

# Lakeview Elementary Weekly News



Dear Lakeview Community,

Over this week and next week, students are engaging in digital literacy and citizenship lessons. These lessons are being taught in grade groupings and focus on important skills that pertain to both in-person interactions and online interactions.

These initial lessons promote responsible online behaviour and respectful communication. In the early primary years, we are focus on ways to keep ourselves calm when something upsetting happens. As we move into the later primary years and intermediate years, we look at what this specifically looks like online. Students have learned an acronym to support decision making:

- Step away
- Tell a trusted adult
- Ok sites only
- Pause and think

In today's digital age, Children are spending more time online, which opens a world of opportunities but also exposes them to various risks. It is important for them to learn how to interact safely online. Understanding how to keep your child safe online is crucial to protecting them from dangers such as cyberbullying, online predators, and exposure to inappropriate content.

Families are encouraged to join us Tuesday at 7:00 pm on Zoom for an informative session and learn how to navigate the challenges of online safety with confidence. You will learn effective strategies to create a safer online environment for your children.

[Join Zoom Meeting: Keeping Kids Safe Online](#)

Meeting ID: 694 97708221

Passcode: 621216

Amelia Poitras, Principal Lakeview Elementary

## Dates to note:

- Mon. Dec. 2 Purdy's Orders Due
- Tues. Dec. 3 Keeping Kids Safe PAC Virtual Event
- Wed. Dec. 4 Virtual Author Visit (Intermediate)
- Fri. Dec. 6 Report Cards Home
- Mon. Dec 9 Grade 6 Immunizations
- Tues. Dec. 10 Choir to Lougheed Mall
- Thurs. Dec. 12 Div. 3&4 to Science World
- Thurs. Dec. 12 Christmas Market
- Dec. 17 – 19 Sing A Long
- Fri. Dec. 20 Pancake Breakfast



December 3<sup>rd</sup> is International Day of Persons with Disabilities. This special day reminds us of the importance of inclusion and representation for everyone, regardless of their abilities.

At Lakeview, we believe that every student deserves to feel valued and included. By embracing our differences, we create a supportive and welcoming environment where everyone can thrive. Let's continue to learn from each other, celebrate our unique strengths, and work together to build a more inclusive community.

## Resources:

[Statement by the Prime Minister](#)

[International Day of Persons with Disabilities](#)

[Kids Books that Embrace Disability and Difference](#)

## Vandalism in the Washrooms

Over the past few weeks, we have had several instances of vandalism in the intermediate (boys/girls) washrooms. This has included balls of wet paper towel on the ceilings, writing slurs and inappropriate comments on the walls in sharpie, and clogging toilets with items that should not be flushed. I have spoken with each intermediate class directly, asking that they treat our school as they would their homes. Teachers are keeping track of when students go to the washrooms and limiting the number of students in the washroom at a time.

I am hoping for your support in addressing this issue. Please take a moment to speak with your children about the impact of graffiti. Encourage them to express their creativity in positive ways and to respect our school grounds. If they see something happening, report it discretely to an adult. Please help us to ensure our school remains a clean and welcoming environment for everyone.



**Basketball Season** starts in January. We are looking for a volunteer coach for the boys team. If you know someone interested in coaching or helping to referee games, please reach out [amelia.poitras@burnabyschools.ca](mailto:amelia.poitras@burnabyschools.ca)

## December – Winter Health



**Winter health tips and resources for a healthy winter season.**

### Keeping your child healthy during winter

As the chilly winter season is upon us, there's a few extra things you can do to help keep your children healthy and well. Navigate this season with these essential tips.

Find more tips for a healthy winter:

<https://www.fraserhealth.ca/health-topics-a-to-z/winter-health>

### Bundle up for the cold

Dressing appropriately for the cold weather is vital in keeping your child comfortable and protected. Wearing multiple layers is a great way to trap body heat and provide insulation against the cold. Keep a warm hat, gloves, scarves and insulated boots handy.

### Protect against winter illnesses

Winter brings an increased risk of colds and flus. Make sure your child is getting enough sleep (nine to 11 hours for elementary-aged children), eating a variety of foods and staying hydrated by drinking plenty of water. Ensure your child receives their annual flu vaccine and talk to a health care provider about any additional vaccines that may be recommended. Teach your child good respiratory etiquette such as regular hand washing, covering their coughs and sneezes and staying home when sick. If they are sick and cannot stay away from others, they can wear a mask to reduce the risk of spreading their illness.

### Keep their bodies moving

It's crucial to keep your child active during winter as regular physical activity boosts their immune system and keeps them energized. Encourage indoor play and activities such as dancing, yoga or interactive video games that promote movement. Look for winter programs at local community centres or indoor sports facilities.



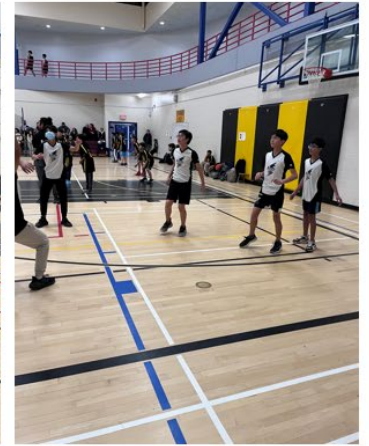
## Lakeview Volleyball 2024



Congratulations on an outstanding volleyball season! Our students have shown incredible sportsmanship and dedication, developing their skills and working together as a team. Their hard work and positive attitudes have truly shone through in every game. A special thank you to our amazing coaches, Ms. Basra, Ms. Nakano, Ms. Mott and Mr. Sihota, for volunteering their time and expertise. Your guidance and support have been invaluable to our teams' success. We also want to extend our gratitude to the families who have been there every step of the way, driving to games and cheering from the sidelines. Your support means the world to our students.







## Lost and Found





# KEEPING KIDS SAFE online

Keeping Kids Safe Online is a 60-minute presentation **designed for parents, caregivers and service providers** to learn how to help children stay safe online while using apps, social media, and gaming platforms. The presentation can be delivered in-person or virtually.

To request a workshop, contact Courtney Liem, Program Facilitator, at:

[cliem@plea.bc.ca](mailto:cliem@plea.bc.ca)

236 889 1891

**Part 1: Overview** – discusses and defines different forms of online sexual exploitation, including sextortion and intimate image sharing, as well as red flags of luring and grooming.

**Part 2: App Literacy** – a review of today's most popular apps used by children and youth.

**Part 3: Practical Conversations** - how to talk children and youth about online safety and sexual exploitation.



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childrenofthestreet.ca





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