



Millstream Newsletter

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Vice Principal: Cory Meausette cmeausette@sd62.bc.ca

Secretary: Taryn Treloar ttreloar@sd62.bc.ca

Website: <http://millstream.sd62.bc.ca/>

VOLUME 3 - ISSUE THREE

It's the Place to Be!

NOVEMBER 2015

Julia Sahota Principal

We have now reached the point of the year where our first reporting period is upon us. The children have been busy learning and parent conferences are just around the corner. Be sure to book a time to meet with your child's teacher on November 19th. The most important part of your child's education is the connection made between home and school. Report cards go home on December 4th.

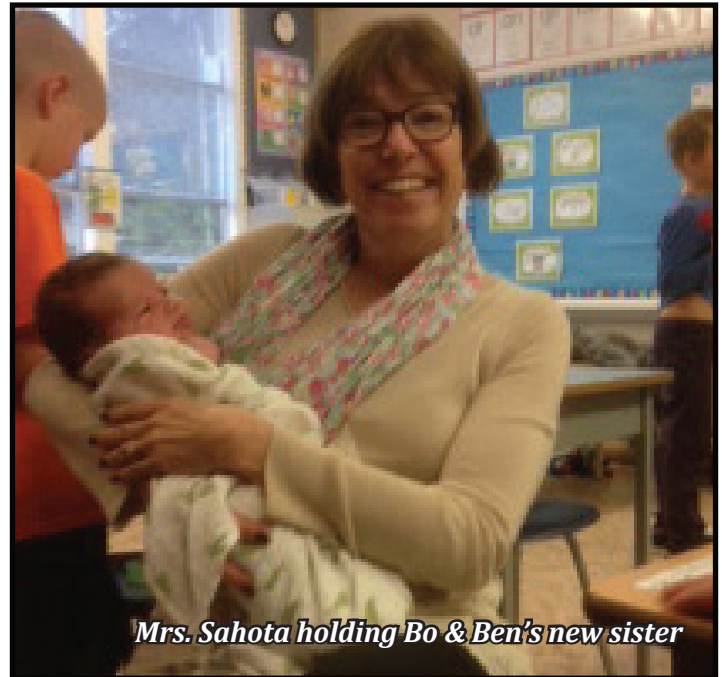
THANK-YOU to all the families who have supported our community fundraising events. It

has been a real year of giving and supporting our local community here at Millstream.

1) The school raised nearly \$3000 to support "Cops for Cancer - Tour de Rock" pediatric cancer fundraising drive. I love my new hair cut!

2) Our Remembrance Day Assembly Sock donation netted 500 pairs of socks. I dropped them off at "Our Place" on Remembrance Day. Their shelves were empty and people at "Our Place" were very excited to see the bags of socks brought in.

3) Our next community event will be Christmas



Mrs. Sahota holding Bo & Ben's new sister



Artwork displayed from Mrs. Devenport's Grade 2/3 Class

Hampers. This year we will be sponsoring three Westshore families. December 1st we will get the make-up of the families and the children's ages and Santa wishes. We will put the Santa wishes on tags on the Christmas tree in the foyer. Please feel free to pop in and grab a tag and shop with your child.

December will be here before you know it! Mark your calendars for the Winter Concert "Hockey". There will be a matinee

and evening show on December 17th. We will send home information regarding tickets closer to the date (limited seating due to fire regulations). Entry will be by donation to the supplement our family hampers.

December 18th will be PJ day. It will be by donation with all funds going towards buying gift certificates for our hampers. Winter Vacation is December 19th to January 3rd. Schools re-opens January 5th, 2016.

For Your Information...



"They say I'm old-fashioned, and live in the past, but sometimes I think progress progresses too fast!" ~Dr. Seuss

Dr. Seuss Quotes

MARK YOUR CALENDARS



CALENDAR of EVENTS

MOVEMBER

- 18th Lockdown Drill 1:15pm
- 19th Early Dismissal - 11:30 am
- 19th Parent Conferences 12:30-7
- 20th Non Instructional Day
- 24th PAC Meeting 6:30
- 27th Hot Lunch
- 27th Wear a Moustache - Donate \$2
- 28th Craft Fair at Millstream 10-3



DECEMBER

- 2-18th Family Hamper Drive
- 4th Reports go home
- 11th Hot Lunch - Pizza
- 11th Popcorn Day
- 16th Dress Rehearsal - 1:00-2:30pm
- 17th Winter Concert 1:00pm & 6:30pm
- 17th Please bring donations for Food Hamper to the concert.
- 18th PJ Day
- 18th Schools close for Christmas



NOVEMBER

ADMINISTRATION

Julia Sahota, Principal/Librarian
Cory Meausette, Vice-Principal

TEACHERS

Cory Meausette - Div. 1 (Gr. 4/5)
Chelsea Sihota - Div. 1 (Gr. 4/5)
Steve Deichmann - Div. 2 (Gr. 3/4)
Sylvia Devenport - Div. 3 (Gr. 2/3)
Catherine Alpha - Div. 4 (Gr. 1/2)
Michelle King - Div. 5 (Gr. 1)
Catrina Snook - Div. 6 (Gr. K)
Thera de Greef - Div. 7 (Gr. 2/3F)
Allison Whicher - Div. 8 (Gr. 1/2F)
Caitlin Tates - Div. 9 (K)
Mme Grieve - Div. 10 (K)
Chelsea Sihota - Music
Wendy Mann - LS/IS
Gillian Coyne - LS/IS French
Sabrina Gagnan - French Advisor
Michaela Carter - Counsellor

SUPPORT STAFF

Taryn Treloar - School Secretary
Laura Tinker - Education Assistant
Charro Woodford - Education Assistant
Lindsay Park - Education Assistant
Colette McFarland - Library Assistant
Lisa Miller - Strong Start
Rena Nagel - Lunch Supervisor
Trudy Court - Lunch Supervisor
Charro Woodford - Lunch Supervisor
Patti Christianson - ESD Support
Lynn Ferguson - Aboriginal Support
Al Beekman - Head Custodian
Sandra Martell - Speech & Language
Paula Twamley - Occupational Therapist
Carolyn Zanichelli - ELL

PAC EXECUTIVE

Dionne Buckham - Co-President
Lia Graham Lyon - Co-President
Heather Lutes - Secretary
Krista Bekkema - Treasurer
Lia Graham - Fundraising
Jolene Light - Hot Lunch
Dara Kirkpatrick - SPEAC
Stacey Campbell - Popcorn

WINTER VACATION: DEC 19TH-JAN 3RD

Millstream Allstars!



Mme Grieve's French K Class



Mme Grieve's French K Class



Mme Grieve, Mme Tates and Ms. Snook's class at Galey



Ms. King's class supporting Movember



Mrs. Snook's Class singing on the Announcements



Mrs. Shota delivering 500 pairs of Socks



Millstream Girls Handball Team



Friendship at Millstream

Halloween Fun



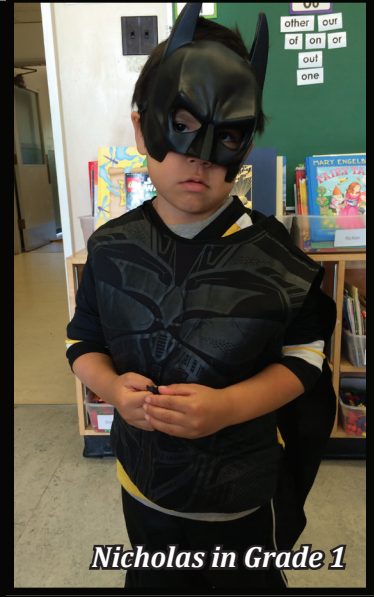
Mr. Meausette & Bird



Emma in Grade 3



Sebastian in Grade 1



Nicholas in Grade 1



Ms. Snook's Kindergarten Class



Millstream's Parliament of Owls



Mme Tates and Silas



Coven of witches



Whole School Costume Parade



Courtney & Calahan

Reminders from the Office

**IS YOUR CHILD
SICK?**

**WILL YOUR
CHILD BE LATE?**

**PLEASE E-MAIL
MISS TRELOAR**

**TTRELOAR@
SD62.BC.CA**

**THE SAFE
ARRIVAL
PROGRAM
NO LONGER
EXISTS.**



**WESTSHORE
SKATEPARK
COALITION
LAUNCH**

**DECEMBER 3
DOORS: 5PM
1415 BROAD ST**

**SIGNATURE
MOVES**

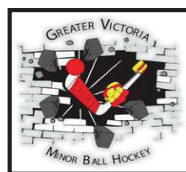
**LIVE MUSIC: CRAIG WILLIAMS
SILENT AUCTION: COLLECTIBLE SKATE STUFF
ENTRANCE: \$2 DONATION - FREE PIZZA
ALL AGES**

SHOW AND SILENT AUCTION WITH SIGNED BOARDS FROM SOME OF THE
BIGGEST NAMES IN SKATEBOARDING! SEE OUR WEBSITE FOR PREVIEWS:
www.westshoreskateboarding.com

**VICTORIA
EVENTS
VEG CENTRE**

GREATER VICTORIA MINOR BALL HOCKEY ASSOCIATION

**2016 Ball Hockey Registration Now Open
NEW PLAYERS WELCOME!**



Tyke - 2010/2011
Peanut - 2008/2009
Pup - 2006/2007
Pee wee - 2004/2005
Minor - 2002/2003
Major - 2000/2001
Junior - 1997/1998/1999



Season runs April to June 2016
\$100 for Tyke - \$195 for all other divisions
Register online at www.vmbh.ca

PAC Information

Exciting Upcoming Events:

NIGHT OF LIGHTS TICKETS

★ On Sale -\$5.00 in the office - Nov. 22

MOVEMBER MOUSTACHES

★ On sale every Monday in November - Half of the proceeds go to a charity for Cancer

CRAFT FAIR

★ November 28th - 10:00-3:00pm
PAC will be selling mistletoe and giftwrap, plant it and watch it grow

POPCORN DAY:

★ Monday, December 14th - \$1 per bag

PAC MEETING:

★ Tuesday, November 24th at 6:30 in the Library

HOT LUNCH:

★ Friday, November 27th

MILLSTREAM NIGHT AT THE ROYALS:

★ Bobble Head Night: Saturday, DEC 5th
Tickets \$10 - available in the office

Hockey Tickets for Sale!!!

Kirsten Marten

kirsten@marten-homes.ca
250.857.7326

We have an exciting new fundraiser for our school for this year! The PAC is selling tickets to the Victoria Royals Saturday, December 5th game! (Which is the much anticipated Joe Hickets Bobble Head Night!)

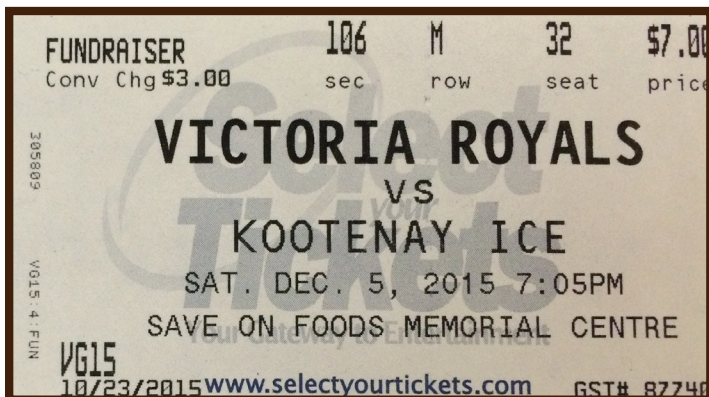
The tickets are \$10 each. The same ticket at the box office is

\$16 so you are getting a great deal buying through the PAC because we made a bulk purchase of 350 tickets.

The most important thing about purchasing or selling these tickets helps the PAC secure 50/50 draws at the Royals game. We anticipate we will receive a minimum of \$2500 in 50/50 money at just that one game! (one school last year raised over \$5,000 from one game!)

You can purchase tickets through me (e-mail & text below) and I will deliver them to you- or you can purchase through Taryn at school.

Thank you very much for your support of the PAC in this new fundraiser and we look forward to a night full of Millstream parents and kids on December 5th!



Night
of **LIGHTS**

Sunday,
November 22, 2015

6-10 pm

Join us Sunday, November 22, 2015 (6 pm - 10 pm) for a special ticketed event including exclusive retailer specials, entertainment, fabulous door prizes (including Trip for 2 to New York & Diamond Earrings), appetizers and more.

Each ticket is only \$5 and available through the office. Every penny of your \$5 ticket is donated to Millstream Elementary.

PAC Fundraising

Smile Card Fundraiser

Most asked questions about the Smile Card Fundraising Program:

How does loading the cards work?

Thrifty Foods will donate an amount equal to 5% of the amount you load on your Smile Card to the fundraising group. There is absolutely no cost to you. Ask the cashier to load any amount you wish onto the card before having your grocery order rung through. Pay for the card load with cash, debit card or credit card. Ring the grocery order through and pay for the order with your Smile Card.

Does using a Smile Card like this affect my Club Thrifty Foods points?

No it will not.

Where do I get Smile Cards for my group?

At Millstream School, in the office.

What if I do not have enough funds on my Smile Card to pay for my grocery order?

The cashier can apply all available funds on the card to your order. The outstanding balance can be paid in cash, debit card, or credit card.

What if there are funds remaining on my Smile Card once I've paid for my grocery order?

Use the funds to pay for purchases next time you shop at Thrifty Foods!

How do I know the current balance of my Smile Card?

Your grocery receipt will show the remaining balance of your Smile Card after each purchase or a cashier can swipe the card and do a balance inquiry.



How do I know I'm supporting my group/organization?

Your grocery receipt will display a message on the receipt stating, "Group XXX - Thanks for your support!"

What if my Smile Card is lost or stolen and there is a balance on it?

Lost or stolen cards should be reported immediately by calling Thrifty Foods Customer Service (250-544-1234 or 1-800-667-8280) or by going to any Thrifty Foods store.

Once reported, existing funds on the card are locked. A replacement card must be obtained from your group's administrator. Keep a record of your 19 digit card number, located on the back of the card, for reference in case of loss/theft.

Should I keep my Smile Card after the fundraising dates are over?

Yes - if the group applies for future funding, previously issued cards will be valid for the next approval period.

Support our school!

Other current fundraisers that are ongoing throughout the year include:

Cobs Bakery:

Fresh baked bread tastes better when you know it's helping raise money for Ecole Millstream Elementary School!

Mention Ecole Mill-

stream Elementary School at COBS BREAD and they will donate a percentage of your purchase back to your school. The more we mention Ecole Millstream Elementary School, the more money we will raise.

Canadian Tire Money

Please bring in any extra or unwanted Canadian Tire money and help fill

our box. All monies will go to purchasing items for our school!

School Co-op Number 13999

Not For-Profit Organization Membership

Several community organizations find a Peninsula Co-op membership an excellent and easy way to fundraise.. The membership number is then

shared with the members of your organization and they are encouraged to use it whenever they make purchases from Peninsula Co-op or Save-On Gas. At the end of the year, your organization will earn a rebate, based on the amount of purchases your members have made throughout the year.

Thank you for your participation in advance!



Activities in the Community

Bring your pre-schooler to Strong Start at Millstream Elementary!

Lisa Miller
Strong Start
Coordinator

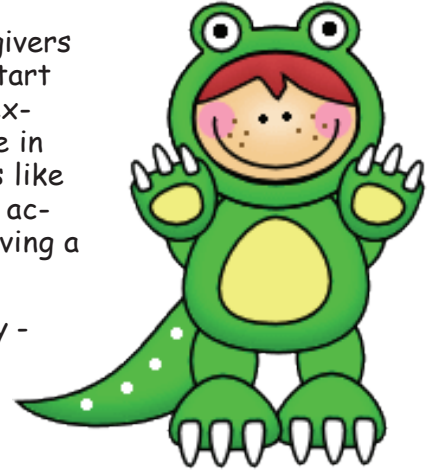
StrongStart BC early learning programs provide school-based early learning services for adults and their young children, aged **0-5 years**, at no cost to families. Both children and

adults can benefit from StrongStart BC early learning programs - children have access to high-quality learning environments and benefit from social interactions while the adults who accompany them learn new ways to support learning, both at the program and at home.

Parents and caregivers attending StrongStart BC programs can expect to participate in organized sessions like story time, in play activities, and in serving a healthy snack.

★ Monday to Friday - Room 504

★ 9:00am-12:00pm



MILLSTREAM ELEMENTARY STRONG START



Website: millstream.sd62.bc.ca
Phone: (250) 478-8348



Daily Program Schedule:

9:00 AM Center Activities including Art

10:15 AM Clean Up

10:20 AM Circle Time

10:35 AM Snack Time

10:45 AM Free Play Time

11:30 AM Clean Up

11:30 AM Story Time

11:50 Good Bye Song/Stickers



NOVEMBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2	3 Umbrellas	4 GYM 9:15-10:15	5 Making Wiggly Glue	6 GYM 9:15-10:15	5
	9 Soldier craft Erin SFRS	10 Poppy's	11 REMEMBRANCE DAY STRONG START CLOSED	12 Rainbows Photo Retake Day	13 GYM 9:15-10:15	12
	16 Make Playdough	17 Baking Soda Experiment	18 GYM 9:15-10:15	19 Magnets	20 CLOSED FOR PRO D DAY	19
	23 Sink or float	24 Shaving Cream Art	25 GYM 9:15-10:15 Erin SFRS	26 Water Play	27 GYM 9:15-10:15	26
	30 Car Painting					

ATTENTION:

Children must be registered by their second visit to attend Strong Start Birth Certificate is **REQUIRED**.

WAYS TO ASSIST:

- Being quiet at circle time
- Help prepare snacks
- Help clean dishes
- Dry dishes
- Put away dishes
- Put away art supplies
- Assist with toy clean up duties
- Sit with your child at circle time
- Guide & assist child with art activities
- Have children assist with clean up time



SPECIAL NOTE:

SFRS Sooke Family Resource Society will visit every other Wednesday. Please ask if you have any questions.

Island Health Presents



BC Healthy Kids Program

PREVENTING COLDS AND INFLUENZA (FLU)

Cold and influenza season is here. As the weather gets cooler and we move indoors, so do germs. Children need reminders to decrease the risk of colds and flu in your house by:

- ★ Washing hands often
- ★ Coughing and sneezing into their elbow
- ★ Not sharing facecloths or towels
- ★ Keeping hands away from nose and mouth
- ★ Not sharing food or drink with others

To help limit the spread of germs, please keep your child at home if he or she is feverish, coughing a lot, has a thick yellow or green discharge from the nose, or is otherwise obviously unwell.

Viruses cause colds and influenza. The most effective treatment for a cold is rest and fluids. The influenza vaccine will protect against specific types of influenza. Antibiotics will not make a cold or other virus go away faster. However, more serious infections can start out as a cold. Call your doctor if your child has an earache, fever higher than 39°C (102°F), rash, is very sleepy, very cranky or fussy, has trouble breath-

ing or a cough that will not go away.

Handwashing is the most effective way to stop the spread of germs that cause colds, influenza, diarrhea, and other illnesses.

To wash hands properly:

- ★ Wet hands under warm running water
- ★ Scrub with plain soap for a count of 20, all over hands and between fingers
- ★ Rinse under running water for a count of 10
- ★ Dry hands with a clean paper towel
- ★ Turn off taps with a paper towel

Remember to wash hands:

- ★ Before and after eating or handling food
- ★ After using the toilet, handling pets, coughing, sneezing, or wiping noses

BIG TROUBLE IN LITTLE EARS

Ear infections or middle ear fluid occur in nearly two-thirds of all children by the age of three years! Ear infections are the most common reason children see the doctor. Ear infections can lead to fluid behind the eardrum, leading to a temporary hearing loss. When the fluid is gone hearing usually goes

back to normal. This can take up to three months. Frequent ear infections can cause difficulties with pronunciation, language and learning.

If your child has an ear problem, be sure to let the teacher know. Ear problems can make it hard for your child to hear, listen and learn at school. If the hearing loss persists, contact a Health Unit Hearing clinic to arrange a hearing test for your child.

EATING TOGETHER, EATING BETTER

With busy schedules, it can be hard to arrange family meals regularly. Finding the time for family meals is worth it. Children who eat with an adult almost every day:

- ★ Make healthier food choices
- ★ Are more likely to maintain healthy growth and weight
- ★ Do better in school
- ★ Are more connected to their families and friends
- ★ Are less likely to be bullied
- ★ Are less likely to engage in high risk behaviours, like smoking, alcohol and drug use
- ★ Have less risk of

depression and suicide. Children and teens say eating together as a family is one of the things they like to do with their parents. Eating together is good for the whole family.

Here are some ideas for getting started:

- ★ Make family meals a priority. Schedule meals the same way you schedule other activities.
- ★ Share any meal or snack together.
- ★ To start, eat foods you usually eat. Just eat them together.
- ★ If children are old enough, have family members take turns choosing and/or preparing the meal items. It doesn't have to be fancy.
- ★ Keep talk positive and supportive. Focus on the good things that happened in everyone's day, such as things learned at school, holidays, good deeds done, a book you are reading or a joke you have heard.
- ★ Make preparing a meal and cleaning up family time, too. Give everyone a job; even young children can set the table.

For more information on any of the above, please contact:

Health Units: West Shore: 250-519-3490 VIHA Child, Youth and Family Community Health Dental: Victoria: 250-519-5100 or 1-800-663-7867, Registered Dietitian or www.healthlinkbc.ca/healthyeating/, HealthLink BC File #100 Severe Food Allergies in Children: www.healthlinkbc.ca/health-files/hfile100a.stm Anaphylaxis Canada www.anaphylaxis.ca/ Your doctor, Your pharmacist ~ HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or www.healthlinkbc.ca/healthyeating/ www.sexualityandu.ca