

École Capitol Hill



Principal - Mr. W. Kanno
Head Teacher - Mrs. C. Armstrong
Administrative Secretary - Ms. N. Leung

350 S. Holdom
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Ph. 604-664-8637

Principal's Message

Dear parents, guardians, and families,

As we move into the month of November, inevitably we will see the number of student absences due to illnesses increase. If your son or daughter is sick, we ask that you keep him/her at home. This will prevent these colds and flu from spreading and decrease the number of absences in each class. As well, I am sure that the children will feel more comfortable at home while they recuperate from their cold or flu. We also remind all of our staff and students the importance of personal hygiene and the proper washing of hands as it can go a long way to prevent one from getting sick. If you are not sure if your child is ready to return to school after an illness, I have found that if students return to school early and are not fully recovered, that those first few days can be quite challenging for them both physically and emotionally. It would probably be wise to keep them home for that extra day, if at all possible, so that when your child returns to school, not only are they symptom free, but have the energy to take part in a full day of activity at school.

I know that there is a growing concern on my part along with the staff and many parents in our school community in regards to the traffic on the surrounding streets, and specifically the parking issues before and after school. We are most concerned as the safety of our children is at stake. I have worked in many of our elementary schools in our district and we are not alone at Capitol Hill to have this traffic and parking issue. I implore you to please be extra vigilant when driving in the vicinity of our school to help ensure the well-being and safety of our children and adults in our school community. We thank you for your cooperation and support to make Capitol Hill a safe place to learn and grow together!

Lastly, please be reminded that we will be hosting our **Remembrance Day Assembly on November 10th at 11am**. In our gymnasium. There will be an **early dismissal at 2pm** that day as our teachers continue their planning and collaboratively working on the redesigned curriculum. Friday, November 11th is a holiday in observance of Remembrance Day and the school will be closed.

As always, if you have any questions or concerns, please feel free to come by the office, email me at wally.kanno@sd41.bc.ca or give our office a call (604 664-8637).

Wally Kanno

Principal

PAC Executive

Chair: Ariel Pavic

Vice Chair: Calvin Taplay

Treasurer: Tania Ballantyne

Secretary: tba

DPAC Rep: Calvin Taplay

Member at Large: Atikur Khan

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<http://capitolhill.sd41.bc.ca>

When Walking to School

Consider the following tips:

- Know the route your child takes to and from school and how long it takes.
- Encourage your child to walk with a friend or in a group. Know the names, telephone numbers and addresses of these friends.
- Identify places on the way to school that could be potentially dangerous: wooded areas, parking lots, unlit or poorly lit walkways etc.
- Arrange for your child to arrive at school as close to the morning bell time as possible.
- Set a time for your child to report home after school.
- Encourage your child to wear light coloured clothing so that they are easily seen on rainy, dark days.
- Review street safety rules with your child.

Leaving the school:

- Children are not allowed to leave the school during school hours unless they have parental consent .
- Students who eat lunch at school will not be permitted to go to the corner store during the lunch hour.
- If a child needs to go home due to illness, we will contact you or your emergency contact before your child leaves the school.
- If you have arranged for a friend or relative to pick up your child, please call to inform the school or send a note.
- Please come to the school office to 'sign out' your child if you are taking them out during school hours.

Wheeling to School

If students use scooters or skateboards to come to school, they must pick them up and carry them while on the school grounds. If students ride bicycles/scooters to school, they must walk them on the school grounds and lock them in the bike rack which is near the parking lot. Students are reminded that helmets should be worn when riding scooters, skateboards and bicycles.

Mark your Calendars

There will be an early dismissal at 2pm on **Thursday, November 10th**.

Two important upcoming dates when students do not attend school: **Friday, November 11th** is RemembranceDay, and **Friday, November 25th** is a Professional Development Day.



PAC NEWS

The next PAC meeting is on Wednesday November 9th, 6:30-8:00pm in the school library. Please enter through the back doors up the small flight of stairs from the staff parking lot. ALL parents and guardians are welcome and encouraged to attend.

Vacant executive position: The PAC is still searching for a volunteer to be secretary. This involves taking minutes at PAC meetings, tracking attendance, assisting with preparation of agendas/emails as needed as well as giving input as a valuable member of the PAC executive.

We would also like to find a few more volunteers to be executive members of the PAC as members at large. This role takes on duties as needed throughout the year as well as giving input as part of the executive team. There are a number of PAC executive members whose children are ageing out of Capitol Hill and we need to prepare new parents to take on leading roles.

Thank you to volunteer parents who stepped up to fill the vacant executive roles. The PAC welcomes back Ariel Pavic as Chair, Calvin Taplay as Vice Chair and DPAC rep, Tania Ballantyne as Treasurer and DPAC rep. The PAC welcomes Atikur Khan as Member at large.

PANCAKE BREAKFAST COMMITTEE: The PAC is currently asking for parent volunteers to be a part of the pancake breakfast committee. This annual event is one of the most exciting events of the year for the kids. We need parent leaders to help organize, shop for supplies, solicit donations for the event, decorate and of course serve pancakes on the day of the event. Please email us for more information or to volunteer yourself.

HEALTH AND SAFETY FEES NOW DUE: The Health and Safety donations are now due. Please submit \$3 for returning students and \$10 for new students to your classroom teachers. This fee covers replenishing supplies like food, water, batteries, expiring first aid supplies etc. This year it will also cover professional lice screening and education.

LICE SCREENING: The PAC is organizing a professional lice screening service for all children at the school. This screening will occur November 14/15th and more details about this will come home with students shortly. Please see information for a **Parent Information Night (November 15 6:30-7:30pm)** in Capitol Hill Multipurpose Room (page 4 of this newsletter).

PLEASE EMAIL THE PAC AT: caphilpac@gmail.com

VISIT THE PAC WEBSITE AT: www.caphillpac.com

FIND US ON FACEBOOK: www.facebook.com/caphillpac/

INFORMATION SESSION

How to Identify, Remove and
Prevent Head Lice

by

FREE
EVENT!



ALL ARE
WELCOME!

Lice - away

TUESDAY NOVEMBER 15, 2016

Multipurpose Room

Capitol Hill Elementary

6:30PM - 7:30PM

FREE ADMISSION

Capitol Hill has removal kits free of charge available to those who need it. Confidentiality is guaranteed.

www.lice-away.com, 604-700-7014

After school Programs

at Capitol Hill Elementary School **Fall 2016**



**Space still available!
Register Now!**

Northwest Area program team

Lori Cornwall 604 297-4531

Science Discoveries

Grades 1-4

Try some hands on science fun!

Kids will have lots of opportunities to explore different aspects of science in this hands-on class. Try your own experiments using everyday materials to see how science is an important part of our everyday world.

Th, November 10, 3:00-4:30pm

\$34.20, 4 session 420723

Drawing and Cartooning—Shadbolt in your School

Grades 4-7

Students discover new drawing skills as they learn to create expressive characters and bring them to life in comic books or cartoon strips. They explore traditional drawing techniques as well as manga and anime.

Th, November 10, 3:05-4:35pm

How to Register

By phone 604 298 7946 Online: burnaby.ca/webreg

Or register in person at any Burnaby recreation facility. Fees must be paid when you register. We accept cash, cheque, VISA, MasterCard, AMEX or your bank debit card.

Eileen Daily Leisure Pool & Fitness Centre 240 Willingdon Ave

November						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Boys Volleyball Game at Cap Hill(Rosser) 3:30pm	2 Young Actor's Project (Primary Divisions)	3 Me 2 We Day Young Actor's Project (Primary Divisions) Girls Volleyball Game at Cap Hill (Rosser) 3:30pm	4	5
6	7 School Performance –Digital Guise 1pm	8 Div. 1,2,3,4 skating at Kensington (pm) Boys Volleyball Game at Cap Hill(Confed Park) 3:30pm	9 Div 5,6,7,8 Skating at Kensington (pm)	10 Remembrance Day Assembly 11am Early Dismissal 2pm Girls Volleyball Game at Cap Hill(Confed Park)3:30pm	11 Remembrance Day	12
13	14 Head Lice Check	15 Head Lice Check Boys Volleyball Game at Cap Hill (Kitchener) 3:30pm	16	17 Girls Volleyball Game at Cap Hill (Kitchener) 3:30pm	18	19
20	21 Fruits & Veggies Program	22	23 Young People's Concert 9:35am	24 Spirit Day - PJ Day	25 Professional Day	26
27	28	29 Div. 1,2,3,4 skating at Kensington (pm)	30 Div 5,6,7,8 Skating at Kensington (pm)		2016	

The November calendar, dates and times are subject to change

Ecole Capitol Hill Comments

We would like to know the Newsletters are being read at home by parents and students. Please fill in the information below and return it to the school and your child(ren) will have a chance to win a prize at our monthly draw. As always, your comments are welcome.

I have read the Newsletter Parent's Name: _____

Family Name: _____

Child's First Name: _____ Grade _____ Div. _____

Child's First Name: _____ Grade _____ Div. _____

Comments on any topic are most welcome:
