not attend)
- Oct 16 – PAC meeting
- Oct. 18 - Shake Out BC
- Oct. 21 – DEAR and PJ day
- Oct. 25 – Provincial Pro D Day (students do not attend)
- Oct 28 – Photo Retakes

Principal’s News

Dear Tweedsmuir Families,

It feels like it was just last week when we were welcoming students back to school after a wonderful summer break. It was wonderful to see so many of our families at our Open House last month!

Students have quickly settled into their new classrooms and routines and have made many new friends. We appreciate all of your support with making the transition to new classrooms as smooth as possible. As a school community, we are continuing to work together towards an environment where students are truly excited to come to school and learn.

As your child begins learning in a new classroom, please take a moment to become familiar with the BC curriculum for your child’s grade. The BC curriculum model includes the integration of Big Ideas, Curricular Competency Learning Standards and Content Learning standards. The three Core Competencies of Communication, Thinking and Personal and Social Competency have been identified as essential for all learners and are integrated throughout the curriculum. More information on the BC curriculum is available at <https://curriculum.gov.bc.ca/>.

Fall is also a time where we reflect on what we are thankful for. I am thankful for having the opportunity to be part of such a wonderful learning community and look forward to working together with you throughout the year.

Warm regards,
Jen



School Mission

At Lord Tweedsmuir, our mission is to provide educational programs that are diverse, student centered and engaging for all learners.

School Goal

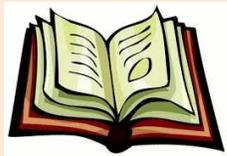
To improve student learning outcomes as students take ownership of their learning through portfolio development and student conferencing.

First Nations Territorial Acknowledgement

Westminster Schools recognizes and acknowledges the Qayqayt First Nation, as well as all Coast Salish peoples, on whose traditional and unceded territories we live, we learn, we play and we do our work.

D.E.A.R.

Monday, October 21st is BC School Library Day. Students will be participating in the BC DEAR challenge as they Drop Everything and Read! on this day. Students will have opportunities to listen to stories, read with their buddies and read on their own throughout the day. We are going to combine this day with a School Spirit Day where students are welcome to wear their PJ's to school! We are looking forward to a comfy day of reading!



PAC MEETING

Wednesday
October 16th
7 - 9 pm

Location TBD

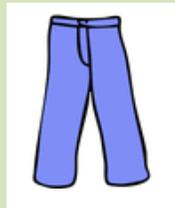
LOST and FOUND

We have collected a large number of items on our Lost and Found table by the office. We are running out of space and would appreciate if you could identify your child's possessions as soon as possible! Please take a look at the pictures – at the end of this newsletter and see if you recognize anything.

Thank you.



WEATHER CHANGES



Please be sure your child is dressed appropriately for the rainy weather. Living in a rain forest makes it hard to escape the wet days. We always try to have the students enjoy outdoor recess as much as possible and the right outerwear makes a much more pleasant play time.



Sending along a change of clothing (to keep in the classroom) is welcomed by teachers for those inevitable days when clothing gets wet and dry socks and pants are needed.



CHECK OUT OUR WEBSITE!

<https://lordtweedsmuirschool.ca/>

Provincial Pro D Day

Friday, October 25th

Students do not attend

Emergency Drills

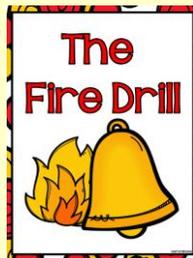
Throughout the 2019-2020 school year, staff and students will be practicing drills regarding Emergency Preparedness, which includes fire drills, earthquake drills (evacuation and non-evacuation) as well as shelter in place, hold and secure and lockdown procedures.

During fire drills, students will walk outside to the designated area; assemble by division for attendance, then return to the school upon drill completion.

During an earthquake drill, students will practice “drop, cover, hold” procedures, and may be evacuated to the designated area – the same procedure as a fire drill.

During a lockdown drill, students will remain within their classrooms, with doors and windows locked, seated quietly within the classroom and await further instructions.

We will be experiencing throughout the school year. If you have any questions or concerns regarding any of the above, please call the school at 604-517-6070.



Halloween Safety

Just a few reminders for a safe and Happy Halloween:

- Wear reflective items and ensure you have ample lighting and vision to guide your way
- Be sure your child is accompanied by an adult or older sibling
- Inspect food items with your child before they eat any
- Develop a plan for how the treats will be eaten
- Remember to brush and floss your teeth!
- Review firecracker and fireworks regulations and safety

BELL SCHEDULE

8:55 a.m. Welcome Bell

9:00 a.m. Instruction

10:18 a.m. Recess

10:43 a.m. Instruction

12:18 p.m. Lunch

1:05 p.m. Instruction

2:55 p.m. Dismissal



TERRY FOX RUN



WE DID IT! Our Terry Fox Run this year raised \$5722.45.

On September 25, Lord Tweedsmuir held its annual Terry Fox Run with 100% student and staff participation. Thank you to our parent volunteers for coming out to support the run and to Ms. Hardy, Ms. Alava and Ms. Ramen who organized it. We are happy to announce that we have met our goal this year – Ms. Bates will be shaving her head.

GARDEN

The garden is slowly being put to bed for the winter. Bulbs have been planted in many different areas of the school growing areas, quietly preparing to emerge in spring. Please keep children out of all garden plots/beds, including the cement ones at the front of the school. Keep an eye out for natural changes and the way the land and it's creatures prepare for the new season.



School Newsletters

Newsletters will be posted to our website every month
<https://lordtweedsmuirschool.ca/>

CURRICULUM

Interested in learning more about the changes to the curriculum?

Check out:

<https://curriculum.gov.bc.ca/>

HEALTH

As students return to school, it is important that they learn about precautions that can help safeguard everyone's health. We ask for support from parents in teaching students these concepts:

- Stay home when you're sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often with soap and water.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits. Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, eat nutritious food and avoid smoking.



PICTURE RETAKES!

Monday, October 28, 2019

Upcoming Events in November

- Nov. 1 – PAC Event
- Nov. 4-8 – Book Fair
- Nov. 6-7 Student Conference (Early Dismissal 12:18pm)
- Nov. 11 – Remembrance Day Statutory Holiday
- Nov. 12 – Non-instructional Day (students do not attend)
- Nov. 20 – PAC meeting

October						
SUN	MON	TUES	WED	THURS	FRI	SAT
		1 Choir 8:15	2	3 Choir 8:15	4	5
6	7	8 Choir 8:15	9	10 Choir 8:15 Fire Drill School Nourishment Program Launch	11 Chess Club 8:15 PAC Fun Lunch	12
13	14 Thanksgiving Day 	15 Choir 8:15 HUB bicycle program Grade 4-5	16 Plastic Oceans presentation PAC meeting 7pm	17 Choir 8:15 Shake Out BC earthquake drill	18 Chess Club 8:15 HUB bicycle program Grade 4-5	19
20	21 DEAR day and PJ day After School Pottery Class	22 Choir 8:15	23	24 Choir 8:15	25 Provincial Pro D Day	26
27	28 Photo Retakes After School Pottery Class	29 Choir 8:15	30	31 Choir 8:15		

Make payments online with: **SCHOOL CASH ONLINE**

- ✓ Fieldtrips
- ✓ Spirit Wear
- ✓ School Supplies

Please visit <https://www.schoolcashionline.com/> to register today!

École Lord Tweedsmuir Elementary

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sd40.bc.ca](mailto:lordtweedsmuir@sd40.bc.ca)

**Check us out on the
web!**

[https://lordtweedsmuir
school.ca](https://lordtweedsmuir
school.ca)

Lord Tweedsmuir PAC

The Parent Advisory Council (PAC) is an open group who represent the parents and students of the school. They meet regularly throughout the year and provide an opportunity for families to be involved in their child's school life. The PAC provides parents/guardians with a voice to liaise with school staff, the Principal and the School Board in matters concerning education. Your involvement is welcomed and encouraged. Dates for PAC meetings are usually the second or third Wednesday of every month in the evening at 7:00 pm in the school library.

Vice-Chair

Charmaine Urbano
[Tweedsmuir PAC Chair](#)

Vice-Chair

Jason Leber

Secretary

Tabata Donatti

Treasurer

Sloane Drennan

DPAC rep

Moorea Longstaff and Jodie Dow

Fundraising

Enza Esposito-Singh

Special Events Coordinators

Stephanie Chan and Merryn Leber

[PAC Facebook Page](#)

[Hot Lunch Program](#)

Canadian Parents for French

Furthering bilingualism by promoting and creating opportunities for students to learn and use French.

Mosaic Settlement Workers in Schools (SWIS)

Settlement Workers, employed by Mosaic, provide information and services for newcomer families and youth with Permanent Resident status. We help families adapt to life in Canada through 1-on-1 consultations, workshops for children, parents, grandparents, field trips, volunteering opportunities for adults and youth, and leadership training for youth.

Services and supports are available in different languages such as:

Tagalog, Korean 한국어, Mandarin 普通话, Farsi and Turkish.

Interpretation can also be arranged if necessary.

For more information, please contact: Maniya Rafiei

PH: 778-628-0111

Email: mrafiei@mosaicbc.com

Celebration of Student Learning!



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Get tips on how to help your child with back-to-school anxiety.

While experts say some anxiety about school is normal, parents should take it seriously and ensure it does not progress and create ongoing mental health issues. Here are some suggestions:

1. **Ask your child what's making them worried.** Tell them that it is normal to have concerns. You can also share some of your own general fears to demonstrate this normalcy.
2. **Children feel most comfortable in a private space with your undivided attention.** Before bedtime or at the dinner table are also great times for conversation.
3. **Some children like distractions to cut the intensity of their worries,** like driving or taking a walk with you.
4. **Do not tell them “Don’t worry!” or “Everything will be fine!”** Instead, encourage your child to problem-solve. For example, “What could you do if the worst happened and your ‘what-if’ came true?”
5. **Focus on the positive.** Encourage your child to redirect attention away from the worries.
6. **Reflect on your own behaviour.** Some parents are anxious about handing over care and responsibility of their child to teachers. Children take cues from their parents. The more confidence and comfort you can model, the more your child will relax.
7. **Ask your child,** "What are three things that you are most excited about on your first day of school?" Chances are you will be able to remind them of the fun things in school.
8. **You can tell your child,** “Being brave does not mean not fearing. Being brave means overcoming while fearing.”
9. A week before school starts, **begin the school-day routine** – waking up, eating, and going to bed at regular times. Explain that everyone in the family needs to practice the new schedule, so he or she doesn't feel alone with these changes.
10. **Anxious children often forget to eat.** They don't feel hungry and don't get enough sleep. Provide frequent and nutritious snacks for your child to help them cope.
11. For older children unable to get up and out of bed, **give them a ‘big person’ alarm clock** and let them practice using it.
12. Younger children may be nervous about separating so suggest **taking a special object to school to remind them of home.**
13. **A reassuring note in a child's lunch** can also help ease separation anxiety.
14. **Tell your child's teacher that they are having some separation anxiety** – most teachers know how to handle this.
15. Most important – **praise and reward** your child for brave behavior.

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Lost and Found items

Please take a close look and collect anything that belongs to your child(ren). Thank you!

Please mark your child's coats with your their first name and initial or Division so we can trace the owner quickly. This would help immensely in keeping our collection to a minimum.

