Pardon my time away last week; worst flu ever! I can really empathize with how some of the students have been feeling as of late.

As part of our Social Studies, we will be walking to the Cumberland Museum this Thursday afternoon, Jan. 31st, and will be gone from the school between 12:30 pm and 2:30 pm.

Valentine’s Day Field Trip - On the afternoon of Wednesday, February 13th we will be traveling to Glacier View Lodge to deliver Valentine cards to the one hundred residents there. We will have hand-made the cards previous to the trip. We will depart from the school at 12:20 and return for 2:30 pm. The students will be having 'tea' with the seniors and doing some visiting. This is one of my Valentine's Day traditions which I've done with my students for many years. I've found it to be a very rewarding day for the seniors and students. The permission slips will come home by tomorrow; please sign and return them by the Tuesday following. If you are able to drive and join us, please indicate. Also, on the afternoon of Thursday, February 14th, we will walk to the Cumberland Lodge to visit and deliver Valentines to the seniors there.

Health and Career Studies - We will be starting a very interesting unit on Nutrition. Students will be investigating the nutritional value of Fast Foods, examining food groups according to the Canada Food Guide and doing some meal planning. Students will be able to shop wisely for snacks by reading the nutritional information on food packages. I would appreciate if you could please collect and send food labels (entire label including ingredients, please) in with your child. The labels can be from cans, boxes or packages.

Language Arts - Later this week Students will begin a short unit on poetry. They will enjoy examining the characteristics of poetry, doing some interpretive work as well as reading and sharing poetry with our classmates. The students will also be involved in writing their own poems.

Math - We are presently working on a unit on Measurement. We have been looking at measuring distance and the units involved (mm, cm, m and km) and we are now learning about perimeter. Next week we will be looking at time.

Science - We are amidst an interesting theme of 'Bridges'. Students are learning about the various styles of bridges and the structures involved in supporting them, i.e. trusses. The boys and girls are also very excited as our salmon eggs will be arriving with Sarah, our DFO contact, this week. Please understand that we will not be removing the lid and showing the eggs. The idea is for the eggs to be in a habitat that is as similar as possible to their
natural environment; one that is dark and quiet. Removing the aquarium lid and/or allowing light in stresses the eggs and reduces their chances of survival.

**It’s Not a Stick!** - We have been having some fun with our Kindergarten/Grade 1 little buddies with a book titled *It’s Not a Stick* by Antoinette Portis. Following Mrs. Meyer reading the book the boys and girls went out into the forest to find their own interesting sticks. We video-taped the students’ sticks, before and after, and strung the video clips together to make a fun and interesting video. Please watch for it on our blog! **Mrs. Para and Mrs. Birnie first did this project with the book titled *It’s not a Box.*

**Punctuality** - We started out the year so well but seem to have fallen astray. Quite a few students are straggling in late a few times per week which is disruptive to their own learning as well as the learning of their classmates. I work to encourage my students to practice good attendance and punctuality at school so that they follow through with these good life habits in their adult lives. Ideally, students should arrive at school about ten minutes early. This gives them a chance to be social and visit with friends before class as well as have themselves organized for class so that they are ready to focus when classes do begin. Thanks for your help with this.

**A few dates to remember:**

Jan. 31st - our walk to Cumberland Museum (12:20 to 2:30)
Feb. 11th - BC Family Day (no school)
Feb. 13th - trip to Glacier View Lodge (12:20 pm to 2:30 pm)
Feb. 14th - Valentine’s Day (class celebration info TBA at a further date)
Feb. 14th - visit to Cumberland Lodge in afternoon
Feb. 18th - Pro-D Day (no school)

Thanks for your continued support,

Pam Twin
Div. 5 Teacher