



# DR. A.R. LORD NEWS

**Code of Conduct**  
"Create Peace: Be Kind, Be Safe,  
Be Respectful, Be Responsible"



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Principal - Ms. M. Trovao

Office Assistant - Ms. S. Liu

Superintendent of Schools- Mrs.  
Suzanne Hoffman

School Trustee- Jennifer Reddy

Director of Instruction  
Field Studies -  
Ms. Magdalena Kassis

PAC Contact Info-  
[arlordpac@gmail.com](mailto:arlordpac@gmail.com)

## School Hours:

8:55am – Warning Bell  
9:00am – School Starts  
10:40 – 11:00am - Recess  
12:10 – 12:57pm –Lunch Break  
3:00 pm – End of School Day

## School Mission Statement

Our mission at Dr. A.R. Lord School is to develop a safe and positive school environment with creative and challenging learning experiences for all students to achieve their potential.

In order to help us attain this positive school environment, we constantly review and practice our school code of conduct. Expectations are that everyone in our school abides by our code.



## Principal's Message

Dear Lord Families,

Thank you to all the families that attended our Talent Show. I was truly impressed by all the talented students at Lord. It takes courage to perform in front of family and friends, so I applaud all of you for sharing your talents with us. A big thank you to the students from Div. 1 that assisted with set up, audio visual support and announcing. A huge thank you to Mrs. Burke and Mrs. O'Neill for volunteering their time and organizing such a great opportunity for our students.

Please help me welcome some new staff members to Lord. Patrick McKay (SSA), Amanda Kennedy (SSA) and Shauna Balzer (SSA). They will be working in a variety of classes and supporting many of our learners. We thank and wish Roz MacLean, Petrena Sly and Simon Rotheisler the best in their new positions.

Thank you for returning the blue "Are you Moving" forms. If you have not returned your form, please do so as soon as possible. This helps us determine our staffing for the following year.

Lord's new website is up and running. The website will include school information as well as district information. We are working hard to include items that will be beneficial to families and keep them up to date.

This is an **important reminder** to families that there is **no parking or stopping** in front of the school on Lillooet Street during school hours. Please be respectful of all traffic signs. Unfortunately, there are traffic officers in the area and a ticket may be issued.

As always, a huge thank you to the PAC and all our parent volunteers for all the time they devote to supporting the students and staff at AR Lord. This month the PAC organized a successful Pub Night that raised \$5300 as well as an informative parent evening on Body Science with Rayka Kumru.

I hope everyone has a relaxing Spring Break.

Margie Trovao  
Principal

## Ready, Set, Learn

**Please spread the word about our Ready, Set, Learn event on Monday April 15 from 11:00 am – 12:00 pm.**

Ready, Set, Learn is a FREE event for families and caregivers of children 3-5 years old. Meet local school staff and some community service organizations to learn about health, safety, child care and educational resources. Please RSVP to [drarlord@vsb.bc.ca](mailto:drarlord@vsb.bc.ca) by Wednesday, April 10 if you are planning to attend.



## Badminton

Badminton practices started on March 13 for all grade 6 and 7 students that were interested. Practices are scheduled for Wednesdays 3:15 – 4:00 pm and Thursdays 8:15 – 8:55 am. Games will be held Thursdays from 3:30 – 4:30 pm. Please see Mrs. Mitchell or Mrs. Wise for a permission form and further details.





## **Fighting Cold and Flu Season**

It can be tricky to stay healthy during cold and flu season, but a few good cold and flu prevention habits can get you through without succumbing to illness. Increase your children's cold and flu defence by teaching them these cold prevention tips and reduce the chance of the common cold in your children.

- 1. Wash your hands.** The surest way to catch a cold is to catch the germs that cause the cold. Frequent hand washings eliminate germs and keep you and your family healthy. Be thorough—a quick rinse doesn't cut it.
- 2. Get eight hours of z's.** Making sure you get eight hours of sleep every night is one of the best defences against falling ill. A good night's rest allows your body to keep up its defences. But if eight hours is out of the question, just aim for eight... and get as many as you can.
- 3. Schedule time for exercise.** With all the running around you do, you may overlook your regular exercise habits. Make sure that while you're scheduling all those activities, you keep the exercise routine on your calendar. Maintaining regular workouts will help you keep up your stamina.
- 4. Drink your water.** Be especially vigilant about drinking at least six to eight glasses of water a day during the cold and flu season. And if you're flying, drink even more water and avoid consuming alcohol on the plane—high altitudes are especially dehydrating. Water keeps your digestion working well, flushes the system, and fights fatigue.

If your child is feeling unwell it is probably best for them to be kept home until they are well enough to take part in regular activities.

## **Head Lice**

Head lice are tiny insects that live close to the scalp where they lay and attach their eggs. Every year, millions of children get head lice. They are common because they can spread anytime a child's head comes into contact with another child's head or hair. For example, lice can spread at school or daycare, on a playground, during sports, or at slumber parties. Lice can live a month on the head. But they can only survive 1 to 2 days without the warmth of a person's head. And they can't hop or jump. It's common to get lice from direct contact with someone's head. It's not common to get lice from a bed, pillow, couch, or carpet. Getting lice can be inconvenient. But lice aren't dangerous, and they don't spread disease or have anything to do with how clean someone is.

### **It is important to treat head lice, because they won't go away without treatment.**

Information about treatment can be located on our school website under Publications.

## **Professional Development and Parent Information Evening**

Colleen Politano, M. Ed., is a consultant working for school districts and the Bureau of Education & Research in British Columbia. She presents workshops on a variety of topics, including literacy, brain-based learning, differentiated instruction, multi-age classrooms and authentic assessment. Colleen was a classroom teacher for 36 years. She has co-authored many books.

Colleen will be leading a full day workshop for staff on helping students develop self-regulation, and teaching/learning ways to manage stress and anxiety.

Colleen has agreed to host a parent evening workshop on April 29<sup>th</sup> for parents and guardians covering the same topics.



### **Message from our PAC**

Hi Parents.

#### **Do you bake?**

Did you know that the PAC has traditionally provided treats to go with the hot lunches that we organize? We are running low on volunteers to maintain this tradition. If you have some time to provide baked treats for any of the remaining hot lunches, please email the PAC at [info@arlordpac.ca](mailto:info@arlordpac.ca)

Thanks to all parents that help organize, get donations, promoted and attended the 2019 Pub Night. This was a great success! The PAC raised \$5300 towards our goals to continue to support the school for Sports, Tech and Community going into the 2019/20 school year. Our community really came together to help us out here and we couldn't have done it without everyone's help. Stay tuned to a follow up event next year.

March 30<sup>th</sup> is our annual Manure sale. We are teaming up with Tillicum Annex to bring this even to the community. 9am to 1pm at the HCC lower lot by the school. We'll be looking for volunteers and people who would like to get fresh manure for their gardens. Go to [arlordpac.ca/manure](http://arlordpac.ca/manure) for more information.

Save the date:

April 29th - Anxiety workshop session for parents

May 3rd - Movie Night with Pizza Dinner



**Upcoming Events (see also the school calendar)**

Mon. Mar. 18 – 29	Spring Break
Mon. Apr. 1	School Reopens
Thurs. Apr. 11	PAC Hot Lunch (Pizza)
Fri. Apr. 12	Informal Communicating Student Learning Forms going home
Mon. Apr. 15	Ready, Set, Learn (11:00 – 12:10 in Library)
Tues. April 16	Lockdown Drill PAC Meeting (6:30 in Library)
Thurs. Apr. 18	Earth Day Assembly
Fri. Apr. 19	Good Friday (School not in Session)
Mon. Apr. 22	Easter Monday (School not in Session)
Mon. Apr. 29	Pro-D (School not in Session) Parent Info Night with Colleen Politano (6:30 – 7:30)
Thurs, May 2	Big One @ 2:00 (District Wide Earthquake Drill)