

# École Capitol Hill



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

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## Principal's Message

Dear Parents/Guardians and families,

As we move into the month of October, I can see that our staff and students have settled into their routines and are working hard in all of the curricular areas. I have been so impressed in my many conversations with students throughout the school day in classrooms, at the office and in hallways. Our staff work hard to provide support for each child to ensure success for all, one student at a time. I have been very encouraged with my many conversations with parents on a daily basis. I can see your keen interest and care for the education and advocacy for your children. Our students have settled into their new classes wonderfully, as we have quickly progressed into this first term. I have had great feedback from both staff and parents about our Student Intake Meetings which took place on Tuesday, September 18<sup>th</sup> and Thursday, September 20<sup>th</sup>. We hope that this is the first of many ongoing conversations with you about your child(ren), as we believe communication is vital for their success.

With the autumn season upon us now, we will no doubt begin to see the weather becoming cooler and wetter. As you are aware, our school has a Westcoast Recess in which our students will be going outside even if it is raining. Of course if the weather is too inclement we will declare an inside day, but these will probably be infrequent. We ask that your child(ren) come prepared with proper clothing to be outside on these not so nice days. Please see the information on page 2 to better help prepare your child(ren) for these days. We held a West Coast Weather Clothing Swap on September 18<sup>th</sup> and 20<sup>th</sup>. We thank all of the families who donated clothing.

On our Professional Day on Friday (September 28<sup>th</sup>), our staff spent the day working on our Social Emotional Learning goal. Suzanne Vardy (Coordinator-Student Safety & Child Abuse Prevention) and Tracy Arron (District Counselor) led our staff in sessions on Trauma Informed Classroom Strategies.

As always, if you have any questions or concerns, please feel free to come by the office, email me at [wally.kanno@burnabyschools.bc.ca](mailto:wally.kanno@burnabyschools.bc.ca) or give our office a call (604 296-9006).

Wally Kanno  
Principal

### PAC Executive

Chair: Valentina Farley  
Vice Chair: Tania Ballantyne  
Treasurer: Heather Reid  
Secretary: Lana Mitchell  
DPAC Rep: tba  
Members at Large:  
Loanne Walton & Adam Ballantyne

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## West-Coast Recess – Please Dress for the Weather!

At Capitol Hill we believe it is healthy for children to get outside throughout the day for fresh air and exercise. Living on the West Coast we know that our climate contains a consistent amount of rainfall especially throughout the winter months. It makes sense that in our climate we are well prepared to be outside in the rain. Given that students will be outside for recess even when it's raining it is important to send your child to school well prepared.

### Being prepared for the weather

We know that if children are well prepared to be outside in the rain they actually enjoy it. As long as they stay dry and warm there is a great deal of fun to be had in all kinds of weather. To be prepared to be outside in the rain it is important for your child to have:

- A rain coat or water resistant covering
- Rubber boots to keep feet dry (if you are able to provide them with a pair to keep at school that would be perfect)
- “Muddy Buddies” – rain pants they can quickly slip over their clothes (much like they would snow pants)
- An umbrella
- A rain hat or coat with a hood
- A change of clothes just in case. (sweatpants, sock, underwear, t-shirt)



### Rainy Weather FAQ

#### **I am concerned that my child will get sick being out in the rain.**

It is not cold that makes us sick but rather viruses. “People get sick more often in the winter because they are exposed to each other more in the winter than in the summer. When it is cold outside people tend to stay inside are more likely to spread germs to one another.” (from “Does Cold Weather Cause the Cold or Flu?”). Turns out that getting outdoors is more likely to protect our children from illnesses than keeping them outdoors.

#### **My child has been sick but is now returning to school. Can he stay inside today?**

We are quite reluctant to allow this for a couple of reasons. First, if your child is still not quite better it would be better to keep him/her home until he/she is 100% ready to function fully at school. If he is too sick to go outside he is probably too sick to get through the day's work at school successfully - give him another day of rest. Secondly, we have very limited supervision inside so if more than of a couple of students are requesting this it becomes problematic. We do make exceptions to this based on special circumstances. Please contact your child's teacher to discuss this matter.

#### **Are the Children ever allowed to stay inside due to the weather?**

We occasionally have weather conditions that are unreasonable to expect students to stay outside. These days include hard, driving rain with extreme cold or wind. In these situations we intend to declare it an inside day, however, we do not expect to have more than two or three of these in a year.



## School Cash Online

*The preferred method of payment for Capitol Hill students for various activities and items will be available through our online system for the 2018-2019 school year.*

### What Is School Cash Online?

School Cash Online is an easy to use and safe way to pay for your children’s school fees. Now, with a few clicks, you can pay for your child’s hot lunch, class trips and so much more from your own home. All you have to do is register an account, attach your children and in no time you will be able to make payments online.

### Why Use School Cash Online?

#### Convenient

Make secure payments 24/7 from the comfort of your home

#### Easy To Use

Online shopping

#### Reminder Setting

An option to receive emails when an item is available for payment.

#### Safe

Your child won't be carrying cash or checks to and from school

#### Saves Time

Manage your school expenses and view payment history in one place

Visit:

<https://burnaby.schoolcashonline.com/>  
to get started today!

### Late for School

It is really important that parents ensure that their children arrive to school on time each day. Lessons begin at 8:55 and those who arrive late not only miss valuable instruction time, but also disturb the learning of their classmates by entering their classrooms after everyone is settled. Any student who arrives late, must first come to the school office to sign in, and then proceed to their classrooms.



### PAC Corner

Our Parent Advisory Council will be holding their Annual General Meeting on **Wednesday, October 10th at 6:30pm**. All PAC meetings will be held in our school library. Please put this in your calendars and plan to attend.



To the families who donated and/or participated in the first ever **Capitol Hill Westcoast Weather Clothing**

**Swap.** This was a great success. Although not mandatory, students learned the value of exchanging their “old” items they have outgrown with other students to prepare for rain and cold. Donations were also accepted and given to others who are in need of a coat. Reduce. Re-use. Recycle. Thank you everyone!

October 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Cross Country Meet 3:30-4:30 @ Bby Lake	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Family Portrait Night 4-8pm	<b>6</b>
<b>7</b>	<b>8</b> No School	<b>9</b> Cross Country Awards Meet 3:30-5:30 @ Bby Lake	<b>10</b> PAC Meeting 6:30pm (library)	<b>11</b>	<b>12</b> Hip Hop Dance Student Performance (pm)	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b> YPC (Gr. 4-7)	<b>17</b> Gr. 6 Immunization	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> Hot Lunch Envelope Due	<b>23</b>	<b>24</b>	<b>25</b> Photo Retake Day (am)	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> Assembly @ 1:30pm			

\* Please Note: Calendar, dates and times are subject to change

### École 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:

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