

M A R C H 2 0 1 9

Fairview News

205 Howard Ave, Nanaimo, BC, V9R 3R3
Tel: 250-753-3418 Fax: 250-741-1250
Website: <http://fv.schoolsweb.sd68.bc.ca>

Principal's Message

Thank you to everyone for spreading kindness and love during the month of February. Our students made this month extra special with the help of our Social Justice team. The team, led by Mrs. Lupichuk and Mrs. Mark, sang their version of Imagine by John Lennon. The student created lyrics shared messages of love, kindness and hope for a world filled with peace. The Social Justice team also created paper pink shirts. These shirts were decorated by all students with special messages of acts of kindness. Our huge pink shirt filled with the smaller shirts is displayed in the gym. Please take the time to read over some of our messages. These notes will make your heart smile. 😊

Thank you to all for making our school, community and world a better place to be.

Wishing everyone a wonderful and safe Spring Break.

Colette Young

Save the Date!

- March 4- Ready Set Learn Jamboree (5-7pm, Fairview Gym)
- March 4-PAC Meeting 6:30pm (childminding and pizza available)
- March 10- Daylight Saving Time
- March 15-Pita Day/ Save Energy - Wear a Sweater Day
Last day before Spring Break
- March 16-31- Spring Break- No School

As always please check your child's agenda for individual class events and field trips.



Please check out all of our celebrations and events on our website: <https://fv.schools.sd68.bc.ca/>

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Grade 7 Boys & Girls Basketball Practices

Basketball for our grade 7 boys and girls is currently running. Basketball games are Wednesdays (boys), and Thursday (girls) afterschool. See team members and coaches, Mrs. Renneberg and/or Mr. Vink for schedules. Please come out to the games and support our students. We'd love to see you!

Grade 6 Being T.R.U.E.

Being T.R.U.E. is aimed at marijuana and alcohol prevention at the grade 6 level. Being T.R.U.E. is also a standalone lesson that works to lay the foundation of critical thinking in regards to the consequences of using or not using substances.

The presentation is a facilitation-based lesson that engages the students to come to their own conclusions about the consequences of using marijuana and alcohol in addition to highlighting their positive aspirations and hobbies (see sparks in attachments) that the students have in their lives. Furthermore, Being T.R.U.E. reviews previous drug prevention tools and builds upon them to provide the students with alternative options when confronted with illicit drug use. The presentation includes student-facilitator role plays, worksheets, and a drug prevention tool kit. Grade 6 students participated this February.

Am I Good Enough

Am I Good Enough is a presentation about social belonging and self-esteem.

The program was developed last year in conjunction with the VIU Criminology Department and students and teachers from the central island region. In addition, the program was piloted to schools in Districts 68, and 70. *Am I Good Enough* features discussions, informative videos, and strategies for managing stress, group activities and role plays (Grade 7).

This presentation aims to help prepare Grade 7 students for the transition into high school and promote discussion among Grade 8 students about important issues they are facing in their new secondary school environment. The presentation for our Grade 7 students was this February.

Ready, Set, Learn

Please join us for our Ready, Set, Learn Jamboree on March 4 at the Fairview Gym from 5-7pm. All children (ages 3-5 years) and their parents are invited to a preschool pizza party where there will be playtime, story time, circle time, activities, songs and snacks. To register for the event and pizza, please email rslreg@sd68.bc.ca. Hope you can join us.

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Safe Arrival

Daily attendance is a proven factor for success in school, however, if *your child is ill or unable to attend school on that day, please call the office or email info.fv@sd68.bc.ca by 9:00am*. We also ask that your child **arrive at school after 8:25 am** unless there is a specific school reason to be here earlier. Our morning supervision begins at 8:25 am and we want to ensure that the students are safe. If your child does arrive after 8:45am, please have them sign in at the office and bring a Welcome slip to the class as we want to make sure that we don't call you unnecessarily and worry you. We also have a new automated call out system that you may have already received a call from. The system calls all contact number so if we don't have your current number, please update your new phone number at the office. Thanks.

Visitor Badges

School District policy states that all adult visitors to schools must wear visitor's badges in an effort to maximize student safety. Parents are kindly reminded that badges and a sign-in book are in the office. Please sign in, inform Ms. Hughes, and wear your visitor's badge when you visit the school. Thank you.

School Registration

To register your child in Nanaimo-Ladysmith Public Schools, the online, centralized **registration will begin on January 9, 2019 at 8 a.m.** Pacific Standard Time. The following information will help determine if this process will apply to you.

Take a moment and ask yourself the following questions:

1. Is my child new to Nanaimo-Ladysmith Public Schools?
2. Do I have a child that will be turning five years old on or before December 31, 2019 that will be entering Kindergarten? **Applications must be received by June 15, 2019 to ensure a placement in your child's catchment-area school.**
3. Do I want to register my child in Late French Immersion?
4. Do I want to register my child in Early French Immersion? **Applications will be received until January 31, 2019, at which time student selection will be determined by lottery. Parents will be notified in early February 2019. Late French Immersion Students are placed as space permits.**
5. Do I want to register my child in secondary academies?
Applications will be received until March 15, 2019, at which time student selection will be determined either by lottery or tryout/audition. Parents will be notified in May 2019.
6. Do I want to apply for a school transfer request (out-of-catchment)? **Applications are due March 31, 2019.**

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Seedy Sunday

This SUNDAY: Everybody is welcome to attend Nanaimo Foodshare's Seedy Sunday. After \$3 admission you have access to FREE workshops (see list below). Trade or purchase organic and non-hybrid seeds, native plants, bee houses, rain barrels and other tools. There will also be an activity centre for kids! Bring your own seeds to the seed exchange table. What: Seedy Sunday! Where: Nanaimo District Senior Secondary When: Sunday, March 3, 2019 10:00 am - 3:00 pm Admission \$3.00 Seedy Sunday Workshops Titles 2019 LIBRARY 10:30- Dave Bodaly: Indigenous Lands and Food 12:00- Jen Cody: Seed Saving 1:30- Joyce McMenamon: Backyard Composting GYMNASIUM 10:45- Marcus Lobb: Seedling Starting -How to raise healthy seedlings on a budget! 12:15- Mathilde Gordon: Reducing Plastics in your garden 1:45- Rose McCulley: Mason Bees - How to care for these wonderful pollinators CAFETERIA 11:00- Sunshine Goldsberry: Grow, Dry and Use Herbs 12:30- - Michael Geselbracht: Food Foresting- a Tale of Beaufort Park 2:00- Chris Brown: Year-round Garden Development and restoration

Random Acts of Kindness aren't only in February! March Act of Kindness- Forgive Someone

"To forgive is to set a prisoner free and discover that the prisoner was you." ~Lewis B. Smedes

We all make mistakes. The next time someone wrongs you, forgive them without hesitation. Carrying anger and resentment with you is bad for your health and your relationships. Learn to let it go and forgive others. Both you and the one you forgave will benefit from this act of kindness. You will be amazed at how much lighter you feel when you forgive someone!

Benefits:

Prolonged anger towards self or others negatively affects your health. It can lead to physical and emotional sickness. The sooner you can forgive someone and move on away from those negative feelings, the better! Letting go of grudges and bitterness makes way for compassion, kindness and peace.

Step It Up:

When forgiving others it is so important to remember that there might be people you need to ask forgiveness from as well. Make it a habit to always forgive others, but also make an effort to examine your own actions and see if there is anyone whom you have wronged. If so, admit that you have wronged them and ask that person for forgiveness.

Keep It Simple:

When you first get angry, give yourself a moment to work through the emotion and think rationally. If you still feel the need to address the issue, be sure to directly address the person you are upset with and if possible don't speak with others about the situation until resolved (if at all). Make up your mind before even speaking with them that no matter what they say or don't say you will forgive them. We all make mistakes, some bigger than others, but no one is perfect. Keep this in mind when you are speaking with this person.