

Dickens Annex Newsletter – February, 2019

<http://www.vsb.bc.ca/schools/charles-dickens-annex>

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Vice-Principal (Annex): Jim Embree

Director of Instruction: Aaron Davis

PAC Chairs: Amy Stanley and Heather Garnett

Important Dates to Remember:

- Feb 5th Lunar New Year
- Feb 6th Ice Skating at Trout Lake Community Centre
- Feb 8th Mr. Hatch story
- Feb 11th Kindergarten vision screening
- Feb 13th Ice Skating at Trout Lake Community Centre
- Feb 14th Valentine's Day
- Feb 15th ProD (no school)
- Feb 18th BC Family Day (no school)
- Feb 20th Ice Skating at Trout Lake Community Centre
- Feb 22nd Jump Rope for Heart
- Feb 26th Kindergarten Immunization
- Feb 27th Pink Shirt Day
- Feb 28th Troll Grandfather Performance by Axis Theatre



CSL Report Cards

Our **Communicating Student Learning** (CSL) mid-year Report Cards were sent home today. Please sign the back of the envelope and return it back to the classroom teacher so that we know you have received and read your child's report. We would like to reuse the envelope at the end of the year. Thank you.

City of Vancouver Zero Waste Initiative

Becoming a Zero Waste community means rethinking what we send to the landfill, and looking for alternative ways to reduce, reuse, repair and recycle as much as possible. Whether you've just cleaned out your closet or have a garage full of old, broken, or unwanted electronics, these items can likely be reused or recycled – instead of ending up in the landfill.



Take your items to a free **Reuse and Recycling Drop Off Event**. Use this link to see the upcoming dates and accepted items. Thank you for helping make Vancouver the Greenest City in the world.

www.vancouver.ca/dropoff



Valentine's Day at Dickens Annex

Valentine's Day is Thursday, February 14th. It is a day when we celebrate love and care between people. If students choose to give out Valentine's Day cards, please try to give one to every student in their class. This is to ensure that students do not feel left out or hurt when we open the bags on Valentine's Day.

Students can make their own cards or buy them from stores. **We ask that candy or snacks not be attached to the cards.** Students are welcome to attach other non-edible items to their cards (e.g. pencils, erasers, etc.).

We will be making Valentine's Day mail bags at school for students to put their cards into.

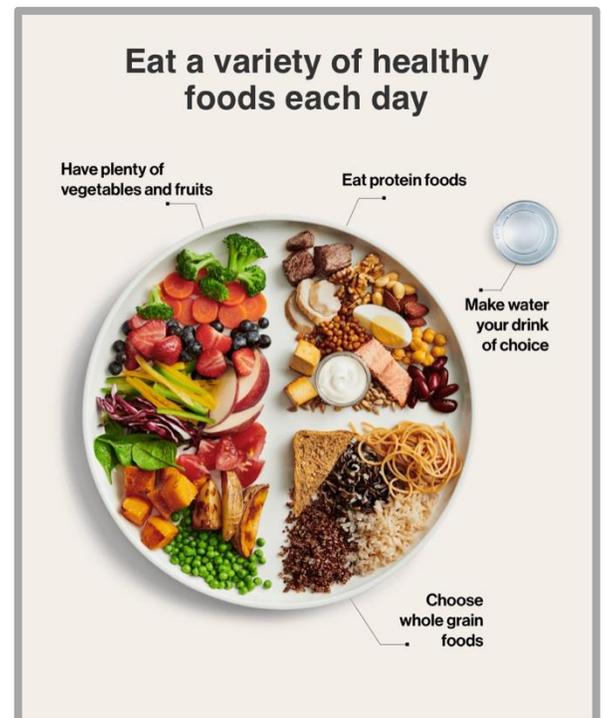
Canada's New Food Guide

Many of our students learned about Canada's new Food Guide that was released earlier this month. **The majority of those foods on the new guide are fruits and vegetables, as well as plant-based protein.** In fact, half of the plate is made up of fruits and vegetables, one-quarter of it is made up of whole grains, and the other quarter is proteins.

The new food guide also focuses less on serving sizes and more on how to eat. They even go as far as to feature healthy recipes based on this guide on their website and have an online version of the guide that will be continually updated with the latest information from scientists and dietitians.

Be mindful of your eating habits and consider the following:

1. Cook more often
2. Enjoy your food
3. Eat meals with others
4. Use food labels
5. Limit foods high in sodium, sugar and fat
6. Be aware of food marketing



Healthy Living Week

We enjoyed having many families and caregivers join us for our walk around Glen Park during our **Healthy Living Week**. Our students learned great things about healthy relationships and social/emotional learning. In addition, our students were engaged in a variety of activities and projects. Check out the last two pages to see some of the highlights from the week.

UBC Field Trip

Students in Division 2 and 4 enjoyed a great day at UBC during our **Healthy Living Week**. Students visited the UBC Biodiversity Museum, had a brief tour of the campus, watched the UBC Women's Basketball team play UNBC, and played centre court.



Did you know that the blue whale is the largest animal to have ever existed? There are only 21 skeletons on display in the world and UBC Biodiversity Museum has one of them!



Helping the UBC mascot to cheer on the Women's Basketball team. Go Thunderbirds GO!

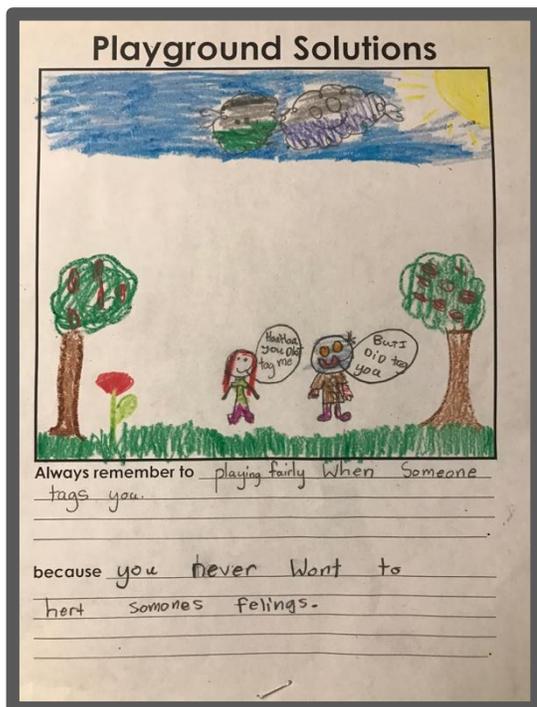


Our students were invited to play on centre court during half time.

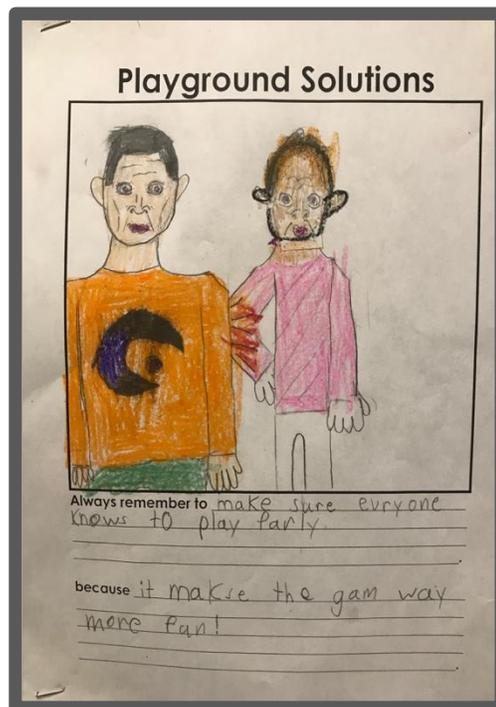
This was definitely a highlight!



Playground Solutions and How to Grow a Friend

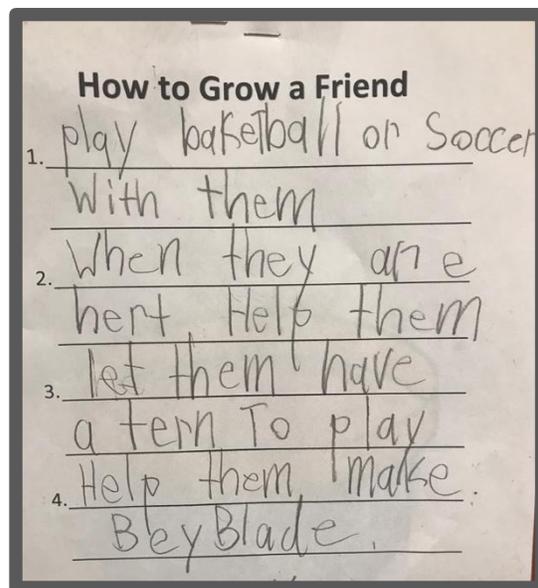
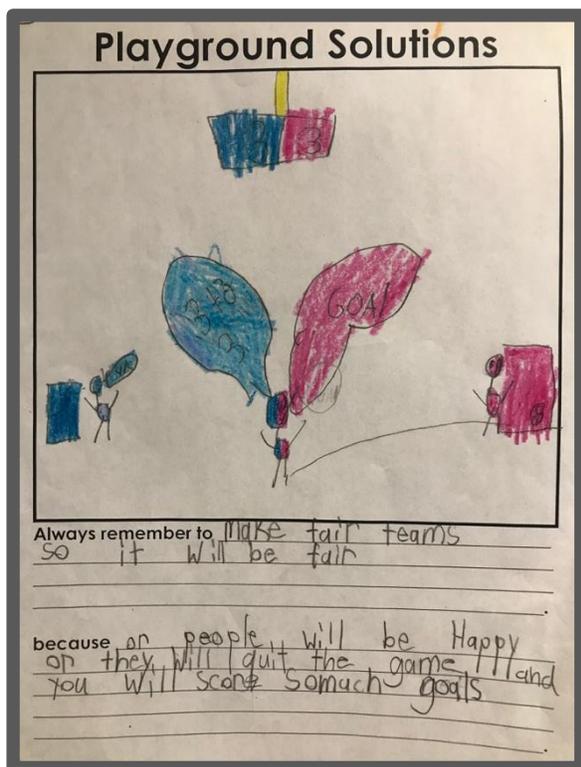


By Elizabeth and Naleli



By Gaius, Sunav, Jacky and Vinson

By Jackson and Henry



By Vinson and Kayo