



Connection Update



New Front Door Buzzer

Cliff Drive Safety

Safety is at the forefront of all we do this year. We ask that only district personnel and students are inside our school building. To this end, we are installing an automatic lock on the front door to our school. If it is necessary to access the school, to pick up a child or drop something off, please use the buzzer/intercom at the front door and Mrs. McCallum will be with you as soon as possible. Thank you so much for your support and consideration as we act to keep our students and school community safe.

Non-instructional Day

Students do not attend Monday November 30th. Staff will attend Professional opportunities.

Toy Drive

Mrs. Crema and Mme Tardif's classes are collecting for the Delta Assist Toy Drive. Every bit helps. Please bring in your donations by November 27th

Pyjama Day

Students are encouraged to wear their PJs on Friday November 27th for Spirit Day.

LFI Parent Information

Pre-recorded presentation about Late French Immersion opportunities available on line in January. Application Deadline: Feb 13th

Parents as Partners - Street Safety

From safekids.org.

Teach kids at an early age to look left, right and left again before crossing the street. Then remind them to continue looking until safely across.

Teach kids to put phones, headphones and devices down when crossing the street. It is particularly important to reinforce this message with teenagers.

It's always best to walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks. If there are no sidewalks, walk facing traffic as far to the left as possible.

Children under 10 need to cross the street with an adult. Every child is different, but developmentally, most kids are unable to judge the speed and distance of oncoming cars until age 10.

Be a good role model. Set a good example by putting your phone, headphones and devices down when walking around cars

Additional News

Fraser Health Contact Tracing

As shared in the district letter to parents and guardians last week, Fraser Health will reach out directly to families if they think their child has come into close contact with someone who has tested positive for COVID-19, and will ask them to take specific action, such as go for a COVID test or self-isolate. In case of COVID exposures at our school, we encourage you to answer phone calls, even if they are from an unknown number, as this will greatly assist Fraser Health with its contact tracing process.

Focusing on the Positive

As you may have seen [HERE](#) on the district's website and social media channels already, over the coming weeks we will be sharing some brief suggestions, tips and activities to help promote feelings of warmth, joy and gratitude.

Did you know that kindness is about the only thing in the world that doubles when you share it? I encourage you to take two minutes to watch [this](#) interesting video from the Random Acts of Kindness Foundation on the science of kindness.

INCLEMENT WEATHER

Please remind your students to dress for the weather. Please help your children dress appropriately, as they will be outside at Recess and Lunch for fresh air and exercise. Students are encouraged to wear winter coats and boots to help them keep warm and dry though inclement weather. We will be sending the students outside every day to play. A change of clothes in the backpack is helpful for particularly wet and muddy days.



How to Help Your Child Develop Healthy Sleep Habits

Good quality sleep helps your child concentrate, remember things and behave well, which helps them be a successful learner. Children who don't sleep well, or who don't get enough sleep, are more likely to feel tired and have difficulties learning. If you notice that your child is having trouble concentrating, remembering things or learning, consider whether they're getting enough sleep.

The amount of sleep a child needs varies according to their age. Generally speaking:

- **Five to 13 years old:** Children need nine to 11 hours per night with consistent bed and wake-up times.
- **14-17 years old:** Youth need eight to 10 hours per night with consistent bed and wake-up times.
- **Keep a regular sleep schedule:** Help your child go to bed and get up around the same time every day. Ensure wake-up times on school days and weekends are within two hours of each other to keep your child's body clock in a regular rhythm.
- **Avoid daytime naps for older kids:** For children five years or older, avoid daytime naps. Naps longer than 20 minutes can make it hard to get to sleep at night, to get into deep sleep and to wake.
- **Relax before bed:** A regular bedtime routine of bath, teeth brushing and a story helps younger children relax and feel ready for sleep. Older children can wind down by reading

a book or listening to gentle music. Turning off electronics an hour before bed will also help your child fall asleep.

- **Make sure your child feels safe at night:** If your child feels scared about going to bed or being in the dark, you can offer praise and rewards for being brave. Avoid scary TV shows, movies, computer games or books and consider a night light.
- **Check noise and light in your child's bedroom:** A dark, quiet, private space is important for good sleep. Turn off electronic stimulation in your child's bedroom at least one hour before bedtime. This includes loud music, mobile phones, computer screens and TV.
- **Eat well and avoid caffeine:** Serve your child a satisfying evening meal at a reasonable time. Feeling hungry or too full before bed can make it hard to fall asleep or have good quality sleep. Ensure children [eat healthy](#) and avoid energy drinks, coffee, tea, chocolate and cola in late afternoon.
- **Get natural light during the day and active play:** Encourage your child to be exposed to natural light by getting outside during the day, especially in the morning. This will help produce melatonin to regulate sleep cycles. Physical activity and exercise also help children sleep longer and better. However, avoid sports late at night as stimulation and increase in body temperature can make it harder to go to sleep.

LOST AND NOT YET FOUND



Do these belong to you or your child?
Students can pick up LOST and NOT YET FOUND at the office.



How 'bout these? If you see something you recognize, please send your child to the office to pick up.

