

## SIR GUY CARLETON ELEMENTARY

<http://go.vsb.bc.ca/schools/carleton>

2330 East 37<sup>th</sup> Avenue  
Vancouver, B.C. V5R 2T3  
604-713-4810



PRINCIPAL:	Mr. David Murphy
OFFICE ADMINISTRATOR:	Ms. Lori Eppler
SCHOOL TRUSTEE:	Mr. Allan Wong
DIRECTOR OF INSTRUCTION:	Mr. Aaron Davis

### IMPORTANT DATES TO REMEMBER:

- September 4<sup>th</sup> School Opening: students in attendance from 9am-10am. **Please report to your last year's teacher.**  
Bus pick up at Carleton site: 8:15am & 8:30am  
Bus pick up at Cunningham: 10:00am & 10:15am
- September 5<sup>th</sup> First full day for students in Grades 1-7.  
Don't forget to pack a snack and a lunch!  
New Kindergarten students to follow gradual entry schedule.  
Bus pick up: regular schedule
- September 27<sup>th</sup> Professional Development Day  
No school for students



*Meet the Teacher* Event and PAC Meeting: Information will be provided in September.

### Reporting Student Absences: Safe Arrival

Student safety is of paramount importance at the Vancouver School District. Ensuring student safety is a shared responsibility. In order to assist schools, we ask parents to notify schools of student absences.

***If your child will be absent, please phone the school to report this absence as early as possible.***

Parents should leave a message on a dedicated answering service by calling **604-713-5159**, then, when prompted, enter **extension 21**. Messages will be received before the office is open. School offices are busy places: consistently notifying the school in advance of your child's absence will significantly improve the efficiency and effectiveness of the Safe Arrival Morning Routine.

<b>School Calendar 2018-2019 CARLETON ELEMENTARY SCHOOL</b>	
<b>Important Dates</b>	
School Opening Day	Tuesday, September 4, 2018
Thanksgiving Day	Monday, October 8, 2018
Remembrance Day Holiday	Monday, November 12, 2018 (in lieu of Sun. Nov. 11)
Last Day of Instruction Before Winter Vacation	Friday, December 21, 2018
Winter Vacation Period	Monday, December 24, 2018 - Friday, January 4, 2019
School Re-opens after Winter Vacation	Monday, January 7, 2019
Family Day	Monday, February 18, 2019
Last Day of Instruction Before Spring Vacation	Friday, March 15, 2019
Spring Vacation Period	Monday, March 18 - Friday, March 29, 2019
School Re-opens after Spring Vacation	Monday, April 1, 2019
Good Friday	Friday, April 19, 2019
Easter Monday	Monday, April 22, 2019
Victoria Day	Monday, May 20, 2019
Last Full Day of Pupil Attendance	Thursday, June 27, 2019
Administrative/School Closing Day	Friday, June 28, 2019
<b>Professional Development and Curriculum Implementation Days (school not in session)</b>	
Thursday, September 27, 2018	Professional Development Day: <i>Indigenous Education Focus</i>
Friday, October 19, 2018	Professional Development Day: <i>Provincial, Self-Directed</i>
Friday, November 9, 2018	Curriculum Implementation Day: <i>District</i>
Wednesday, January 23, 2019	Professional Development Day: <i>Special Education &amp; Assessment</i>
Friday, February 15, 2019	Curriculum Implementation Day: <i>District</i>
Monday, April 29, 2019	Professional Development Day: <i>Self-Directed</i>
Friday, May 17, 2019	Professional Development Day: <i>Applied Skills &amp; Design Focus</i>
<b>Parent Conference Dates</b>	<b>Dismissal Times</b>
Wednesday, October 24, 2018	Early Dismissal at 2pm
Thursday, October 25, 2018	Early Dismissal at 2pm
Wednesday, January 30, 2019	Early Dismissal at 2pm
Thursday, January 31, 2019	* Regular Dismissal at 3pm
Wednesday, February 13, 2019	Early Dismissal at 2pm
Thursday, February 14, 2019	* Regular Dismissal at 3pm

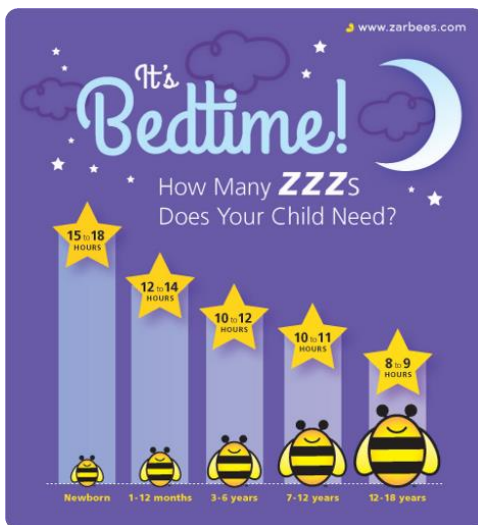
### Important Bussing Information.

The area along 37<sup>th</sup> Ave adjacent to the adventure playground is the designated area for parents to pick up and drop off students.

**Please be aware of and obey all traffic signs.**

There is bus service for students registered at Carleton that operates from the Kingsway site to Cunningham. The bus stop at the Kingsway site is located next to the Green Thumb Theatre. The bus stop at the Cunningham site is located on Nanaimo by the exterior of the library. The bus operates on a two-loop system with pick up at 8:20am and 8:40am then 3:10pm and 3:30pm. Parents are responsible for dropping off and picking up students at the Kingsway site.

Please be on time to pick up your child. Children left unattended at the bus stop will be returned to Cunningham. Parents will be contacted and will be responsible for picking up their child(ren) from the Cunningham site if students are not picked up at their designated time.



### Is Your Child Getting Enough Sleep?

As we head back to school, please keep in mind the importance sleep has on your child's learning. A good night's sleep is essential. Most children should be getting between 10 and 13 hours of sleep a night! That means bedtime is often between 7 and 8pm.

But going to sleep isn't enough. Be sure to set a strong bedtime routine with your child. **Turn off** the TV, iPad and computer at least an hour before bed. Schedule in a hot bath, some conversation time and of course, a good book!

Many parents also ask their kids to help prepare their lunches for the following day.

*Keeping children active and present will help them to become confident and independent learners.*

### Help Make Your Child's "Back to School" Experience a Positive One!

Parents can help give their child a positive start to the school year by considering the following:

- Start establishing routines:
  - Set a reasonable bedtime
  - Make home reading a regular family event
  - Set up a regular, well-lit place for homework, free of distractions
  - Instead of asking your child, "How was school today?", ask questions that are more specific and more entertaining to help strengthen a positive attitude:
    - *Tell me one fun thing that happened today.*
    - *What was one cool thing you did today?*
    - *Tell me one thing you learned today.*
    - *What was something fun you did with another child today?*
    - *Tell me two things you like about ...*
- When your child moves to his/her new division, some students may react and express dissatisfaction to parents about their placement. Parents can help by encouraging their child to be open and accepting and by highlighting the positive aspects of the new class, like new friends, new teacher, etc. **Your child will be**

**looking for your reaction; be positive and optimistic.** S/he may not have all the same friends as last year, so talk about the opportunities to make new friends or be re-connected with old ones.

- Most importantly, have fun with your child! Enjoy the start-up yourself, too! Take the time to meet and talk with other parents in the school and take part in some of the unique events that have been planned by the staff for the school year!

### Wheel Safety.



It is our expectation that all students arriving by bike or scooter, **dismount** when they arrive on school grounds and walk their bike to the bike rack. If students are wearing rollerblades, they should change out of their boots and into proper footwear.



### Afterschool:

For the safety of others playing outside on the playground, students are asked not to ride on their bikes or scooters.

Once the **3:15 pm** bell rings, they are free to ride under parental supervision.

Students are also asked not to allow other children to try out or ride their bikes or scooters.

Proper safety gear must be worn at all times.

*It is important to remember that a secure and properly fitted helmet be worn when students are on bicycles, scooters and rollerblades!*



*Thank you for your understanding. If you have any questions or concerns, please speak with Mr. Murphy in the office.*

### Litterless Lunches.

As part of our district's effort to reduce waste, students are encouraged to bring a *Litterless Lunch* to school.

What is a litterless lunch? It's a reusable bag that provides a nutritious lunch with no disposable waste. All families are encouraged to use reusable containers instead of plastic bags or plastic wrap. We are trying to encourage students to think about the amount of plastic and processed food items they consume and throw away.



Pack a **Litterless Lunch!**

### Vapour Products.

On September 1, 2016 the new Tobacco and Vapour Products Control Act came into effect.

**As of September 1, 2016 vapour products use is not allowed at any time on public and private Kindergarten to Grade 12 school sites in British Columbia.** "The Government of BC puts the health and safety of our youth first. As such, until more research is available on the health impacts, students will be encouraged to not use these products or be exposed to the vapour emissions."

## **Model Safe Driving Skills.**

All drivers are urged to exercise particular and extra-special caution and care when driving in and around school zones. After a long summer, children and drivers may be “out of practice” with sharing the roads. Watch for children and families crossing streets, both in and out of intersections.

- Remind your children about safe walking practices (look both ways before crossing streets; cross only at intersections, etc)
- SLOW DOWN! The speed limit in school zones is 30 km/h.
- Remember, **there is NO dropping off or picking up students in the school parking lot** and avoid U-Turns as these are dangerous. The alley way can be a very congested and dangerous thoroughfare. Give pedestrians the right-of-way.
- Please do not park in front of our neighbours’ garages and back fences. They need to get to work too!
- Please respect street signage when dropping off or picking up your child. The safest route is to always park away from the school and walk in with your child.

## **FOOD ALLERGIES**

If your child suffers from allergies, please inform the school ASAP.



Although we are not a Peanut Free School, we ask that parents ensure students are bringing in safe and healthy lunches.

- Please avoid, if possible, peanuts and peanut products in lunches and snacks
- Students should avoid sharing their snacks and lunches with other students in the school
- Parents, please do not offer afterschool snacks to other children on the playground

## **RECYCLING PROGRAM**

### **BLUE BIN:**

Paper products, photos, paper egg cartons, cereal boxes, plastic bottles and containers (with symbols #1 - #7), tetra juice boxes, glass bottles and jars, aluminum and steel cans, pie plates and take out containers.

### **Garbage Bins – BLACK BAG**

All waste that is not recyclable or compostable.



### **Garbage Bins – CLEAR BAG**

All compostable material including meat, fat and dairy, waxed cardboard, paper towels, newspaper and pizza boxes. Because paper towels are compostable, washrooms will house garbage cans with clear bags.

***All members of our community are expected to abide by our Code of Conduct while on school property. Our Code of Conduct is: At Carleton We CARE:***

- ***We Care about Ourselves***
- ***We Care about Others***
- ***We Care about this Place***

Do you have questions about BC's New Curriculum?  
Check out the government's website:  
[curriculum.gov.bc.ca](http://curriculum.gov.bc.ca)

## Sir Guy Carleton Elementary

### Contact List

2330 East 37<sup>th</sup> Ave  
Vancouver, B.C. V5R 2T3  
Tel: 604-713-4810

<b>Director of Instruction</b>	Mr. Aaron Davis	604-713-5097
<b>Principal</b>	Mr. David Murphy	604-713-4744
<b>Office Administrators</b>	Ms. Lori Eppler	604-713-4810
<b>Classroom Teachers:</b>		
Division 1	Mr. Julio Franco	Grade 6/7
Division 2	Ms. Daniella Mannella	Grade 5/6
Division 3	Mr. Martin Bernard	Grade 3/4
Division 4S	Ms. Heather Welwyn	ExSEL Program
Division 5	Ms. Karin Bernauer	Grade 1/2
Division 6	Ms. Esther Yoshida	Kindergarten
<b>Non-Enrolling Teaching Staff:</b>		
Ms. Mandip Bilg	Prep (Tuesday) & Library (Wednesday)	
Ms. Julie Johnston	Prep, Resource & ELL	
<b>Non-enrolling Staff:</b>		
Ms. Sara Skolsky	SLP (speech and language)	
Ms. Alexandra Norris	School Counsellor	
Ms. Brenda Hobbs	Youth and Family Worker	
Mr. Paul Varley	Youth and Family Worker with the ExSEL Program	
<b>School and Student Support Staff (SSAs):</b>		
Mr. Jeremy Brand		
Mr. Emmanuel Redmond		
Mr. Cedric Quiocho		
Ms. Stephanie Neibel		
<b>Supervision Aide:</b>		
Ms. Mary Nezezon		