



# 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 4 - ISSUE NINE

## It's the Place to Be!

APRIL 20, 2017

# Message from Ms. Gerow

**Martha Gerow,**  
*Principal*

### Parent Advisory Committee Participa- tion aka the PAC

A PAC is a major part of our school community. To this end, in order for it to function fully, the PAC relies on parent volunteers.

Events such as the Fun Fair, Movie Nights, Hot lunches, etc cannot take place without parent support and help.

The PAC is also instrumental in helping to provide funds for the school to purchase equipment, learning resources, support classroom Field Trips and much more.

Recently, our PAC sent out a request for more volunteers to help ensure that the Fun Fair would run this year. I would like to express my thanks to those people who have stepped up and recognize how important it is that everyone give what support they able to do.

Often if it falls to only a handful of parents, then burn out can occur which would then result in the PAC having little or no ability to help support the school community at large. An hour, a day or whatever you can manage is wonderful.

We encourage our students to be active volunteers within the community and by setting examples we all help to build a great community.

Thank you to all who are able to find that time. I know it is tricky with busy lives. A big thank you to our present PAC for all their hard and industrious work and to past PAC members.

### Staffing Changes

Starting May 8th, Ms **Sonja Efford** will be stepping into replacement **Mrs. Jayne Struch** doing LS support for French Immersion. Mrs. Struch will be going on Maternity Leave for the remainder

of the year. We look forward to meeting Baby Struch sometime toward the middle of May. Ms Efford has been with us since the start of March doing Integration Support for French Immersion students. We are pleased to have her on board for the remainder of the year.

### How does our Garden Grow!

A fabulous job is being done to date by the 4 divisions who have taken on the challenge of creating a garden here at Millstream.

We would like to thank all of the amazing families who donated materials for our new garden. Thank you!

The students are having a blast and learning all about plants and soil. It is great. **The last thing we need to complete the project is a yard of wood chips. If you have access to these and would like to donate them to the school we would very much appreciate it.**

### Western Speedway Tickets:

Coming home this week is a complimentary Family Pass for Saturday, April 22, 2017. There is a special family event happening that day. The manager, Daryl Crocker has generously offered Family Passes to each student in the school for the event. Each pass is good for 2 adults and 4 students. Thank you to our Community neighbor for offering up this opportunity to interested families.

### Cross Country

Our first run was yesterday and by all accounts a great success. Bravo to all the students who participated in our first Spring Cross Country Run. A reminder to "old and new" parents that it is essential that when you pick up your son or daughter at the track that you make contact with Mrs Mann to advise her that you have collected them at the end of the run. This is a safety precaution. Thank you.

# For Your Information...



*"Don't cry because it is over,  
smile because it happened."*



Dr. Seuss Quotes

*~Dr. Seuss*

MARK YOUR CALENDARS

## CALENDAR of EVENTS

### APRIL 2017

- 21st Hot Lunch - Booster Juice
- 25th Engineering for Kids (Tue)
- 26th Cross Country Meet
- 26th Cadence Performance at 1:15pm
- 27th Engineering for Kids (Thu)
- 28th Popcorn Day

### May 2017

- 1st Music Monday
- 2nd Engineering for Kids (Tue)
- 4th Engineering for Kids (Thu)
- 5th Spring Fair
- 5th Hot Lunch - Mexican
- 9th Last Engineering for Kids (Tue)
- 11th Engineering for Kids (Thu)
- 12th Non-Instructional Day
- 18th Victoria Symphony - Belmont (1)
- 18th Last Engineering for Kids (Thu)
- 22nd Victoria Day
- 26th Movie Night at Millstream
- 26th Hot Lunch - Booster Juice

### APRIL

#### ADMINISTRATION

Martha Gerow, Principal/Librarian  
Cory Meausette, Vice-Principal

#### TEACHERS

Cory Meausette - Div. 1 (Gr.4/5)  
Nevada Papineau - 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)  
Leah Satterfield - Div. 6 (Gr. K)  
Thera de Greef - Div. 7 (Gr. 2/3F)  
Manon Ambriz Gomez - Div. 7  
Allison Whicher - Div. 8 (Gr. 1/2F)  
Caitlin Tates - Div. 9 (K)  
Alejandro Morales Gil - Div. 10 (K)  
Nevada Papineau - Music  
Wendy Mann - LS/IS  
Betsy Clarke - LS/IS  
Jayne Struch - LS/IS - French  
Ted Hobby - LS  
Sonja Efford - LS  
Michaela Carter - Counsellor

#### SUPPORT STAFF

Taryn Treloar - School Secretary  
Laura Tinker - Education Assistant  
Charro Woodford - Education Assistant  
Lindsay Park - Education Assistant  
Trudy Court - Library Assistant  
Lisa Miller - Strong Start  
Rena Nagel - Lunch Supervisor  
Arlene Klatt - Lunch Supervisor  
J. Scott - Lunch Supervisor  
Catrina Snook - ESD Support  
Rosaland Wilkinson - Aboriginal Support  
Al Beekman - Head Custodian  
Sandra Martell - Speech & Language  
Paula Twamley - Occupational Therapist  
Carolyn Zanichelli - ELL

#### PAC EXECUTIVE

Sarah Ramsbottom - President  
Taryn Treloar - Vice President  
Dale Breese - Secretary  
Krista Bekkema - Treasurer  
Jessica Bell - Fundraising  
Sarah Ramsbottom - Hot Lunch  
Heather Bewsher - Hot Lunch  
Jim Knutsen - SPEAC  
Layla Bhalla - Popcorn  
Mike Donselaar - Emergency  
Tracy Raven & Mark Ralph - Sign

# Music at Millstream

## MUSIC MONDAY

**Martha Gerow**  
*Principale*

Launched in 2005 by the Coalition for Music Education, Music Monday is the world's largest single event dedicated to raising awareness for music education. Each year, hundreds of thousands of students, educators and music makers participate in a simultaneous nationwide concert performance of an original song written by a Canadian artist. The theme this year is 150 Years of Canada and features the Music Monday anthem "Sing it Together" written by Juno award winners Marc Jordan and Ian Thomas. "Focusing on the power of voices, Sing It Together asks us to

sing for joy, for truth, for healing and for freedom. The recording and video feature Inuit throat singing, Métis fiddling, indigenous drumming, and children's choirs in celebration of Canadian musical heritages." We are pleased to be participating again after a three year hiatus. You may have heard your child/ren practicing over the last month as Ms. Papineau has been busy working with all of our classes from Kindergarten to Grade 5 learning a variety of Canadian songs to help celebrate the 150th anniversary of Canada. We will be bussing our entire school population to the Q Centre on May 1st, to participate in this country wide event. It is an



exciting event and one that can be most memorable event for students participating. Please ensure that your child is at school on time Monday,

May 1st as the busses will be leaving just after the bell. More information will be sent home closer to the date of the event.

## CADENCE:

**Martha Gerow**  
*Principale*

Next Wednesday, the a cappella group Cadence will be performing for the whole school. Cadence is Canada's premiere vocal group. Based in Toronto, this a cappella ensemble has been wowing audiences across the country and around the world for nearly 20 years. Whether performing at sold-out jazz clubs and concert halls, at music festivals, for educational outreach, or for corporate functions,

the members of Cadence - bring an infectious energy and uncanny verve to every performance. We are fortunate to be able to hear this wonderful group perform their show, A Cappella Time Machine. The show will take place at 1:15 in the gym. Thank you to the PAC for helping to support the school to bring in great quality music performances for our students to hear. The opportunity to experience live performances helps to develop a life-long learning experience and enjoyment of a variety of different music styles and genres.



# Upcoming Opportunities

SOOKE SCHOOLS 62  
Shaping Tomorrow Today

AND  
**PACE THEATRE**  
presents

*It's A Musical!!!*  
Yes It Is

And it includes sets from hit Broadway and Movie Musicals - **Hamilton, Something Rotten, Seussical, Matilda, La La Land, Rock of Ages, Trolls, Jersey Boys . . . and the list goes on!!!**

Featuring special guest and PACE Alumni - Disney Star Calum Worthy! There will be a Meet & Greet for photos and autographs in the lobby prior to every show and during intermission on April 21st to April 23rd.

**ADMIT ONE**

**SHOWTIMES**  
Evening Shows @ 7 pm  
April 21st & 22nd  
April 27th, 28th & 29th  
Matinee Shows @ 2 pm  
April 22nd & 23rd  
April 29th

SHOWTIMES  
\$12  
General Admission

SHOWTIMES  
\$10  
Students & Seniors

Isabelle Reader Theatre, 1026 Goldstream Ave.  
Tickets available at Westshore Learning Centre  
Call 250-391-9002 for Reservations - Mon-Fri: 8:30 to 4 pm

## CANADIAN PARENTS FOR FRENCH

### NEW SUMMER CAMP LISTING!



This summer – Your child can speak the language, play in another culture and have a blast!

Choosing the right camp for your child or teen, can be a big decision. If you can't show your young learner the world this summer, why not bring the world to them by enrolling them in a camp where they will be immersed in French? At Canadian Parents for French, we hope our Summer Camp Listing can help.

Choose a camp that stretches your child's understanding to help them gain independence, share experiences, build new skills, discover new interests, and speak in French!

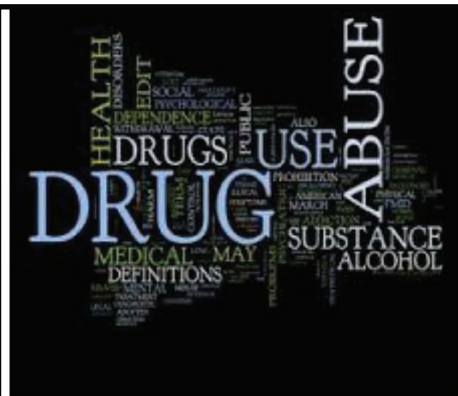
#### CPF Summer Camp Listing 2017

If you don't see a camp in your area please contact your local CPF Branch or Chapter for more information.

Karen Lynch, President  
[president@cpf.ca](mailto:president@cpf.ca)

Canadian Parents  
for French  
1104-170 Laurier  
Ave. West  
Ottawa, ON | K1P

Nicole Thibault, Executive Director  
[nthibault@cpf.ca](mailto:nthibault@cpf.ca)



## LET'S TALK ABOUT DRUGS MAY 9<sup>TH</sup> 7:00 – 8:30 PM In the Conference Room at Royal Bay Sec.

Have teens or soon will? Join us for up-to-date important info and tips geared to helping our kids survive and thriving in today's world where drug use is common.

- Learn about current trends related to youth substance use
- Gain the skills to talk comfortably
- Strengthen your relationship with your teen
- Learn about practical resources and services that can help!

Moderator: Christine McGregor, District Principal, Student Services, SD #62; The panel will include representatives from Island Health and the Centre for Addictions Research of BC



RSVP: [Eventbrite.ca](http://Eventbrite.ca)  
Search: Talk Drugs

Cost: FREE  
Childminding:  
FREE via RSVP



THIS EVENT IS BROUGHT TO YOU BY:

CARBC, Island Health, School District #62 – Sooke, and the Sooke Parents Education Advisory Council

## Camp de vacances de qualité en français pendant l'été

Pour les enfants de 5 à 12 ans

Du 3 juillet au 1<sup>er</sup> septembre 2017 à l'école Victor-Brodeur



Juillet	Août
Semaine 1 – Survie (3 au 7 juillet)	Semaine 5 – Reptiles (31 juillet au 4 août)
Semaine 2 – Jardinage/recyclage (10 au 14 juillet)	Semaine 6 – Sciences (8 au 11 août – 4 jours)
Semaine 3 – Sciences (17 au 21 juillet)	Semaine 7 – À vélo (8 à 12 ans (14 au 18 août))
Semaine 4 – Océan (24 au 28 juillet)	Semaine 8 – Survie (21 au 25 août)
	Semaine 9 – Sports (28 août au 1 <sup>er</sup> septembre)
170 \$ par semaine* – 5 à 12 ans – 9 h à 16 h	
Service de garde – 50 \$ par semaine – 8 h à 9 h et 16 h à 17 h	
Pour obtenir de plus amples renseignements et s'inscrire :	
Marie-Pierre Lavoie	<a href="mailto:Marie-Pierre.Lavoie@parentsbrodeur.ca">Marie-Pierre.Lavoie@parentsbrodeur.ca</a>
Nathanaël Lisimaque	<a href="mailto:nathanaellisimaque@gmail.com">nathanaellisimaque@gmail.com</a>

\*Remarque : Il est possible de prendre des arrangements pour les familles qui sont dans une situation financière précaire.

# Health & Wellness

## Helping Children and Youth Manage Anxiety

AnxietyBC®



**Martha Gerow**  
*Principal*

Anxiety is one of the most common mental health problems affecting children and teens, today. It is important that we develop a better understanding of anxiety and anxiety problems in children and youth.

If you are noticing signs or have concerns that your child may be struggling with anxiety you can

learn about effective strategies for supporting your child and give him/her the tools to better manage anxiety.

Check out the Anxiety BC website. This site is aimed at helping adults, parents, and youth cope with anxiety problems ([www.anxietybc.com](http://www.anxietybc.com)). For youth and young adults there is also a mobile app called Mind-shift available aimed at helping youth and young adults manage anxiety and challenging situations.



## Jump Rope for Heart

**Martha Gerow,**  
*Principal*

Coming up in May we will be holding a Skip-a-thon.

On May 5th, the Island Hoppers will be coming to "kick off" the two weeks by demonstrating some of the amazing skipping skills that they have. The purpose of the Skip-a-thon for Jump for Heart will be to raise awareness of heart

health and at the same time help:

As a school, Millstream will be handing out skipping ropes that have been donated by Jump Rope for Heart and holding a school wide Skip-a-thon. It is a fundraiser for the Heart and Stroke Foundation. On that day, we are asking students to bring in a twonie (\$2) to donate towards the Heart and Stroke Foundation. More information will come out closer to the date.

**Are you moving over the summer?  
Will your child be leaving Millstream?  
Has your address or phone number changed?**

**Please let Miss Treloar know in the office.  
[ttreloar@sd62.bc.ca](mailto:ttreloar@sd62.bc.ca)**

**250-478-8348**




## **PAC Information...**



**MAY 05, 2017**  
**5:30pm to**  
**800pm**

**Bring your whole family and friends!**

Tickets will go on sale early through MunchaLunch until May 3rd to buy family fun filled memories including:

- |                   |                   |                 |
|-------------------|-------------------|-----------------|
| ★ Bouncy Castle   | ★ Concession      | ★ Cupcake walk  |
| ★ Photo Booth     | ★ BBQ             | ★ Pitch & Burst |
| ★ Soccer Shoot    | ★ Ring Toss       | ★ Fish pond     |
| ★ Football Throw  | ★ Angry Bird Toss | ★ Sucker pull   |
| ★ Face Painting   | ★ Popcorn         | ★ Hockey Shoot  |
| ★ Obstacle Course | ★ Plinko          | ★ and more fun. |
- 
- A cartoon chef character with a white hat, a red shirt, and a yellow apron, holding a spatula. The word 'CHEF' is written on the apron.

## **ONGOING 'FREE' FUNDRAISERS**

**HELP THE SCHOOL ENORMOUSLY WITHOUT ACTUALLY PAYING ANYTHING**

### **Alpine Bottle Depot:**

Do you have unwanted empties? Just drop them off at Alpine Bottle Depot and mention Millstream Elementary and leave the sorting and counting to them.

### **Cobs Bakery:**

Fresh baked bread tastes better when you know it's helping raise money for Ecole Millstream Elementary School! Mention Ecole Millstream Elementary School at COBS BREAD and they will donate a percentage of your purchase back to your school.

### **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!

### **Co-op Number:**

13999 Please share our membership number whenever you make a purchase from Peninsula Co-op or SaveOn Gas. At the end of the year, our organization will earn a rebate, based on the amount of purchases our members have made throughout the year. Thank you for your participation in advance

### **Thrifty's Smile Card:**

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!

# STRONG START

## 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.

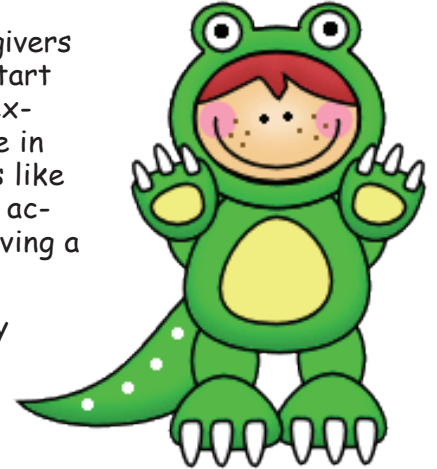
Both children and

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

★ 9:15-12:15pm



## MILLSTREAM ELEMENTARY STRONG START



Website: [millstream.sd62.bc.ca](http://millstream.sd62.bc.ca)  
Phone: (250) 478-8348



### Daily Program Schedule:

- 9:15AM Center Activities including Art
- 10:30 AM Clean Up
- 10:40 AM Circle Time
- 10:55 AM Snack Time
- 11:00 AM Free Play Time
- 11:45 AM Clean Up
- 11:50 AM Story Time
- 12:00 Good Bye Song/Stickers



### APRIL 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 WELCOME BACK!!	4 CHICS	5 GYM 9:15-10:15 AND MUSIC ROOM!!!	6 EGG ART	7 GYM 9:15-10:15	8
9	10 FIREFIGHTERS VISIT!!	11 BUNNY ART	12 GYM 9:15-10:15 ERIN SFRS	13 PRO D DAY STRONG START CLOSED	14 GOOD FRIDAY STRONG START CLOSED	15
16	17 EASTER MONDAY STRONG START CLOSED	18	19 GYM 9:15-10:15	20	21 GYM 9:15-10:15	22
23	24	25 PARAMEDICS VISIT!!	26 GYM 9:15-10:15 ERIN SFRS	27	28 GYM 9:15-10:15	29
30						

### This is a Guardian Participation Program:

#### 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.

#### ATTENTION:

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