



# Wednesday EXPRESS

## Tillicum Community School

3155 Albina Street, Victoria, B.C., V9A 1Z6  
Phone: (250)386-1408 Fax: (250)380-2805

September 28, 2016

Our Website: <https://tillicum.sd61.bc.ca/>

### Mission Statement

Tillicum Community School staff, in partnership with the students, parents and members of the community, is committed to providing a safe, healthy learning environment.

### **IMPORTANT DATES\***

Sept 30 - 1:30-2:30 pm Terry Fox Run  
Oct 6 - Photo Day  
Oct 10 - School Closed for Thanksgiving Holiday  
**Oct 12 and 13 - Parent /Teacher Interviews**  
**Early Dismissal at 11:45 both days**  
**NO LUNCH OR PISE programs**  
Oct 12 and 13 - Scholastic Book Fair in the gym from 11:45am - 6 pm on Weds and 11:45 am - 4:00 pm on Thurs.  
Oct 14 - Fire Drill with Fire Department in attendance  
Oct 14 - FOOD FOR FUN

### **PRINCIPAL'S MESSAGE**

Our first weeks have been very busy at Tillicum School! Students have settled into their classrooms for the year and are already enjoying many engaging and exciting learning activities. There are also many opportunities outside of class time for students to become involved in. Justine, from Burnside Gorge Community Association, is at Tillicum over the noon hours to offer organized games for various age groups. Lego, Creative Kids, Outbound, and Fantastic Fun Fridays for grades 3-5 have started or will start this week. PISE programs will also begin next week.

Ms. Achtem is offering Cross Country running for grades 4 and 5 as well. The students will practice at lunch recess on Wednesdays and Fridays and participate in meets alternatively at Lambrick Park and Clover Point on Mondays after school. City Finals will be held at Beacon Hill Park on October 24. Senior choir, grades 3, 4, 5 will begin next week and Junior Choir will start on October 8. Registration and/or permission forms for these programs will be coming home in the next few weeks for various programs.

Welcome to Ms. Jasmin Dance who will be teaching Weds - Fri in Division 6. Thank you to Ms. Bouthillier for doing such a fantastic job for our Div 6 students over the past three weeks. Our staff roster is now complete and an up-to-date staff list is posted on the

website. It is definitely my privilege to work with such a tremendous team of educators, students and parents again this year at Tillicum and we all look forward to a terrific year of learning.

It was my pleasure to meet many of you at our annual 'Meet the Teacher' and Pizza night last evening and look forward to another terrific year of learning together here at Tillicum.

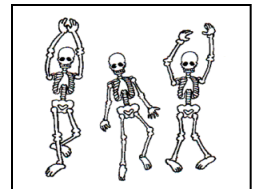
**Lori Burley, Principal**

**The Greater Victoria School District** is very pleased to be a participating member of the Canadian MedicAlert® Foundation's **No Child Without®** school program.

The Canadian MedicAlert Foundation has developed a **free** program to protect children living with chronic medical conditions, allergies or special needs. This program is called No Child Without. It was developed to ensure children across Canada from age 4 to their 14<sup>th</sup> birthday receive MedicAlert protection at no cost to the parent, school or Board of Education.

Each participating school has No Child Without bar-coded brochures specific to the school. If you are interested in having your child participate in the program, please ask the office staff for a brochure and follow the information provided.

Visit [www.nochildwithout.ca](http://www.nochildwithout.ca) to learn more about the program.



### **Calcium for Bone Health**

Bones have many important functions.

They provide a framework for growing bodies, they protect vital organs such as your heart and lungs, they provide an anchor for your muscles, and they store calcium. Bones are living tissue that breakdown and rebuild throughout life. Most bone building happens in childhood and adolescence so this is an especially important time to get enough

Visit our website at:

**<https://tillicum.sd61.bc.ca/>**



## Wednesday EXPRESS Tillicum Community School

calcium in your diet. Many kids do not get enough. Calcium is found in many foods but the most common sources are milk and other dairy products such as cheese and yogurt. Milk has the added benefit of being fortified with vitamin D which helps the body absorb calcium. Non-dairy sources of calcium include fortified milk alternatives, broccoli, almonds, and canned salmon with bones. Not sure if your child is getting enough? Check out the Calcium Calculator:

<http://bcdairy.ca/nutritioneducation/calciumcalculator/>

Some kids have trouble digesting the natural sugar in milk. This sugar is called lactose and eating dairy products can lead to stomach upset and uncomfortable gas. Trouble digesting this natural sugar is known as lactose intolerance. Most kids with lactose intolerance are able to digest milk when it is served in small amounts and combined with other foods like cereal. These kids may also do well with other dairy products such as cheese or yogurt even if milk is a problem. Lactose free milk products are available in most stores and pills or drops can be added to dairy products making them easier to digest.

*Your School Meal Program Dietitian*

### **THIS IS A VERY IMPORTANT SAFETY ALERT!**

At Tillicum Community School we have children with severe life-threatening allergies (anaphylaxis) to all nuts (peanuts & tree nuts). If these children touch peanuts/nuts or products made with these, they may have a serious reaction. As well, several students also have allergies to seafood and/or egg. To reduce the risk of this type of emergency, we are asking for your assistance in working towards developing an "allergy-aware" community by:

- Discouraging children from sharing food, eating utensils, cups or straws
- Encouraging regular hand washing, particularly before and after eating
- Refraining from sending these products (particularly the nuts/peanuts) to school with your child,

***Thank you for your help to support our efforts to make the classrooms at Tillicum as safe as possible for the students with life-threatening allergies.***



**Terry Fox  
1958-1981**

We have been collecting coins for our Terry Fox Fundraising drive since Monday.

**Monday, Sept. 26<sup>th</sup> – Nickels**

**Tuesday, Sept. 27<sup>th</sup> – Dimes**

**Wednesday, Sept. 28<sup>th</sup> – Quarters**

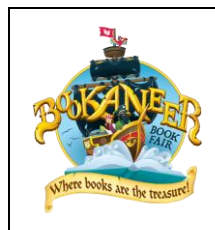
**Thursday, Sept. 29<sup>th</sup> – Loonies**

**Fridays, Sept. 30<sup>th</sup> – Toonies**

Please continue to send in your coins!

**Our school-wide Terry Fox Run will be Friday, September 30<sup>th</sup> at 1:30.**

### **SCHOLASTIC BOOK FAIR**



Ahoy mateys! The Scholastic Bookaneer Fair is coming to our school! A boat-Load of books will wash ashore Oct 12 and 13 and everyone is invited to join our crew. If you bring all your kin to the Fair, you'll have the chance to win FREE BOOKS! Get hooked on reading at the Bookaneer Book Fair!

October 12 11:45 to 6:00 in the Gym

October 13 11:45 to 4:00 in the Gym

All funds raised from the fair will go to purchasing books for our library learning commons. Thanks for your support and come visit us during parent teacher Interviews.

Mr Koning, Teacher-Librarian

Ms. Dennis, Library Clerk



Indigo love of reading foundation

## **Adopt a School**

We have been adopted by Cole's Books in Tillicum mall. When purchasing books at Coles you can help us get new books for our library. Please visit

<https://adoptaschool.indigo.ca/eng/schools/1732> to learn more about the program and to get the word out to the wider community. Telling others about the opportunity to buy books and/or donate at Coles Books or online through the above website will greatly help this fundraiser to be a success. **This is a limited time event ending on October 9<sup>th</sup>.**

Visit our website at:

**<https://tillicum.sd61.bc.ca/>**



# Wednesday EXPRESS

## Tillicum Community School

MS ACHTEM'S SPORTS REPORT: Congratulations to our **Tillicum Cross-Country Running Team** who gave an excellent effort and great performance at their first meet on Monday at Lambrick Park. Keep up the hard work!  
Practices will continue on Wednesday and Friday at lunch recess with races happening Monday afternoons after school (with the exception of Tuesday, October 11<sup>th</sup> in lieu of Thanksgiving Monday). Go Tillicum!



Our **Grade 4/5 Tillicum Soccer Team** practices have begun on Tuesdays and Thursdays at lunch recess. Please remember to wear comfortable clothing and running shoes! Athletes are reminded to bring a water bottle to practices and games. Players who attend practice regularly will be invited to represent Tillicum at the Jamboree at Beckwith Park on October 27. **Volunteer drivers are needed.** If you are able to drive, please stop in at the office to fill out a volunteer driver form, register your license & insurance, and pick-up the request forms for a drivers abstract and criminal record check.

### PAC NEWS

#### Your Tillicum PAC Executive for 2016/17

|                    |  |  |                |
|--------------------|--|--|----------------|
| Christine Surridge | President                                  | <a href="mailto:cmsurridge@shaw.ca">cmsurridge@shaw.ca</a>           | (250) 727-2552 |
| Nicole Nyvall      | Vice-President                             | <a href="mailto:tnyvall@telus.net">tnyvall@telus.net</a>             | (250) 380-7102 |
| Chandra Kraus      | Treasurer                                  | <a href="mailto:chandrakraus@shaw.ca">chandrakraus@shaw.ca</a>       | (250) 893-3980 |
| Andrew Dunn        | Secretary                                  | <a href="mailto:andrewdunn@shaw.ca">andrewdunn@shaw.ca</a>           | (250) 382-9265 |
| Lisa Gelling       | Christmas Market & FOOD FOR FUN Coorinator | <a href="mailto:lisagelling32@gmail.com">lisagelling32@gmail.com</a> | (250) 727-1791 |

ONGOING fundraisers: Fairway Market Grocery cards (available in the office). Five percent of all purchases are returned to the Tillicum PAC.

BOTTLE DEPOT: You can take your returnables to any bottle depot and donate your refund to Tillicum PAC.

All funds raised go toward field trips, in-school visits, and special projects (such as playgrounds, library) in the school.

Our next PAC meeting is October 19<sup>th</sup> at 6:30 pm in the library - all welcome!



### 1000x5

The 2016-2017 year has begun and alongside the children entering the building are the 15 retired teachers and principals who meet every Wednesday to sort your donations of books for **babies and preschoolers**.

Please give the opportunity for early literacy to more families in our communities by donating your age-appropriate, gently used books.

There is a grey donation bin located to the right of the office door.

### REMINDERS

**\*\*Please return your student's forms to the school.** In order to ensure that we have up-to-date contact information it is vital that we receive your "student verification form" (white page) as soon as possible. All students also received pink, yellow and blue forms. We required to have parents fill-out and sign the permissions on each of those documents. *These are important to your child's learning!*

**\*\*If your child is going to be absent or late, please call the school at 250-386-1408.** (You can leave a voice mail if you need to call before office hours.) Late comers are reminded to stop in at the office to pick up a late slip!

Thank you



Visit our website at:

<https://tillicum.sd61.bc.ca/>