

January 2012

# The Frank Hobbs Elementary School PAC Newsletter

3875 HARO RD, VICTORIA, BC, CANADA.

CALL BACK # 250-477-3392

CONTACT THE PAC: [FRANKHOBBS.PAC@VCPAC.CA](mailto:FRANKHOBBS.PAC@VCPAC.CA)

## Chair Chat!

**Did you know it takes at least 6 volunteers** to organize and distribute each hot lunch (& we have 16 scheduled throughout the year) or it takes **3 volunteers** to pop and distribute popcorn for each of the 8 popcorn days or **2-3 volunteers** to prepare the fresh fruit and vegetable snack that is delivered to the classroom each month or **4 volunteers** to get the family dance started or **10 volunteers** for the absolutely vital job of callback or.. well, you get the idea - the list is endless. Many of these behind the scenes programs account for the majority of fundraising each year. Parents and guardians are working hard to help fund the extra opportunities we have at the school.

So, you ask... why the statistics? Many of the parents who are involved with these program have been volunteering for the last 4 or 5 years and in the next year or two many of these families will be moving on. To

continue with these programs we need a **succession plan**. We need new parents to come together and join the ongoing committees. We have great spirit at this school and loads of help when an event or program is organized but we now need new faces to *start* the organizing!

New parents are needed for the **Executive** for next year. Maybe you don't want to be President but sharing the position as a Co-Chair may not seem so bad, maybe you can train with the Treasurer so you can take over in 2013 or maybe Secretary would be a good start. Come to the next meeting on **February 2nd, at 7 pm** in the Library and find out what this is all about.

We need help with the Family Dance, specifically someone to organize the volunteer shifts. We also have a small committee started for a Spring Fair (the first time in 5 years) and this committee could use a few more members, we need help organizing a Retirement Party and we can always

use extra hands for hot lunch, popcorn and call back.

***I know everyone is busy... but the more parents that are involved - the easier it is.***

Please contact me if you have any questions, ideas or can join one of the organizing committees.

[jhirschbold@shaw.ca](mailto:jhirschbold@shaw.ca)

Jill Hirschbold

## Random Acts of Kindness

From February 13 – 19, 2012, Frank Hobbs will be joining a global movement to celebrate Random Acts of Kindness Week. Starting the first week of February, each student will bring home a heart card on which they can record a kindness shown to them or a kindness they bestowed on someone. Look out for more information in upcoming newsletters and please see our RAK display case coming soon. We hope that Random Acts of Kindness Week will spill over into the other 51 weeks of the year! ➔



### Finn & Izzy Supports Local Schools!

For every pair of regular priced shoes (of \$40 or more) \$5 will be donated back to Frank Hobbs.

2259 Oak Bay Avenue

The PAC has set a specific goal of raising additional funds for the purchase of more Smart Boards! Smart Boards are a unique and particularly valuable tool for our classrooms. Thanks for the support!



### Pepper's Fundraiser!

If you have an account or pre-loaded Pepper's Card make sure to tell them it is for Frank Hobbs.

Pepper's donates 5 % of these totals directly to the school!!!



When you shop at Cobs Bread (Shelbourne Plaza) simply mention to the that you are a parent, teacher or child of Frank Hobs.

They'll record the details and donate back 5% of the value of the total purchase to Frank Hobbs!



• **Comic Class Starts Friday Feb 3**

For the third year, Susan Abrill, of Art Stars Academy, will be teaching a four week comic class in the Frank Hobbs library. The class will focus on drawing comics, inking comics with coloured inks, and writing comic stories. The first session will be on Friday, February 3rd. Registration forms are located in the office and in the wall bin outside the office. The class runs consecutive Fridays after school- from dismissal until 4:20 pm. The cost is \$60, and \$49 for additional siblings. Susan, a local cartoonist, has published three books of Victoria childrens' comics which are available in the Victoria public library. She also hosts the childrens' comic blog; Comic Island which can be viewed at <http://comicisland.blogspot.com> For more information, email [info@artstars.ca](mailto:info@artstars.ca). Grades K-5. Space is limited.

• **2012 Vancouver Island Parent Conference**

Each year the Frank Hobbs Elementary PAC provides funding for interested parents to attend the Vancouver Island Parent Conference.

These conferences are as always highly recommended with very informative speakers and workshops.

If you are interested in attending please email Jill Hirschbold [jhirschbold@shaw.ca](mailto:jhirschbold@shaw.ca) by **January 27th at latest.**

We would appreciate that the Frank Hobbs parents who attend provide an informal report to the April General PAC meeting.

<http://vipc.ca>

## Colour Your World with a Variety of Fruits & Vegetables



### Bonjour d'Anjou

*Bonjour (hello), do you like my elegant name? Please pronounce it properly, AWN-joo.*

*When speaking more formally, you may refer to me as D'Anjou. My full name is Beurre d'Anjou, which is French for buttery pears of Anjou, a region in France where here my ancestors were first grown. I'm often described as having a sweet, delicate flavour. I'm a juicy pear, but firm, and some say less grainy than other pears. Notice my lovely egg-shaped appearance – I'm rounder than my oval-shaped cousin the Bartlett.*

*I shouldn't brag, but I am quite proud of the fact that BC orchards produce all of the Anjou pears grown commercially in Canada. I prefer the moderate climate in BC. Like all pears I'm*

We are pleased to again be participating in the B.C. School Fruit and Vegetable Nutritional Program, sponsored by B.C. Agriculture in the Classroom foundation and ActNowBC.

Our school is involved in a province-wide healthy living initiative. One of the goals is to encourage healthy eating by providing fresh B.C. fruits and vegetables to students **during classroom time**. Students will receive picked, washed, and ready to enjoy produce for 13 weeks **at no charge!**



*picked by hand before I'm fully ripe. I take a long time to ripen and need at least 1 or 2 months in cold storage before I'm mature enough to*

*be eaten. In fact, I have excellent keeping-qualities and am the only variety of pear that can be stored through the winter – this makes me popular with the growers and grocers who call me their winter pear.*

*When you buy me I may still be a bit hard – gently press against my stem end, if it gives slightly I'm ripe and ready to be eaten. Not ready to eat me yet? Place me in the coldest part of your refrigerator and I'll keep. If I'm not ripe, just place me in a paper bag on the counter (or your teacher's desk) for a couple of days.*

• **Our PAC Family Dance is fast approaching!**

You should have already received your ticket form (it was sent home by hard copy to the oldest or only child in the school). If not please contact the office. Please complete and return with payment to the school by January 6th!



## POPCORN DAZE!

Remember: Bring a loonie to school this Friday & buy a bag!

**March 2nd 2012**

**April 20th 2012**

**May 4th 2012**

**June 15th 2012**

# Notes from your SPC (School Planning Council):

## BC Education Plan:

The BC Government announced in the 2011 Speech from the Throne, that British Columbia will be changing the BC Education system and moving towards a more personalized learning model throughout the Province for all of our learners. The Ministry is reaching out to the citizens of BC in a unique way, through the **BC Education Plan Blog** ([www.bcedplan.ca](http://www.bcedplan.ca)), and they want your opinion. (Let's hope the Ministry of Education also engages respectfully with the many terrific teaching professionals around the province in this discussion!)

This blog has hundreds of comments already from many different sources. The blog is moderated with prompt same day replies from the moderators to any questions or suggestions. Even if you don't have any specific suggestions yourself, you may want to comment on what other people are saying or suggesting. **A great source of information and clues to the future of education in BC.**

**Questions currently being discussed at [www.bcedplan.ca](http://www.bcedplan.ca):**

**Question 7 : What do you think are the benefits and challenges to offering students more flexible learning opportunities?**

**Question 8: Flexibility and choice are evident in many B.C. schools and communities. Do you have some good examples to share?**

**Question 9 : How do you think our schools and school districts need to change to support more flexibility and choice?**

The questions posed are important for opening up dialogue among parents, educators, and ministry officials. The comments and ideas raised will be important for shaping the type and delivery of education for our children.

The question on individualized learning is an interesting one... On the one hand, we all want education objectives that are tailored for our specific children. On the other hand, if we insist that this is the only way to deliver education, will we risk losing the opportunity to teach to a community of learners and reduce our future ability to learn, work, and socialize with each other? Obviously, a balanced approach will be necessary. Take a look at the editorial comment by Werner Liedtke for additional information. <http://www.timescolonist.com/Individualized+learning+many+pitfalls/5956062/story.html>

Other upcoming opportunities:

**Vancouver Island Parent Conference** on Saturday, February 11th at Spectrum Community School - this conference sounds great!!! Funding to attend is available from PAC. If you are interested in attending please email Jill Hirschbold at [jhirschbold@shaw.ca](mailto:jhirschbold@shaw.ca) by Jan 27.

• **Dr Martin Brokenleg, PhD** will introduce us to "The Circle of Courage" which offers concrete strategies for creating environments in which all young people can grow & flourish.

• **Dr. Stuart Shanker** will teach us about self- regulation which serves as a lens for understanding a child, his individual strengths and the areas that need work

## School district 61 budget planning public meetings:

• Wednesday, February 1 - round table meeting to discuss funding priorities and to receive input on budget items

• Wednesday, March 28 - public board budget presentation

• Wednesday, April 4 - special budget meeting to receive public input

Clare Vincent 250-213-3561

## A Message from the Cadboro Bay Residents Associations

"The Cadboro Bay Residents Association (CBRA) recognizes the Frank Hobbs school as our community school. As such, CBRA would like to strengthen the relationship between the school, parents and association in the upcoming year. In the past several years, CBRA has participated in Saanich's Summer Fest event held at Gyro Park. CBRA's contribution to the event is a merry-go-round, a highly popular ride for young children. Donations are accepted for the rides and are collected for the purpose of making those donations available to various organizations. This year, CBRA recognized the importance of supporting our own community and our own school.

CBRA would like to invite the parents of Frank Hobbs School to join the association (webpage: [cadborobay.bc.ca](http://cadborobay.bc.ca)). You can download a membership form on our website. We would also like to extend a special invitation to the next General Meeting, scheduled for 15 February, 2012 from 7:00 p.m. – 9:00 p.m. at St. George's Anglican Church (off of Maynard). You can sign-up to join the association during the sign-in for the meeting.

The agenda will include a presentation by the Parks Department on Gyro Park and its proposed renovations, updates on Queenswood, UVic's proposed athletic parkade, Haro Woods, as well as the proposed adoption of CBRA's changes to the constitution and by-laws. The proposed constitution and by-laws can also be downloaded from our website.

We would love to have your input on all of these issues!"

**On behalf of the Frank Hobbs PAC I would like to say thank you to the Cadboro Bay Resident Association for the generous donation of \$500.00.**



# School Announcements – January 26, 2012

**Our January assembly is tomorrow at 1:10pm**

**Professional Development Days for the 2011/2012 school year - (No School for Students)**

1. Friday, February 17, 2012 (Tri-District)
2. Monday, February 20, 2012 (Frank Hobbs Only)
3. Friday, May 18, 2012 (District)
4. Spring Break - March 12 to March 23....school reopens at 8:40 on March 26<sup>th</sup>.



## **KINDERGARTEN REGISTRATION STARTS MONDAY, JANUARY 30<sup>TH</sup>**

**All children born in 2007 are eligible to begin Kindergarten in September 2012. Register your child between 8:00am and 3:00pm from January 30 to February 3, 2012 at your **CATCHMENT AREA SCHOOL**. Registrations will be processed according to the time of registration.**

The Kindergarten registration and Kindergarten transfer process information is posted on the district website under Programs/Kindergarten, <http://www.sd61.bc.ca/kindergarten.aspx>;

Parents who already have an older child enrolled in one of our elementary schools in September 2012 and wish to have their younger child enrolled in the same school can register their Kindergarten child at that school rather than the catchment area school.

### **To register your child for Kindergarten, please bring:**

- ✓ **Proof of your child's age and citizenship status**. This can be a birth certificate, passport, landed immigrant authorization.
- ✓ **Your child's BC Medical Care Card**
- ✓ **Proof of your address**. This can be your driver's licence, a utility bill with your current postal code, etc.
- ✓ Parents of children who **are not** Canadian Citizens or Landed Immigrants or **do not have a birth certificate** for their child are required to contact our International Student Program at (ph.) 250-592-6871 prior to registration.

**General questions about Kindergarten registration?** Please call the school board office at 250-475-4220.

## **READY SET LEARN HUGE SUCCESS**

We had 28 children aged 3 and 4 come to our Ready Set Learn Sessions on January 20<sup>th</sup>. What a time they had! Our Frank Hobbs tigers, **Makena M., Danielle T., Sophia B., and Abby M.** did a wonderful job of greeting the children at the front door. Our tigers together with our tour guides, **Annika H., Danika L., Lottie L., Molly P., Olivia W., Sara E., Rowan L., and Jane M.** escorted all the children down to the library where **Mr. Smith, and our co-ordinators Mrs. Head and Ms. Chorney** greeted the families and helped them on their way to tour and do activities in the gym and computer lab before returning to the library for a snack, story art activity and goodie bag! Thank you to everyone who helped to do such a great job of promoting our wonderful school!



## PEPPER'S DOLLARS



**JUST A REMINDER!!** Pepper's Grocer will once again provide 5% of all receipts as a fundraiser to Frank Hobbs School this year. Do you still have your Pepper's Gift Card? Gift Cards are magnetic cards that can be loaded with any dollar equivalent that you wish and can be picked up at Pepper's. You must tell the cashier that you support Frank Hobbs School. If you have any questions please contact **Mrs. Barlow** at 250-477-1804.

## PEANUT AND NUT ALLERGIES in our SCHOOL

Just a reminder, that a number of students and some staff at Frank Hobbs have severe allergies to peanuts and nuts. Please be aware that this is a life-threatening allergy. Please be respectful of this serious situation and keep food items containing peanuts, nuts or nut and/or peanut products at home as much as possible. Your support is appreciated by the families of children with nut allergies. Thank you.



Please see attached **revised** Healthy, Safe and Caring Schools news note for January 2012 on Healthy Eating During Cold and Flu Season.

## PLEASE KEEP SICK CHILDREN HOME



Please watch your children for signs of cold or flu and keep them home if they are not feeling well. Some of our staff and children have asthma and getting a cold can quickly develop into pneumonia. If your child is experiencing fever, diarrhea or vomiting, resting at home for 24 to 48 hours will allow for freedom of symptoms and infection of others. Remember to teach your children to wash hands frequently and vigorously as it is still the best defense against catching the many viral infections so common in schools. If your child arrives late to school, please be sure to sign in at the office.



## HANDBAGS FOR HOPE - FEBRUARY 24<sup>th</sup> - see parent board for more information

Please join us for **The Handbags for Hope** event at The Willow Stream Spa in The Empress Hotel in support of BC Children's Hospital Foundation and Pediatric Cancer Research. Advance purchase tickets only for \$25 each. All proceeds go directly to BC Children's Hospital.

**Do you have any new or gently used handbags that you would like to donate to this worthwhile cause?** There is a box set out in the front hallway for your donations! Thanks in advance for your contributions.



## FRESH FRUIT AND VEGETABLE PROGRAM



Before the delivery of fresh fruit and vegetables to the students, Grade 5 students practice their oral reading with **Mrs. Marshall** of the interesting information provided by our parent **Cathy Boraston**. The students then read this information on daily announcements prior to the delivery of the featured fresh fruit or vegetable. This week **Kevin H.** and **Anas E.** educated students and staff about D'Anjou pears. Ask your child/ren what they learned about the pears they enjoyed eating.

*A healthy school consistently strengthens it's capacity as a healthy setting for learning.*



## **January 2012 Healthy Eating During Cold and Flu Season**

As the weather becomes colder and we stay indoors more, people often catch colds or other viruses. While there is no way to cure the common cold or the flu, following are some immune-boosting foods that may ward off those nasty viruses!

Yogurt contains probiotics, beneficial bacterial with immune-boosting benefits. Look for the "live active culture" seal, which indicates that probiotics have been added.

Check milk product labels for vitamin D. Early research suggests low levels of vitamin D may be linked to a increase in colds and flu.

Vitamin C, found in citrus fruits and juices, may also help the body's immune system.

Zinc, found in meat, chicken, peanuts and peanut butter, plays an important role in the proper functioning of the immune system in the body.

If you do catch a cold or flu virus chicken soup and warm beverages increase the flow of nasal secretions, helping relieve cold symptoms. Of course, the taste and wonderful smell of chicken soup may be an important part of the positive effects!

*\*Some of the food items on this handout may be restricted in some schools and childcare settings where children may have life-threatening food allergies. Check with your school or childcare setting for policies or practices related to food allergies.*

Healthy, Safe and Caring Schools Program  
Student Services, Greater Victoria School District

**HealthLink BC Any time day or night; Every day of the year; Dial 811 or**

**604-215-8110 or go online to <http://www.healthlinkbc.ca/>** Easy access to non-emergency health information; speak with a nurse about symptoms, consult with a Pharmacist about medication questions, or get healthy eating advice from a dietician. You can also find the publicly-funded health services and resources closest to you.