

Miracle Beach Elementary School Newsletter

Hello Miracle Beach Families,

Here are this week's information items. New items are in **Yellow**.

Week at a Glance

April 8	April 9	April 10	April 11	April 12
Yard Clean Up – Ms. Gailloux' s Class 12:30 - Reading Link Challenge – Gym Unavailable	Recycling - Leadership 9:00 – Strong Start 2:45 – EA Meeting	Noon – Environmental Club 6:30 – PAC Meeting	Noon - Leadership Noon – Soup Day	9:00 – Strong Start Hot Lunch
April 15	April 16	April 17	April 18	April 19
Yard Clean Up – Ms. Gailloux' s Class	9:00 – Strong Start 2:45 – Welcome to Kindergarten	Vanier Volunteers Noon – Inclusion Club	Noon - Leadership Noon – Soup Day	9:00 – Strong Start Hot Lunch

Upcoming dates to note:

- April 24 – Primary Gym Sale
- April 26 – PAC Gym Sale
- May 6 – Grade 6 Immunizations
- May 8 – Track and Field Jamboree
- May 15 – Family Literacy Event

Primary Gym Sale

On Wednesday, April 24th the primary students will be holding a gym sale between 1:00 pm and 2:00 pm. Much like a giant community garage sale, student participants will get to be both buyers and sellers. The sale will provide the students with the opportunity to practice some of their mathematical skills as well as expand on what they have been learning about the purpose of money. Most of all, the sale will be for fun! Parents are also welcome to join us for this event.

To participate, the students need to do the following BEFORE coming to school on the day of the Primary Gym Sale:

1. Collect a selection of used items from home to sell to other students. Examples of items include: toys, puzzles, books and games.

** There is no restriction on the number of items a student may bring to sell as long as they all fit in one bag the student can carry. Likewise, a student does not need a lot of items to participate and still have fun. 4 or 5 small sale items are absolutely fine! **

2. Price items using masking tape or a homemade sign (i.e., 25 cents for all small cars).
3. Collect \$5 in change consisting of nickels, dimes and quarters. A loonie and toonie could also be included, however, small change is of greater use when purchasing and making change.
4. Have some sort of moneybox, container or purse for holding change and using as a cash register.
5. Have a blanket, mat or towel to display items for selling.

******All items should be brought to school on the morning of Wednesday, April 24th. They should be in a bag (labeled with the student's name) that can be easily stored in the classroom.**

PLEASE NOTE: This is a REAL sale. Items will truly be sold.

Students from the Kindergarten classes have been invited to come as buyers.

Our primary gym sale is also a [Y.A.N.A](#) fundraising event. Your child can support Y.A.N.A by donating a portion of his/her profits at the end of the gym sale.

If you have any questions, please contact your child's classroom teacher. Thanks in advance for your support,

Mrs. Stride, Ms. Berg, Ms. Nesbitt, Ms. Ralph, Ms. Rodger, Ms. Gailloux & Ms. McKay

Lost and Found

Throughout the course of this year, our lost and (not yet) found collection has quietly but steadily expanded. **We will be donating our lost and found collection on April 30th. Please be sure to check the lost and found collection prior to April 30th to retrieve lost items.** We understand the value of personal belongings and the inconvenience that comes with losing them. Please take a moment to check the lost and found collection before April 30th. This is your opportunity to reclaim any lost items before they find new homes elsewhere.

Solar Eclipse Monday April 8

On Monday, April 8, there will be an eclipse of the sun that is garnering some media attention.

Viewers in B.C. are not in the eclipse's path of totality. Regardless, it will not be safe at any point of the eclipse to look directly at the sun without special protective eyewear.

People in B.C. are likely to see a crescent 'cut out' move across the sun, from about 10:40 a.m. PT, peaking at 11:40 a.m. and finishing about 12:20 p.m. The maximum 'bite' taken out of the sun will be 28 per cent of the solar disk.

However, the forecast is calling for rain and showers, so there may be nothing to see.

We know that this provides a unique learning experience for students and staff in our schools; however, there can be serious impacts to vision as a result of viewing the eclipse in an unsafe manner.

Please ask students not to look at the sun to protect their eyes from damage by the solar eclipse. During a solar eclipse, looking directly at the sun is dangerous. Safe viewing of the eclipse requires wearing specialized glasses or watching through a telescope or solar binoculars that have specialized lenses and should only be performed under the direction of a professional.

For more safety information can be found on the NASA website or from the Canadian Association of Optometrists.

Physical Literacy

Your monthly guide to physical literacy created by Jina Taylor, District Physical Literacy Lead Teacher, School District #71

Welcome to April

The Building Blocks of Movement

Fundamental movement skills serve as the building blocks for more advanced movements and activities. Just as learning the alphabet and basic arithmetic operations is essential for academic success, mastering fundamental movement skills is essential for effectively participating in various physical activities and sports.

The most important step toward developing physical literacy is learning fundamental movement skills. If you can learn the fundamentals skills, you will enjoy a wide variety of activities!

Fundamental Movement Skills		
Body Control Agility Balance Coordination Speed Rhythm and more	Locomotor Running Jumping Swimming Sliding Skating and more	Object Control Sending Receiving Dribbling Striking and more
		
<small>Sport for Life</small>	<small>Version 2.0 - September 2016</small>	

 Run	If You Can Catch Jump Run Swim Throw	You Will Take Part In	Soccer Basketball Volleyball Track and Field Squash Rugby Tennis
 Throw	If You Can Catch Jump Throw Swim Run	You Will Take Part In	Soccer Softball Bowling Baseball Goalball Football Rugby
 Swim	If You Can Throw Jump Swim Catch Run	You Will Take Part In	Swimming Diving Water Polo Scuba Kayaking Sailing Surfing

Sport for Life Version 2.0 - April 2016

APRIL FAMILY FITNESS FUN AT HOME



April

LET'S GO

**FAMILY
FITNESS FUN**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Easter Monday</p>	<p>2 <u>Welcome Back Challenge</u> 10-star jumps Air rope jumps For 30sec x 3</p>	<p>3 Frog Jumps One leg balance 4 x 20 sec each</p>	<p>4 <u>YouTube: Move and Freeze Animal Edition</u></p>	<p>5 <u>Test of Time</u> 60 sec-3 rounds 10 squats 10 Jump Jacks 10 toes touches</p>
<p>8 Stand up / sit down in a chair x 10 Hop on one leg for 30 secs and switch leg</p>	<p>9 <u>YouTube: Dodge Wall Freeze Dance</u></p>	<p>10 Do a silly dance while a favourite song plays.</p>	<p>11 Run on the spot squats Table push ups 10 x 3 sets</p>	<p>12 Heads or Tails Fitness (see activity below. Use a Coin to Flip)</p>
<p>15 Balance For 20sec on the right foot, then 10 hops on the left - Switch legs and repeat!</p>	<p>16 Arm circles Forward/backward x 10 10 sec run in place as fast as you can x4</p>	<p>17 <u>YouTube: Moon Mountain</u></p>	<p>18 Jump jacks x 10 High knees x 10 Repeat 3x</p>	<p>19 <u>Test of Time</u> 60 sec - 3 rounds 10 squat jumps 10 lunges 10 Frog jumps</p>
<p>22 Throw / Catch Using a paper ball From recycle toss 100 x with a Family member</p>	<p>23 10 jumping jacks 5 sit-ups 5 lunges each leg 10 plank jacks</p>	<p>24 5 burpees 15 sec plank 5 squats 5 table pushups</p>	<p>25 Listen to music while doing a household chore</p>	<p>26 <u>YouTube: The Minion Chase and Freeze Dance</u></p>
<p>29 15 calf raises 15 high knees 30 sec squat hold 3 rounds</p>	<p>30 <u>Copycat</u> Each Family member copies the other's exercise choices For 30 sec then switch</p>	<p>Heads or Tails Fitness Round 1: 10 arm circles or 10 jump jacks Round 2: 10 squats or 10 body twists Round 3: 10 hop on one foot or 10 lunges Rounds 4: 10 run in place or 10 toe touches</p>		



Pictures



Golf at Lake Trail

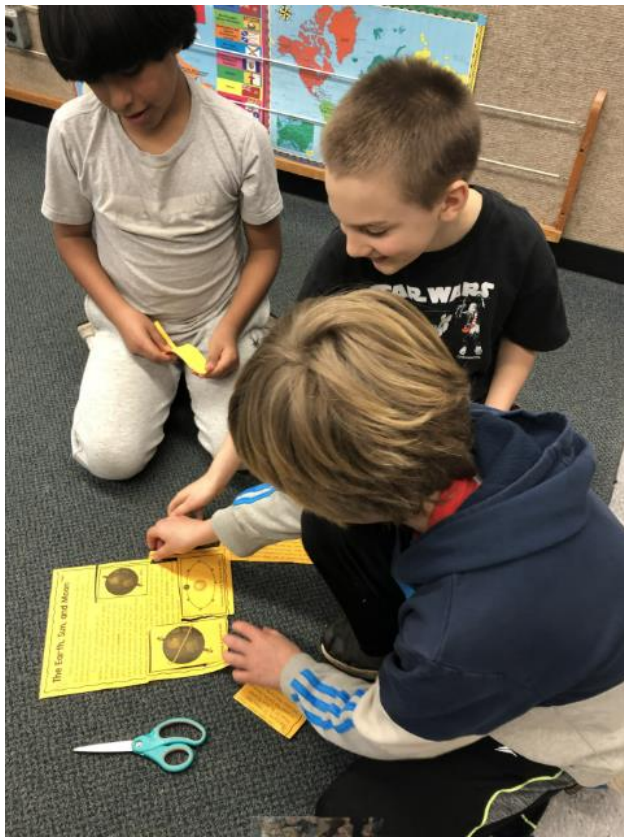
Disc



Learning Music



Building in Ms. Gailloux's Class



Science in Ms. Street's Class



Outdoor Learning

Community Information

CLUB KIDZ SUMMER CHILDCARE 2024

What: Club Kidz will be open this summer

Where: Black Creek Community Center (downstairs next to the playground)

When: July and August, 8am to 5pm

Cost: 50\$ per day (subsidy accepted)

Who: School age kids

Why: Because I like hanging out with kids and playing, while offering them a safe environment to practice and develop their social skills

Information: For more information or a registration package please email clubkidz2022@gmail.com

Safe Schools Presentation

Safer Schools Together has added three new dates for *erase* Family Sessions. These online sessions focus on social media awareness and online safety and take place in the evenings from 6:30 to 7:30 pm on April 10, and April 16. All parents, caregivers, and students (ages 10 and up) are welcome to attend. Trainings can be found at [erase Family Sessions](#).

THE CCS PAC **BIKE & GEAR SWAP**

SATURDAY MAY 11

9am - 5pm

Cumberland Community School

Drop off May 10, 5pm - 8pm

All money raised supports students.

Email us for more info:
cumberlandcommunityschoolpac@gmail.com

North Island Rotary Interact Club Project 2024

GP. Vanier Interact Presents
Disney
ZOOTOPIA
FAMILY MOVIE NIGHT!

TICKETS BY DONATION
SUGGESTED:
\$3.00 - /FAMILY
\$1.00 - /PERSON

- Concession Available
- No Outside Food
- Minors must be accompanied by an adult
- SEATING IS LIMITED

DONATIONS TO DOCTORS WITHOUT BORDERS CANADA & THE FOUNDRY

More information - @gpvanier.interact 

GP VANIER SECONDARY - MPR
FRIDAY APRIL 19TH AT 6PM



Feel free to email me at zale.darnel@sd71.bc.ca if you have any questions or comments.

Respectfully,

Zale Darnel
Principal, Miracle Beach Elementary