

# Hidden Valley Elementary School Newsletter

Newsletter #6

February 2, 2015

## HVS School Council News

The HVS School Council meeting will be held on Tuesday, Feb 17th at 6:00 p.m. in the School Library. All parents are welcome.

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### Administration E-Mail:

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### Web:

[www.yesnet.yk.ca/schools/hiddenvalley](http://www.yesnet.yk.ca/schools/hiddenvalley)

**HVS School Council:**  
[hvscouncil@gmail.com](mailto:hvscouncil@gmail.com)

Dental Therapist:  
Londa Oshowy  
667-3049

## Dear Parents/Guardians

We are in the middle of the most valuable learning time of the year. Between January and March, classes cover a lot of ground. There are very few holidays and kids generally stay focused. These months are good months to spend 15 minutes or so reading each night with your children, or for older students, having them read silently for 30 minutes. Many families are already doing this.

Self-regulation is a big focus in our school this year.

It's important that children know how to calm themselves first in order to self-regulate. A preferred strategy of calming must be practiced regularly, so like a habit it can be used when most needed. Consult [http://www.yesnet.yk.ca/staffroom/selfreg/calming\\_strategies.pdf](http://www.yesnet.yk.ca/staffroom/selfreg/calming_strategies.pdf) to learn more about calming strategies.

### **A child with good self-regulation knows:**

Step 1: What it looks like to be calmly focused and alert.

Step 2: How to recognize stressors and how to return to the optimal state of regulation.

Enhancing a child's ability to regulate him or herself has a dramatic impact, not only on the child's wellbeing and capacity to learn, but an equally dramatic impact on the wellbeing of parents and educators: [www.self-regulation.ca](http://www.self-regulation.ca)

Self-regulation is quite different than compliance, as self-regulation builds capacity in the child for self-direction and to cope with stressors. Self-regulation can be defined as the ability to stay calmly focused and alert, which often involves, but cannot be reduced to self-control. It involves arousal states, emotions, behaviour, and as the child grows older, thinking skills.

As parents, we have an important role to play in the development of self-regulation in our children. The concept of co-regulation is that regulatory skills are first learned through others, and then internalized by self. This points to the importance of adults to be regulated themselves before they can help children regulate. We need to teach ourselves how to be calm and not react, and we do that through learning what our stressors are so that we can find the tools to allow us to cope more effectively rather than react when we are triggered.

Sincerely,  
Riana Robinson  
Principal

## Spelling Bee

The annual Spelling Bee is happening in Whitehorse on February 20, 2015 in the YG Foyer. The Bee is for students that are in Grade 3 – 9. It is a great opportunity for the students to shine and show their talent. It is also an opportunity to win cash prizes for the students and the schools.

We will have our own Spelling Bee competition at school. We will choose two students to represent Hidden Valley on Feb. 20th.

Check out the Rendezvous site for all the words for the Yukon Spelling Bee.

([www.yukonrendezvous.com/#!spelling-bee/ccae](http://www.yukonrendezvous.com/#!spelling-bee/ccae))

There is a Pizza Lunch at noon for all attendees.

## Electronic Device Rules

Hidden Valley School promotes quality academic experiences, as well as, healthy social relationships and personal development.

The use of any electronic communication devices (ECDs), as well as other electronic games and players are restricted during school hours. Students may only use and have in their possession, electronic devices prior to 8:15 am and after 3:10 pm during the school day. As a condition of this permission, all electronic devices must remain off and put away during the school day and students assume all risk of loss, damage or theft of their electronic device.



## Polar Games

Polar Games is a “fun” participation games opportunity for Grade 6 students from around the territory. The Games use several of the downtown schools and the Canada Games Centre for the various activities. These include: Basketball, Soccer, Handball, Curling and Bowling.

On Thursday, February 5th and Friday, February 6th, the grade six students will be attending the annual Polar Games with students from other Yukon Schools. Polar Games Schedules, permission forms, rules and expectations will be sent home as we receive them.

## Report To The Office

We would like to remind parents to use the main entrance only, and to report to the office on arrival at school.

Thank you for keeping Hidden Valley School Peanut Free.





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## **Violence Threat Risk Assessment Notification to Parents**

**Re: Yukon Education Violence Threat Risk Assessment Protocol**

Dear Parents/Guardians:

The safety of our children is a top priority for everyone. The tragedies that have occurred where students commit violent acts against other students and educators in Canada and in the United States have caused government officials, educators, parents, students and other community members to assess how we make our schools and communities safe for our children and students.

Public Schools Branch staff members have been involved in an intensive safety training program with our community partners, the Royal Canadian Mounted Police, Yukon Department of Health and Social Services, Yukon Department of Justice, and Yukon College. From what we have learned in this training we know that student acts of violence are not random; individuals do not suddenly 'snap' and commit serious acts of violence. In cases where serious acts of violence have occurred there have been many indicators and escalating signs that these individuals are on a path to commit serious harm to themselves or others. The training has helped our professionals to recognize these signs, assess them, and put in place interventions to support and reduce the level of risk. Together with our community partners, Public Schools Branch has developed a plan to respond to situations in which students may be demonstrating behaviours that pose a risk to themselves or others.

We wish to advise parents that we have adopted a protocol which requires schools to undertake a threat assessment in all cases of students making threats to harm others. These threats may be physical, verbal or written, they may be gestures or messages posted on the Internet. The purpose of the Yukon Education Violence Threat Risk Assessment Protocol is to determine how best to support students considered at risk so that their behaviour does not become hurtful or destructive to themselves or others.

The complete Yukon Education Violence Threat Risk Assessment Protocol is available at [www.education.gov.yk.ca](http://www.education.gov.yk.ca). Parents can play an active role in keeping our schools safe by advising the school of any information communicated to them from their children concerning threatening behaviours that their children may have been subjected to, in or out of school, and continuously monitoring their children's use of the Internet and Internet chat lines.

This letter is intended to provide you with notice that all Yukon schools will respond to all threats in a professional manner that provides for safe, healthy, and caring learning environments. Any threats or threat making behaviours will be taken seriously and assessed accordingly.

We are pleased to be able to provide this level of support to our school communities and appreciate having the ongoing support of our community partners.

Yours sincerely,

Riana Robinson  
Principal



## 2015-16 Kindergarten Registration for Whitehorse-area children

**Attention:** Parents/guardians of Whitehorse-area children born in 2010.

It is time to sign up your child for Kindergarten! Registering early helps Yukon Education accommodate all our new students. Spots are assigned based on attendance area, other siblings at the school, and the order in which applications are received.

To register in French first language Kindergarten at École Émilie-Tremblay, visit or call the school directly at 867-667-8150. For more information about École Émilie-Tremblay please visit [csfy.ca](http://csfy.ca).

For all other Whitehorse-area schools, here's how to start registration:

1. Visit Yukon Education's website at [education.gov.yk.ca](http://education.gov.yk.ca) and choose the "Kindergarten to Grade 12" section. Everything you need will be found here.
2. Find out which schools are in your neighbourhood by checking "Attendance areas".
3. Use the online form under "Kindergarten registration" to enter your child's information, select the school in your attendance area, and provide your contact information. This form can be submitted beginning February 9 at 9:00 a.m.

To register your child in a Catholic school, you must also complete an additional application. Visit the "Catholic Schools" page for information.

Due to the limited number of spots at École Whitehorse Elementary, spots will be assigned first to students with a sibling at the school. A random draw from applications received between February 9-13 will be used to fill the remaining spots and establish a wait list. Applications received after February 13 will be added to the wait list in the order they are received.

4. Within four weeks of completing the form, you will receive information about which school has reserved a spot for your child and what steps to take to complete your child's registration.

If you need help completing the online form, or if you don't have access to a computer, please call or visit any Whitehorse-area school office or the Department of Education (867-667-5141) to have staff complete the form with you.



Resource Services

## Student On-line Resources

Yukon students can access the following online resources from home using the login information and web URL provided below.

**Username: YukonEd**  
**Password: resources**

**Worldbook Encyclopedia** - [worldbookonline.com](http://worldbookonline.com)



**Ebsco Databases** - <http://search.ebscohost.com>



**Gale Databases** - <http://infotrac.galegroup.com/itweb/yukonsha>



### Video Streaming Resources



[www.accesslearning.com](http://www.accesslearning.com)

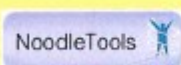
[www.jobspeople.do](http://www.jobspeople.do)

[www.learn360.ca](http://www.learn360.ca)

[www.curio.ca](http://www.curio.ca)

[www.nfb.ca](http://www.nfb.ca)

### Other Tools



Research tool for note-taking, citation, document archiving, collaborative research, ...  
Gr 6-12 Ask your teacher for URL and login details



Online vetted research environment & interactive project tools, Gr. 6-10 – Ask your teacher for URL and details

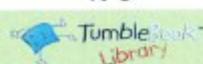


Young Learning Centre Games  
<http://www.learnnowbc.ca/learning2/>

PS – the login is different for the resources below ↓

**eBooks- TumbleBooks** - [www.tumblebooks.com](http://www.tumblebooks.com)

K-3



UN:Yukon, PW: books

3-7



UN: Yukon2, PW: login

6-12



UN: Yukon, PW: login

**ebooks - Yukon School Library Collection** - <http://educationlibraries.gov.yk.ca>

1. select your school library, 2. select **Catalog**, 3. select **PerkottShelf**,
4. enter the guest login - UN: Yukon, PW: books OR ask your Library staff for your personal login

December 3<sup>rd</sup>, 2014





# Dr. Stuart Shanker

*Author of Calm, Alert & Learning*

**Presentation for parents on Self-Regulation**

**Whitehorse Elementary School Gym**

**Monday, February 23<sup>rd</sup> 2015**

**7PM**



## Husky Helper Winners for the Month of January

### **\*\*PROGRAM AT HIDDEN VALLEY ELEMENTARY \*\***

*Learning Together* is for children ages 3-5 years and their caregiver(s)!

Younger siblings are also welcome to attend the program.

The program is offered Monday –Friday from 8:45—11:15 a.m.

Park at the front of the school in the parent parking lot.

Enter the school from the main entrance

**FREE!** Drop-in. Snack served as part of the program!

Play centers, gym time, storytelling, games, crafts and so much more!

For more information contact the school at 667-8164.



February's winners will be drawn at our next parade on Feb. 3rd.

### Christmas Silent Auction

Thank you to Access Consulting Group who also donated items to the auction! We apologize for anyone else we may have missed in our last newsletter. Please know we appreciate everyone who contributed!



*February*

Alyssa R.	Damien G.
Sophie G.	Alex G.
Tyne S.	Gilead L.



## Wall of Fame

We have started a Wall of Fame at school. Please send all newspaper articles/clippings of Hidden Valley Students excelling in activities at school.

**Hidden Valley School**  
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## Upcoming Events

Parade @ 11:00 am	Feb. 3
Gr. 4/5 @ Kwanlin Dun Cultural Centre PM	Feb. 3
Polar Games—Grade 6	Feb. 5 & 6
Basketball Championships 4:00 pm	Feb. 12
Basketball Championships	Feb. 13
Basketball Championships (Finals)	Feb. 14
School Council Meeting @ 6:00 pm	Feb. 17
Whole School Swim (1:00—1:45 p.m.)	Feb. 19
Heritage Day—No School	Feb. 20
Parade @ 11:00 a.m.	Mar. 3
Report Cards go Home	Mar. 6
Bison Hunt Begins	Mar. 7
Daylight Saving Time Begins	Mar. 8
School Council Meeting @ 6:00 pm	Mar. 10
Bison Hunt Return	Mar. 12
Spring Break	Mar. 16-27
Good Friday (No School)	Apr. 3
Easter Monday (No School)	Apr. 6
Parade @ 11:00 a.m.	Apr. 21
Wrestling Tournament	Apr. 15
School Council Meeting @ 6:00 p.m.	Apr. 21
Bison Feast	Apr. 30