

École Capitol Hill

Principal - Mrs. J. Carson
Head Teacher - Mrs. C. Armstrong
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Dear Families;

Once again, we find ourselves at the beginning of a new year! January brings a fresh start, and a new chapter on the horizon for us all. The new year also brings an opportunity to set goals for success moving forward.

The benefits of goal setting for youth include:

- Provides direction, which most youths are either seeking or trying to nail down
- Helps children clarify what is important to them and focus on it
- Facilitates more effective decision-making through better self-knowledge, direction, and focus
- Allows children to take a more active role in building their own future
- Acts as a powerful motivator by giving children something to hope for and aspire towards
- Gives children a positive experience of achievement and personal satisfaction when they reach a goal

Assists children in finding a sense of purpose in their lives (The Peak Performance Center, n.d.)
(Source: <https://positivepsychology.com/goal-setting-students-kids/>)

Goals can be many things, from remembering homework, to making a new friend, to learning a new skill or improving on an existing skill. I encourage students to avoid goals that are based in academic achievement, like getting an 'Extending' in a specific subject, but rather to choose goals that support academic success, like reading nightly, or practicing explaining their mathematical thinking.

According to Education World, there are six key secrets to successful goal setting:

1. Write clear and measurable goals
2. Create a specific action plan for each goal
3. Read your goals daily and visualize yourself accomplishing them
4. Reflect on your progress to see if you are on target
5. Revise your action plans, if needed
6. Celebrate your accomplishments

(Source: <https://positivepsychology.com/goal-setting-students-kids/>)

Learning how to set goals in school, and seeing the process modeled by parents, peers and teachers, is a great way to encourage effective goal setting in children. Not only will setting goals teach kids the skills and techniques of goal setting, but it will also give them early successes and help them develop belief in themselves. A child's self-belief and self-confidence in early development is paramount to their future life success.

I wish you all the best in achieving your goals for 2023!

With gratitude,

Ms. Carson

PAC Executive

Chair: Valentina Farley

Treasurer: Lilia Tsui

Secretary: Nicole Macdonald

Member at Large: Lark Maloff

DPAC Rep: Karla Barajas

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

Black Excellence Day

January 16th, 2023

We encourage students and staff to wear a black shirt on this day to show their support.

Black Excellence Day is to celebrate Black history and learn more about Black stories, art, and people leading up to February Black History Month. This day was chosen to honor civil rights leader, Dr. Martin Luther King Jr.



Mornings can be dark—especially with the unpredictable weather. We are asking families who drop off and or pick up their children to be aware and reminded of the following:

1. **Speed Limit:** Please note that the roads surrounding the school are a **30 km** speed limit zone.
2. Please **cross** the road at **CROSSWALKS ONLY**. Drivers may not see children crossing mid block or through cars.
3. Please **hold the hand** of younger children to ensure they do not dart into surrounding roads.
4. Rain and snow can lead to more congestion and an increase in drop off/pick up cars. Please be aware of surroundings before leaving the parking spot you are in.
5. The back parking lot—by the fields and gym are for **STAFF ONLY**.



Ice Skating Field Trip

January 4th, 2023

Div. 7,8,9 10:45am-11:45pm

Div. 2, 3,4 1:15pm-2:15pm



SCHOOL NEWS

POPCORN FRIDAYS

Our PAC has organized a Popcorn Fundraiser.

Every Friday there will be a popcorn sale.

(or Thursday's if the Friday is a Pro-D Day)

Remember to bring \$2 to grab a bag of popcorn.



A big thanks ...

Thank you everyone who contributed to our foodbank fundraiser. We have made over \$1100 because of your generous donations.

Since we have reached our goals, as promised the following staff members will be receiving a pie in their face.



Congratulations to our volleyball champions, the Imagine Dragons.

Uzume Taiko Performance

Don't miss this exciting Uzume Taiko drum Performance happening on January 31st.



DRESS FOR THE WEATHER

It is now December and the weather has changed. Students will be playing outside in all types of weather. Please ensure your child is coming to school with warm jackets and boots. It is also a good idea to have an extra set of clothes in the class for your child to change into if they get wet.



SCHOOL MEAL PROGRAM

Hot Lunch Menu Date: Jan.9th – Feb.3rd 2023

Thank you for supporting the School Meal Program

Monday	Tuesday	Wednesday	Thursday	Friday
09 Cheese Ravioli with Tomato Sauce Fruits/Veggies	10 Chicken Fajitas (filling only) Fruits/Veggies	11 Turkey Bolognese Penne Fruits/Veggies	12 Japanese Curry Chicken with Rice Fruits/Veggies	13 SUBWAY Fruits/Veggies
16 Beef Lasagna Fruits/Veggies	17 Chicken Noodle Soup Fruits/Veggies	18 Mixed Meatballs with Mashed Potatoes Fruits/Veggies	19 Creamy Chicken with Rotini Fruits/Veggies	20 Chicken Chow Mein Fruits/Veggies
23 BBQ Chicken with Roasted Potatoes Fruits/Veggies	24 Hamburger (bun) Fruits/Veggies	25 Chicken Fingers with Fries Fruits/Veggies	26 Sweet & Sour Meatballs with Rice Fruits/Veggies	27 PIZZA DAY Fruits/Veggies
30 Chicken Spaghetti Casserole Fruits/Veggies	31 Lemon Chicken with Rice Fruits/Veggies	01 Chicken Nuggets with Hashbrown Triangles Fruits/Veggies	02 Pita Pocket Fruits/Veggies	03 Fish & Chips Fruits/Veggies

• **Preferred payment is through Cash Online. Online payment is available until Jan. 3rd, 2023**



COMMUNITY NEWS



U8-U12 GIRLS SKILLS TRAINING

Location: Rosser Elementary School (4375 Pandora St, Burnaby)

Date: Every Tuesday, January 17th—February 21st

Time: 5:45pm—6:45pm

Ages: 8-12 years old

Cost: \$150 for 6 sessions

Visit www.baselinebasketball.ca for more information

WILLINGDON DROP IN PROGRAMS

BASKETBALL DROP IN

3:15-4:45pm (6-12 years)

Tuesdays, January 10-March 7

5:00-6:15pm (13-18 years)

Tuesdays, January 10-March 28

TABLE TENNIS DROP IN

6-12 years

Tuesdays, January 10-March 7

3:15-5:15pm

PARENT & TOT GYM TIME

10 months-5 years with adult

Saturdays, January 7-April 1

12:15-1:45pm

\$5.80 for first child

\$2.90 for additional siblings

Drop In Fees

Child 4-12 yrs, \$2.10

Youth 13-18 yrs, \$3.95

Adult \$5.25

Grade 5 B-Active Pass, Free



Willingdon Community Centre 1491 Carleton Avenue | 604-297-4526 | burnaby.ca/active

Young Rembrandts



GRADES 1st to 6th

Your child will laugh and learn while drawing our fun Superhero Expressions lesson in the month of January.

In February, our students will jump for joy and spring into action with our Unlikely Heroes lesson. Then there's no better way to prepare for spring than with our Bird vs. Worm drawing sequence.

Sign up your child to have fun, be challenged artistically, and to create amazing pieces of artwork



classes

Wednesdays

2:55 PM - 4:05 PM

01/18/2023 - 03/08/2023

8 classes



enrollment

ENROLL ONLINE at

www.youngrembrandts.com/

metrovancover/




tuition

\$ 164.00 + GST

8 classes

January, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3 - First Day Back	4	5	6	7
8	9	10	11	12	13	14
15	16 - Martin Luther King Jr. Day - Black Excellence Day	17 - Kids Inventor Day	18	19	20	21
22 - Lunar New Year	23	24 - International Day of Education	25	26	27 - International Holocaust remembrance Day	28
29	30	31				

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

2023