

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,

The month of September passed by so quickly and we are now heading into the month of October. Our students have now settled into their new classes very nicely. We would like to thank you for your support in this often challenging endeavour in the beginning of each school year. You have had your first opportunity to meet with your son's/daughter's classroom teacher with our Student Intake Meetings for our Grades one to seven students and our Welcoming Conversations for our new kindergarten families. We encourage you to continue to foster this important relationship as partners on the learning journey of your child(ren).

We had a great turnout to our Parent Information Night on the evening of September 24th. We were able to share information about our school as well as do a building activity that reflects the learning involved for our children in the B.C. redesigned Curriculum.

On our Professional Day on Friday, (September 27th) our staff spent the day working with two of our District Indigenous Education Learning team. Ms. Katie Coughlin and Ms. Mary Hotomanie led our staff through a powerful activity to learn about Truth and Reconciliation in the treatment of our Indigenous people in Residential Schools. A very timely session, as Monday, September 30th was Orange Shirt Day. Orange Shirt is a national movement in Canada for indigenous and non-indigenous people to come together in the spirit of hope and reconciliation to honour former residential school students whose families and communities have been impacted by the policies and actions of the Government of Canada and the churches that operated the schools. Orange Shirt Day began in Williams Lake, B.C. in 2013 at the St. Joseph Mission residential school commemoration event and has since spread across the country. The name Orange Shirt Day honours survivor Phyllis Webstad's story of having her shiny new orange shirt taken away from her on her first day of school at the Mission.

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. 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.

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 or give our office a call (604 296-9006).

Wally Kanno
Principal

PAC Executive

Chair: Valentina Farley

Treasurer: Heather Reid & Lilia Tsui

Secretary: Nelly Huang

DPAC Rep: Mary Halfar

Members at Large:

Kaori DeCola & Anne-Marie Uy

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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, underwear, socks, 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 2019-2020 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!

Away from School? Late?

If your child(ren) will be away from school for an appointment, sickness, vacation, or other any other reason, please call and leave a message on the **school absence line at 604.296.9006**



If your child(ren) are late to school and *arrive after the 8:55am bell* please sign in at the office to ensure we know you are now in the building.






PAC Corner

There will be a Parent Advisory Council meeting on **Wednesday, October 9th at 5:45pm**.

All PAC meetings are held in our school library. All parents are welcome to attend.

Hallowe'en Costume Guidelines

As we enter October, there is much anticipation for Hallowe'en. Many students are planning their costumes or already know what or who they would like to be. We will be having an Hallowe'en assembly and classrooms may have additional activities throughout the day. Please keep in mind the following rules for wearing costumes to school:

-  No weapons are allowed at all
-  Face makeup/painting is encouraged instead of masks
-  Scary or extreme gore costumes are not allowed

This Year's Professional Days

September 27, 2019

October 25, 2019

November 22, 2019

February 28, 2020

April 27, 2020

June 1, 2020



We will be having our Hallowe'en Assembly on October 31st at 1:30pm

October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2  Family Photo Night Alpha Mini School Information Night: 7pm (at Alpha Sec) Gr.7 Parent Meeting: 6pm	3  Family Photo Night	4	5
6	7 Cross Country Awards Meet 3:30pm-5:30pm (Bby Lake)	8	9 YPC: Groupo America (Bus leaves at 12:45pm) PAC Meeting: 5:45pm	10 Youth Credit Union First Deposit Day 	11 Div. 3: Thanksgiving Luncheon	12
13	14  School Closed	15	16 Div. 9 Field Trip: Seymour River Hatchery Owl Visit: Div. 11, 12, 13 	17  1. DROP 2. COVER! 3. HOLD ON!	18 PAC 	19
20	21 Federal Election (in the Gym) 	22	23	24  Picture RETAKES DAY	25 pro-d day  NO CLASSES	26
27	28	29 Communicating Student Learning Parent Information Night 6:30pm	30	31 Hallowe'en Assembly 		