

# Crestview Elementary



## KINDERGARTEN REGISTRATION 2018-2019

Registration for new students begins on February 5th. If you have a child that will be starting school or know anyone who will be eligible to attend Crestview, please contact our School Secretary, Claire Grably, at 450-681-6703 to schedule an appointment.

### Drop-Off in the Morning

School starts at 9:13 AM. This means that students are entering the school as of 8:55 AM and must be in class by 9:03 AM. The gate being used for student drop-off will continue to be closed at 9:00 AM.

### Punctuality

All students are expected to be on time for school every day. When students are late, they miss out on important instruction and it is very disruptive to the teacher and to the other students. Students who arrive late to school must wait at the office until the next period to reduce the disruption.

### Forgotten items

Please note that students are not permitted to call home for any forgotten items such as indoor shoes, homework, forms, etc. Unfortunately, we cannot accommodate these requests as there are many other important tasks that we must attend to ensure a smooth functioning of the day. The only exception is for a forgotten lunch.

### Calendar Changes

In order to have the prescribed 180 teaching days and making up for the two days of cancelled class; **May 11<sup>th</sup>** and **June 8<sup>th</sup>** will now be regular school days.



### February 6

PPO Meeting, 7pm

### February 12

**PED DAY – no classes**

### February 22

GB Meeting, 7pm

### February 26 – March 2nd

Winter Carnival

\*please see following page for details

## Winter Break



### March 5 to March 9<sup>h</sup>

**Winter break – school closed**

*Enjoy the time with  
family & friends*



**Monday February 26th to Friday, March 2**

*Olympics Theme*

Activities will include an opening and closing ceremony. Activities being planned are: curling and outdoor Go-Karting, an indoor day of mini-Olympic games and an outdoor day of winter fun. Activities will be confirmed closer to the dates when we have a better understanding of the expected weather.

Monday, February 26th (Day 1): Our Carnival's opening Ceremony

- \* Students may be asked by their teacher to wear a specific colour

Tuesday, February 27th (Day 2):

- \* Funky hat day: Students will be permitted to wear a hat of their choice to school

Wednesday, February 28th (Day 3):

- \* Free Dress Day

Thursday, March 1st (Day 4):

- \* Sports Jersey or Sports T-shirt Day

Friday, March 2nd (Day 5):

- \* Free Dress Day





## Teacher Appreciation Week

***Your teaching helps us all succeed!***

Teacher Appreciation Week is an annual event that takes place during February. It is intended to recognize the commitment of teachers to education and their contributions to Québec society. Since 1994, schools have been celebrating Teacher Appreciation Week in a wide variety of ways, often with the participation of parents' committees.

This year's Teacher Appreciation Week will take place from February 12 to 16, under the theme "Your teaching helps us all succeed!"

This theme highlights the fundamental contribution made by teachers not only to the educational success of all students, in both the youth and adult sectors, but also to the success of Québec as a whole.

Given the essential role that they play each day with commitment, passion and competence, our teachers are truly deserving of our appreciation.

As Crestview has such a diverse population in students and staff we will be celebrating all of our educators; teachers, attendants and special education technicians.

## Asista Dog Project

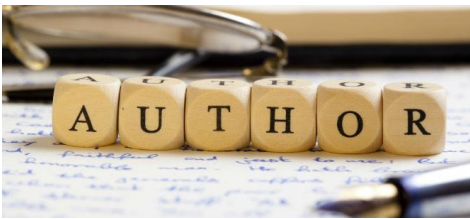
To address the pervasive needs of our students, Crestview Elementary has sought out the support of the Asista Foundation; a foundation that provides service dogs for individuals and communities that have mental health or related needs. Research supports that being in the presence of a trained service dog can reduce anxiety and lower blood pressure. Specifically, studies support that among students having anxiety, ADHD (Attention Deficit Hyperactivity Disorder), ODD (Oppositional Defiant Disorder), and behavioural difficulties that their level of anxiety is lowered when in the presence of a service dog (Beetz, Uvnäs-Moberg, Julius & Kotrschal, 2012). When in contact with dogs, the body releases positive hormones such as dopamine and beta-endorphin (Beetz et al., 2012). Moreover, touching and communicating with a dog can lower blood pressure which is essential when considering the safety of students who may experience a peak in blood pressure while in crisis (Beetz et al., 2012).



Crestview would benefit to have the presence of a service dog from the Asista foundation. The presence of a service dog would help reduce anxiety and negative emotions among students, would reduce violent outbursts and crises and foster a safe environment conducive to learning and allowing children to have a positive school experience.

While the Crestview community is willing and prepared to acknowledge and support the needs of our students, hindering our progress is a lack of financial resources to see this intervention through. The Asista foundation offers us a reduced rate for the service dog at \$20 000. The fee includes the service dog, over 2000 hours of training (both dog and guardian) by the Asista Foundation and the Laval Police Community, insurance for one year, veterinary fees and follow-ups to ensure appropriate care and training. We have currently depleted all financial resources and are in need of financial support.

We would graciously accept any monetary donation that we can put towards obtaining a service dog and would provide public recognition and a tax receipt for your support and donation.



Crestview's application for the **Culture in Schools** grant was accepted and many of our students will have the opportunity to work with author Lydia Ludikas ([www.lydialukidis.com](http://www.lydialukidis.com)) February 14<sup>th</sup> and 15<sup>th</sup>.

### **Grades 1-3; Character Development Workshop**

What makes a character memorable? How does one create and develop a fictional character? What are the various character archetypes? These questions will be explored as students invent their own unique character. They will develop comprehensive character sketches that will bring these people, animals and creatures to life. For the younger students, the author will also read one of her picture books and the children will draw out their ideas rather than write them.

### **Grades 4-6: Personal Narratives Workshop**

Students will learn how to formulate a personal narrative drawn from their own experience. They will be introduced to various writing prompts that will serve as inspiration to catalyze the writing process. They will brainstorm ideas and organize their thoughts by using story maps. Once they're ready to begin writing their personal narratives, they will learn about the importance of a "hook" and a strong lead to engage their readers. They will also be taught how to use their five senses in order to add enriching and descriptive details.



The SWLSB Special Education Advisory Committee  
Presents

# FREE Conference for ALL Parents

First in the series of three.

TUESDAY, February 20<sup>th</sup>, 2018 ❖ 7:00 – 8:30 PM

~ CONFERENCE TOPIC ~

## Anxiety

What it looks like, and what can help!

SPEAKER: *Melissa Simard, Ph.D.*

*SWLSB Psychologist, Clinical Psychologist*

For as long as you can remember, your child has been more fearful than others his or her age. Or perhaps, your child has suddenly started worrying excessively and asking for reassurance. Coming in many forms, anxiety is the most common mental health concern facing today's youth, with estimates suggesting it affects up to 15-20% of children and adolescents. Thankfully, not everyone will develop important difficulties with anxiety, but for those that do, early identification and intervention is important for their well-being and long-term functioning. While anxiety disorders are very treatable, knowing how to recognize these difficulties, when to get help and where to get services can sometimes be a challenge. This talk aims to support children and their families by providing parents with:

- 1) an overview of anxiety;
- 2) information about how to distinguish between typical fear and anxiety versus something more concerning;
- 3) tips on how to support a child struggling with anxiety;
- 4) information about treatment options and when to seek out professional services, as well as;
- 5) links to available online resources.

**YOU CAN ATTEND IN PERSON - LOCATION:** Sir Wilfrid Laurier School Board  
235, montée Lesage, Rosemère, Québec J7A 4Y6  
(Maximum seating capacity: 60 people)

**DEADLINE TO REGISTER:** **Monday, February 19<sup>th</sup>, 2018**

Online registration: <https://goo.gl/forms/PZ0wpcu1ZUQldGf83>

**OR**

**STREAM CONFERENCE LIVE ONLINE :** <http://bit.ly/swlsbseac>



### **Timetable**

Start: 8:55

Lunch: 12:28 – 1:28

End of day: 3:35



If your child(ren) will be absent from school please call our School Secretary at (450) 681- 6703, before 8:30am, to report their absence. Please mention their first/last name and teacher as well as the reason for the absence.

### **Parking**

Reminder there is no parking on D'Arcy McGee on the school side of the street. The city signage indicates no parking from 7am to 5pm, Monday to Friday. Our school bus needs to pull up to the curb in order to safely unload and load our students.

### **School Fees**

If you haven't paid your school fees please contact Claire Grably, our School Secretary, at [cgrably@swlauriersb.qc.ca](mailto:cgrably@swlauriersb.qc.ca) or 450-681-6703 x5215 to arrange for payment.

Look for all the latest news on our website at: <https://crestview.schoolqc.ca/>

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