



Wednesday EXPRESS

Tillicum Community School

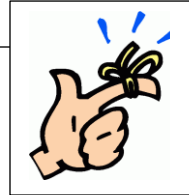
3155 Albina Street, Victoria, B.C., V9A 1Z6
Phone: (250)386-1408 Fax: (250)380-2805

May 23, 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 REMINDERS

May 28 - June 1 Bike to Work Week

May 29 Zone D Track Meet at UVIC - all day

May 31 City Finals - UVic - 6 pm

Jun 2 Choir Kids Year-End Concert at First Metropolitan United Church - 2:30 pm

Jun 5 Bike Safety Day

Jun 8 Last Food for Fun!!

Jun 13 Parent Appreciation

Jun 21 Beach Day

Jun 27 Grade 5 Assembly

Jun 28 Last day of school for students

Food Allergies and Schools

An Educational Event for Parents, Staff and Administrators at Spectrum

School Theater, 957 Burnside Road West, on May 24, 2018, from 6:30—8:00 pm.

RESERVE YOUR FREE TICKETS AT:

www.eventbrite.ca/e/food-allergies-and-schools-tickets-45664042380

Greetings to all Tillicum Families!

As we bring the month of May to an end, we prepare for the final month of the school year at **Tillicum**. The final four weeks of this school year will be extremely active for all of us, and there is much to look forward to! Thanks to all of the parents that joined us for our **Rainbow-a-thon** this past week - it was wonderful! We encourage all students and staff to take part in **Bike to School Week**, happening May 30th to June 3rd. Our learning community is very excited to have the exterior steps to our library receive a beautiful mural. Megan Jensen, Indigenous artist and student at the Emily Carr University for Art & Design, worked with our students and produced a stunning piece of art. "The Seeker" is now clearly visible for all to enjoy.

Parent Appreciation Coffee & Cookies

We very much value the willingness of parents and guardians to help us achieve our goals at **Tillicum**. The members of the Tillicum PAC are a group of parents that do so much to help our programs succeed. Additionally, families and friends of Tillicum students find ways in their busy schedules to help us out with our field trips, sports team outings, reading to and with children in classes, and numerous other activities. We would like to say THANK YOU to the many parents, grandparents and guardians that have volunteered their time this year! On **Tuesday, June 13th**, we invite you to join us when you drop your child off before classes. Stop for a coffee and cookie to start you off on your day! This is a small token of our appreciation to our wonderful volunteers!

The Month of June at Tillicum

June is the final month of the school year and each of our classes at Tillicum have some outstanding activities and outings prepared. Teachers have been sending home information to all parents. Additionally, **Tillicum** has traditionally enjoyed a final school wide event to celebrate the end of the school year. We will be having our eighth annual school-wide year end celebration at **Cadboro-Gyro Beach Park** on Thursday, June 21st, 2018. This will be an opportunity for us to celebrate our year with one another, take time for recreation and the outdoors, and have some fun! This will be a great outing! If your child is on the lunch program then a bag lunch will be provided; all other students will NEED TO BRING A BAG LUNCH. All of the Cadboro-Gyro

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Beach Park outing information will be coming home to Tillicum families and will also be posted on our school website. Thank you to YOUR Tillicum PAC for funding the busses that make this event possible!

Parents of students currently in grades K-4: IF your child will not be attending Tillicum in September of 2018, please call the office to inform us of this important information. Very much appreciated.

If you have questions or suggestions, please feel free to stop by the office anytime.
Jeff Duyndam, Principal

TILLICUM SPORTS NEWS

SPECIAL THANKS TO FRONTRUNNERS AND LIVE FIT COACHING FOR THEIR SUPPORT OF OUR RUNNERS!

Track

Training for our Grades 3-5 athletes is winding down for this season. 100 metre practices are held at recess on the Burnside field. Relay practices are held on the Maddock field throughout the week by grade level, and 800 metre practices are held on the Maddock field on Tuesday and Friday mornings before school at 8:15 am.

Please remind your child that attendance at practices is required for participation in the meet. Ensure your children wear or have runners at school for the track practices.

Our zone D track meet is 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. We wish good luck to all of our runners!

Rugby

Practices are on Thursdays from 3-4 pm on the Maddock Field. Thank you to Ms. K for facilitating and the volunteer who are teaching players game fundamentals and skills!

Be Active Every Day

Active people are more productive, more likely to avoid illness, and have more energy.

Regular physical activity in childhood not only improves physical fitness and bone density, it also promotes concentration, better academic performance, self-esteem and lowers stress. It is recommended that children and youth get 60 minutes of physical activity every day. You don't have to do it all at once. Start slowly and build up!

Tips for getting your family moving:

- ✓ Make physical activity a part of every day. Walk or ride bikes to school. Take the family skating or to the pool. Join a sports team or club. Work in the yard together.
- ✓ Set a good example. Demonstrate that being active feels good.
- ✓ Limit screen time. Your kids will find other more active ways to entertain themselves.

Establishing positive habits in childhood and adolescence can last a lifetime!

Your School Meal Program Dietitian

PAC NEWS

Congratulations and a HUGE Thank You to all our Tillicum families. Your enthusiastic response to our Rainbow Walk-a-thon raised over \$4400.00! Way to go!!

We indicated that a portion of our proceeds would be donated so we will deliver a cheque in the amount of \$450.00 to 1Up Single Parent Resource Centre.

Our next PAC meeting is Wednesday, June 13th at 6:30 pm in the school library. We will be voting in our executive for the 2018/2019 school year. There are vacancies, so if you are interested in volunteering some time for the PAC next year, please come to the meeting.

We will be coordinating school supplies through Monk Office again this year. Look for the forms to come home sometime during the last week of May. If you have any questions, please direct them to Christine Surridge (cmsurridge@shaw.ca or 250-727-2552).

"If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely."
– Roald Dahl

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