



# Davie Jones Elementary School

12030 Blakely Road  
Pitt Meadows, B. C. V3Y 1J6  
Phone 604-465-9908 Fax: 604-465-3591  
Principal: Ms Michelle Davis

September 30, 2019 Website: <https://daviejones.sd42.ca> Facebook: <http://schools.sd42.ca/dj> No. 2

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## Dear Parents/Guardians,

What a great start up month we have had at DJE! We welcomed a number of new families to our school community this year, and I hope that you are all settling in nicely.

A huge thank you to our newly elected PAC who executed an amazing first event with our Welcome Back BBQ! We are looking forward to the other events you have planned for our school community this year!

We continue to open our school at 8am for students to attend Breakfast Club, Library Club and Open Gym. All Clubs are open to all. Students are still expected to demonstrate respectful behavior during this morning time.

In regards to technology at school, we understand that some of our students come to school with phones etc. We ask that these devices are put away during the school day. Students should not be on devices in the morning, at recess or lunch time.

Please continue to check the school website, Davie Jones Elementary Facebook page, and the Davie Jones Elementary PAC page for updates!

I look forward to a year of spreading kindness and bringing our school community together through various events and continuing to build a positive culture for all.

Ms. Davis

## Miscellaneous:

- Please make sure you sign up for the parent portal to receive notices from the school as well as pay for field trips. You will require a student linking letter which you may request from the office.
- Please be aware that we have an email setup for Davie Jones Elementary so that you have the convenience of emailing the school office to notify us of your child's absence or lateness. Please email: [dj\\_reception@sd42.ca](mailto:dj_reception@sd42.ca) (dj *underscore* reception). Another option is to go into your Parent Portal account and at the top tab you will see "Absence Report" where you can enter information about your child's absence.

DJE Staff

**REMINDERS...**

**Student Information Verification Form:** Please update, sign and remember to send your child's form back to the school as soon as possible. Please include medical information and if you have moved, changed phone numbers, changed cell phone numbers, changed emergency contacts, email addresses, etc., please correct this information directly on the form. **Please date and sign the document and return to the classroom teacher promptly.**

**Please expect a second notice**, if you haven't returned the original sent home.



**Inclement Weather:** Please remember to send a change of clothes with your child to keep in the classroom, if your child tends to get wet and dirty when our rainy weather begins. This would save some phone calls home! Also, please feel free to donate those many plastic grocery bags you don't know what to do with!

**Thanksgiving Day-Monday, October 14/19**

Schools will be closed for this statutory holiday.

**Professional Development Day-Friday,**

**October 25, 2019:** Students do not attend school on this day as staff will be involved in workshops at various locations in the district, throughout the day.

**PAC NEWS**

PAC meetings will be held on the third Monday of each month. We hope you are able to come out to some (or all) the PAC meetings and be a part of the decision making process.

The next PAC Meeting will be held Monday, October 21st at 6:30 pm in the school library. Please be sure to attend!

**NUT ALLERGIES/MEDICAL ISSUES**

Please remember to update your child's Medical Intervention forms as soon as possible and return them to the school office.

**MedicAlert ID bracelets** are available through the *No Child Without* program. Please pick up a pamphlet from the school office or visit:

[nochildwithout.ca](http://nochildwithout.ca)



for more information. This program provides students (age 4-14) with access to MedicAlert's unparalleled 24/7 protection and emergency information services.

**FIREWORKS ARE ILLEGAL**

The RCMP would like to advise all schools that fireworks are completely illegal in both Maple Ridge and Pitt Meadows under Municipal Bylaw.

Firecrackers, the small red-jacketed explosive, are criminally banned in Canada under the Explosives Act.

**LIBRARY**

*Message from Mrs. Cushing in the library:*

Our classroom teachers and Mrs. Cushing would like to thank our school community for supporting our most recent book fair. Every class got some free new books for their classroom library. A very special thank you goes out to our book fair coordinator, Jeanine Halstead and all our parent helpers at the book fair – Catrena, Jackie, Kristy and Lynette. Mrs. Cushing is looking for some help in the library. If you are able to spare some time in the morning to shelve books or put labels on new books etc., please come and chat with her in the library or email [acushing@sd42.ca](mailto:acushing@sd42.ca).

**HEALTHY BACK TO SCHOOL GUIDE....*****School Anxiety in Children***

Coping with transitions: For some children, going back to school can spark anxiety. New schools, new teachers and classmates, and new expectations and routines are a lot to adjust to. Help your child cope with our tips on managing anxiety in children and youth. Here are 15 ways you can help ease their minds.

1. **Ask your child what's making them worried.** Tell them that it is normal to have concerns. You can also share some of your own general fears to demonstrate this normalcy.
2. **Children feel most comfortable in a private space with your undivided attention.** Before bedtime or at the dinner table are also great times for conversation.
3. **Some children like distractions to cut the intensity of their worries**, like driving or taking a walk with you.
4. **Do not tell them "Don't worry!" or "Everything will be fine!"** Instead, encourage your child to problem-solve. For example, "What could you do if the worst happened and your 'what-if' came true?"
5. **Focus on the positive.** Encourage your child to redirect attention away from the worries.
6. **Reflect on your own behaviour.** Some parents are anxious about handing over care and responsibility of their child to teachers. Children take cues from their parents. The more confidence and comfort you can model, the more your child will relax.
7. **Ask your child**, "What are three things that you are most excited about on your first day of school?" Chances are you will be able to remind them of the fun things in school.
8. **You can tell your child**, "Being brave does not mean not fearing. Being brave means overcoming while fearing."
9. A week before school starts, **begin the school-day routine** – waking up, eating, and going to bed at regular times. Explain that everyone in the family needs to practice the new schedule, so he or she doesn't feel alone with these changes.
10. **Anxious children often forget to eat.** They don't feel hungry and don't get enough sleep. Provide

frequent and nutritious snacks for your child to help them cope. For older children unable to get up and out of bed, **give them a 'big person' alarm clock** and let them practice using it.

11. Younger children may be nervous about separating so suggest **taking a special object to school to remind them of home.**

12. **A reassuring note in a child's lunch** can also help ease separation anxiety.

13. **Tell your child's teacher that they are having some separation anxiety** – most teachers know how to handle this.

14. Most important – **praise and reward** your child for brave behavior.

