



# Hidden Valley Elementary School Newsletter

Newsletter #5

February 1, 2017

## HVS School Council News

The HVS School Council meeting will be held on Tuesday, Feb 7th at 6:00 p.m. in the School Library. All parents are welcome.

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### Administration E-Mail:

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Thank you for keeping Hidden  
Valley School Nut Free.



## 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 the students 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.

Hidden Valley School has been using language and instructional strategies to teach and promote a growth mindset. We have also been, for the past couple of years focused on self-regulation strategies.

The concept of a growth mindset is based on the model that we are all lifelong learners. It is rooted in the understanding that anyone can strengthen their brain to learn new knowledge which can be used to solve simple tasks or complex problems.

A child's ability to understand that learning is continual and that their brain is a muscle that can be strengthened and very important. This will allow them to learn new material without frustration. The following two links will bring you to information around growth and fixed mindsets.

A website for parents to assist their children [https://  
www.mindsetworks.com/parents/default](https://www.mindsetworks.com/parents/default)

An informational video on the Fixed and Growth Mindsets:  
[https://www.youtube.com/watch?v=KUWn\\_TJTrnU](https://www.youtube.com/watch?v=KUWn_TJTrnU)

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,  
John R. Duclos  
Principal

## Kindergarten Registration

[Pre-registration](#) for Kindergarten for the 2017/18 school year begins on **Monday, February 13, 2017**, at 9:00 a.m.

The pre-registration form will be available on the Dept. of Education website at:

<http://www.education.gov.yk.ca/kindergarten.html>

Children must be 5 years old on or before December 31, 2016, to be eligible for Kindergarten.

On this page, you can learn about

- Kindergarten options in Whitehorse
- [French Immersion](#)
- [Catholic education](#)

[Registration process](#)

[School assignment](#)

[Completing the registration process](#)

[School bus](#)

[Kindergarten in rural Yukon](#)

[French First Language Education](#)

Kindergarten is not a required program in Yukon, but most families choose to start their children's education there.

Kindergarten is a full-day program in Whitehorse.

# Ways in which we are embedding Southern Tutchone at Hidden Valley

## January



## February



## Electronic Device Rules



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

The use of any electronic devices 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 3:07 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.

### Wrestling

Wrestling has started for students in grades 1–7.

Practices: Tuesdays at lunch and after school.

Tournament is on April 19<sup>th</sup>: The tournament will be for students in grades 2–7.

### Bake Sale

The Grade 4/5 class will be having a Valentine's Day bake sale on Tuesday, February 14<sup>th</sup> from 12:00—12:20 pm in the foyer. The proceeds will go towards their year end off site activities.

### Fundraiser

Hidden Valley School is collecting Wikes Independent grocery receipts as a fundraiser for Dog/Cat food for the Mae Bacher animal shelter. Every \$5000.00 worth of receipts will buy \$20.00 worth of dog or cat food. Thank you for your support on this simple fundraiser.

## 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 2<sup>nd</sup> and Friday, February 3<sup>rd</sup>, 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.

### Fundraising

The grade 6/7 class, Mr. C., Ms. Dawn and Ms. Mary, would like to thank the students and parents of Hidden Valley School for their generous support towards our Mt. Sima fundraisers. We have met our goal and look forward to skiing at Mt. Sima before the spring break.

We raised \$528.00 from hot lunches and \$343.45 from our amazing bake sale. The milk sales will be ongoing until the end of the school year and proceeds from those, as with the remaining hot lunch sales will support other class outings.

Thanks again to everyone for your continuing support!

# YUKON SOCCER ASSOCIATION

4061-4<sup>th</sup> Avenue, Whitehorse, Yukon Y1A 1H1

Phone: (867) 633-4625 Fax: (867) 667-4237

E-mail: [yukonsoccer@sportyukon.com](mailto:yukonsoccer@sportyukon.com)

February 2, 2017

Dear Elementary Schools,

Come join us for Games with prizes and a concession at the Yukon Soccer Associations Rendezvous Fun Fair Fundraiser.

Located at Whitehorse Elementary School From Noon until 5pm on Friday, February 24<sup>th</sup> and Saturday February 25<sup>th</sup>.

Admission is \$1.00 Tickets for games 3 for \$1.00.

Thank you

Elizabeth Richards

Family Fun Fair Coordinator



**know  
your  
numbers**

February 6 to 17, 2017

**PUBLIC  
CLINICS**

February 6-7	YG Main Building Foyer	9:00 am – 3:00 pm
February 8	Superstore pharmacy	10:30 am – 1:30 pm
February 8	Superstore pharmacy	4:00 pm – 7:00 pm
February 9	Yukon College	9:00 am – 1:00 pm
February 10	Whitehorse Health Centre	9:00 am – 4:00 pm
February 11	Canada Games Centre	10:00 am – 2:00 pm
February 13	Whitehorse Health Centre	9:00 am – 3:00 pm
February 14	Elijah Smith Building	8:30 am – 3:30 pm
February 15	Whitehorse Health Centre	3:00 pm – 7:00 pm
February 16	Whitehorse Health Centre	9:00 am – 1:00 pm
February 16	Canada Games Centre	3:00 pm – 7:00 pm
February 17	Whitehorse Health Centre	9:00 am – 1:00 pm

If you have any questions please call the Chronic Conditions Support Program at 667-8733.

**PUBLIC  
TALK**

**February 8:** Women's Heart Health public talk, 6:00 pm to 8:00 pm, Kwanlin Dun Cultural Centre Artists Studio (sponsored by Yukon Women's Midlife Clinic). Call 667-8733 to register.

**FREE** Blood Pressure Clinics  
(for adults over 18)

**Yukon**  
Health and Social Services



## Husky Helper Winner for the Month of December

Have not been announced



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

Learning Together is a drop in program that runs Tuesday-Friday. Tuesday is from 9:00– 11:30 am and 12:35 pm–3:00 pm. Wednesday—Friday is from 9:00 am—11:30 am. every morning.

January's winners will be drawn at our next parade on February 21.

Learning Together is a positive, play based learning environment for parents/ caregivers and their children that provides learning opportunities to enhance children's skills in all areas of development. It is a program that targets 3-5 year old children although ages 0-5 are welcome.

The program is drop-in and free! Snack served as part of the program.

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

Park at the front of the school in the parent parking lot and enter the school from the primary wing door.

For more information contact the school at 667-8164.



*February*

Sophie G.	Damien G.
Josephine D.	Alex G.



## 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.

**Hidden Valley School**  
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Whitehorse, YT  
Y1A 5S3

**Phone:**  
(867) 667-8164

**Fax:**  
(867) 393-6316

## Upcoming Events

Polar Games Gr. 6	Feb. 2 & 3
School Council Mtg in the Library @ 6pm	Feb. 7
Learn to Swim Gr. 2/3 (9:45—10:30 am)	Feb. 7-10
Boys Basketball Game (WES @ HV) 3:15 pm	Feb.8
Ski S'Cool Gr. 1/2 (10:45—12:00)	Feb. 9 & 10
Basketball Championships Gr. 6/7	Feb. 9-11
Early Kindergarten Registration begins	Feb. 13
Learn to Swim Gr. 2/3 (9:45-10:30 am)	Feb. 14-17
Ski S'Cool Gr. 1/2 (10:45—12:00)	Feb. 17
Learn to Swim Gr. 4/5 (9:45—10:30 am)	Feb. 21-23
Assembly @ 11:30 am	Feb. 21
French Carnival (1:00-2:30)	Feb. 22
Heritage Day (No School)	Feb. 24
Learn to Swim Gr. 4/5 (9:45—10:30 am)	Feb. 28 - Mar.3

**LEARNING TO  
LEARN.....FOR  
LIFE**

