



Wednesday EXPRESS

Tillicum Community School

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

April 25, 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*

April 27 Food For Fun, Hat Day, and National Day of Mourning

May 1 Greek lunch and assembly

May 2 Recognition Assembly 2:10 pm in the gym

May 3 Kindergarten Immunizations after school in the medical room

May 4 Class Photo day

May 8 Fire Drill

May 9 PAC meeting in the library 6:30 pm

May 10 Welcome to Kindergarten in the gym 9:30-11am

May 14-18 Rainbow Week

May 17 District Transition Day - Grade 5s to Colquitz

May 18 Pro D - no school for students

Dear Tillicum Families,

As always, we are very busy at Tillicum School. Our Home Reading Program continues to be a very important part of the development of literacy skills in our students. Nightly practice with an adult and the opportunity to talk about what they are reading goes a long way in developing the life-long love of reading in our students. Thank you for your support at home!

Our many before and after school programs continue with great success. Burnside/Gorge and PISE programs for all grades are offered throughout the week, along with printmaking, watercolour painting, and native art classes.

Tillicum athletes participated in the last spring x-country race on Monday. Congratulations to the team on a job well done! Thank you to Ms Pinkus for facilitating cross-country running this spring.

Track practices have started for the 100 metre, 800 metre and relay races. If your child is participating in track please ensure that he/she comes with appropriate footwear for running. The Zone meet will be held on May 29th, 10:15am to 1:30 pm, at the UVic track and City Finals will happen on May 31st at 5:00pm (also at UVic).

Rugby practices are Thursdays after school on the

Maddock field - thanks to Ms. Mortlock and Ms. Kushnir for supporting this program.

This year, Rainbow Week is being celebrated May 14 - 18. Our focus will be on family diversity as well as gender expression and non-conformity. Activities might include: reading, inviting students to dress in their favourite colours, art projects, and the distribution of rainbow tattoos. Some titles that explore diversity, available in our library, are: *10,000 Dresses* by Marcus Ewart, *William's Doll* by Charlotte Zolotow, *The Sissy Duckling* by Harvey Fierstein, *My Princess Boy* by Cheryl Kilodavis, *The Family Book* by Todd Parr, *King and King* by Linda Haan, and *Tango Makes Three* by Justin Richardson

Finally, I would like to take this opportunity to welcome and thank the UVic student teachers who have been working in Divisions 4, 7, 8, 10, 11, and 14 at Tillicum School. We hope you enjoy and learn much from your time with us!

Jeff Duyndam,
Principal

Upcoming Transition

On Thursday, May 17th, our school district is hosting a Transition Afternoon. The afternoon is dedicated to allowing students an opportunity to visit the school that they will be attending in September 2018. For our Grade 5's, most of our students will be attending Colquitz Middle School next year; they will be spending the afternoon of May 17th at Colquitz. This will be a chance for these students to see the school they will be attending, learn more about what to expect when they come attend middle school, and finally, get a taste of our wonderful school culture they are so proud of at Colquitz!

SPRING BOOK FAIR

The library thanks all students and parents for supporting the spring book fair. From our profits we were able to buy \$910 worth of books for the fair itself for the library and have an additional \$350 in profit yet to spend. A special thank you to Ms. Awalt and Ms. Dennis for their assistance in running the fair. Thank you to Mr. Koning for making it happen!

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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. In honour of our Greek Community, wear Blue on May 1!

TILLICUM SPORTS CORNER

Spring Cross-Country

Cross country races dates and locations are:

Monday, April 23 - Clover Point

Monday, April 30 - Lambrick Park

Monday, May 7 - Clover Point

Races start at 3:45 pm.

Practices are Tuesday and Wednesday mornings at 8:15 am on the Maddock field.

Track

Grade 3-5 athletes are busy training for our zone D track meet will be on Tuesday, May 29th. Runners who qualify at the zone meet will be eligible to participate at the city finals the evening of Thursday, May 31st.

100 metre practices are held on the Burnside field

800 metre and relay practices are held on the Maddock field

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

Rugby

Practices are on Thursdays from 3-4 pm. Maddock Field.



Class Placements for 2018-19

We are beginning to plan for our classes for next year! Our current grade five students will be transitioning to various middle schools. We have been busy registering kindergarten students for the fall. If your child is currently in kindergarten to grade four and will not be attending Tillicum Elementary School next year, please advise the office staff. As we work together to place students we consider the following factors:

- **Specific learning strengths, need and styles**
- **The child's need for attention in social, emotional and behavioural areas.**
- **The child's need for learning support or access to special education services.**
- **Interests, learning styles, effort and independence**
- **Class size and composition**

The staff at *Tillicum* will continue to put considerable time and effort into forming balanced classes according to the criteria noted above. Should parents wish to provide input to the class placement process citing educational and social/emotional reasons, please send an e-mail to Mr. Duynham (jedyndam@sd61.bc.ca) no later than Friday, May 25th, 2018.

Just a friendly reminder that when taking photos or videos at school events that your photos/videos are for your family's enjoyment only. Please be respectful of the privacy and potential sensitivities of the other children and families in your photos/videos by not posting them on the Internet or sharing them in any other public way if children other than your own can be identified.



Parents and guardians are our most important partners in education and because we are now teaching math in ways that are often totally foreign to most parents Nikki Lineham is offering an insightful and helpful 3 part series blog series called **Parents - How to Help Your Children to Learn & Enjoy Math.**

Follow the link below:

<https://educatingnow.com/blog/1586972/parents-how-to-help-your-children-to-learn-enjoy-math-part-1>

PAC NEWS

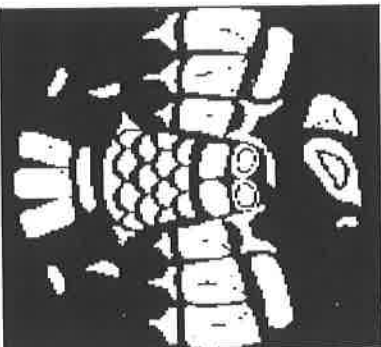
The next PAC MEETING is May 9th at 6:15 pm. All welcome. Childcare provided.

Next Food For Fun - April 27th

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

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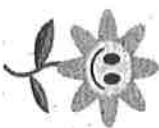
Principal: Jeff Duyndam

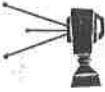
ABSENT OR LATE

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1. Greek Fest Lunch and Assembly - 12:45 pm	2. Recognition Assembly - 2:15 pm	3. Kindergarten immunizations after school - Medical Room	4. Class/School Photo Day 9 am 	5.
6.	7.	8. Fire Drill 9:50 am	9. PAC Meeting 6:30 pm library	10. Welcome to Kindergarten Gym - 9:30-11 am	11.	12.
13.	14. SR Choir singing at Selkirk Place 1:15-2:30pm	15. Rainbow-a-thon (PAC) 2-2:30 pm	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 - celebrating our differences						
20.	21. Victoria Day SCHOOL CLOSED	22.	23.	24.	25.	26.
27.	28.	29. ZONE D TRACK MEET UVIC - all day	30. Recognition Assembly - 2:15 pm	31. CITY FINALS MEET - UVIC 6:00pm sharp!		
Bike to school week						

EAT THE RAINBOW - STAY HEALTHY

Are You Getting Enough Colour In Your Diet?

Did you know that brightly coloured foods tend to be especially nutritious? It's true! Look for lots of colour on your plate to get a variety of nutrients. Foods that are naturally colourful have special compounds in them called phytonutrients. Different colours let you know different phytonutrients are present, and different phytonutrients have special health benefits.

Red foods such as tomatoes, strawberries, and red peppers contain lycopene, which helps keep our heart healthy.

Orange and yellow foods such as carrots, oranges, and squash contain carotenoids such as beta-carotene that helps keep our eyes healthy.

Green foods such as spinach, kale, and broccoli contain lots of different phytochemicals that may help prevent cancer.

Blue and purple foods such as blueberries, grapes, and plums provide powerful antioxidants.

Brown and white foods such as onions, garlic, and mushrooms contain bacteria and virus-fighting phytochemicals that help keep us from getting sick.

Try to incorporate as many colours as you can into your diet. Eat a rainbow!

Your School Meal Program Dietitian

