



# Millstream Newsletter

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Principal: Martha Gerow - mgerow@sd62.bc.ca

Vice Principal: Samantha Ogrodnik - sogrodnik@sd62.bc.ca

Secretary: Taryn Treloar ttreloar@sd62.bc.ca

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

## It's the Place to Be!

OCTOBER 6, 2017

# Tour de Rock at Millstream



Much to my relief, I was "freed" from my possible imprisonment for my "offence". Yesterday we was the culmination of our fundraising. The Tour de Rock team and its entourage arrived to the enthusiastic cheers and bell ringing by our student body as they road up Hoy Lake Road. We started off our celebration with a presentation from parents Marie and Craig Bruvold about Camp Goodtimes and the wonderful support that they had received from the Cancer Agency when their son Owen was ill. Owen is a Grade One

student at Millstream this year. A huge thank you to all students, teachers and parents who came out to support the Tour de Rock these last three weeks. Many students stepped up and showed great initiative by raising funds on their own time, donating paper route money, having lemonade stands, donating their allowances etc. Including our carwash, and some online donations for my release, we raised \$1500 as a school, enough to send one child to Camp Goodtimes. Way to go, Millstream Community.



# For Your Information...



*"You know you're in love when you can't fall asleep  
because reality is finally better than your dreams."*

Dr. Seuss Quotes

~Dr. Seuss



**MARK YOUR CALENDARS**

## CALENDAR of EVENTS

### October 2017

- 9th Thanksgiving (no school)
- 16th Popcorn Day
- 19th Earthquake Drill - 1:15
- 20th Non-instructional Day
- 26th Halloween Howl
- 26th Hot Lunch
- 27th Newsletter Home
- 31st Costume parade 8:40am

### "Movember" 2017

- 6th Popcorn Day
- 7th Photo Retakes
- 10th Remembrance Day Assembly
- 11th Remembrance Day
- 13th No School
- 15th Parent/Teacher bookings open
- 17th Hot Lunch
- 17th Funky Hair Day & "Movember"
- 17th Newsletter Home
- 18th Craft Fair at Millstream 9-2
- 23rd Early Dismissal - 11:30 am
- 23rd Parent-Teacher conferences 1-7
- 24th Non Instructional Day

### SEPTEMBER

#### ADMINISTRATION

Martha Gerow, Principal  
Samantha Ogrodnik, Vice-Principal

#### TEACHERS

Chelsea Sihota - Div. 1 (Gr. 4/5)  
Steve Deichmann - Div. 2 (Gr. 4/5)  
Sylvia Devenport - Div. 3 (Gr. 3/4)  
Catherine Alpha - Div. 4 (Gr. 2/3)  
Michelle King - Div. 5 (Gr. 1/2)  
Anna Lefsrud - Div. 6 (Gr. K/1)  
Meghan Banks - Div. 7 (Gr. K)  
Samantha Ogrodnik - Div 8F (Gr. 4/5)  
Martha Gerow - Div 8F (Gr. 4/5)  
Thera de Greef - Div. 9F (Gr. 2/3)  
Jenny Belanger - Div. 9F (Gr. 2/3)  
Allison Whicher - Div. 10F (Gr. 1/2)  
Betsy Clarke - Div. 11F (Gr. 1/2)  
Caitlin Tates - Div. 12F (Gr. K)  
Nevada Papineau - Music  
Wendy Mann - Learning Support  
Jenny Belanger - Learning Support  
Sonja Efford - Learning Support  
Michele Kiefert - Counsellor

#### SUPPORT STAFF

Taryn Treloar - School Secretary  
Laura Tinker - Education Assistant  
Charro Woodford - Education Assistant  
Lindsay Park - Education Assistant  
Tara Hebdon - Education Assistant  
Christy Buckler - Education Assistant  
Corrina Burns - Education Assistant  
Lidia Van der Water - Library Assistant  
Tanya Owens - Strong Start  
Rena Nagel - Lunch Supervisor  
Arlene Klatt - Lunch Supervisor  
J. Scott - Lunch Supervisor  
Catrina Snook - ESD Support  
Rosaland Wilkinson - Aboriginal Support  
Riley Sison - Head Custodian  
Sandra Martell - Speech & Language  
Paula Twamley - Occupational Therapist  
Carolyn Zanichelli - ELL





# Support at Millstream

## Message from our Occupational Therapist

**Paula Twamley**  
OT

My name is Paula Twamley and I am pleased to once again be supporting your school as the consulting Occupational Therapist. As part of my role I work in classrooms, gym, the playground and attend meetings such as School Based Team as well as providing in-services (printing, movement breaks, self-regulations) in some classes.

I have specific students on my caseload but I also provide general support for the school such as setting up a sensorimotor boot camp.

I may be in your child's classroom and if parents have any questions, they can contact me at 250-474-9882 or email me at [ptwamley@sd62.bc.ca](mailto:ptwamley@sd62.bc.ca)

## Nurses Corner

**Tarah Reece**  
School Nurse

Important information from our School Nurse, Tarah Reece to help us all stay healthy over the year.

Please remember that we have many life threatening and non-life threatening allergies as well as students that are allergic to gluten and/or Celiac Disease.

Please be cognizant of the allergies and health needs within your child's classroom when sending lunches. Always check with the teacher before sending in any treats for the whole class.

Fruits and vegetables are a safe healthy choice. We ask that students do not share food which further alleviates the chance of reactions to identified



**BC SPCA Youth Program**  
Victoria Branch ~ 3150 Napier Lane

Register today at  
[spcabcc.ca/workshops](http://spcabcc.ca/workshops)

**Provincial School Holiday Workshop!**  
Ages 8-11 (born 2006-2009)  
Friday, October 20th - \$45 for the day!  
Drop Off 9 to 9:30 am, Pick Up 3:30 to 4 pm  
Questions? Contact Breeanna McDonald at [bmcdonald@spca.bc.ca](mailto:bmcdonald@spca.bc.ca)

BCSPCA  
SPEAKING FOR ANIMALS

# Reading Buddies

For Grades 1 - 4. Reading Buddies matches students with a volunteer teen Big Buddy for an eight-week program of reading practice and literacy-based activities.

Saturday, October 14 - Saturday, December 9\*  
2:00 pm - 3:00pm OR 3:30 - 4:30pm  
\*no session on November 11

Locations:  
Juan de Fuca Branch  
Oak Bay Branch  
Saanich Centennial Branch

Register at [gvpl.ca](http://gvpl.ca) or call 250-940-GVPL (4875) for more information. Registration begins September 5.

# You should know...

## Earthquake drill

We will be having our first earthquake drill for the year on Thursday, October 19th.

We do live in a seismically active region where a few thousand earthquakes occur each year. Although only a small number of these earthquakes are

large enough to cause damage, the threat of a major earthquake in the province is real.

On the third of October - a province wide "Drop, Cover and Hold On" drill will take place called the "The Great British Columbia Shake Out". Our school will



participate with other schools in the district. Our drill will be held at 10:00. All residents across the province are encouraged to take part in the largest

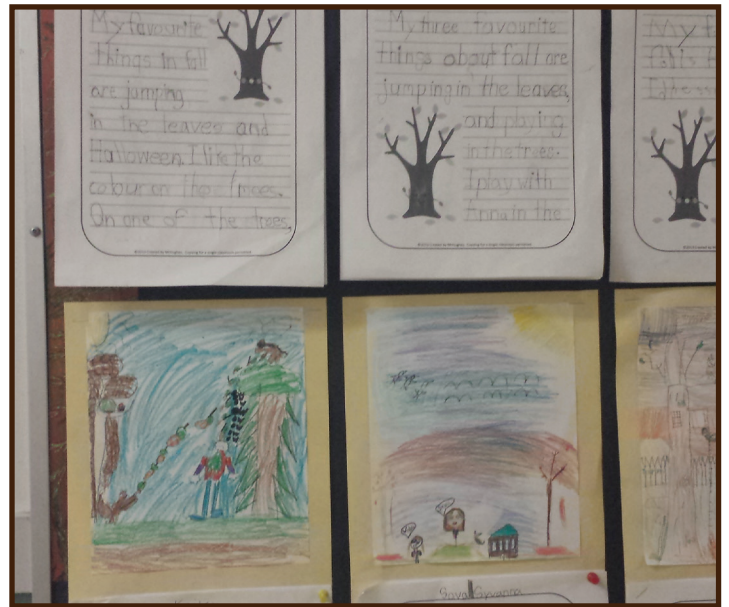
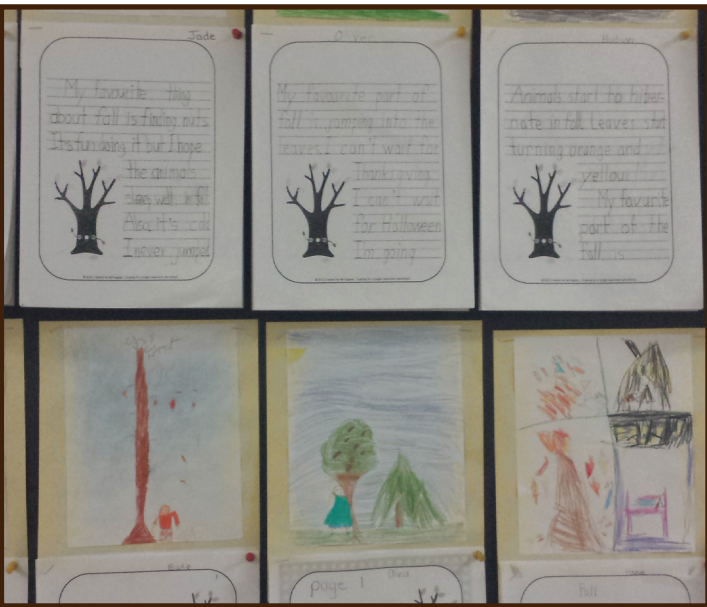
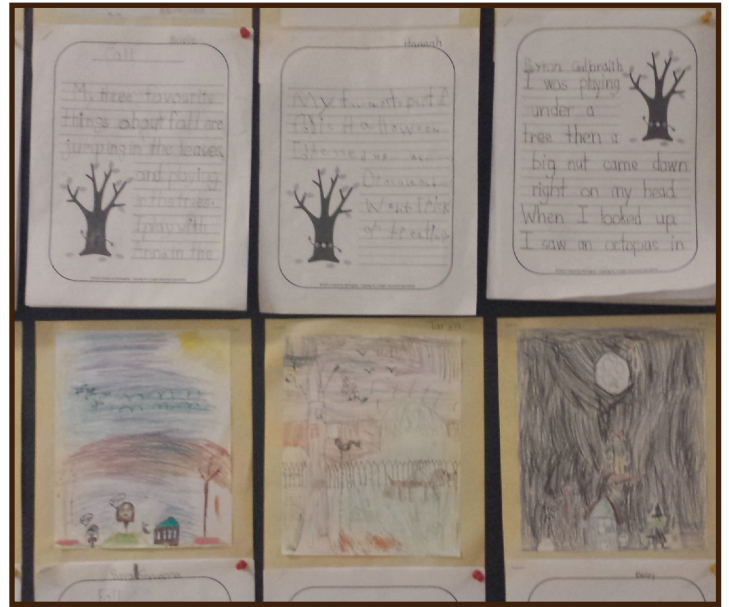
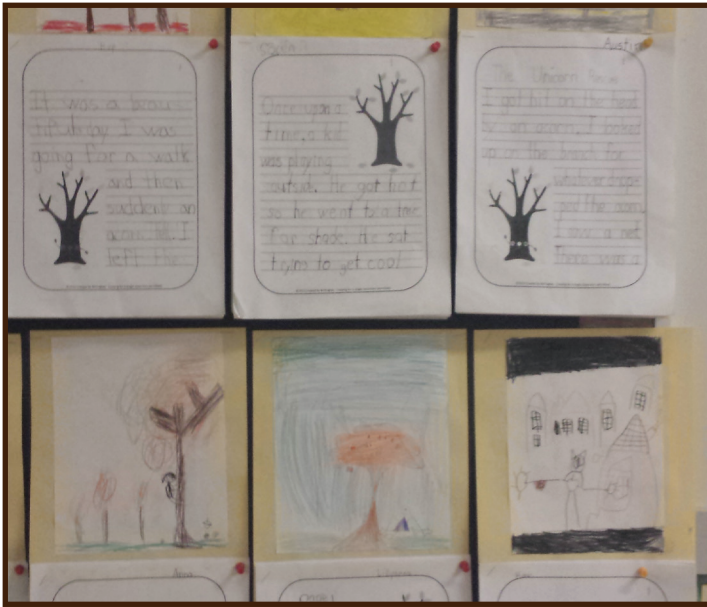
earthquake drill.

Thank you to our PAC for organizing a new Earthquake Bin and providing the necessary emergency supplies.





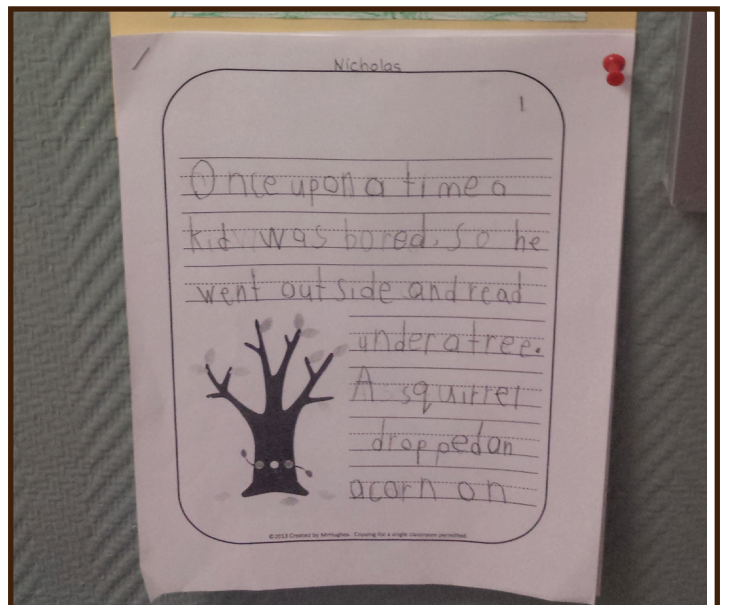
# Works of Pride - Ms. Alpha's Class



## Weather Changes

As we head into the more in climate weather, it is important that children still get outside for motion breaks and fresh air at recess and lunch. Very few days are declared "in days". Boots, coats and hats help to keep your kids dry while they are outside enjoying time with friends and burning off energy. Please ensure that your child comes to

school dressed according to the weather. We do have some undercover areas for students to gather if they want to stay dry if it is raining. Also, it always helps to have a spare change of clothes in the event that there is a fall during break times so that they can change and by dry for class learning time.





# For your information...



## Parent Support Circles

Sometimes you just need a little space to talk with other parents

Parent Support Services offers self-help support circles that are led by two trained volunteer facilitators.

We believe that every parent is the expert of their own family. Sometimes it just take a bit of space to hear yourself and the voices of other parents to find your way through.

Parent Support Circles provide a safe, supportive place to share ideas and information with others who are parenting.

Find out more and register at [victoria@parentsupportbc.ca](mailto:victoria@parentsupportbc.ca)



For more information call 250-384-8042 or 1-877-345-9777 or visit us online at [www.parentsupportbc.ca](http://www.parentsupportbc.ca)

Like us on Facebook



Parent Support Services Society of BC

Follow us on Twitter



We acknowledge the financial support of the Province of British Columbia

# Popcorn Day MONDAY



October 16th

\$2 per bag

Order a years worth of popcorn day popcorn under the fundraiser banner on MunchaLunch! You won't have to remember \$2 once a month if you order all at once.



MILLSTREAM ELEMENTARY SCHOOL  
626 HOY LAKE RD  
SATURDAY, NOVEMBER 18<sup>TH</sup>, 2017  
9:00AM TO 2:00 PM

- FREE ADMISSION
- DOOR PRIZES
- UNIQUE HANDMADE GIFTS
- RUSTIC WOODEN SIGNS
- KNITTED ACCESSORIES
- ESSENTIAL OILS
- WREATHES & ORNAMENTS
- BATH BOMBS & HANDMADE SOAP
- KNITTED WASH CLOTHES
- JEWELRY
- CHILDREN'S HANDMADE CRAFTS
- CARDS
- MEMORY BOXES



THERE WILL BE A **FULL CONCESSION STAND** TO SATISFY YOUR HUNGER NEEDS WHILE YOU SHOP



JOIN US FOR THIS AMAZING COMMUNITY EVENT

# PARENTING WITHOUT POWER STRUGGLES

PARENTING A PRETEEN?

Would you like to feel better prepared for adolescence?

**JOIN US TO:**

- Learn about what to expect in the teen years
- Receive support from other parents
- Boost your confidence as a parent

**Parenting Without Power Struggles**

**offers parents information on:**

BRAIN DEVELOPMENT | TEMPERAMENT | SELF-CARE | BOUNDARIES  
COMMUNICATION | DEVELOPMENTAL TASKS | RESPECT | EMPATHY

- LOCATION:** Colwood Pacific Activity Centre (CPAC), 2610 Rosebank Rd.
- DATE:** Thursdays, 9:30am-11:30am  
October 19, 2017 for 8 weeks
- COSTS:** \$45/person, Subsidies Available (please inquire)
- REGISTRATION:** Must pre-register (Maximum 15 participants)
- CONTACT:** Mike or Miriam at (250) 384-9133 ext 222 or [parentingprograms@bgcvc.org](mailto:parentingprograms@bgcvc.org)

Parenting Without Power Struggles was developed by staff and parents throughout BC and is administered under the auspices of Boys and Girls Clubs of Canada - Pacific Region. Funding for this program is generously provided by the Ministry of Children and Family Development.

# STRONG START

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

**Tanya Owens**  
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.

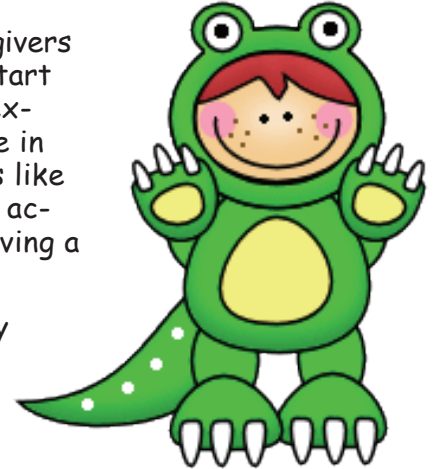
Both children and

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

★ 8:45-11:45



## MILLSTREAM ELEMENTARY STRONG START



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



### Daily Program Except Gym Days

8:45 Centre Activities including Art  
9:40 Clean Up  
9:45 Circle Time  
10:00 Snack  
10:15 Free Play Time  
11:15 Clean Up  
11:20 Story Time  
11:35 Good Bye Song/Stickers  
11:45 Home Time

### Wednesday/ Gym Day:

8:45 Centres  
9:10 Clean Up  
9:20 Gym Time  
10:00 Clean Up  
10:05 Circle Time  
10:20 Classroom/Snack  
10:30 Free Play Time  
11:15 Clean Up  
11:20 Story Time  
11:35 Good Bye Song/Stickers  
11:45 Home Time

## OCTOBER 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Handprint Turkeys</i>	3 <i>Noodle Turkeys</i>  <i>School Photos</i>	4Gym 9:20-10:20 am  <i>Make Green slime</i>	5 <i>Thanksgiving Feast</i> <i>Please bring a dish to share.</i> <i>Cornucopia Art</i>	6 <i>Closed for Cleaning</i>	7
8	9 <i>Thanksgiving Closed</i>	10 <i>Acorn Art</i>	11Gym 9:20-10:20 am <i>Make Pumpkin Playdough</i> Erin - SFRS	12 <i>Leaf Prints</i>	13 <i>Popcorn Art</i>  <i>School Popcorn</i>	14
15	16 <i>Spider Plates</i>	17 <i>Cotton Ghosts</i>	18 <i>No Gym Today</i> <i>Finger Paint with Pumpkin Puree</i>	19 <i>Paper Plate Pumpkins</i>	20 <i>Pro D Day Closed</i>	21
22	23 <i>Bat Hats</i>  <i>RSR-Happy Valley</i>	24 <i>Q-Tip Skeletons</i>	25 Gym 9:20-10:20 am <i>Explore with Pumpkins</i> Erin - SFRS	26 <i>Pumpkin Lanterns</i>	27 <i>Paper Plate Witch</i>	28
29	30 <i>Candy Corn Art</i>	31 <i>Halloween Party</i>				

RSR-Ready Set Read

### 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

#### ATTENTION:

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

#### SPECIAL NOTE:

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