



Grindrod Elementary School
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May 1st, 2018

New Beginnings in May

With the completion of the Gut Project, Grindrod students and staff are now transitioning to their garden planting and more outside activities that enhance learning. We are pleased to have teamed up with the owners of Greencroft Gardens who are providing us with their time, expertise and materials as we seed our garden beds and indoor mini greenhouses.

Added to this, our classes are raising painted-lady butterflies and hatching chicks and salmonids. We would also like to invite our farming families to bring in their farm animals such as lambs, goats, calves, ducks and piglets. Please contact Mr. Abbott if you are willing to offer a farm pet for the day. We have a nice large, fenced pen and can provide shelter as well. Our intention is that our students will have the opportunity to interact with these animals, learn what they eat and how they behave.

Farm Visits and Other Fieldtrips

In May, we intend to have all our students head out to Greencroft Gardens to learn more about both spring gardening activities and animal life on the farm. Gabriella and Wolfe are wonderful hosts and the kids gain wonderful insight from this annual visit.

On June 8th our school is participating in "A Day on a Dairy Farm" BC Dairy Foundation sponsored event on Salts Road, Enderby. This interactive fieldtrip focusses on the many activities associated with dairy farming.

On Friday, May 25th, our primary classes will be travelling by bus to Kingfisher to release the salmon they have been raising. Parents are more than welcome to join us for this event.

Movie Night and Tent City Fundraising Event

On behalf of the Baker family, Grindrod School is hosting a Movie Night and Tent City fundraiser this Friday, May 4th. Movie title tba. All students are invited to attend the movie which will begin at 6:45 in our gym. Grade 5/6/7 students, who attend Grindrod School, are invited to join in our Tent City

Sleepover. A specific form has been sent home to eligible students.

This is our third Tent City event and past events have been very successful, both as fundraisers and as Fun makers. As always, staff and parents supervise these events. Parents of grade 5, 6 or 7 students are welcome to stay overnight but must have completed a criminal record check as per school district policy. We welcome more supervisors.

District Cross Country Run

We are pleased to report that we had over 60 students attend the MV Beattie Zone cross country race last week and many of our students demonstrated excellent fitness as they raced.

Our final race of the year is at Little Mountain Sport Field in Salmon Arm on Thursday, May 10th. The bus will leave at 12:20 and we expect it to return to Grindrod School by about 3:45. We ask that parents make ride arrangements to get their child(ren) home from the school on this afternoon.

I would like to thank Ms. Kemitzis and Ms. Smith for coaching and Tanya for assisting with our cross country team. Also, our parent support is always fantastic and we are certainly thankful.

If you wish to pick your child up from Little Mountain after the race is complete, please make sure you let our coaches know before you leave the field.

Track and Field

After cross country we begin track and field at the grades 4-7 level. Practices will take place in our PE class time. Our school trials to see who qualifies for the District Track Meet take place on Wednesday May 30th from 10:10-2:00. The top two finishers in grades 4-7 qualify to attend the District Track Meet at Little Mountain Sports Complex on Tuesday, June 5th. Parent drivers will likely be needed to transport our athletes to and from the event.

Grindrod Family Fun Fair

One of our biggest school wide events of the year is our famous Family Fun Fair. This year's event is on

Friday, May 11th from 4:30-7:30. The event features carnival games and bouncy houses for the kids, a great silent auction, chicken plop, cake walk and raffles, as well as an awesome taco dinner served by our PAC team. The PAC, who hosts this event, would like to thank everyone who has volunteered their time, offered to bake and send in cakes and donated to the class baskets & silent auction. If you haven't donated yet but would like to, we will still be accepting basket/auction items until Monday, May 7th and ask that all baking be brought to the school any time on May 11. This is a family event and our one big fundraiser for the year, so we hope you will join us on the 11th for some great family fun!

Healthy Eating Workshop for Parents

I can't stress enough how important it is for our children (and everyone for that matter) to eat healthy foods. Eating well reduces hyperactivity, improves self-regulation and increases academic success. If children are hungry or have eaten high sugar foods and drinks, their focus diminishes significantly. Knowing this, Grindrod School would like to join forces with our parents to improve in the following four areas:

1. Students come to school having eaten a nutritious and filling breakfast.
2. Students come to school with a healthy, low sugar lunch, containing a balance of fruits, vegetables, carbohydrates and proteins.
3. Students all have a reusable water bottle at school and drink primarily water. Note that reusing plastic water bottles for this use is unhealthy. We encourage metal water bottles.
4. We reduce the use of packaged foods and juice boxes in favour of reusable containers and thermoses.

Many people believe that juice boxes contain an excellent source of fruit but in fact most fruit drinks contain large amount of sugar, either natural or refined. Again, we encourage water as the drink of choice at school. Water is best!

To assist our families in their quest for healthy choices we have arranged a Healthy Eating workshop, scheduled for May 24th, to give information and ideas on healthy eating, healthy choices for breakfast and lunches and reducing packaging in school lunches. The event will be led by a food and nutrition expert from Action Schools B.C. Samples of reusable containers for lunches

will be on show as we want to reduce the waste from lunch packaging. We strongly encourage parents to attend this workshop.

The Action Schools team will be working with our most senior students from 10:00-11:30 and the parent workshop will begin at 11:30 in our school library. At 12:45, parents can simply transition into the gym for our annual Parent Appreciation Tea event. Please join us for this workshop and help us improve the health and success of your chil(dren).

PAC Update

-Hanging baskets will be delivered to the school and be ready for pick up next week, Thursday, May 10th at the latest. We will send a notice with the exact date once we know.

-Division 1 is doing one more popcorn sale this Thursday, May 3rd at lunchtime for 50¢ per bag with proceeds going to their year-end field trip to Blanket Creek Provincial Park in Revelstoke.

-Next PAC meeting is Tuesday, May 15 at 2:10 in the school library, all parents are welcome to attend.

Student Preparing Speeches

It is said that one of the things people fear the most is speaking in public. At Grindrod, we believe that giving students opportunities to build their skill and confidence in speaking in a safe and encouraging environment can help to reduce this fear. One of our strategies is to have our students involved in the speech arts. Ms. Kemitzis' class of grade 2/3s have already written and presented speeches this year and they were terrific. In May, our grade 4-7 students will be writing and practicing their speeches for our school and zone speech challenge. They are choosing interesting topics for their 3-5 minute speeches and will have most of May to prepare for their class presentations. The top four students from each grade will present at the school finals and then the top 2 in each grade at the school speeches will have the opportunity to represent Grindrod School at the Zone Finals. The school speeches will be on Friday, May 25th with the zone event likely the following week.

Other Important Dates

May 18 –Pro D Day – no school

May 21 –Victoria Day – no school

May 31 –Class Group photos

June 4 - Kindergarten Orientation 10:30-11:30