

École Capitol Hill

Principal - Mr. W. Kanno
Head Teacher - Mrs. C. Armstrong
Administrative Secretary - Ms. N. Leung

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Principal's Message

Dear Parents,

Be the change you wish to see in the world -Mahatma Gandhi

Dear Parents,

As we move ahead, and into June it is hard to believe that we have only four short weeks remaining in this school year. Looking back to all of the wonderful and exciting events and activities that we have experienced together this year, I would like to thank and recognize our students, staff, and the entire parent community for your efforts that have helped make this a truly successful year!

In this time remaining, there are many activities that the teachers have planned with their classes and a number of school wide yearend events. We will be holding our School Awards Assembly on Friday, June 23rd at 11am and the Grade 7 Luncheon and Dance will be on Tuesday, June 27th. Our last day for our students is Thursday, June 29th when we will be having our Grade 7 Leaving Assembly at 9am. Students will be dismissed at 10:30am. Report Cards will be issued on this last day of school.

As in all years, there are changes that we anticipate for next school year, and we have some staff who will be moving onto exciting new challenges. Mme Kippan and Mme Grant have taken on a position at École Casade Heights Elementary. We thank them for their work with all of the children in their classes and the many activities and teams that they have worked with over their years at Capitol Hill. Ms. Lau-Edwards will take a position as a Learning Support Services teacher at Burnaby South for next school year. We wish to thank her for her wonderful work with our students this year.

I would like to recognize our dedicated staff who have all worked so hard this year to teach and support our students at Capitol Hill. I would also like to acknowledge the parents of our school for your ongoing support of this school. You are all greatly appreciated. Lastly, I would like to recognize our Grade 7 students who will be moving onto High school next year. Our Grade 7's this year have been a fabulous group who have modelled positive leadership and exemplary participation in all facets of school life. These students have exemplified one of my favourite quotes (Gandhi) "Be the change you wish to see in the world". You have all made such a positive difference here at Capitol Hill, Thank you!

Wally Kanno
Principal

PAC Executive

Chair: Ariel Pavic

Vice Chair: Calvin Taplay

Treasurer: Tania Ballantyne

Past Chairperson: Anne Marie Poh

Secretary: Valentina Farley

DPAC Rep: Calvin Taplay

Member at Large: Atikur Khan

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<http://capitolhill.sd41.bc.ca>

Earthquake Procedures Dispersal – Thursday, June 8th

In October we joined the British Columbia Shake out along with many other schools in the province to practice the drop, cover, followed by a safe evacuation of our building. On **Thursday, June 8th** we will hold our next earthquake procedures. This drill will include all of the pieces we have practiced in the previous drill. This next practice drill will also include the release of the students to their parent/guardian or designated adult. The practice drill will begin at about 2:00pm in the classroom, followed by the evacuation of the students to the field. If you are available to pick up your child(ren) we will begin releasing children at approximately **2:30pm**. This release of children will be done in an orderly manner.

Please follow these procedures to pick up your child: *Please do not enter the field area until we are ready to release children. We ask that you wait along the grassy area adjacent to the driveway (off of Hastings Street entrance). We will have staff in these areas to help direct you when we are ready to begin releasing students. The adult who is picking up the child(ren) will need to report to the alphabetic groups by student last name - A to E, F to K, L to M, N to T, & U to Z. **PLEASE BRING YOUR IDENTIFICATION (eg. Driver's Licence)** as it will be checked. You will need to sign your child out there and then take your child's name tag to the Administration Tent before leaving the area. Your child will have all of his/her belongings so that they can be dismissed from the field. Please leave the area promptly to help with the congestion on the field.*

If you or the designated adult is not available to pick up your child at this time, we will gather all of the remaining students and bring them back to class to be dismissed at our usual time.

Capitol Hill School Phone Number Change

Our phone system at Capitol Hill has changed. Because of this new system, our phone number has changed (**effective May 25th**) to :

604 296-9006

PAC Meeting

Our Parent Advisory Council will be holding their next meeting on **Wednesday, June 14th at 6:30pm** . All PAC meetings are held in our school library. Please put this in your calendars and plan to attend



West-Coast Recess – Please Dress for the Weather!

At Capitol Hill we believe it is healthy for children to get outside throughout the day for fresh air and exercise. Living on the West Coast we know that our climate contains a consistent amount of rainfall even as summer approaches. It makes sense that in our climate we are well prepared to be outside in the rain. In preparation for our school to have a West-Coast Recess for the next school year, for the month of June, we will begin going outside during recess even if it is raining. It is very important for students to dress appropriately in the event of this wet weather. Please talk with your child(ren) to ensure that they have a suitable coat and footwear for rainy days.

Being prepared for the weather

We know that if children are well prepared to be outside in the rain they actually enjoy it. As long as they stay dry and warm there is a great deal of fun to be had in all kinds of weather. To be prepared to be outside in the rain it is important for your child to have:

- A rain coat or water resistant covering
- Rubber boots to keep feet dry (if you are able to provide them with a pair to keep at school that would be perfect)
- “Muddy Buddies” – rain pants they can quickly slip over their clothes (much like they would snow pants)
- An umbrella
- A rain hat or coat with a hood
- A change of clothes just in case. (sweatpants, sock, underwear, t-shirt)



Rainy Weather FAQ's

I am concerned that my child will get sick being out in the rain.

It is not cold that makes us sick but rather viruses. “People get sick more often in the winter because they are exposed to each other more in the winter than in the summer. When it is cold outside people tend to stay inside and are more likely to spread germs to one another” (from "[Does Cold Weather Cause the Cold or Flu?](#)"). Turns out that getting outdoors is more likely to protect our kids from illnesses than keeping them indoors.



More Rainy Weather FAQ's

My child has been sick but is now returning to school. Can he stay inside today?

We are quite reluctant to allow this for a couple of reasons. First, if your child is still not quite better it would be better to keep them at home until they are 100% ready to function fully at school. If he is too sick to go outside he is also probably too sick to get through the day's work successfully – give him another day of rest. Secondly, we have very limited supervision inside so if more than a couple of kids are requesting this it becomes problematic. We do make exceptions to this based on special circumstances so if you want to chat about your child's specific health conditions please phone me and we can chat about your concerns.

Why don't you keep them in – they would be far more comfortable – it doesn't seem fair!!

We are concerned that if we set things up for our kids to avoid inclement weather by staying indoors we are teaching them that they need to protect themselves from it. The habits we set up with our kids as they grow up tend to last into adulthood. Rather than feeling that they need to stay indoors we want to encourage them to find ways to enjoy the rain. We also are fortunate to have large undercover areas for students to get out of the rain if they wish. Students are very happy when it rains as they are busy constructing canals, dams, and islands so they are happy when the rain arrives to fill them. These types of imaginative play are very healthy learning experiences for our kids!! Another reason why it is so important that our kids go outside is that it is extremely difficult for most of them to focus on their school work in the afternoons when they have not had the opportunity to get some fresh air. In the past when we used to keep kids inside more routinely due to rain our students struggled through their afternoons.

Are the children ever allowed to stay inside due to the weather?

We occasionally have weather conditions that are unreasonable to expect students to stay outside in. These days include hard, driving rain with extreme cold or wind. In these situations we intend to declare it an in day however we don't expect to have more than 2 or 3 of them a year.

School Closed

School will not be in session for students on:

Monday, June 5th - Professional Day



Community News

Do you like swimming and being in the water? Do you like team sports? Looking for a great summer sport? Try Water Polo!

It's a great way to develop your water skills and it's a lot of fun too! Burnaby Water Polo Club is now accepting registration for our Boys and Girls Beginners Water Polo (6-13 years of age). Our program runs from June until end of August. Practices and scrimmages are at Central Park Pool, close to Boundary and Kingsway, Burnaby.

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Volunteer Tea 1:30pm	3
4	5 Professional Day	6	7 Gr. 7's to B. North North	8 Earthquake Dispersal 2pm	9	10
11	12	13 New MACC Welcome (pm)	14	15	16	17
18	19 Gr. 7 Camp	20 Gr. 7 Camp	21 Gr. 7 Camp	22	23 Awards Assembly (11am) Div. 1-8 Loonie swim (pm)	24
25	26	27 .Gr. 7 Luncheon & Dance	28	29 Gr. 7 Leaving Ceremony 9-10:30 Last Day of School Reports Home	30	

* Please Note: Calendar, dates and times are subject to change

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École Capitol Hill Comments

We would like to know the Newsletters are being read at home by parents and students. Please fill in the information below and return it to the school and your child(ren) will have a chance to win a prize at our monthly draw. As always, your comments are welcome.

I have read the Newsletter Parent's Name: _____

Family Name: _____

Child's First Name: _____ Grade _____ Div. _____

Child's First Name: _____ Grade _____ Div. _____

Comments on any topic are most welcome:
