



Bert Ambrose Elementary School

(PRN, School District #60)

9616 115th AVE

Fort St. John, B.C. V1J 2Y1

Telephone (250) 785-2321 Fax (250) 785-2386

www.ambrose.prn.bc.ca



STRIVING TOGETHER TO ACHIEVE OUR POTENTIAL FOR A BETTER TOMORROW

December 1, 2014

It was nice to see all the parents who came to the conferences last week. If you were unable to attend, please contact the teacher to arrange a time to discuss the report card. First term reports show how the students have been doing so far. Please work with your child to set goals for continued successes. We would like to wish everyone a wonderful holiday season and Merry Christmas. Keep reading and learning over the break as you make some great family memories.

Inside/Outside Days and Lates

We have had a number of inside days lately. We continue to use – 17 C as our temperature including windchill. On inside days students are asked to find a quiet activity to do in their classes. We have noticed quite a lot of hands on behaviour on the playground during our outside days lately. Please remind your child that for safety, we cannot allow pushing, shoving, kicking and wrestling at school. Hands are for helping, not for hurting is a phrase we like the students to remember. As our temperatures get colder, please remember that we ask students not to be dropped off before 8:30 am as we do not have supervision before this time. A number of students have been arriving late to school. Please remember that this not only disrupts lessons already underway, but puts your child behind in their learning and can make it difficult to have a positive start to the day. We will be addressing chronic late arrivals in the New Year. If your child arrives late, please have them check in with Mrs. Selin at the office to avoid an unnecessary call home.

Christmas Boxes

Thank you to everyone who contributed to the Christmas shoeboxes this year. We were able to send off 89 boxes thanks to your generosity! Thanks to Mr. Eastwood and Mrs. Barr for arranging this.

Winter Illnesses

Thank you to everyone for calling in when your child will be absent from school – this saves Mrs. Selin a lot of time when she is doing her phone check in the morning. A number of people have asked about common illnesses. Here is a link to a provincial resource shared by our school public

health nurse that can give you some information. It is always recommended to consult your doctor if you are unsure. www.healthlinkbc.ca

Sports News

Our volleyball seasons have come to an end. The players had a great season with lots of fun. The students represented our school with amazing sportsmanship and set a great example. Thank you to all the coaches (Mrs. Barr, Mrs. London, Mrs. English, Mrs. Dunn, Mr. Stigners) and parent helpers who made the season a success. Basketball will be starting soon. We are looking for anyone interested in coaching – please contact Mr. Ritchie if you are interested in helping. The season will begin after the Christmas break.

Christmas Concert

We would like to invite you to attend our Christmas performance. The students have been busy practicing their parts and songs for the big event. The concert will take place on Tuesday Dec. 16th, with an afternoon performance at 1 pm and the evening performance at 7 pm. We look forward to seeing you there. Students should arrive for the evening performance at 6:45. Thanks to all the parent helpers who have been busy getting costumes, sets and decorations ready.

Electronics and a Healthy Balance

Mrs. Shuster and I recently attended training sessions about bullying. While much of the information shared was targeted at older students, many of the messages are important for our elementary students as well. We are part of a very positive and pro-active school and district where social responsibility is a high priority, and our staff do an excellent job of keeping parents informed and dealing with any issues that arise. As the Christmas season approaches, there will certainly be requests for the latest and greatest video games. One of the messages from our training was about video game ratings that are too often ignored and the impact this has on children's behaviour. Please remember that the ratings on games are there for a reason and are meant to help parents decide what is appropriate for developing brains. Further, we encourage a healthy balance of screen time and other pursuits, supported by this excerpt from a recent article I found online:

“Too much” occurs when one particular engagement seems to overwhelm and overtake everything else, whether it is music, social media, games, or even – dare we say – books? Almost anything done in excess can be a problem. What's a telltale sign? If you take away that “one thing,” the child is unable to find anything else to do, unable to name anything else that is interesting, and seems downright miserable and listless.

There are no simple answers for finding a healthy balance, but there is a simple approach: Join children for a minute, for five minutes, for ten minutes – whatever you can spare. Ask them to show you what they are doing, sit with them as they play, watch. You may get only glimpses of the underlying need that drives outward behavior. Then, see if they would join

you – or if you join them – doing something else that may meet such a need without that particular piece of technology.

Finding a healthy balance of screen-related and real-world activities is tricky. As editor of *Children's Technology Review*, Warren Buckleitner commented, "There's an art to knowing when to set a limit, or when to play along." Allow children to spend time in real and digital spaces, so long as they are still positively engaged in other important areas of their lives like education, activities, and play.

Michael Robb, Ph.D, director of education and research at Fred Rogers Center

Junlei Li, Ph.D, professor of Early Learning and Children's Media at Saint Vincent College

PAC News

- PAC is looking for a parent who would be willing to take care of a Christmas Food Hamper. This would involve creating a collection box and then collecting and delivering the food collected. If you would be interested in this, please contact Mrs. Bennie.
- Dieleman's update: Due to some back-ordered items, our Dieleman's order has not yet been shipped. They are hoping to have the order packaged and arriving within the next 2 weeks. We apologize for this delay.
- Purdy's is due to arrive on Wednesday, December 3rd. Corrie Bennie is looking for volunteers to help sort. If you are available to help out (full or part day), please contact her at benniebrat@hotmail.com or at 250-785-9370.
- If you have taken any pictures of various activities in the school (ie. Halloween, sports events) we would love to have them for the yearbook! Please contact Tammy Greer at tlgreer74@gmail.com. The more pictures we have to choose from, the better our yearbook will be :)
- On a side note, the PJ drive is happening again in Fort St. John. This year, the PJ drive runs until December 7th. The pyjama drive collects new PJ's for children aged 0 to 16 years. Since children come in all sizes, all sizes of PJ's are appreciated, including adult sizes. They can be dropped off at any of the following locations FSJ Pregnancy Care Center, FSJ Women's Resource Society, FSJ Big Brothers & Big Sisters, the Salvation Army Christmas Hampers, Community Bridge (formerly North Peace Community Resource Society) and Unforgettable Memories.
- Please remember everyone is invited to the PAC meetings and babysitting is provided free of charge. The next meeting is scheduled for Tuesday, December 9th @ 6:30pm in the library.
- On behalf of the PAC, we would like to wish everyone a very happy holiday and thank-you for your continued support.

Upcoming Events:

- | | |
|-------------|--|
| December 3 | Hot Lunch – Dominos |
| December 9 | Bake Sale to support our foster child – Rena Marcela |
| December 9 | PAC meeting – 6:30 pm in the library |
| December 10 | Hot Lunch – Quiznos |
| December 16 | Christmas Concert |
| December 17 | Hot Lunch – Saigon Noodle |
| December 18 | Mrs. Tacey, Mrs Fraser/Mrs. Quebec, Mrs. Forster, Mr. Burkinshaw classes to the Nutcracker at the cultural center. |
| December 19 | Last day before Christmas Break |
| January 5 | First day of school for 2015 |