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**Important Dates**

Sept 4<sup>th</sup> – First Day Back

Sept 5<sup>th</sup> – Full day of School

Sept 17<sup>th</sup> – Non Instruction Day

Sept 18<sup>th</sup> – Welcome Back  
BBQ

Sept 21<sup>st</sup> – Hot Lunch

Sept 24<sup>th</sup> – Popcorn Day

Sept 26<sup>th</sup> – Cross Country

Sept 28<sup>th</sup> – Pizza Lunch

Oct 2<sup>nd</sup> – Photo Day

Oct 5<sup>th</sup> – Pizza Day

Oct 8<sup>th</sup> – Thanksgiving

Oct 18<sup>th</sup> – Great Canadian  
Shakeout – Earthquake Drill

Oct 19<sup>th</sup> – Non Instruction Day

Nov 12<sup>th</sup> – Remembrance Day

Nov 22 – Early Dismissal

Nov 23 – Non Instruction Day

Dec 3 – Non Instruction Day

Dec 7 – Pizza

Dec 11 – Popcorn

Dec 14 - Pizza

Dec 21 – Last Day before  
break



ECOLE MILLSTREAM ELEMENTARY

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## From the Desk of Ms Gerow

### Summer Break and Farewell

Last days are always a combination of excitement and sadness as we break for the summer and get ready to go summercamps, camping with families, reunions, weddings, playing with friends at the beach, resting and plus more!

It is amazing to me that we are here at the end of the year! The year has been action packed and full of many changes. We are bid adieu to Madame de Greef, Mademoiselle Whicher, Madame Clarke, Mr. Hill, Ms. Kyle and Ms Sihota . Some are moving over to Lakewood, Ecole John Stubbs and Happy Valley and others are awaiting to see what September will bring them.

It has been my absolute pleasure to have been here at Millstream for the last 18 months. The students, teachers and community are wonderful. We learned together about being respectful, responsible, being safe, caring for the environment and caring for each other. When we made mistakes, we learned together. That is what school is all about. Each time we do something new, we add more information into our wealth of knowledge to become the best we can be. The Millstream community have taught me what it is to be a leader, to take risks, to make mistakes, to be kind and to be yourself – I want to thank you all for making my time here as principal one of learning and for inspiring me to be more.

As I prepare for another big change by moving up to Comox I want to extend to all of you my heartfelt thank you for the support you have given me but also to also thank you for entrusting your children to us each day. Your children have many fabulous and positive qualities that we know start with you at home. **Have an action packed summer or a safe and lazy summer. Take care.**

### THANK YOU!!

Thank you to all of the parents who volunteer their time to help out with all the fundraising and to our PAC executive for going above and beyond at times to help make Millstream run smoothly.

A huge thank you to all of our volunteers:

- o Jay Neill (Posters)
- o Sarah Snow (Popcorn)
- o Sarah Gordon (events)
- o Taryn Treloar (Treasurer)
- o Bonnie Frazer (Craft Fairs)
- o Andrea Buchann (Bottle Drive)
- o Nicole Fetterly (Concession Stand)
- o Kassandra Stafford (Thrifys Smile Card, MabelsLabels)
- o Sharon Sava (Canadian Parents for French Rep)
- o Tracy Raven (SPEAC Rep & Sign)
- o Mark Ralph (Sign)
- o Amanda Dumitru (Hot Lunch)
- o Heather Mansfield (Hot Lunch)
- o Tara Nesbitt (Thank you cards)
- o Suzy Bondesen (Gardening support)
- o Andrea Buchan (Bottle Drive)
- o Megan Jantz (Gardening support)
- o Bree Sharratt, Kassandra Stafford & Jan Plumb (Newsletters)
- o Melissa Ford (secretary)
- o Jolene and David Light (Before school gym program)
- o Shannon Nagano (Hot Lunch)
- o Amber Smith (Hot Lunch)
- o Katie Bate (Hot Lunch)
- o Cathy Ralph (Hot Lunch)
- o Liv Miller (Welcome Back BBQ)
- o Danielle Little (Hot Lunch)
- o Erin Knutsen (Before School Gym program)
- o Rena Nagel (Wednesday Toast)
- o Arlene Klatt (Wednesday Toast)
- o Tawny Bella (Emergency Preparedness)
- o Sue Frisby (Emergency Preparedness)
- o Mike Donselar (Emergency Preparedness)
- o Rebecca Guthrie (Emergency Preparedness)
- o Cendra Beaton (CPF and Hot Lunch)

**As you can see there are many! If we missed anyone, Thank you! As they say, many hands make light work. If you have the time, please consider participating next year.**

## Millstream Playground Safety

### Reminders!

Swings – ONE PERSON ONLY on a swing. Swing forward and backwards only. No “Spider” swinging. No side to side swinging or twisting of chains. No running between the swings or in front of swings

Slide – Feet first, one at a time. Up the ladder and slide down the slide

Trees – Are not to be climbed, pulled on or broken please be respectful of the environment

Fencing – Not to be climbed, especially fencing behind goal posts or on top of goal posts

Monkey Bars – One at a time. No sitting on top

Cement slope – Please stay off it at all times. Very slippery and dangerous. No ball playing in area AT ALL (too many windows and very dangerous)

Sticks and pinecones and rocks and woodchips – STAY ON THE GROUND

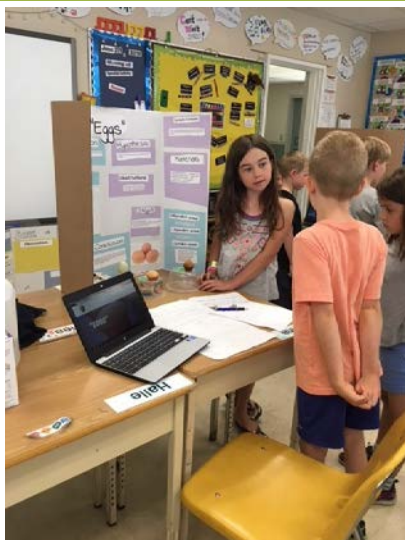
Hands to self – ALWAYS

Wall ball - only at back of gym

Red Staircase – Not a play area

Railings – Very dangerous to climb on the railings. Cement below in all areas.

Portables – the rock area is not for playing in or going behind



### Ideas for Summer fun from an experienced teacher!

**Teach your child to tie their shoes.** Find a fun trick! Watch a video! Give an incentive! Be persistent! Just make sure your child isn't the one dragging their laces through the bathroom and cafeteria then asking the teacher to tie it.

**Keep bedtime in the routine.** It may be a little later and there will be nights that bedtime doesn't apply. But overall, if we keep our bodies in a routine with sleep, [September]won't hit quite so hard.

**Choose a few family members and friends to write a letter to this summer.** Ask your child to write in full sentences, ask questions and give details. Writing with a purpose makes it relevant and real for your child. Maybe someone will write them back! Include an envelope with return address and stamp to encourage that!

**Sit at the table and eat together.** Really watch your child. Is he sitting on his knees, mouth wide open, food everywhere? This is how he looks in the cafeteria. Work on that.

**Encourage kindness.** Find someone or several others that your child can do something simple to bring a smile. Deliver cookies, make a card, flowers, chores, a song...something simply for a smile.



**Science Fair** – another idea to would be to have a mini science fair with friends. Get to know the local beach! Learn about the local geology, wild life or study the tidal pools.

## Division 1

**Div 1's Science Fair was open for families and all classes to come in and visit over on Monday, June 25.**

**Don't rush to the rescue.** Hear me out. Our children need us. But they need us to let them learn to problem solve. If your child is in a situation that is frustrating, but not harmful (example: can't put together a new toy, can't open a lunchable, can't decide which color shirt to wear) let them work it out! It saves time and our nerves to just do it! But in the long run, it's crippling our children of the basic and necessary skill to problem solve and think through an issue...for themselves. Hang back...just a bit. They'll be ok!

**Read TO your child.** I can't encourage reading enough! Please visit the library and make books a part of your summer days. Most importantly, let your child see you read- to yourself and to them. Let them hear your silly voices. Let them tell you the best parts and predict how it will end. We tell them all the time they must read, but are we showing them WE read? **Join the Library!**

**We must look up from our screens and look at our children.** They are growing so incredibly fast. We could spend this summer scrolling through strangers' vacation pictures wishing we had their reality or we could be chasing our reality through the sprinkler in our own backyard.

**Stargazing.** Summer is the perfect time to go stargazing. It isn't too cold at night, and a family snuggle on a blanket looking up at the night sky is an enjoyable way to learn together. Read up on constellations and planets locations ahead of time and your kids will think you're a genius!

**Miscellaneous ideas.** Rediscover old toys, play in the dirt, have a mini classic film festival with old movies like StarWars, Princess Bride, Back to the Future and Tron. Teach them how to bake, cook a simple recipe. Build forts. The ideas are endless... but don't forget to allow the kids and yourselves the downtime!

**Rest. Be ok with not constantly going somewhere.** Society, media, Facebook all have us believing we must seize the day and do it all. Our children have worked hard and they need to rest. If we keep them in perpetual motion through the summer, it will feel like a continuation of the chaos with less homework. Squeeze in the fun, but allow the time to rest. Boredom gives way to creativity. Rest renews our bodies and our minds for all the next school year has in store.



### Div 5 strikes again with portraits of the staff



## June Administration

Martha Gerow, Principal

Sam Ogrodnik, Vice Principal

### TEACHERS

Chelsea Sihota – Div1 (4/5)

S.Deichmann/Rhys Hill – Div 2(4/5)

Sylvia Devenport – Div 3(3/4)

Catherine Alpha – Div 4(2/3)

Michele King – Div 5(1/2)

Anna Lesfrud – Div 6 (K/1)

Heather Kyle – Div 7 (K)

S.Ogrodnik/S.Ramsbottom – Div 8F(4/5)

T deGreef/J Belanger –Div 9F(2/3)

Allison Wicher – Div 10F(1/2)

Betsy Clarke – Div 11F(1/2)

Lois McKenna – Div 12F (K)

Nevada Papineau – Music

Wendy Mann – Learning Support

Sonja Efford – Learning Support

Jenny Belanger – Learning Support

Sarah Ramsbottom – Learning Support

Michelle Kiefert – Counsellor

### SUPPORT STAFF

Cindy Latimer – School Secretary

Laura Tinker – Education Assistant

Lindsay Park – Education Assistant

Charro Woodford – Education Assistant

Tara Hebdon – Education Assistant

Kristy Buckler – Education Assistant

Trisha Moss – Education Assistant

Lidia Van der Water – Library Assistant

Tanya Owens – Strong Start

Rena Nagel – Lunch/Bus Supervisor

Arlene Klatt – Lunch Supervisor

Tanya Owens – Lunch Supervisor

Catrina Snook – ESD Support

Rosalind Wilkinson – Aboriginal Support

Riley Sinon – Head Custodian

Sandra Martell – Speech & Language

Paula Twamley – Occupational Therapist

Carolyn Zanichelli - ELL

Katrina Oulette – Youth Family Counsellor

Alicia Glover – Early Childhood Educator

## End of Year Celebration & Goodbye to Grade 5's

Today we said goodbye to our outgoing Grade 5 students who are moving to Spencer Middle School, Dunsmuir Middle School and for the first time Ecole John Stubbs. This is our first French Immersion group of student moving on to middle school at John Stubbs. This is an exciting landmark. It is a small group but as we look to our younger grades, there are full classes coming up in French. We also recognized two former students who received the PAC bursaries for going on to college or university. Kathren Osborne and Jordan Garand were selected as recipients of PAC 2018

bursary. We recognized all parents who supported us through the year as well as a special recognition for our PAC president, Sarah Ramsbottom for all the work she has done in the last year, going above and beyond at times. Final good byes were said to the teachers who are leaving. Thank you to everyone who attended.



### Grade 5 Celebration Day June 20<sup>th</sup>

#### Did you forget something?

The school will be open to collect any items that students forgot next Tuesday and Wednesday or the last week of August. Reports that were not collected on the last day will be available during these times or you can collect them in September.

A reminder that school starts up on September 4<sup>th</sup> for the morning only from 8:30 – 11:38. We will dismiss at 2:38 from September 6<sup>th</sup> onwards. Kindergarten does not start until September 11<sup>th</sup>. Kindergarten parents will be contacted in the first week back to advise as to which group you will be in on the 11<sup>th</sup> and 12<sup>th</sup> for either the morning or afternoon session.

#### Lost and Found

All items left unclaimed by the end of July 5<sup>th</sup> will be packaged up and donated to a local charity. are two large green garbage bags, filled with clothing. They are located just outside the office. If you believe your child has left a valuable behind, please come and check before the 5<sup>th</sup>.



The whole school singing So Long, Farewell for the departing staff.



Recognizing the teachers who are departing Millstream.



The Grade 5 Group being recognized for their work at the End of Year Assembly