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North Vancouver

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September 2019

This week we welcomed out new Kindergarten students as they are on a “gradual entry” introduction to elementary school.

Dear Parents,

We would like to extend a warm “welcome back” to all students and parents with a special greeting to new students and to our kindergarten students. In addition we would like to welcome back teachers Mrs. Posnikoff, Mrs. Phillips (Rideout), and Ms. Mulock. Also, congratulations to Mrs. Hogan (Schatroph) who was married over the summer.

We are looking forward to seeing parents of students in grades 1-7 at our Meet the Teacher Evening on September 12 from 6:30-7:30.

We have reviewed arrival procedures with students in classrooms. Students may enter the school at 8:45 am (a bell will sound) for an 8:50 am start. Students who have made a specific arrangement with a teacher for a meeting or home work support, or students who have a music or athletic practice may arrive earlier.

Intermediate students on the second floor may enter by any one of the two entrances (south stairs, or front door). Primary students on the second floor enter and exit by the north stairs. Students on the first floor should enter through their exterior classroom doors.

Thank you very much for supporting your children as they transition into a new school year with new teachers, classmates, and routines. This can be a challenging time for students and parents as managing change can be difficult. The support you provide your child is very much appreciated by your child’s teacher. You may find the following resource helpful as you support your child through the transition from summer vacation to school: <https://anxietycanada.com/articles/our-12-step-back-to-school-checklist-for-parents/>

If you have any questions regarding your child’s class placement, the conversation should start with your child’s teacher. The following information was sent home to parents in the May newsletter:

“Special consideration is given to building the most suitable educational environment for each student while considering our resources, needs and constraints. Final placement of students is discussed by a team comprised of the student’s present teacher, other teachers who have been involved in the student’s learning, possible teachers for the coming year and the principal. The resulting placement will have taken into account all aspects of the child’s development. Factors such as diversity in academic strengths, unique learning needs, teaching and learning styles, work habits, social dynamics, personality and gender balance and School-Based Resource Team recommendations are carefully considered. Decisions are made that balance the needs of the individuals with those of the group. We cannot honour requests for placement based solely on reasons of friendship. Our goal as educators is to provide a stable, effective learning environment for all students.”

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At Highlands, every child is encouraged to become an independent, self-motivated student with a positive attitude towards learning and a sense of responsibility and empathy for others.

Our Virtues Theme for September is Responsibility

What is Responsibility?

Being responsible means that others can depend on you. You are willing to be accountable for your actions. When things go wrong and you make a mistake, you try to make things better instead of making excuses. When you are responsible, you keep your agreements. You give your best to any job.

Responsibility is the ability to respond ably. It is a sign of growing up.

Why Practice It?

When you take responsibility for your own actions, others can trust you. When people are not responsible, they break their promises, fail to do what they said they would do and let people down. People who make excuses instead of trying to make things better keep making the same mistakes. When you are responsible, you get things done with excellence.

How Do You Practice It?

When you agree to do something, like homework, watching a younger child, or a job around the house, you take it as your responsibility. You don't agree to do things which are too hard, or that you don't really have time for. When you make a mistake, you don't get defensive. You learn from it and you fix it. You are ready and willing to clear up misunderstandings.

"We have to accept the consequences of every deed, word, and thought throughout our lifetime." Elisabeth Kubler Ross

September Calendar

Sept. 10 - HPAC meeting - 7 pm in the library

Sept. 12 - Meet the Teacher Night - Grades 1-7 6:30-7:30

Sept. 25 - Terry Fox Run - 1:00 Staff Collaboration Time 2:00 pm dismissal

Sept. 27 - Highlands Professional Day students do not attend



Some Primary classes have started their "Wake Up Walk" as part of their morning routine.

Welcome Message (continued from page 1)

Please note that combined classes where two grades are combined are a reality in most school organizations. Some myths perpetuated about combined classes include that it is better to be in the lower rather than the higher grade and that students in the higher grade are repeating by doing the lower grade's curriculum. You can rest assured that teachers take very seriously their responsibility to ensure that all children, meet the learning outcomes for their grade, regardless of whether they are in a straight or combined class! Please read the attached pamphlet which gives a detailed overview of combined classes."

The 2019/20 school district calendar was published in the May school newsletter, and posted on both the school and school district web sites.

The 2019/20 School Calendar provides for a continuation of staff collaboration time at each North Vancouver School District school on five (5) occasions throughout the year. These dates are indicated on the school district calendar which can be found here: <http://www.sd44.ca/District/DistrictCalendar/Pages/default.aspx> Staff collaboration time will be accommodated by a late start at secondary schools, and an early dismissal of students at elementary schools. The first early dismissal date is Wednesday, September 25. Highlands students will be dismissed at 2:00 pm on this date.

This year we will be continuing our "Morning Message" as part of our Virtues initiative at Highlands. Each morning we start our day with a message about our Virtue of the Month, a welcome to visiting staff, and any other announcements. The Morning Message concludes with "Have a great day!"

To help support our students with their listening skills, and to model respectful listening, we ask that any visiting adults to the school stop and listen while the Morning Message is being read.

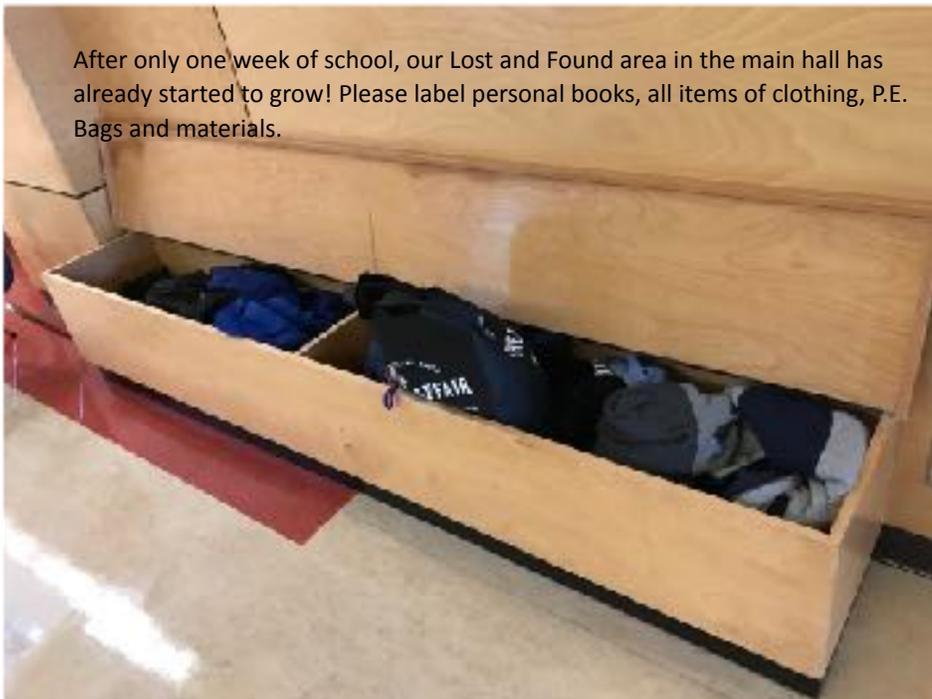
In closing we encourage you to contact or visit the school if you have any concerns, questions or accolades! Positive communication between home and school is an essential component of our philosophy, and an open dialogue will enhance your child's success at school. Through our web site and newsletters we will endeavour to keep you well-informed of our programs and activities within the school.

Sincerely,

Todd Henderson
Principal

Nadya Rickard
Vice Principal

After only one week of school, our Lost and Found area in the main hall has already started to grow! Please label personal books, all items of clothing, P.E. Bags and materials.



Independence

Early in the school year it is important to establish certain routines, procedures and work habits to enable students to be successful. The school welcomes the support of parents in building children's independence, responsibility and confidence as they begin the new school year. Younger children should be encouraged to enter and exit the building on their own, carry their own backpacks and hang up their belongings in the classroom independently. As children progress through the grades, they are expected to assume increasing levels of responsibility: record assignments in their planners, complete homework, meet deadlines, arrive on time prepared for the school day, and, of course, be role models of our Code of Conduct. We hope that parents will help us achieve this goal, by monitoring their child's planner and homework, encouraging independence and ensuring that their child arrives at school on time.

The Highlands Staff

Principal	Mr. Henderson
Vice-Principal	Ms. Rickard
Div. 1 Grade 7	Ms. Wright
Div. 2 Grade 7	Ms. Hollingsworth
Div. 3 Grade 5/6	Ms. Watt
Div. 4 Grade 5/6	Ms. Jansons
Div. 5 Grade 5/6	Ms. Quee/ Ms. Van de Velde
Div. 6 Grade 5/6	Ms. Mulock
Div. 7 Grade 4/5	Ms. Sherlock
Div. 8 Grade 4	Mrs. Mitchell
Div. 9 Grade 4	Ms. Parker
Div. 10 Grade 3	Ms. Rickard/ Ms. Van de Velde
Div. 11 Grade 3	Mrs. Patterson/Ms. Van de Velde
Div. 12 Grade 2/3	Mrs. Reeves/Mrs. Svenhard
Div. 13 Grade 2/3	Ms. Windibank/Ms. Marrie-Black
Div. 14 Grade 1/2	Mrs. Phillips (Rideout)
Div. 15 Grade 1/2	Ms. Brennan
Div. 16 Grade 1/2	Mrs. Posnikoff
Div. 17 Grade K/1	Mrs. Hogan (Schatroph)
Div. 18 K	Ms. McLean
Div. 19 K	Mrs. Holliday
Music Teacher	Ms. Vasic
Library	Ms. Sutton
Learning Support	Ms. Johal/Ms. Bradley
English Language Learning	Ms. McQuat
Band Teacher	Mr. Solomakha
Strings Teacher	Mr. Kabok
District Counsellor	Ms. Congdon

District Speech Pathologist Ms. Koroluk

District Psychologist Ms. Beckingham

Admin. Assistant Mrs. Hogg
Office Assistant Ms. Crawford

Supervision Aide Mr. Marshall

Education Assistants Mrs. Nordholm, Mrs.
Rowlands, Ms. Tichelova, Ms. Falso, Ms.
Owen, Ms. Rasooly

Learning Support Worker Mrs. Hutton

Custodians Ms. Neale, Mr. Djapo

Remember to check the
Highlands website for
up to date news and
calendar:

[http://www.sd44.ca/school/
highlands/Pages/default.aspx](http://www.sd44.ca/school/highlands/Pages/default.aspx)

Labelling

Student Belongings

Every year a large donation of unclaimed "lost and found" articles is made to a charity. Please label personal books, all items of clothing, P.E. Bags and materials.



Thanks to our volunteer families and Highlands Kids Club for keeping our gardens alive during the summer and for maintaining our Outdoor Learning Space!

Visitor Sign In

Student safety is of paramount concern at all schools. We would like to remind parents and any visitors to the school to please sign in at the main office when you arrive at the school. We need to know who is in the school and on the grounds at all times. We also request that parents and visitors not go onto the playground during our recess and lunch breaks. Students will be sent to the office if needed for parents to connect with them there. Supervision staff always approach any adult who is not a staff member and appears on our grounds at recess or lunch as part of our attention to student safety. Thank you for your support.

Also, the drop off table across from the office is for dropping off items (lunches, backpacks, instruments, etc.) that students may need during the day. The purpose of the table is to reduce classroom interruptions during the day and to develop student independence as students pick up their items from the

Student Phone Use

Students may use the school phone with their teacher's permission for any important reason. They may not, however, use the phone to inform parents or friends of after-school plans. Students are asked to make their social arrangements the night before.

If a student is ill, they need to come to the office. The office staff will then contact the student's parents.

Student Cell Phones

At Highlands, students may carry a cell phone with their belongings, only with the express written permission of their parents. Please note that students may not make or receive calls during school hours. Nor may they use phones for playing games or text messaging.

All cell phones must be turned off between 8:50 am and 3:00 p.m.

In keeping with the Protection of Privacy Act, no photos are to be taken at school using cell phones. Inappropriate use of cell phones during school hours will result in confiscation. Students who wish to bring a cell phone to school need to complete the Highlands Cell Phone Contract which is available in the rack outside the office. Students may make or receive calls before or after school off the school premises. Parents wishing to contact their children due to an emergency may call the school office at 604-903-3540.

Highlands Band and Strings Practice Schedule

Tuesdays

8:00-8:40 Beginning Band
8:40-9:20 Continuing Band

Fridays

10:45-11:25 Beginning Band
11:25-12:05 Continuing Band

Mondays

8:00-8:40 Continuing Strings
8:40-9:20 Beginning Strings

Thursdays

1:00-1:40 Continuing Strings
1:40-2:20 Beginning Strings



Registrations for Strings & Band are still possible. We look forward to a wonderful year of music making in band and orchestra this school year! New students are very welcome! Please follow this link <http://www.sd44.ca/ProgramsServices/BandStrings/Pages/default.aspx> for information. Please contact asolomakha@sd44.ca for questions about the Band program, and skabok@sd44.ca for questions about the Strings program.

Before School Routines

- Students are encouraged to arrive at school between 8:40 and 8:45 am. The doors are opened at 8:45 am. Students should not be in the school before 8:40 unless under the direct supervision of a teacher.
- Students riding bikes, scooters or skateboards to school must wear helmets and walk their wheeled vehicle on the school grounds. Bikes and scooters must be locked at the bike racks.
- Students and parents are encouraged to say good-bye and meet after school outside the building at a designated meeting spot. Building independence for students is our goal.

Recess Routines 10:35 – 10:55

- All students go outside and are expected to dress for the weather of the day
- Students are encouraged to use the washroom during the recess break
- The computer room and library are not open during recess
- The school grounds are supervised by aides during recess and lunch

Lunch Routines 12:04 – 12:55

- Students are encouraged to go home for lunch whenever possible
- Students staying for lunch are expected to remain in their seats and display proper behaviour while eating
- Students go outside at the 12:20 bell unless an “inside” day is called due to heavy rain
- Students who go home for lunch must sign out, upon return, students must report back to the office and sign in before 12:55 pm.
- Students who stay at school for lunch must stay on the school grounds

After School Routines

- All students are expected to go home promptly after being dismissed from school
- Students who have been asked to stay after school by a teacher will be given permission to use the student phone in order to inform their parents.

A Message From the School District:

Parents and picture-taking: a reminder about filming, photography and student privacy

With all the exciting school activities that occur throughout the year, we provide this consideration regarding the filming and sharing of student photographs and videotapes of student events.

Parents are welcome to photograph and videotape school events. However, the potential promotion, exchange or sharing of student images raises privacy issues that are important to be aware of.

A parent wishing to film or photograph students and then post these images to a website (i.e. YouTube) needs to have collected signed permission for the students (provided by parents or guardians in the case of minors) in the video before posting their photos. To do so without signed permission is a violation of student privacy.



While any liability would lie with the photographer/videographer in a situation like this, we feel it's important to remind all parents to respect the privacy of other students and their families. While it's understandable that many families would appreciate being able to exchange photographs or videotapes of school events, privacy concerns must take precedence.

Thank you for your understanding.

Highlands School Code:

We are responsible for our actions.
We are respectful of others, this place and ourselves.

We expect Highlands students to:

- Conduct themselves in a manner that positively reflects our school code both when at school and when representing our school in the community (e.g. field trips, sport teams, choir, etc.)
- Use words to solve problems (not hands, feet or body)
- Demonstrate respect and cooperation towards adults and peers
- Arrive at school on time, prepared to start the school day at 8:45am
- Stay in designated school areas at recess or lunch unless they have express permission to leave the grounds (students must ask staff permission to retrieve balls off school grounds)
- Use quiet voices inside the school
- Be polite and considerate of others
- Be responsible for their own possessions
- Help keep their work spaces, classroom environment, and school common areas (e.g. library, gym, music room, computer room, playgrounds) clean and organized
- Move quietly through the halls and down the stairs, keeping to the right
- Return to the class after breaks prepared to focus and work
- Avoid using anything that could cause personal injury to others (i.e. sticks, stones, any sharp object, etc.)
- In accordance with School District #44 Policy #302, students are expected to meet the standards set out in Sections 7 and 8 of the BC Human Rights Code that include the prohibited grounds of discrimination. This includes not discriminating against others based on race, colour, ancestry, place of origin, religion, family status, physical or mental disability, gender, sexual orientation, or age.

We are responsible for our actions

Students are expected to:

- Be truthful and honest
- Accept consequences for what they do
- Be in control of their bodies and their language
- Follow school expectations and classroom rules
- Play by established rules of the game
- Take action when they know situations are unjust (speak up, report to an adult)

We are respectful of others

Students are expected to:

- Be empathetic; consider how their actions affect the feelings and safety of others
- Play in a safe manner
- Avoid personal “put downs” and inappropriate language
- Play and work cooperatively with others
- Be inclusive of others
- Accept differences in others
- Use others’ personal property only with permission and with care
- Encourage others and welcome their ideas
- Show appreciation of others’ efforts
- Accept success with grace
- Show good sportsmanship

We are respectful of this place

Students are expected to:

- Care for school property
- Use equipment appropriately
- Clean up garbage and recycle
- Keep washroom areas tidy
- Put materials and equipment away
- Avoid taking food into the library, computer lab or gymnasium

We are respectful of ourselves

Students are expected to:

- Participate in all activities with openness and a positive attitude
- Produce work they can be proud of
- Work to the best of their abilities
- Try to solve problems independently
- Be positively assertive and take initiative
- Ask for help when they need it
- Learn from their successes and from their mistakes
- Keep themselves safe and dry

What does a waste-free lunch look like?

A Typical Lunch (DISPOSABLE)

- sandwiches sealed in plastic bags
- fruits and vegetables in plastic bags
- prepackaged chips, cookies, fruit bars, granola bars, cheeses, and fruit leathers
- prepackaged yogurts, apple sauces, and puddings
- crackers, pretzels, chips, and other snack foods sealed in plastic bags
- disposable juice boxes, juice pouches, soda cans, water bottles, and milk cartons
- plastic forks and spoons
- paper napkins
- reusable lunchboxes and disposable paper and plastic bags

A Waste-Free Lunch (REUSABLE)

- sandwiches and other main dishes, fresh fruit, fresh vegetables, and treats in a reusable lunch container
- cloth napkins
- stainless-steel forks and spoons
- reusable drink containers
- reusable lunchboxes

*With this type of lunch, lunch food items can be bought in larger quantities. The packaging can be left at home for reuse or recycling. Waste-free lunches are not only a wise environmental choice, but they are less expensive as well.



From <http://www.wastefreelunches.org/>



September 2019

Dear Parents,

Student safety is of paramount concern to the school. As we start another school year, I want to draw your attention to the following reminders.

The staff and students of Highlands School wish to thank all of the parents who are part of our traffic solutions.

- Thank you for walking your child(ren) to school rather than driving.
- Thank you for not parking in the lay-by.
- Thank you for not stopping in the lay-by entrance.
- Thank you for not stopping in traffic and allowing your children to dash into school from the street.
- Thank you for not double parking on Fairmont.
- Thank you for not parking in the designated handicapped parking space at the front of the school. Kindly display your handicap pass on your dash when using the space. It is not for parking for just a few minutes when the other parking spaces are taken.
- Thank you for respecting neighbour's driveways by not using them as a turnaround or parking lot.
- Thank you for not parking in the staff parking lot.
- Thank you for not stopping in the staff parking lot.
- Thank you for not letting your engine idle while waiting.
- Thank you for not speeding in the school zone.
- Thank you for being extra cautious at the Queens and Colwood crosswalk and at the Highland and Ridgewood intersection.

If you are not one of the parents being thanked above, please make it your goal to become one of them.

Sincerely,

Todd Henderson
Principal

SAFE & ACTIVE SCHOOL ZONES

Pick-up and drop-off periods around schools are busy times, with families and children walking, biking, scootering, driving, and taking transit to get to and from school.

YOU CAN HELP BY FOLLOWING THESE TIPS TO CREATE MORE ENJOYABLE AND SAFER SCHOOL ZONES

BE ON THE LOOKOUT

If you are a driver, be alert and expect school zones to be busy where travel is likely to be slow. Be aware of drivers who may be less safety-conscious around schools.

CONSIDER ALTERNATIVES

To improve safety and reduce congestion around schools, consider these alternatives to driving and dropping off your children right at the school door.

WALK OR BIKE TO SCHOOL

Studies show that walking and biking to school increases physical activity, improves childrens' alertness, in-class performance and school attendance. It also helps children become more street-wise. Plus it's fun!



CARPOOL OR WALKPOOL WITH FRIENDS OR NEIGHBOURS

Enjoy a bit of social time to get ready for a day at school and share responsibility for driving.



DROP OFF STUDENTS SEVERAL BLOCKS FROM SCHOOL

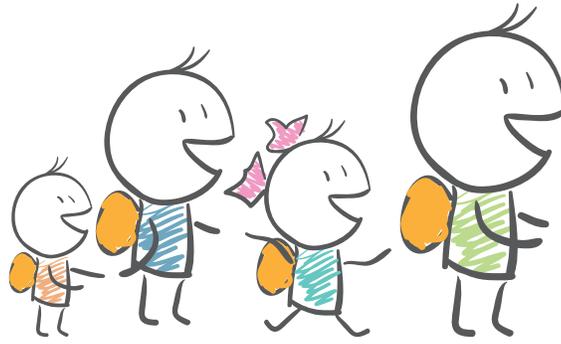
Walking the last few blocks will ease congestion near the school and even several blocks of physical exercise is better than no exercise at all!

GET INVOLVED

Where there are parent-led traffic safety information campaigns and parents involved in TravelSmart® programs, North Vancouver families report higher satisfaction about pedestrian and cycling conditions*. So check with your school administration to see how you might be able to assist or initiate walking programs, safety initiatives or find other solutions more specific to your school.



* From the Fall 2013 School Travel Survey, a partnership of North Vancouver City, North Vancouver District and North Vancouver School District. Check out the summary report available on the City and District municipal websites.



MORE SAFETY TIPS FROM THE LOCAL POLICE

- Obey the posted school zone speed limit. It's better that a child is late for class than to let speeding be the cause of an unfortunate accident or a speeding ticket.
- Whenever possible, make arrangements to have your children be dropped off and picked up near the school, instead of directly in front of the school where space is limited.
- Unless authorized, do not park or stop in the area designated for disabled persons. The two minutes you choose to stop there could be the same two minutes that spot is needed.
- While not illegal, turning around in a driveway (or backing onto a roadway for any reason) is ill-advised and potentially dangerous for pedestrians and other vehicles. Consider taking a couple of extra minutes and drive around the block instead.
- When you do locate a legal parking/stopping spot, pull your vehicle fully toward the curb (within 30 cm or 12 inches), so that through traffic can pass you safely.

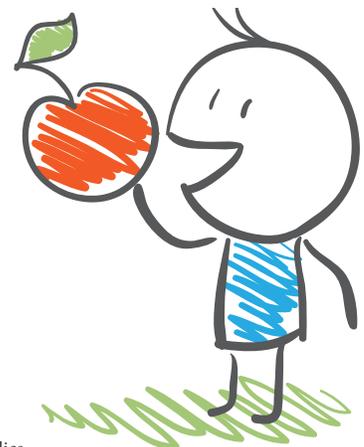
Thank you for your attention and cooperation in keeping our children healthy and safe!

FOR MORE INFORMATION, PLEASE VISIT THESE CITY AND DISTRICT WEBSITES:

cnv.org/SASTP

dnv.org/schoolroutes

westvancouver.ca/schoolsafety



Highlands Elementary School 2019/2020 School Calendar

Sept. 3 - School Opens – Grades 1-6 Students in attendance 8:50 am – 10:50 am
Sept. 4 - First Full Day of school 8:50 am – 3:00 pm (warning bell 8:45am)
Sept 12 – Meet the Teacher (Grades 1-7) 6:30 pm-7:30 pm
Sept. 25 – Terry Fox Run 1:00 pm/Staff Collaboration – Dismissal at 2:00pm
Sept. 27 – Highlands Professional Day (classes not in session)
Oct. 4 – Curriculum Implementation Day (classes not in session)
Oct. 14 - Thanksgiving Day (schools closed)
Oct 21 & 22 – Parent/Teacher Conferences – 2:00 dismissal
Oct. 23 – Individual and Class Photos
Oct. 25 - Province-Wide Professional Development Day (classes not in session)
Nov. 11 - Remembrance Day Holiday (schools closed)
Nov. 20 - Staff Collaboration – Dismissal at 2:00pm
Nov. 29 –Highlands Professional Day (classes not in session)
Dec. 20 - Last day of classes before Winter Vacation- 3:00 dismissal
Jan. 6 - Schools reopen after Winter Vacation
Jan. 27-30 – Grade 6’s to Outdoor School
Jan. 29 - Staff Collaboration – Dismissal at 2:00pm
Feb. 7 - District-wide non-instructional day
Feb. 17 – Family Day (classes not in session)
March 2 & 3 – Parent/Teacher Conferences – 2:00 dismissal
March 11-13 – Gr 4 Outdoor School
March 13 - Last day of classes before Spring Break
March 16-27 – Spring Vacation
March 30 - Schools reopen after Spring Break
April 10 – Good Friday (classes not in session)
April 13 – Easter Monday (classes not in session)
April 22-24 Grade 3’s to Outdoor School (2 groups)
April 29 - Staff Collaboration – Dismissal at 2:00pm
May 4 – District Professional Day (classes not in session)
May 18 – Victoria Day (classes not in session)
May 27 - Staff Collaboration – Dismissal at 2:00 pm
June 24 – Grade 7 Farewell – 1:15 pm
June 25 – Last Day for Highlands students (3:00 dismissal)
June 26 - Administration Day (classes not in session)



School Hours for Highlands

8:45 Warning Bell
8:50 Instructional Day Begins

10:35 Recess

10:55 Instructional Period Begins
12:04 Lunch
12:55 Warning Bell

1:00 Instructional Period Begins
3:00 Dismissal



An Introduction to Combined Classes



What is a 'combined class'?

Grades are used to group children according to their chronological age. Such organization stems from the belief that patterns of development are tightly bound to a child's age. However, in reality all classrooms – whether single-grade or combined – include students with a range of developmental levels.

Why do we use the term 'Combined'?

Combined grade classrooms have many names including split grades, multi-age, family grouping, etc. The term 'split grade' sometimes conjures-up negative images of a classroom where the teacher 'splits' his or her time and attention between two distinct groups. The term 'combined class' reflects a more holistic approach to learning that emphasizes whole group instruction, as well as opportunities for flexible groupings to meet students' learning styles and needs.



How are students selected for a 'combined class' placement?

Many factors are considered when selecting students for a combined class, including: social and emotional skills, work habits, friendships, leadership skills, self-motivation, learning styles, and academics. These characteristics are considered so as to create balanced classes throughout the school.

Are there benefits to a 'combined class'?

Studies (1) have shown that there are many socio-emotional benefits for students in combined classes, including greater leadership skills, increased self-esteem, and more positive peer interactions. Studies assessing students' academic achievement indicate that there are no significant differences between single grade and combined grade classrooms.

(1) Naylor, C. (2000, January). Split-Grade and Multi-Age Classes: A Review of the Research and a Consideration of the B.C. Context. BCTF Research Report

Will a student miss or repeat curriculum material?

In today's classrooms, the emphasis has shifted from learning and memorizing facts to the development of skills, concepts, processes and attitudes. With the rapid changes in science and technology in our society, it is essential that students learn how to evaluate ideas and make judgments, transfer and apply knowledge, understand processes, and access information. Teachers of combined classes challenge all students, often incorporating learning outcomes from both grades into holistic, theme-based units of study.

How can parents support their children in a combined class?

Regardless of their child's class placement, parents are encouraged to stay positive and interested in their child's schoolwork and activities, monitoring homework and staying in close communication with the teacher.