



Wednesday EXPRESS

Tillicum Community School

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

April 11, 2018

Our Website: <https://tillicum.sd61.bc.ca/> Follow us on Twitter: @TillicumTBirds

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*

Dear Tillicum Families,
Welcome back! I hope you had a restful spring break and are returning to school recharged. It is hard to believe April is already upon us.
Our fields are open for play and track practice. Daily physical activity is a focus at Tillicum and we have a significant amount of equipment and activity available for students throughout the day. Outdoor play is very important to student learning, health and well-being. Particularly at this time of year, please help your child be prepared for all types of weather by reminding them to dress in layers and have closed toe, flat shoes at school at all times for active and safe participation in the gym and outside. Your continued support is much appreciated.
Today and tomorrow, students and families are participating in one of the most important events of our year, Student Led Conferences. This is an opportunity for students to share the work they have been doing. This is a very special event; celebrate the accomplishments of your children with pride.
This term we are fortunate to continue our after school opportunities for Tillicum students with ArtsReach, Burnside/Gorge and PISE. All new intakes have either started or will be starting next week. Tillicum **ROCKS!** and we continue to focus on Respect, Organization, Cooperation, Kindness and Safety in class, on announcements and throughout the school. Expected behaviours in all areas of school have been defined on our Behaviour Matrix and have been taught in all classes. This matrix is available on our school website as well. Using **WITS** is also common practice at Tillicum. We work hard to ensure that Tillicum is a safe and nurturing place for us all. Every day at Tillicum we focus on kind and friendly behaviours, providing all students the

opportunity to fix any mistakes and for everyone to demonstrate learning from each mistake. Thank you for all you do to reinforce these beliefs. It is definitely a pleasure to work with such a supportive community. Thank you to all.

Jeff Duyndam,
Principal

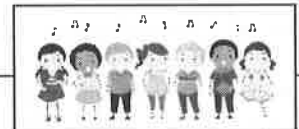


CHOIR KIDS - Tillicum Jr Choir will be participating in a concert this weekend. All four Choir Kids' schools will be performing together at this special event, which is free for family and friends!

When: Sunday April 15. Singers need to arrive at 1:45, for warm-up at 2 pm. Concert at is at 2:30 pm.

Where: Victoria Conservatory of Music (900 Johnson Street).

Everyone welcome!



The Greek Community is an important sponsor of the Tillicum Community School meal program. Their generosity is so greatly appreciated!

In addition, each year, the Greek Community provide a wonderful traditional lunch for our whole school. This event is followed by a short, all-school assembly.

We are looking forward to this annual event at the beginning of May. Stay tuned for confirmation of date.

READY, SET, LEARN - join us!

PLEASE NOTE THE DATE CHANGE.

Families of three and four year olds are invited to attend. This **free** event includes: snacks, activities for pre-schoolers, and information for parents to help your child get ready for school. See the School District 61 website for details.

Coming up:

Wednesday, April 25th at Saanich Neighbourhood Place in the Parkes Rec Centre (5:30-7:30 pm).

visit our website at:

<https://tillicum.sd61.bc.ca/> Follow us on Twitter: @TillicumTBirds



Wednesday EXPRESS

Tillicum Community School

TILLICUM SPORTS CORNER



Spring Cross-Country

Thank you to Ms Pinkus who is coaching cross-country running this spring. It's a short season (3 races). Event locations will be announced this week. Tentative race dates are: April 16, 23 and 30. Interested students were given an information/registration form on Monday. Please ensure the permission piece is filled out and returned to the school promptly as the first race is on Monday. The practice schedule will be Tuesdays & Wednesdays 8:15am on the Maddock field

Track

We are just beginning our track season with the grade 3-5 students at Tillicum. Practices for 100m will be held at recesses starting on April 16th. The 800m practices will be Tuesday and Friday mornings at 8:15 but these practices will begin once our cross country season finishes as the end of April. Our zone track meet will be on Tuesday, May 29th and those who qualify will be in the city finals the evening of Thursday, May 31st.

Please remind your child that athlete attendance at practices is required for participation in the meet(s). Please ensure your children wear or have runners at school for the track season.

Rugby

Practices are Thursdays from 3-4 pm. See Ms. Mortlock or Ms Kushnir for more information.

PISE before and after-School Programs

New PISE programs begin this Friday and next week.

Registration forms for the spring intake were distributed to all interested students last week. Registration confirmations have been sent home. There are still a few spaces available. If your child is interested in participating, registration forms are available in the office. Please make sure to get your forms in promptly as programs fill fast!

Burnside-Gorge after-school programs

Claire's lunch time activities and after school programs are underway. If you have any questions, please contact Claire or Travis at the Burnside-Gorge office at 250-388-5251.

Vitamins and Minerals

Vitamins and minerals are the essential micronutrients that we get from our food. Different vitamins and minerals help our body perform at its best by supporting growth and development, and helping our bodies fight disease and infection.

Vitamins are classified as being either fat-soluble or water-soluble. The fat-soluble vitamins are A, D, E, and K. These vitamins dissolve in fat and can be stored in our bodies. Water-soluble vitamins, on the other hand, dissolve in water and any excess we consume passes through the body. Since water-soluble vitamins can't be stored in the body, we need to get them from our diet every day. Minerals include calcium, iron, and zinc.

Some foods are better sources of vitamins and minerals than others. One way to make sure you and your kids are getting enough is by eating a variety of foods from all four food groups. If you think your child may need a supplement, talk to your health care provider.

Your School Meal Program Dietitian

PLEASE REMEMBER TO STOP IN AT OUR SCHOLASTIC BOOK FAIR IN THE GYM TODAY AND TOMORROW AFTERNOON. This is a fun event for families and an important fund-raiser for our school library!



PAC NEWS

FUNDRAISERS:

Grocery Cards Get a Fairway Market card from the office; load it with whatever amount you choose. 5% of purchases on the card are donated directly to our PAC.

Refundables Bottles/cans (returnables) may be dropped off at any Bottle Depot and proceeds donated directly to the Tillicum PAC account.

EVENTS:

The next PAC MEETING is April 18th at 6:15 pm. All welcome. Childcare provided.

Next Food For Fun - April 27

Planning for the 2018 Christmas Market has started and if anyone is interested in helping they can contact Lisa at lisagelling32@gmail.com

SCREEN TIME

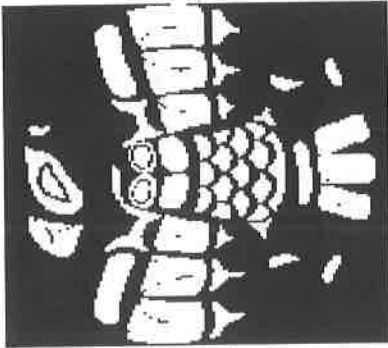
Parents can protect their children from potential harm from video games by following a few commonsense strategies — particularly if they are concerned that their children might be vulnerable to the effects of violent content. These simple precautions may help:

- Check the ESRB rating to better understand what type of content a video game has.
- Play video games with children to better understand the content, and how children react.
- Place video consoles and computers in common areas of the home, rather than in children's bedrooms.
- Set limits on the amount of time youths can play these games. The AAP recommends two hours or less of total screen time per day, including television, computers, and video games.

· Encourage participation in sports or school activities in which youths can interact with peers in person rather than online. Video games share much in common with other pursuits that are enjoyable and rewarding, but may become hazardous in certain contexts. Parents can best protect their children by remaining engaged with them and providing limits and guidance as necessary. For the full article please see: https://www.health.harvard.edu/newsletter_article/violent-video-games-and-young-people

Visit our website at:

<https://tillicum.sd61.bc.ca/> Follow us on Twitter: @TillicumTBirds



**TILLICUM COMMUNITY
SCHOOL**

3155 ALBINA STREET
VICTORIA, B. C.
V9A 1Z6

Phone: 250-386-1408

Fax: 250-380-2805

Email: tillicum@sd61.bc.ca

Principal: Jeff Duyndam

Follow us on Twitter:
[@TillicumTBirds](https://twitter.com/TillicumTBirds)

ABSENT OR LATE

If your child is going to be absent or late for school, please call the office before 8:45 am to let us know at: **250-386-1408**

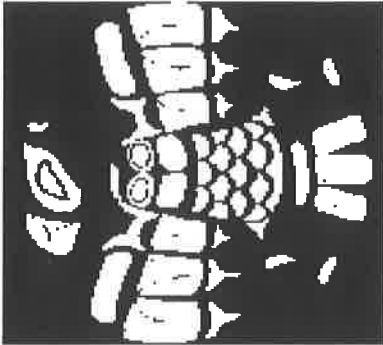
SCHOOL HOURS

8:45 - 2:45 Mon - Fri
Monday - Friday

APRIL 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Easter	2. Easter Monday	3. Off in lieu of Good Friday	4. First day back from break	5.	6.	7.
SCHOOL CLOSED - SPRING/EASTER BREAK						
8.	9.	10.	11.	12.	13.	14.
			STUDENT LED CONFERENCES - Early Dismissal - 11:48 am NO LUNCH PROG.			
			SCHOLASTIC BOOK FAIR - gym			
			PAC MEETING			
15.	16.	17.	18. Recognition Assembly - gym 2:10 pm	19.	20. CURRICULUM IMPLEMENTATION DAY NO SCHOOL FOR STUDENTS	21.
22.	23.	24.	25. Ready, Set, Learn at Pearkes Rec Centre 5:30-7:30 pm	26.	27. FOOD FOR FUN	28.
29.	30.					



TILLICUM COMMUNITY

SCHOOL

3155 ALBINA STREET
VICTORIA, B. C.

V9A 1Z6

Phone: 250-386-1408

Fax: 250-380-2805

Email: tillicum@sd61.bc.ca

Principal: Lori Burley

ABSENT OR LATE


If your child is going to be absent or late for school, please call the office before 8:45 am to let us know at: **250-386-1408**

SCHOOL HOURS

8:45 - 2:45 Mon - Fri

MAY 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1.	2. Recognition Assembly - 2:15 pm	3. Kindergarten registration after school	4. Class/School Photo Day 9 am 	5.
6.	7.	8.	9. PAC Meeting 6:30 pm library	10. Welcome to Kindergarten Gym - 9:30-11 am	11.	12.
13.	14.	15.	16. Recognition Assembly - 2:15 pm	17. Grade 5 District Transition Day Grade 5s to Colquitz	18. PRO D NO SCHOOL FOR STUDENTS	19.
RAINBOW WEEK						
20.	21. Victoria Day SCHOOL CLOSED	22. Bike Rodeo 9-noon	23. Recognition Assembly 2pm	24. PAC SPRING FAIR AND MARKET 3-7 PM	25.	26.
27.	28.	29. ZONE D TRACK MEET UVIC - all day	30. Recognition Assembly - 2:15 pm	31.	Bike to school week	

Raising Digitally Responsible Youth



Date: Tuesday May 1, 2018

Time: 7:00 PM

Location: Reynolds

Secondary School Theatre

3963 Borden Street

For Parents of School-Aged Children

With society heading in a direction of being constantly connected to technology, what do we need to know as parents to protect our kids and teach them responsible and appropriate use of technology? The parameters of rules and expectations that you put in place at home will undoubtedly guide their behaviour in the years to come. Please join us for an informative presentation which will cover the following topics and more! **PARENTS: Do not miss this free event!**

- **Social Media Update** – The most current apps & trends in their social media lives
- **Pick Your Battles!** – You will have to balance the yin with the yang, promote independence whilst taking a strong stance on certain subjects
- **Current Research** – Brain development & technology, violent video games
- **Digital Footprint and Reputation** – With their future approaching, recruiters and employers are taking note – what will they find?
- **Tips & Tricks to Use at Home**



To register click

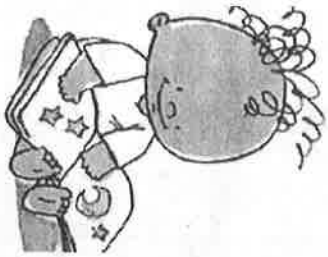


BCSSA

British Columbia School Superintendents Association



Ministry of
Education



1000 Books by Age Five
Children's Book Recycling Project Greater Victoria

1000X5

The Story of 1000X5



You donate gently used books for babies and preschoolers to the pink bins at local schools



Volunteers sort, clean and gift package books



More children have the opportunity to love reading

6 Strong Start Centres and 18 Community Agencies distribute donated books to families
Take your books to the pink bin in your school
Your support has helped distribute over 90,000 books to build home libraries for babies and preschoolers
Eileen Eby • Project Coordinator www.1000x5.ca

foster



Together, we can make a difference.

There are over 1,000 foster children on Vancouver Island
Can you help just one?



Find more stories about
BC Foster Families at..
fosteringconnections.ca

Foster Homes are Needed

How can you help?

- Become a foster parent
- Offer relief or respite
- Spread the word

Please join us for an Information Session
Contact Foster Parent Support Services Society at

778-430-5459 to Register

Photo Courtesy of
prairie child
photography

UPCOMING INFORMATION SESSIONS

LUNCHTIME 12:00PM TO 1:00PM

Wednesday, March 14th

Wednesday, April 11th

Wednesday, May 9th

EVENING 6:30 PM TO 7:30PM

Wednesday, March 28th

Wednesday, April 25th

Wednesday, May 23rd

Ministry of Children and Family Development Office

140-4460 Chatterton Way

www.fosterhope.ca

District of Saanich
Parks & Recreation
780 Vernon Ave.
Victoria BC V8X 2W7

t. 250-475-5422
f. 250-475-5411
saanich.ca



March 21, 2018

To whom it may concern:

Each summer we welcome back thousands of kids/families from in and around Saanich to our fantastic summer camp programs. Many of these are students who attend at your school. We offer hundreds of summer camps at many locations. Ensuring that parents get the camps of their choosing is priority for us. Each year we see more and more families choosing to register online for their camps. Please help us in sharing the link to our Summer Active Living Guide, which is available to be viewed online Monday April 2nd, with registration beginning Wednesday April 4th at: saanich.ca/alg

With this link they are one step closer to securing their spots in our camps.

Regards,

Saanich Parks & Recreation

