



Wednesday EXPRESS

Tillicum Community School

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November 15, 2017

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*

Nov 15	PAC meeting - library	6:30 pm
Nov 18	TILlicum PAC CRAFT MARKET - gym	10am-4pm
Nov 22 & 23	Kindergarten Vision and Hearing Screening	
Nov 24	PRO D DAY - no school for students	
Nov 27	Lockdown Drill	
Nov 29	Recognition Assembly - gym	2:10 pm
Dec 1	FOOD FOR FUN!	

Hello Tillicum Families,

Winter has arrived! It's the time of year when viruses are affecting many of our students and staff. Please remind with your children about the importance of hand-washing, proper nutrition, and plenty of rest to help minimize illness.

At Tillicum, we enjoy the opportunity to play outdoors as often as possible. There are positive learning benefits from fresh air and exercise, so it is very important, at this time of year, to ensure that your child is dressed appropriately to enjoy outdoor activities comfortably.

Just a reminder that our Seaton and Burnside crossing guard will be away on Thursdays until after winter break. Please remind your children to use extra care when crossing at this busy intersection!

Playground supervision begins at 8:30 each morning and ends at 3:00 each afternoon. Please arrange for your child's arrival at school no earlier than 8:30 am and pick-up no later than 3 pm. We also ask drivers to please obey the law by **not** parking or stopping in the bus zone and observing drop off/pick up times: 10 minutes maximum, Mon-Fri from 8-9 am and 2-4 pm. These times are in effect on Albina from Maddock to the staff parking lot, and on Orillia from Burnside to the bus zone. Darker, wetter conditions make visibility difficult, especially after school, so it is important to reduce traffic congestion in front of the bus zones to ensure student safety.

In the coming weeks, we have much to look forward to. I'd like to thank students, staff and parents for their hard work and support in all aspects of life at Tillicum Community School.

Brent Kelly,
Principal

On November 4th we gathered to celebrate and honour Mrs. Burley

Thank you to our senior choir, staff, students, and families for your contributions that made this such a beautiful tribute!

We are also grateful to Mrs. Burley's family for attending and sharing their time with us.

Thank you to PAC for their very generous contribution to our library/learning commons and to all families and staff members who have donated to the Lori Burley Memorial Fund. We are happy to announce that, to date, we have been able to purchase over \$1200 worth of books for the library that will be dedicated to Mrs. Burley's memory. Please note, we will continue to accept donations through the end of this school year.

Very special acknowledgement goes out to Mr. Wilson and Ms. Cathcart for the beautiful stained-glass window hanging depicting Mrs. Burley and honouring her leadership. It hangs in the library for all to view. Thank you to Mr. Wilson for the memory rocks.

Finally, we would especially like to acknowledge Lana Underwood of "Happy Appies" who donated all of the treats. They were absolutely wonderful! Please support this local business: www.happyappies.ca or call Lana at 250-588-8618.

"Make the ordinary come alive. The extraordinary will take care of itself." Wm. Martin

THANK YOU, MRS. BURLEY, WE MISS YOU !

Thank-you to the senior choir, drummers, colour parade, students, families, and all those who attended, and made our Remembrance Day ceremony very special.



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Eat to Compete!

Making healthy food and drink choices can help kids do their best in sports. Playing intensive sports can burn a lot of calories and young athletes should eat enough to replace the calories burned. Fortunately, kids naturally tend to eat the amount they need. Carbohydrates, protein and fat all provide calories, which acts as fuel for our bodies. It's important to eat all three as they each provide different benefits. For example, carbohydrates such as fruits, vegetables and whole grains provide readily available energy. Protein sources such as nuts, beans, lean meats and dairy products help our muscles grow and repair. Fat helps us feel satisfied. Eating a variety of foods will help make sure kids get the right amount of micronutrients as well. Fluids are also important for athletes. Drinking plenty of fluids before, during and after sports will help kids replace fluids lost in sweat and keep them from overheating. Water is the best choice for kids.

On game day, make sure kids have a balanced snack or meal before the event, allowing enough time to digest before they play. High fat foods may not be the best choice right before an event because they tend to stay in the stomach longer. For longer events, be sure to have snacks such as fruit on hand to be eaten during breaks. A balanced meal or snack after sporting events will help replenish energy stores and repair muscles.
Your School Meal Program Dietitian



Mrs. Dagg's grade one class will be collecting granola bars in support of the Q Radio Station's Food Drive to support the homeless. We hope to reach the goal of **500** bars. If you have granola bars for donation, you can put them in the Christmas train box outside Mrs. Dagg's class room.

1000X5

Take the three book challenge. As we head into the holiday season, many families appreciate a bit of help with gifts. And, what can be a better gift than a bag of 3 books for babies and toddlers? Every month 1000X5 pops 2400 books in 800 gift bags.
If you have gently used, age- appropriate books to spare, please drop them into the grey bin by the school office.
Thank you!

SPORTS CORNER

Skating - Each class will have the opportunity to skate twice between Oct 24 and Dec 14. Groups depart from the school at 1:10pm to walk to PEARKES ARENA. Ice time is between 1:45-2:15.

The Tillicum Thundersharks Swim Team has been training every Wednesday after school. Upcoming swim meets are: Saturday, Jan 20 (optional), Wednesday, Feb 21, Preliminary Meet, and City Championships for athletes who qualify, will be Sunday, Feb 25.

Basketball Grade 4/5 basketball practices will be starting on Monday, November 20 Mon/Thurs 8:15 am. Registration forms will be distributed this week.

Coming soon...

Grade 3 swimming lessons will begin early in the New Year. Burnside/Gorge community association will provide bus transportation to and from the pool.

PAC NEWS

Don't forget to visit our Tillicum Christmas Market on Saturday, November 18th! We are open from 10am - 3pm. Enjoy lunch, great vendors, and a yummy bake sale. This is a major fundraiser for PAC so your support is greatly appreciated.

The very popular Tillicum Student Gift Sale is happening on Thursday, December 14th, from 3:30-6:00 pm. Items will be priced from \$.25-\$1.

No parents allowed!

Donations of new or gently used items can be dropped off in the office **beginning November 27th.**

Ongoing and upcoming fundraisers:

Royals Tickets - contact Christine Surrridge at 250-727-2552

Purdy's Chocolates - Deadline is November 23. Orders will be delivered the week of December 11.

Refundables - Drop off your bottles/cans at any Bottled Depot, anytime, and donate the proceeds to Tillicum Community School.

Fairway Grocery Cards - are available at the office. Take one, load it with any amount you would like, and use it for grocery purchases. Fairway donates 5% of sales to Tillicum PAC.

Next PAC meeting - tonight! Childcare provided.

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