



**A GOOD SCHOOL
GETTING BETTER**

November 2007

Math Goal

Our School Numeracy Goal has been developed to target students with a variety of needs. While the majority of our efforts are directed at the average student, we have also made an effort to target students who struggle or who may not be so easily motivated. We also addressed the need to challenge our more capable students in math to ensure they do not become bored. We know that even with our efforts to differentiate instruction for students with these diverse needs, we are not going to have all students work to their full potential. We do, however, feel confident that we are addressing the needs of greater numbers of students in Math.

We have structured more time for math into our timetable. Students at Oceanview have math every day for fifty minutes. This is more math time than is traditionally allocated for this age group. We have also created classes for students who need a little more time to complete their math curriculum and who may need to proceed at a little slower pace. On the other end, we have a class of students who are more capable and enjoy the challenge of tackling more advanced concepts and more complicated problem solving activities.

Students are encouraged to do some math every night. If they say they have done all their work, they should do a couple of practice questions to demonstrate their knowledge. It's also a good idea to check the agenda and at www.classhomework.com as all math teachers post the day's homework assignments there. Math teachers are available to help students during lunch and some provide a weekly lunch tutorial on Tuesdays. Another website which is useful for understanding math concepts especially for grade 8 is

<http://www.bbc.co.uk/skillswise/numbers/measuring/>

Some other sites that are also helpful for math are

<http://jcschools.net/PPTs-math.html#6-12math>

<http://www.purplemath.com/> <http://www.webmath.com/>



NEWSLETTERS are available by email. If we have your address we will send it to you online. Please forward your email to caustin@sd47.bc.ca

Often we publish the names of students in our newsletters. On occasion we also publish pictures. If you do not want this information made public, please contact the school and indicate this to the secretary. You can email any staff member by using their first initial and last name as follows:

fradcliffe@sd47.bc.ca.

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November Calendar

DATES OF INTEREST

Nov. 7 - Music Evening Performance 7:00 pm OV

Nov. 9 - Pro-D

Nov. 12 - Stat. Holiday

Nov. 14 - Photo Retakes

Nov. 15 - PAC meeting

7:00 p.m

Nov. 22 - Term I Report Cards Issued



Grade 9 Girls Volleyball

The team travelled to Timberline to compete in a Grade 10 tournament. They placed 7th out of 8 teams but got progressively better as the weekend wore on. They took one set off of the Grade 10's from Belmont, Victoria and Carihi, Campbell River. They didn't win those matches but lost very close 3rd sets. They managed to play 2 of the top 3 grade 10 teams on the Island. A terrific experience for all the girls. The girls who made the trip were Jade Palm, Krista Rowbotham, Natkita Bryan, Kendyl Peters, Charlotte Bowes, Kirsten Dobler, Stevie-Lynn Gloslee, Julie Lance and Keisha Moore.

Next up is small tournament at Pender Harbour. Chatelach and Elphinstone will be there also. Other members of the team include Hillary Marciniak, Carissa Pitton, Kirsten Roberts and Kyra Johnson. Team is coached by Mr. Skinner. We have Area III's for Grade 9's at the end of November. They will be held in Campbell River.

Student Council Update for TERM ONE

Student Council has been very busy since the September start up. The council consists of elected class reps, and a committee of students who were on the council last year, but wished to continue serving the school. The council also enlists volunteer students who wish to help out with specific events.

The council provides the chance to volunteer and to help others. We try hard to promote SCHOOL SPIRIT FOR EVERYONE. Money raised from the student council dances is used to pay for the student phone, support a Foster Child in Africa, donate to charities, purchase prizes for spirit days & other events, contribute to the Grade 9 Dinner Dance at the end of the year and MUCH MORE We will be emceeding the upcoming Remembrance Day Assembly on November 8th.

School dances are a lot of fun. The students thank the parents, the teachers, Mr. Radcliffe and Mr. Skinner for supervising, and making the dances a great event to attend. Donations of canned goods are forwarded to the P.R. Food Bank or the Salvation Army. We would like to compliment ourselves, the students, on the awesome behavior at our dances so far! This allows us to keep hosting more dances!

The election of our executive took place on November 2 during a council meeting. IF you wish to be part of Student Council activities, please check with Mrs. Hoehn.

2007 Oceanview Cross Country Team wrap-up

Oceanview cross country athletes had a hugely successful year.

The team competed in four North Island league races. Powell River hosted it's inaugural race to officially join the series. Highlights include our grade 8 girls team: Mattie Bakker, Kayla Maslin, Larissa Hicks, and Jennifer Salisbury, all scored in the top 10 at the CRCS-hosted race with Bakker receiving the bronze medal.

As well, Tyler Bartfai and Mike Brinton consistently placed in the top 5 over the series.

The team's final race was at Beaver Lake Park in Victoria: the Vancouver Island Age Group Championships. The level of effort each runner put out during this race was inspirational. Special recognition goes to Enrique Rubio who has a substantial pain threshold and great personal drive. He helped the grade 9 boys: Tyler Bartfai, Mike Brinton, Enrique Rubio, Tom Willes, Jonah Gowans, and Taylor Marshal, finish with an impressive bronze medal – third fastest team on the Island.

The grade 8 girls were equally impressive placing fourth on Vancouver Island.

Unfortunately the grade 9 girls: Julie Lance, Amelia Gordon, Alyssa Stapleton, and Anne-Marie Buchan, did not have a full team, however, all girls placed in the top 20 on the Island.

Special mention goes to Brad Gamblin, running without a team as the only grade 8 boy, he represented Oceanview superbly.





"STUDENT – PARENT SUCCESS"

7 SIMPLE TIPS to help your youngster get MORE out of their LEARNING.

A HOMEWORK routine is good. Work out a homework schedule and make sure children adhere to it. **Recommended time for Grade 8/9 is 60 minutes. Supplement with "reading".**

Create a space for homework. Distractions and homework don't mix. So do your best to provide a comfortable quiet space where your child can concentrate on schoolwork.

Eliminate distractions like TV, MSN, video games, music and loud siblings.

Practice makes perfect. Repetition reinforces learning. That's why it's helpful to have kids practice reading, writing and math **IN REAL LIFE situations.**

"How was your day?" Doesn't really work at this age. **ASK specific questions: "What ARE you studying in Science? Social Studies? RELATE to the "real world".**

Check in occasionally. When kids do their homework all alone, their concentration can often wander. Check in once in a while and see how it's going. Ask if there are any questions. Sometimes kids just need to talk about a homework problem to figure out the answer.

Make kids proud of their effort. Getting the answers right is important, but it's only part of what homework is all about. Doing a quality job and a neat job are important. **AT TIMES – look at the homework – find something positive to praise or suggest.**

Know what's going on at school. Unfortunately, kids don't tell parents everything. Make a point of staying in touch with teachers, especially if you have a question or concern. **PLEASE let teachers know they can always call you if there is a problem.**

ATTENDANCE MAILBOX — please feel free to register your child's absence on this phone service at the school should you not get hold of us.

Healthy Schools

Want to feel great? Then think about what goes into your body. Fast food can bog you down. Eat well and you'll be stronger, have better concentration and more stamina. Your hair, skin, teeth and nails will show the results – and you'll feel better, mentally and physically.

Here are a few simple tips for better food and beverage choices:

1. Keep your balance. Experts say you need at least 40 different nutrients for good health. Try to eat a variety of foods most days. Include fruits, vegetables, nuts, legumes (such as dried peas, beans and lentils), whole grain cereals, lean meat, skinless chicken and low fat dairy products.

2. Get the day off to a good start. Before school, build a breakfast around healthy foods like fruit, low sugar cereals, hot oatmeal, rice, whole grain breads, bagels, English muffins, smoothies and yogurt.

3. Say NO to supersizing. Have you noticed portions seem bigger today than they were when you were a kid? It's not your imagination. But few of us need all that food – and none of us needs all the extra calories, fat and sugar that come with a large, biggie or supersize meals.

Restitution Parenting Workshop

Parenting can be pleasurable – And our children can be a pleasure!

This is an eight week course based on Restitution Self Discipline in which you will learn:

About parenting challenges in the 21st century

What makes us "tick" as parents

How to parent in less coercive ways

Respectful conflict management

About "becoming the family we want to be"

These ideas offer us freedom on the road to less coercive parenting and mutual benefit for our children and ourselves.

To register: Call James Thomson School at 604 483 3191, or Henderson School at 604 4839162.

Babysitting provided by James Thomson/Henderson (if requested at registration).

Dates: eight consecutive weeks beginning Wednesday, Jan. 9, 2008

Time: 6:30-8:00

Where: Henderson School Library

Facilitator: Glynis Romanica (James Thomson & Henderson School Counsellor)

