

# DECEMBER NEWSLETTER

Marysville Elementary School  
(250) 427-2241  
[sd6.bc.ca/mes](http://sd6.bc.ca/mes)



*On behalf of everyone at Marysville Elementary, we would like to wish you, and your family, a joyous holiday and a happy New Year.*

We all know that this time of year is associated with joy and festivities, but it can also be the hardest time for many. Please take care of yourself and each other, and let us know if we can help.

## **Upcoming Events**

Wednesday, December 13th is the Shopping Spree!

Friday, December 15th, will be wear your Funky Sweater Day!

Monday, December 18th, Report Cards home.

Wednesday, December 20th is our Christmas concert at 12:45pm (a link with a recording of it for viewing will also be sent home later)

Friday, December 22nd, is the last day of school before Winter Break and it's also Pajama Day!!

Monday, January 8th, is our first day back to school after Winter Break.

## **Christmas Concert!**

Thank you to the staff (and especially to Ms. Romeo) for their hard work in putting together a Christmas Concert this year. Our performance will be one show only, Wednesday December 20<sup>th</sup> at 12:45 pm. Please only have 2 members per child attending as space will be tight. Please park respectfully of our neighbors – do not block drive-ways or alleyways and be mindful of the construction out front. We will be **recording the concert** and sending it home to all that day, so even if you aren't there, you can enjoy it from the comfort of your own home and watch it WITH your child!

## **Recycle Shopping Spree**

We will begin accepting recycled items and forms this week. Drop off starts Wednesday, Dec 6th in the Library. Shopping will happen on Wednesday December 13<sup>th</sup>. If you can volunteer to help sort donations Dec 6-12th and/or on Dec 13th to help with wrapping and assisting with shopping, please call Shannon to sign up at 250-427-2241 or email [Shannon.portman@sd6.bc.ca](mailto:Shannon.portman@sd6.bc.ca). Thanks to the Kimberley Dynamiters and some of the Selkirk Leadership Team for coming to help as well. Please also see Stacy's email.

## **Parking**

In the morning and after school, please be careful and mindful of where and how you park. There have been some near misses with people rushing and not seeing little people crossing the street. Neighbors have noticed driveways being blocked and cars left to idle for long periods of time. Please park down the side streets, even if it means you have to walk a bit. Thanks for being careful!

## **PAC**

Parent advisory Council meetings are the third Wednesday of the month. We discuss activities, policy and practice at school, support school requests for funds and support volunteering in schools. All are welcome in person or virtually. There is a Facebook page for the Marysville PAC <https://www.facebook.com/marysvillepac> follow to see what we are up to! Our next meeting is January 17<sup>th</sup> at 6:30pm either in the library or you can join virtually if it's more convenient for you.

## **Report Cards**

Report cards will be coming home on Monday December 18<sup>th</sup>. Report cards are not meant to be stressful. It is different than when we were in school! They are a simple snap shot of where your child is regarding their learning at this point in time.

Each subject area comment should include the following:

A few things your child is doing well in that subject area based on the big ideas in the curriculum.

(You can look at the curriculum here <https://curriculum.gov.bc.ca/> )

One or two things for your child to work on next. (goals)

Ways the teacher will support your child in their learning.

Each subject also has a performance descriptor attached to it. The descriptors are emerging, developing, proficient, extending. These descriptors are not another way to say letter grades! We don't use letter grades below grade 10 anymore so please don't try to align these descriptors with letter grades. I would be happy to chat with anyone who is interested in discussing reporting so just give me a call, but I won't bore you here with the rationale and research behind this shift. It's important that we understand that these descriptors are not bad or good. They are just descriptors. One of the downsides to letter grades is the judgement attached to them. A means smart, C means not so smart. None of that is true. If your child is emerging in learning something, well, that is where we all start! We do not rank children anymore or compare them to others (no bell curve). We just describe where they are and set goals for next steps. If you would like to have a conversation about anything on report cards after you read them, please reach out to your child's teacher.

## **School Bus Cancellation Protocol**

Given the unpredictability of weather at this time of year we would like you to be aware of school bus cancellation protocol.

On harsh weather days please listen to the radio station to determine whether busses are running. The radio station will report if the busses are running and if schools are open. Our Principal, Stacy DeCosse, will also send an email, a school messenger notice to all parents and a notice on the website if the busses are cancelled. If you do not hear any announcements regarding school busses, please assume that the busses are running and on schedule. If the designated bus does not arrive at your child's bus stop within 15 minutes of the scheduled time please return home.

## **Sleep tips**

When your child started Kindergarten, each of you completed a CHEQ survey (Childhood Experiences Questionnaire). One consistent result we see from that survey over the years is that many, many families struggle with getting children to sleep, and having them stay asleep. Because of this, I thought I'd share some strategies for helping children get to bed and stay in bed in case you may find them helpful.

**Set a regular bed time.** Children age 3- 5 need 10 - 13 hours of sleep, and 6-13 year olds need **9 – 11 hours**.

**Set a wake-up time.** a consistent wake up routine helps reduce stress and helps ensure the kids get the sleep they need.

Create a **consistent bedtime routine**. After dinner, light playtime, bath, brush teeth, bed time story, bed. Every night.

**Turn off screen time at least 2 hours before bedtime.** This is so important and many of us don't follow this. Blue light from tv, phone, ipad devices interfere with the production of melatonin. Watching a screen right before bed keeps your child up an extra 30 – 60 minutes. Make bedrooms a screen-free zone. In place of screen time, read to your child to relax them.

Keep pre-bedtime activities **calm**.

Create a **sleep-inducing environment** – soft sheets, dark room, relative quiet help make it easier to fall asleep.

Cool bedrooms help to regulate the drop of internal body temp needed to sleep.

Reduce the focus on sleep – shift it to **relaxing** so there isn't anxiety around "go to sleep now!". Deep breathing to calm your body such as "breathe in through your nose for 4 seconds, hold for 5, exhale for 6".



# December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 <i>Drop off for Christmas Shopping Spree begins</i>	7	8	9
10	11	12 <i>Set up for Christmas Shopping Spree</i>	13 <i>Recycle Christmas Shopping Spree</i>	14	15 <i>Funky Sweater Day</i>	16
17	18 <i>Report Cards Home</i>  <i>Recording the Christmas Concert Video</i>	19	20 <i>Christmas Concert 12:45pm</i>	21	22 <i>Last day before Winter Break</i>	23
24	25	26	27	28	29	30
31	<b>WINTER BREAK</b>					

# January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	WINTER BREAK					
7	8 <i>First Day Back from Winter Break</i>	9	10	11	12 <i>Sports Fan Day</i>	13
14	15	16	17	18	19	20
21	22	23	24	25 <i>Pizza Hot Lunch</i>	26	27
28	29	30	31			