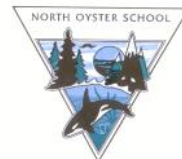


ÉCOLE NORTH OYSTER ELEMENTARY SCHOOL

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The Habits of the Heart are: Empathy, Integrity, Curiosity, Self-Confidence and Reflection

School-Wide Dates to Remember:

Mar 7	PAC Meeting—6:15 p.m.
Mar 12	Jump Rope for Heart Kick-off Assembly—time TBD
Mar 14	Pancake Hot Lunch
Mar 16	Last day of school before Spring Break
Mar 16-April 2	Spring Break and Easter
April 3	School Reopens
April 5	PAC Meeting—6:15 p.m.
April 3	Orca Assembly—9:15 a.m.
April 20	Earth Day Assembly—9:00 a.m.
April 24	School Photo Day—9:00 a.m.

MARCH/APRIL NEWSLETTER 2018



Restorative Practices Program

We have been working as a staff to further our use of restorative practices in the school. On the Feb. 20th non-instructional day, all staff received training in restorative practices through the *International Institute of Restorative Practices*. We are working together via a weekly morning meeting and during our early dismissal Monday PLC time to help ensure our practices here at ENO are educative, preventative and restorative. If you would like to learn more about the use of restorative practices, I would suggest reading *The Restorative Practices Handbook: Building a Culture of Community in Schools* by Costello, Wachtel and Wachtel or coming in for a chat with us!



Social Discipline Window

The underlying premise of Restorative Practices rests with the belief that people will make positive changes when those in positions of authority do things *with* them rather than *to* them or *for* them.

↑ HIGH control (limit-setting, discipline)	TO punitive authoritarian	WITH restorative authoritative
	NOT neglectful irresponsible	FOR permissive paternalistic
	← LOW — support (encouragement, nurture) → HIGH	

Wachtel & Costello (2009), *The Restorative Practices Handbook*, pg 50

VISITORS TO THE SCHOOL

All visitors, including parent volunteers, need to check into the office when in the school building. This helps us with maintaining the safety and security of the students in the building.





PEOPLE COME IN MANY SHAPES AND SIZES! CELEBRATE WHAT YOUR BODY CAN DO!

Part of healthy living is being comfortable with your body. Parents, teachers and caregivers play an important role in helping children feel good about themselves.

Children's bodies change and grow over time. Here are some tips to help children cope with changes in their bodies:

Role-model acceptance of your own body.

Avoid making comments about your child's appearance as this puts too much focus on looks. Avoid making comments about your own or other people's appearance.

Let children know you love them just the way they are.

Teach children to value qualities such as honesty and kindness in themselves and in others.

The most important thing you can do for your child is to role model healthy behaviours and attitudes. If you feel good about yourself, your children are more likely to feel good about themselves, too.

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)
- ◆ Kelty Mental Health Resources for Parents

Library News

This year's Scholastic Book Fair took place between February 26 and March 2 and made for a very energizing week! It's always amazing to experience the excitement for books the Fair inspires, and this year was no exception. We would like to send out a heartfelt "merci" to all families for their generous support. We exceeded our goal of \$5000.00 in total sales, and this will mean many new books for our classrooms and library! We would also like to express huge gratitude to Sharron Onciul who takes on the massive job of organizing our Fair each year, and to the volunteers who spend many hours helping out. If you are interested in assisting with the Scholastic Book Fair next year, please contact Mme Patrice in the library.



JUMP ROPE FOR HEART

We will be having a kick-off assembly on Monday, March 12 to begin our 2018 Jump Rope for Heart Event. Regan Grill from the local Heart & Stroke Association will be here, students will be getting their Jump Rope for Heart Fundraising envelopes and we will be having our school wide event in April. Thanks for your continued support with this.



Earthquake Comfort Kits

Please remember to bring in your child's kit if you haven't already done so.



IMPORTANT REMINDERS FOR STUDENTS WHO TRAVEL BY BUS



PLEASE NOTE:

1. All students who travel by school bus to and from Ecole North Oyster **MUST** get off at their normal bus stop.
2. In order for your child to get off at a different bus stop, they must have a handwritten note from the parents otherwise they get off at their regular stop or they will be returned to school.
3. If your child is going on the bus with a friend for the day, they also need a handwritten note from the parents in order to get on the bus.

PAC NEWS

Pancake hot lunch is on Wednesday, March 14. Order by March 8 via munch-a-lunch or paper copy.



Wishing all our ENO families a safe and happy Spring Break!



Have a Wonderful Month

