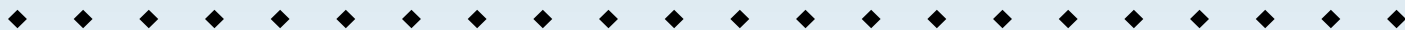


Kersley Elementary School

2899 Arnoldus Rd

Quesnel BC V2J 6L3

Phone: 250-747-2624 Fax: 250-747-3072



November 2023 Newsletter

Principal's Message:

Dahooja Kersley Families!

As November has settled in and the snow begins to fall, I would like to take a moment to celebrate Kersley's dedicated staff and school community! Your support and dedication is truly commendable! I appreciate all the connections we have built and the knowledge we have gained. I recognize the unwavering involvement in nurturing an environment where our students can thrive academically, emotionally, and socially. I want to extend my heartfelt **Thank You** to each of you! I am continuously inspired by the enthusiasm of our students and their positive contributions to our school culture. As we navigate the final stretch of 2023, I encourage everyone to embrace this season of growth. Let us continue to foster an atmosphere of kindness, empathy, and inclusivity within our school and community. Let us support each and everyone's unique journey along the way and celebrate unity.

Students are reminded to dress for the changing weather. As the days become colder it is important for students to bring a warm coat, gloves and a warm hat. Students will play outside most days except for when the temperature falls below -15 degrees Celsius.

Don't forget to check out our Kersley Elementary School website at :
www.kersley.sd28.bc.ca

Warm regards,

Ms. Janene Sellers



Upcoming Events: November 20—December 8

Week of:	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
November 20 - 24	20 Hot Lunch Orders Due	21 Fostering Literacy 2:45pm	22	23 Fostering Literacy 2:45pm	24 KODIAKS Assembly Hot Lunch: Pizza
Nov/Dec 27 - 1	27 NI Day No School	28 Fostering Literacy 2:45pm	29	30 Fostering Literacy 2:45pm	1
December 4 - 8	4	5 Fostering Literacy 2:45pm	6	7 Seniors Lunch Div. 3 Fostering Literacy 2:45pm	8 Hot Lunch: Grilled Cheese & Soup

Upcoming Dates:

December 12 & 14: Fostering Literacy (last week)

December 15: Winter Concert 1pm

December 22: Last Day before Winter Break , Hot Lunch: Subway

January 8: First Day Back

Bell Schedule 2023 - 2024

8:15	Morning Session
10:00-10:15	Recess
10:15-11:45	Late Morning Session
11:45-12:44	Lunch
12:44-2:23	Afternoon Session

We always encourage parent involvement in our school community. The PAC is looking for volunteers for Friday Hot Lunches! If you're interested in volunteering for upcoming events or helping out in any capacity, please reach out to your classroom teacher, Ms. Sellers or our Kersley PAC!

The next **PAC meeting:**

Wednesday, January 10th at 4pm - Meet in the Library.



Monthly Reminders

Kersley is a Legume, Soy & Scent Free School

Please remember we are a **Nut, Legume & Soy free school**

Due to severe antiphallic allergies including peanuts, tree nuts and all legumes, including soy, we ask that you refrain from sending food that include these ingredients

WOW butter contains soy, so therefore we cannot have students bringing it. **Hummus** is also a product we cannot have at school.

Please remind students not share their food.

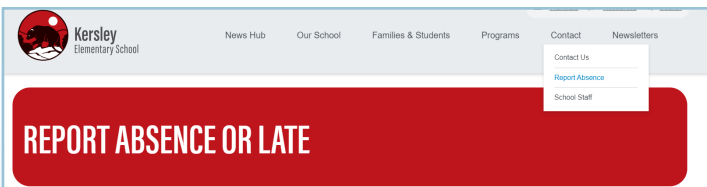
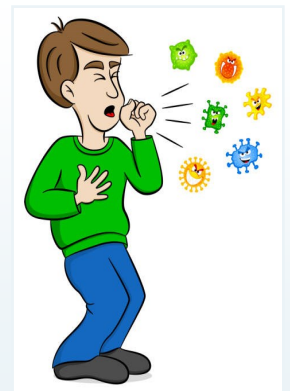


REMINDER of Healthy Practices

Please keep your student home when they are sick as this stops the spread of illness.

Students, visitors and staff should stay home if they have symptoms of illness such as: fever or chills, difficulty breathing, diarrhea, runny nose, headache, sore throat, sneezing, body aches, loss of sense of smell or taste, loss of appetite, extreme fatigue or tiredness, vomiting, severe uncontrolled coughing or wheezing.

If you are sick or feel unwell please stay home.



STUDENT ABSENCE

If your child is going to be absent please remember to call the school or go to our website and click on the contact tab - [report absence](#).

Thank you for your cooperation as this makes things much smoother in the morning if we are aware.

Secretarial Hours:

Monday 8:00 - 10:15am

Tuesday, Wednesday & Thursday 8:00 -11:00am

Friday 8:00-10:00am



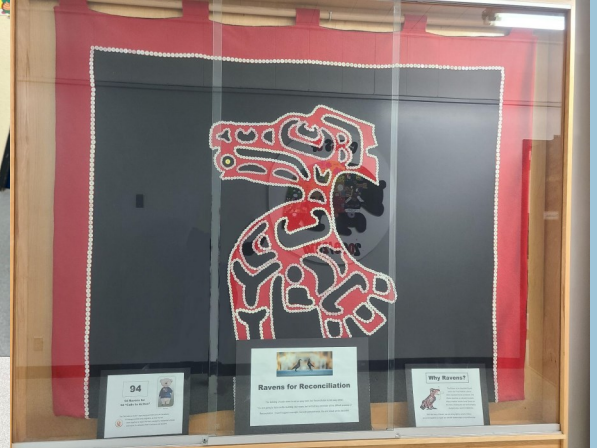
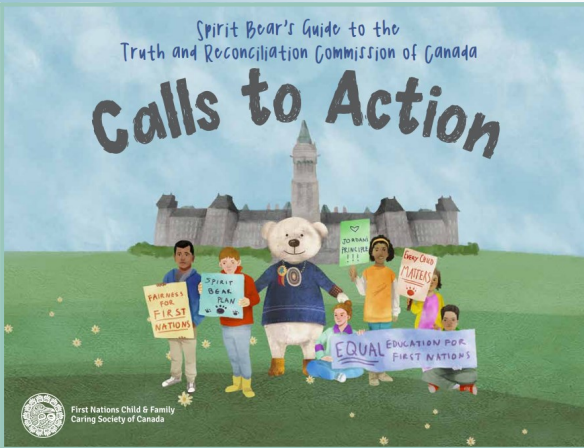
Parking Lot

Our parking lot and drive-through zone is a busy place at our school. Our aim is to keep this area as safe as possible. It is very important that we all travel through our drive-through zone in the correct direction and park in a way as to not block our staff parking lot area. Please do not park in the middle of the lot. We prefer you to back in against the concrete blocks. This will ensure student safety as you leave the area after dismissal.

Thank you!

What's up Kersley Kodiaks!!!

Kersley students have been learning how to fold origami ravens! We are participating in an initiative based on the UNBC 1000 Ravens for Reconciliation and have the year long goal to fold 1000! For now, we are beginning with 94 Ravens for the 94 Calls to Action. Students are making connections to Raven, Reconciliation, Spirit Bear and Residential School History. We will be showcasing our ravens in the display case. Have you ever noticed the blanket with the Raven and sun in it's mouth in our hallway? Ask your student about how the Raven stole the sun!



We have Chinook Salmon!

We have received our egg delivery of 30 Chinook Salmon! Division 2 had a presentation on salmon life cycles and on how to care for their eggs. During this learning opportunity, students will raise their eggs to alevin and then to fry. They will record the temperature and calculate the ATU's (accumulated thermal units). The eggs will hatch sometime in November/Early December. It is important that the salmon incubator water ranges in temperature between 5 - 9 degrees Celsius. Water temperature remains a significant factor after the fry emerge from the gravel. Feeding will begin in late March/April - after Spring Break. Fry release will occur late May/Early June! Thank you to the Department of Fisheries and Oceans Canada, Spruce City Wildlife Association and The Baker Creek Enhancement Society for sponsoring!



Kersley Community
Outdoor Learning and Connections
Deep Learning
I can!
Appreciate Ourselves and Others
Keep up the Challenge
Strength of Mind, Body, and Heart

KODIAKS Award Winners for October!

Kersley Community Awards were presented to Daxon Le Moine, Haven Byrne, Anastasia Morrison, Charlie Lafleur, Jasper Colbourne, and Brinley Broughton. These students demonstrated compassion and respect in their classroom, school and community. They were observed using manners, waiting their turn, helping, and sharing to make our community better. Way to go!

KODIAKS ticket draw prizes were presented to Halle Byrne, Brooke Torgerson and Tyson Giesbrecht. These students demonstrated positive KODIAKS behaviour! Well done!

Reporting Student Progress: New province-wide changes this year

The K-12 Student Reporting Policy outlines the requirements for communicating student learning: it requires concise Descriptive Feedback in clear and accessible language to ensure students and families understand where the student is at in their learning, and areas for further growth. The Policy also requires Student Self-Assessment of Core Competencies and Student Goal Setting as part of the reporting process. For Grades K-9 the Policy requires use of the Provincial Proficiency Scale.

Provincial Proficiency Scale - is a scale used to communicate a student's progress in relation to the learning outcomes, with the following 4 indicators:

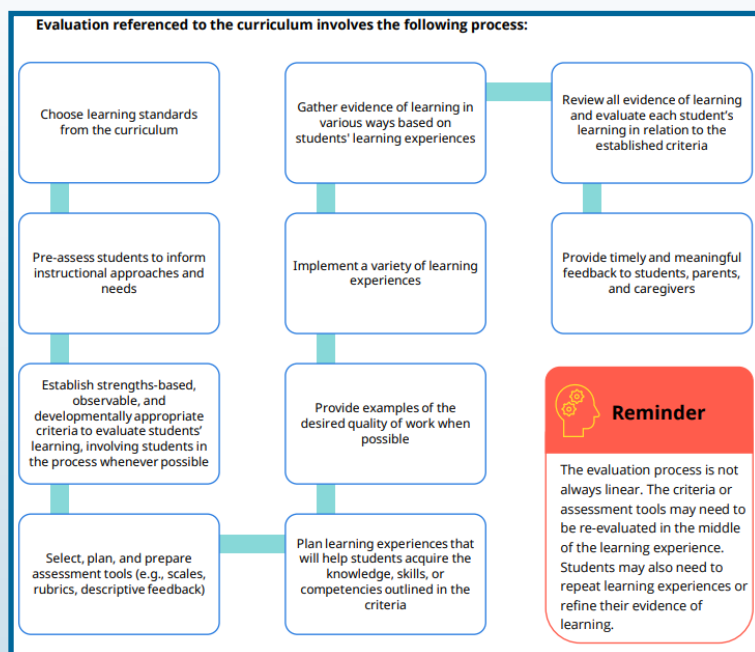
- Emerging
- Developing
- Proficient
- Extending

The Provincial Proficiency Scale	EMERGING	DEVELOPING	PROFICIENT	EXTENDING
	The student demonstrates an initial understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a partial understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a complete understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a sophisticated understanding of the concepts and competencies relevant to the expected learning.

All learners benefit from individualized descriptive feedback and personal involvement in the assessment process. Meaningful and flexible communication of student learning in clear and accessible language enables parents/guardians, students, teachers, and administrators to proactively work together to enhance student learning. This Policy ensures the student and parents/guardians are partners in the dialogue about the student's learning and the best ways to support and further learning. Students benefit when they and their parents/guardians are made aware of their strengths and areas of needed growth and are provided support early.

Find out more about the changes at:

[K-12 Student Reporting Policy - Communicating Student Learning Guidelines \(gov.bc.ca\)](http://gov.bc.ca)



Healthy Habits Matter!



ATTENDANCE MATTERS

Missing a day of school here and there may not seem like much, but absences add up!

When a student misses **2** days a month..

They will miss **20 DAYS** a year.

They will miss **30 HOURS** of math over the school year.

They will miss **60 HOURS** of reading & writing over the school year.

They will miss over **1 YEAR** of school by graduation.

When a student misses **4** days a month..

They will miss **40 DAYS** a year.

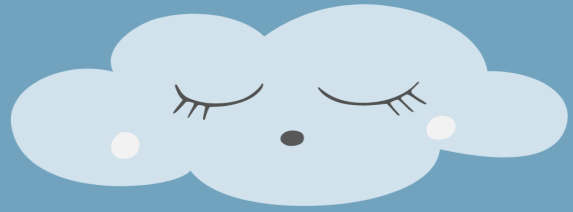
They will miss **60 HOURS** of math over the school year.

They will miss **120 HOURS** of reading & writing over the school year.

They will miss over **2 YEARS** of school by graduation.

NUTRITION MATTERS

Sleep Matters.



BENEFITS OF ENOUGH SLEEP



Better Brain
Improved memory and concentration



Better Body
Improved energy



Better Mood
Improved emotional resilience

Children	Recommended Sleep	Teens	Recommended Sleep
5 - 13 years	9 - 11 hours	14 - 17 years	8 - 10 hours

CHILDREN Sleep Tips!



Bedtime Routine

with activities & habits the same every night



Consistent Bedtime

that allows the needed amount of sleep – during weekend too



Daily Exercise

to burn energy & increase body temperature



Set the Scene

with a calm atmosphere in a room that's cool & dark



Small Snack

before bed that is light & healthy - so not hungry



TURN OFF DEVICES

at least an hour before bedtime

MILLENNIUM Sleep LAB
Info@MSLAtHome.com

If you think your child's sleep should be evaluated talk to your medical professional!

According to the National Sleep Foundation <https://sleepfoundation.org/articles/sleep-strategies-kids>

Recommended Number of Food Guide Servings per Day

Age in Years	Children		Teens		Adults	
	2-3	4-9	10-13	14-18	19-50	51+
Sex	Girls and Boys		Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7
Grain Products	3	4	6	7	6-7	8
Milk and Alternatives	2	2	3-4	3-4	3-4	2
Meat and Alternatives	1	1	1-2	2	3	2

What is One Food Guide Serving? Look at the examples below.

Fresh, frozen or canned vegetables 125 mL (1/2 cup)	Leafy vegetables Cooked: 125 mL (1/2 cup) Raw: 250 mL (1 cup)	Fresh, frozen or canned fruit 1 fruit or 125 mL (1/2 cup)	100% Juice 125 mL (1/2 cup)
Bread 1 slice (35 g) Bagel 1/2 bagel (45 g)	Flat breads 1/2 pita or 1/2 tortilla (35 g)	Cooked rice, bulgur or quinoa 125 mL (1/2 cup)	Cereal Cold: 30 g Hot: 175 mL (1/2 cup)
Milk or powdered milk (reconstituted) 250 mL (1 cup)	Canned milk (evaporated) 125 mL (1/2 cup)	Fortified soy beverage 250 mL (1 cup)	Yogurt 175 g (1/2 cup)
Cooked fish, shellfish, poultry, lean meat 75 g (2 1/2 oz) / 125 mL (1/2 cup)	Cooked legumes and soybeans 175 mL (1/2 cup)	Tofu 150 g or 175 mL (1/2 cup)	Eggs 2 eggs
Oils and Fats	Peanut or nut butters 50 mL (2 Tbsp)	Shelled nuts and seeds 60 mL (1/2 cup)	

Make each Food Guide Serving count... wherever you are – at home, at school, at work or when eating out!

- Eat at least one dark green and one orange vegetable each day.
 - Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
 - Go for orange vegetables such as carrots, sweet potatoes and winter squash.
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
 - Tasty vegetable minestrone, baked or air-fried instead of deep-fried.
- Have vegetables and fruit more often than juice.
- Make at least half of your grain products whole grain each day.
 - Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
 - Enjoy whole grain breads, oatmeal or whole wheat pasta.
- Choose grain products that are lower in fat, sugar or salt.
 - Compare the Nutrition Facts table on labels to make wise choices.
 - Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.
- Drink skim, 1%, or 2% milk each day.
 - Have 500 mL (2 cups) of milk every day for adequate vitamins D.
 - Drink fortified soy beverages if you do not drink milk.
- Select lower fat milk alternatives.
 - Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.
- Have meat alternatives such as beans, lentils and tofu often.
- Eat at least two Food Guide Servings of fish each week.
 - Choose fish such as chub, herring, mackerel, salmon, sardines and wild fish.
- Select lean meat and alternatives prepared with little or no added fat or salt.
 - Trim the visible fat from meats. Freeze the skin on poultry.
 - Use cooking methods such as roasting, baking or poaching that require little or no added fat.
 - If you eat lunchmeat, sausages or prepackaged meats, choose those lower in salt, sodium and fat.

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in Canada's Food Guide will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.



Oils and Fats

• Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
Use vegetable oils such as canola, olive and soybean.
Choose soft margarines that are low in saturated and trans fats.
Limit butter, hard margarine, lard and shortening.



Enjoy a variety of foods from the four food groups.



Satisfy your thirst with water! Drink water regularly. It's a calorie-free way to quench your thirst. Drink more water in hot weather or when you are very active.

* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.