



# THE COAL TIPPLE

Coal Tye Elementary School Newsletter  
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<http://schoolsweb.sd68.bc.ca/coaltyee>

## PRINCIPAL'S MESSAGE

Coal Tye Elementary continues to be an incredibly busy place with a large variety of student activities recently coming to a close and many more activities planned for the final two months of the school year. Teachers are busy planning their schedules for the final countdown. It is hard to believe that we are 3/4 of the way through the school year.



## SUN SAFETY

The sun is shining and it is hot on the playground! It is that time of year again, time to slap on the sun block and to seek shade from the sun's damaging UV Rays. Our students spend a total of 45 minutes a day outside for recess and lunch. The sun on a high UV Index day, can burn the skin in less than 7 minutes. To prevent painful sunburn and possible skin diseases such as melanoma, we recommend students:

1. Wear sun block everyday from April until October.
2. Wear long sleeves, a hat and sunglasses.

Even a few sunburns can increase your chances of getting a skin cancer like melanoma. The BC Cancer Agency says that we should "Avoid UV radiation and prevent sunburn, especially during childhood."

Please encourage your child to wear sun block and to bring a hat and sunglasses to school for outside play time.

## TRACK AND FIELD

All students in Grade 3-7 will be participating in our annual school track & field meet on Tuesday May 3, 2016 at the Rotary Bowl (behind NDSS). Please make sure your child is dressed appropriately and arrives to school on time as the buses leave for the Rotary Bowl at 9:00 a.m. Students will ride on school buses for the return trip back to Coal Tye as well (approx 2:15). Any parent who wishes to pick up their child from the track meet may do so but please ensure your child's teacher is aware of this pick-up arrangement prior to leaving the school in the morning. Please note parking is an issue around the Rotary Bowl; there is pay parking beside the baseball field. You will also want to send your child with a packed lunch/extra snacks and lots of water. The grade seven classes will be looking after a concession and once a menu has been put together it will be emailed out on our listserve.

## MOVE MORE EAT WELL

The days are slowly starting to get warmer and the grass is getting greener, spring is on its way. This is a great time to get outside, stretch the legs, and set some new goals for fitness. One of the best ways to improve fitness is walking. Take some time in the next few weeks to tie up those runners and take the whole family for a walk around the neighbourhood, you may even have a chance to reconnect with some people you haven't seen in a while.

If walking isn't your thing, what about a ride around on the bike. Cycling can be great for just a leisurely ride, or as a transportation method that not only improves your fitness but also helps the environment. So, dust off the bike, fit on the helmet, and enjoy some pedaling around town.

Whatever your preference is, be sure to encourage everyone in your house to be active and enjoy the benefits of fitness.

Physical activity improves health and well-being. It reduces stress, strengthens the heart and lungs, increases energy levels, helps you maintain and achieve a healthy body weight and it improves your outlook on life.

Research shows that physical inactivity can cause premature death, chronic disease and disability. Health Canada encourages Canadians to integrate physical activity into their everyday life; at home, at school, at work, at play and on the way ... that's active living!

For children, regular physical activity is essential for healthy growth and development. For adults, it allows daily tasks to be accomplished with greater ease and comfort and with less fatigue. For seniors, weight-bearing physical activity reduces the rate of bone loss associated with osteoporosis and regular physical activity maintains strength and flexibility, balance and coordination and can help reduce the risk of falls. Regular physical activity prolongs independent living.

Being physically active not only strengthens your body, it also makes you feel good about yourself.



Every child deserves an education free from discrimination, bullying, harassment, intimidation and violence. The ERASE (Expect Respect and A Safe Education) bullying strategy is part of the Province of British Columbia's efforts to personalize learning and supports for all students.

## SPIRIT WEAR

We are once again selling Coal Tyee spirit wear this spring. Notices will go home shortly with items and prices. Orders are due to classroom teachers by Friday May 6, 2016. Extra order forms can be found at the office if needed.

## SCHOOL PARKING/DROP OFF

For parents driving to Coal Tyee just a gentle reminder to not block the driveways of our neighbors, as this can be troublesome for neighbors needing to leave their driveways in the morning or towards the end of our school day.

A couple of the neighbours have phoned the school as the blocking of their driveways is becoming a daily issue.

## TRAFFIC SAFETY



Please do not park in front of the school on Sun Valley Drive between 8:15 a.m. - 9:00 a.m. and 2:15 p.m. - 2:50 p.m. as this is a Kiss & Go Drop Off and Pick Up area only during these times.

If you want to park at the school please use the parking lot near the swings or along Mt. Vista Drive. Also please make sure that the inner driveway area is kept free for buses and special needs parking only.

## COAL TYEE DRESS CODE

With the warmer (we hope soon) weather comes the need to wear lighter clothing. Please remember that school is a workplace for your child/children and what may be acceptable attire at the beach or other places may not necessarily be acceptable at the workplace. At Coal Tyee, we follow the SD #68 Dress Code guidelines and add our own guidelines with respect to "revealing" clothing.

### SD #68 Guidelines

Appropriate dress is considered to be that which:

- Is safe
- Is free of any reference to alcohol, drugs, gangs, hate, obscenity, profanity, racism/discrimination, sex and or violence
- Is not disturbing or distracting to others within the school setting.

### Coal Tyee Dress code guidelines:

In addition to SD # 68 guidelines, Coal Tyee has adopted the following dress code guidelines:

- Students wearing clothes that are found to be distracting or "revealing" will be asked to "cover up" or phone home for more appropriate clothing. A rule of thumb is that tops join bottoms and undergarments remain unseen
- No hats allowed to be on student heads in the building unless it's a special event.

## COAL TYEE ATHLETICS



The basketball season ended for most teams a couple of weeks ago. The bantam girls continued to play this week and won the district championships. Way to go girls! All

players have shown excellent individual skill development as well as developed positive team work skills since the beginning of the season. Thanks again to Mike Ingalls, Kevin Theobald and Tim Franklin for working with the students. I would also like to thank our staff sponsors (Karen James and Catherine Dickie) for supporting the teams. After basketball is over we will begin to prepare for track and field in late Early May. We will be looking for several volunteers to help us with our school track meet. If you are interested, please let the office know.



BookFest 2016 is taking place Saturday, May 7<sup>th</sup> in downtown Nanaimo. The hub of activity will be in the Diana Krall Plaza, while the presenter sessions are held in the Vancouver Island Conference Centre and the Harbour front Library.

Lunch hour entertainment is sponsored by Camp Narnia and affordable on-site lunch will be available from Nanaimo Foodshare. Tickets are \$10 per child for 3 sessions, to a maximum of \$25 per family. Featured books will be available for purchase and author book-signing will be held at the end of the day.

Read about our presenters and check out the BookFest schedule at [Bookfest.ca](http://Bookfest.ca). Buy tickets online, over the phone or in person through The Port Theatre (250.754.8550).



## READY SET LEARN - BEDTIME SHENANIGANS

Coal Tyee will be hosting a Ready, Set, Learn event on Wednesday May 26, 2016. Join us for some pre-bedtime fun! We will be playing games, having fun, and listening to a few delightful stories and songs.

This FREE evening is for 3 & 4 year olds and their caregivers/parents. Sign up at the school. Running shoes suggested—wear pajamas if you like!

Come to the gym—6 to 7:30 pm

**It's time for some shenanigans!**

## MOVING AWAY

To help us with our planning for next year, please let us know if you will be moving out of the area. Also if you are aware of families moving into the Coal Tye catchment area with school aged children, please let us know.



District Grade 7 students are invited to try rowing with the Nanaimo Rowing Club. Try our spring after school learn to row lessons or try a summer camp. All lessons start at the clubhouse in Loudon Park at Long Lake.

### Spring

What: 6 after school lessons

When: All sessions 4:00-6:00 pm

Tuesday & Thursday, May 31-June 16

Cost: \$72 per student

### Summer

We will once more be offering summer learn-to-row sessions through [Nanaimo Parks and Recreation](#).

Registration may be done online or at any of the Parks and Rec facilities.

Cost is \$70 payable to Parks & Rec, plus \$20 fee for insurance payable to the club. Snacks provided. We will be offering the following sessions:

Dates:

Course #146812: **Jul 4-8** 10:00 AM-1:00 PM

Classes: 5 Days: M-F

Course #146813: **Jul 11-15** 10:00 AM-1:00 PM

Classes: 5 Days: M-F

Course #146766: **Jul 18-22** 10:00 AM-1:00 PM

Classes: 5 Days: M-F

Course #146767: **Jul 25-29** 10:00 AM-1:00 PM

Classes: 5 Days: M-F

Course #146768: **Aug 8-12** 10:00 AM-1:00 PM

Classes: 5 Days: M-F

Course #146769: **Aug 15-19** 10:00 AM-1:00 PM

Classes: 5 Days: M-F

For more information, contact email [nanaimo.rowing@gmail.com](mailto:nanaimo.rowing@gmail.com). See you at the lake!

## SCHOLASTIC HALF PRICE BOOK SALE

Hammond Bay has been selected to host the annual Scholastic Half Price Sale. All items will be 50% off the ticketed price! The fair will be open from 8:15am-4:00pm on Thursday, April 21 and 8:15am-6:30pm on Friday, April 22 in the Gym. Resources in English and French will be available.

Hope to see you!

## UPLANDS PARK FUN FAIR

Uplands Park School 3021 Stronach Drive, is hosting a Fun Fair Thursday, May 12<sup>th</sup> 4:30 - 7:30 pm - bouncy castle, big swing, family photos.

## GARDEN PROJECT

I would like to take this opportunity to thank the volunteers that have worked diligently to create our garden space. They have done an incredible job building the best community garden in school district 68. It looks absolutely amazing and the students are already taking advantage of the area.



## PLAYGROUND FUNRAISING



The district 68 grounds crew broke ground on our playground project this week. They graded the proposed area and brought in some material to cover the existing muddy surface. The next step will be to dig out the river sand pit next to the prepared area. We will also be starting our fundraising campaign very soon. There is definitely some excitement in the air around this project.



## DATES TO REMEMBER

Apr 20	Spring/Class Photos
Apr 20	Vision testing for Grades 4&7
Apr 22	School Spirit Day - Twin Day
Apr 22	Hot Lunch
Apr 26	Gr 7 fundraiser Hot Dog Lunch
May 3	School Track and Field Meet
May 5	Trade Show
May 13	Non Instructional Day- School Based
May 16	Non Instructional Day - New Curriculum
May 18	All science Challenge
May 23	Victoria Day
May 26	Zone Track Meet
May 26	Ready Set learn for 3 and 4 year olds
May 27	Spirit Day - Crazy hair/hat day