



# Wednesday EXPRESS

## Tillicum Community School

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

January 18, 2017

Our Website: <http://www.sd61.bc.ca/school/tillicum/>

### 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**

- Jan 20** Pro D - NO SCHOOL FOR STUDENTS
- Jan 23-27** Kindergarten 2017 registration week
- Jan 27** Family Literacy Day
- Feb 8** Recognition Assembly - 2pm in the gym
- Feb 10** Curriculum Implementation - NO SCHOOL FOR STUDENTS
- Feb 13** Family Day - School Closed
- Feb 15** Ready, Set, Learn - for neighbourhood 3 & 4 year olds and their parents/guardians - 9:30-11 am in the library
- Feb 15** PAC Meeting - 6:30 in the library
- Feb 16-17** K-12 STUDENT TRANSFERS

### **Principal's Message**

It's hard to believe that January 2017 is already more than half over!

Students and staff have been busy with learning both in and out of the classroom. Steve Nash basketball (GR. 2/3) is well underway, our Junior Choir (Gr. 1 & 2) and Choir (GR. 3,4,5) have resumed their regular practices at lunch times. Our grade 4/5 school basketball team is practicing in preparation for their Jamboree in February. Our grades 3s are enjoying their swimming lessons at Esquimalt Pool. Travis, from BGCA, has started new programs this week for our grade 3/4/5 students on Monday, Tuesday, Wednesday and Fridays after school. He is also at Tillicum during the lunch hour providing a variety of programming for students. We are also pleased to welcome back our partners from the Pacific Institute for Sports Excellence (PISE) who are continuing to offer after school sport opportunities for our students Monday through Thursday, as well as "Fit and Fuel" on Tuesday mornings. Thank you to the many community and staff members who make these opportunities possible for our students.

Our Ready, Set, Learn event, for 3 and 4 year olds, will be held on Tuesday, February 2, from 9:30 to 11:00 am in the library. Three and four year-old children and their parents/caregivers are invited to attend to learn more about kindergarten as well as services available in the community.

Kindergarten Registration for September 2017 will be underway next week, January 23-27. Any child born in 2012 is eligible to register for kindergarten for September 2017. It is important that, if you have a student currently attending Tillicum who has a sibling coming for fall 2016, you let your child's teacher know in advance. We strongly recommend that you attend the office to register your child as early during registration week as you can. Please keep in mind that my office door is always open to discuss any concerns or questions you may have about our school or the programs/ services we offer. Thank you for your continued support and involvement in your child's education.

Lori Burley,  
Principal



BABY ITS COLD OUTSIDE! It seems that we may be through the worst of this very cold winter, but PLEASE continue to make sure that your child has a toque/hat, mitts/gloves, boots or warm outdoor shoes, and lots of layers or a winter coat to wear. Students at Tillicum enjoy outdoor play all year round. Recess is a time they look forward to in order to burn off energy and connect with friends. They will be playing outdoors so please make sure your child comes to school with appropriate clothing for the weather!!

### **A COUPLE OF NOTES FROM OUR SCHOOL DIETITIAN**

#### **Sodium – Less is Best**

Sodium is an essential nutrient found in salt. On average, Canadians consume about twice as much sodium as we need. Most people are aware that Canadians eat too much sodium, yet we tend to underestimate our intake. Too much

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sodium can lead to high blood pressure which is a risk factor for stroke, heart disease, and kidney disease. Reducing your sodium intake can help your family stay healthy.

Did you know that over 75% of our sodium intake comes from processed foods? It's true. Canned soups, pizza, pasta sauces, and condiments such as salad dressing and BBQ sauce are all high sodium foods but even foods that don't taste salty like bread and cereal can be a major source of sodium in our diets. One of the best ways to reduce your sodium intake is to prepare foods from scratch. Cook with little or no added salt and experiment with herbs, spices, and other salt-free seasonings.

## Understanding Nutrition Labels

Making healthy food choices is not always easy but packaged foods provide a nutrition label which can help consumers make informed choices. The ingredient list tells you what is in the product in order from most to least. Look for products with vegetables or fruit, whole grains, meat or meat alternatives, or milk or milk alternatives as the first ingredient, and added sugar, fat, or salt absent or near the end of the ingredient list. For example, if you are looking for a fruit juice and the first ingredient is water, then sugar, then fruit juice you may want to keep looking until you find one with fruit juice as the first ingredient and no added sugar.

Packaged foods also provide a Nutrition Facts Table. This table provides information on the main nutrients provided per portion. Keep in mind that the portion on the label may be a smaller amount than you plan to eat. The Percent Daily Value is also provided on the Nutrition Facts table. This tells you how much of each nutrient is provided compared to how much you typically need. We consider 5% of the daily value to be a small amount and 15% of the daily value to be a large amount. For example, on a box of cereal you may see that one cup of cereal provides 4% of the daily value of sodium, and 20% of the daily value for fibre, which means it is a low sodium, high fibre choice. You can also compare the nutrition information of various products to make healthier choices. For example, if you find that one kind of yogurt has 25g of sugar per portion and another kind has 15g of sugar for the same portion, you can guess that the lower sugar option may be a healthier choice. Have a look at some of the food labels in your own kitchen cupboards and start becoming comfortable reading them and comparing products.

**Litter-less lunch info attached.**



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**Family Literacy Day is January 27.** Just before the winter break, Tillicum students earned an extra recess by collectively reading 5000 nights. We are going to celebrate our success on Family Literacy Day with an extra afternoon recess! Thank you to all families and students for so faithfully supporting our Home Reading Program! Keep reading, everyone, we have already accumulated 1300+ hours toward our next extra recess!



**STAY HEALTHY!** It's cold and flu season. Recently, we have had quite a bit of illness at school. If your child has been vomiting or having diarrhea, we ask that you keep him/her home for 48 hours after the last episode. Even though they may be feeling better, it is recommended by health professionals that children be kept home for their own recovery and to help reduce the spread of germs.

**REMINDER TO ALL TILLICUM FAMILIES with a child(ren) entering kindergarten in September 2017: Send a note to your older child's teacher in the communication book or contact the office at 250-386-1408 to let us know ahead of time.**

## PAC NEWS

**Fairway Market Grocery Cards** are available in the office.

Our next PAC meeting is in the library at 6:30 pm on Jan 18 - all welcome!

## Information sessions for Grade 5 families

**Ecole Shoreline Community Middle School**

Monday, Jan 23, 2017 - 7-9 pm

250-386-8367

**Glanford Middle School**

Tuesday, Jan 31, 2017

7-8:30 pm

250-479-7179

**Colquitz Middle School**

Wednesday, February 8, 2017 - 7-8:30pm

250-479-1678

**Rockheights Middle School**

Thursday, Feb 9, 2017 - 7-8:30 pm

250-384-7125



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