

# TAIT TIGER NEWS

Newsletter # 2

October 7th, 2024.

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Student Absences: 604-668-6444  
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Principal: Mr. Rusty Mason  
Admin. Assistant: Ms. S. Ruan  
Area Superintendent: Ms. M. Naser

## From the Office

### Registration for New Kindergarten Students

Richmond School District 38 is excited to welcome kindergarten registration applications for children born in 2020, turning 5 in 2025. These children will begin kindergarten in September, 2025. Online registration opens on November 1, 2024. Please visit our website <http://www.sd38.bc.ca/childergarten> for more information about our online registration process, required documents, important dates and FAQs.



Families are encouraged to register any time during the Priority 1 registration period (November – January) for the best chance at attending their catchment school. All registration applications completed by parents and received by Central Registration any time during the Priority 1 registration period will receive placement decisions via emails by February 7, 2025.

As per district policy, a student will normally attend the school located in their catchment area in which their parents or legal guardians reside unless there is no physical, resource or program space available. This provision may need to be applied more frequently, potentially resulting in more students needing placement outside their catchment school. Please share this information with your friends and family who have Kindergarten aged children!



### Safe Arrival

If your child is going to be absent from school at any time, please phone the **Tait Office at (604-668-6444)** to report your child's absence or leave a message. In your voicemail leave your child's name, their division or teacher's name and the reason for their absence. Parents of children who are unaccounted for at the start of the school day will be contacted to determine their child's whereabouts. We may follow up with a phone call to find out if their absence is due to an illness.

**IF YOUR CONTACT NUMBER CHANGES, PLEASE LET THE SCHOOL OFFICE KNOW.**



### Parking Lot Before School

As you know, our parking lot can be a busy place before and after school. We ask that parents use the drop off lane to let students out of their car in the morning. Students should get out of their car using the doors on the passenger side (right side) of their car, so they don't step out into traffic.

We also ask parents not to park in the drop off lane and go to the classroom with their child. When cars are parked in the drop off lane, the parking lot becomes congested very quickly and an unsafe situation is created for students and parents walking to school. Please stop in the drop off lane, let your child out of your car, then drive out of the parking lot so the traffic keeps moving in a safe manner.

Parents, please do not park in the Tait School Parking Lot before 8:30am. Parking spaces in our parking lot are limited and we need to make sure the Tait Staff have a parking space, so they are ready to work with your child at 8:40am.



**Please remember to drive slowly when you are near the school and watch for children walking and crossing the street.**

## Students Arriving Late to School in the Morning



It is very important for your child to arrive at school between 8:40am and 8:45am. When children arrive at 8:40am, they have a few minutes get ready for instruction, which starts at 8:45am. If your child is consistently arriving late in the morning, your child's levels of worry and stress increases because they are entering their classroom late and they need to catch up on what they have missed. Being late also impacts the learning for others in the classroom because the teacher needs to interrupt learning to make sure the student who is late checks into the classroom safely. Being on time is an important habit in life, particularly as children mature and become adolescents and young adults. The habits your child learns now will shape how they behave in the future.

If your child is often late, try a new routine: pack their backpacks the night before school; make lunch the night before school; have your child wake up 15 minutes earlier in the morning.

## Health and Safety Practices



Thank-you to parents, students and staff for your dedication and focus to keep everyone at Tait healthy and safe. We continue to follow our Health Protocols very carefully at Tait.

When students arrive at school, they are being welcomed by staff to make sure they are healthy and feeling well.

Handwashing - Students and staff handwash many times each day, including:

- when they arrive to school
- when going outside for breaks
- when coming back inside from breaks
- after using the washroom
- before eating
- after eating
- when going home for the day

Please help us keep everyone healthy at Tait: **if your child is ill, they should stay home so they recover faster from illness.**

**Please Note:** If a student appears to be unwell at school, we will call parents to come and pick up their ill child. Thank-you for your support in being available to pick up your child if they are unwell.

# Does Your Child Get Enough Sleep?



**Is your child sleeping enough each night to be ready for a day of school? Here's what the experts say.**

- Sleep is an essential building block for your child's mental and physical health
- Experts estimate that sleep problems affect 25 to 50 percent of children and 40 percent of adolescents.
- Through a combination of sleep hygiene, age-appropriate routines, and close attention to any sleep disorders, you can help your child get the rest they need to grow up strong and healthy.

## **Why is Sleep Important for Children?**

Sleep plays a crucial role in the development of young minds. In addition to having an effect on happiness, research shows that sleep impacts one's ability to be alert and attentive, as well as their cognitive performance, mood, resiliency, vocabulary acquisition, and learning and memory. Sleep also has important effects on growth.

## **What Happens When Children Don't Get Enough Sleep?**

Children short on sleep can be grumpy or hyperactive, with effects on behavior that mimic ADHD. Sleepiness can also affect your child's ability to be attentive in school, negatively affecting their learning, their performance and their self-esteem.

Experts believe up to half of children do not get enough sleep. This lack of sleep may have a correlation to problems with a child's immune system (they can't fight off bacterial infections and viruses as effectively as children who get a proper amount of sleep), as well as anxiety and depression. There is also emerging evidence that poor sleep in childhood may carry future cardiovascular risks in the form of obesity, diabetes and high blood pressure.

## **Tips on How to Make Sure Your Child Gets a Full Night's Sleep**

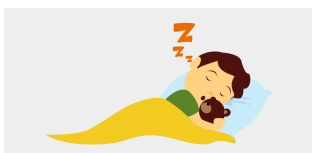
A child's sleep needs change as they grow older, but whether your child is 5 years old or a stubborn teenager, research shows a consistent bedtime routine is helpful for making sure your child gets enough sleep. Whatever routines you choose, try to do the same ones every night in the same order so your child knows what to expect.

## **A Typical Bedtime Routine Might Include:**

- Turning off computers, iPads, TVs and other bright lights at least 1 hour before going to bed. Blue light from devices stimulates brain function when a child should be calming their mind in the evening
- Removing devices from a child's room at night, charge them in another room
- Putting on pajamas and brushing teeth
- Reading a light book, singing a lullaby, or taking a bath

## **Keep These Tips in Mind:**

- arrange a balanced schedule throughout the week
- keep a regular bed time
- make the bedroom a no-screen zone, even during the day
- provide a healthy diet
- set the temperature in the room to slightly cooler than the daytime
- keep the bedroom quiet
- avoid caffeine, large meals and sugary treats in the evening



# DRESS FOR THE COLD AND WET WEATHER:

It is important that students are dressed for the weather when coming to school.

**Students will be going outside at recess and lunch every day – rain or shine.**

With the cold and damp days of Fall approaching, students need to have a proper jacket, footwear (to keep their feet dry), and perhaps a hat or umbrella. If they dress appropriately for the weather, they can enjoy playing outside. Please remind your child to check the weather when getting up in the morning and getting ready for school.

If your child is not well enough to go outside during our break times, they are also not well enough to be attending school and should stay home until they are feeling better.



## Our Resource Team

There are a number of people who make up our Resource Team. They include our school-based team:

Ms. J. Jakovac - ELL/Resource Teacher Divisions 3, 5 & 10

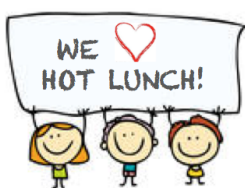
Ms. A. Buttner - ELL/Resource Teacher Divisions 4 & 6

Ms. A. Preston - ELL/Resource Teacher Division 7, 8 & 9

Ms. S. Bains - ELL/Resource Teacher Divisions 1 & 2

Each of these teachers works specifically with classroom teachers to support children learning English and children needing some assistance learning in different subject areas. They help in the development of IEPs (Individual Learning Plan) for children with special learning needs. These excellent teachers work with children in the classroom and/or in one of our Resource rooms. Our Resource Team is part of a School Based Team that meets weekly. The School Based Team meets to talk about individual students and their needs. When the School Based Team meets to discuss an individual student, the team is comprised of a classroom teacher, Mrs. J. Leithman, our school Counselor and Ms. S. Blackmore, our Speech and Language Teacher. Mr. Mason also attends these weekly meetings. Parents who have concerns about their child's learning are asked to speak first with the classroom teacher who might then consult with the Learning Resource Teacher and the rest of the Resource Team.

## Around the School



**Hot Lunch Day – Tuesday Oct. 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>**

**Hot Lunch Days are back! Our first Hot Lunch Day was on Tuesday, October 1<sup>st</sup>. Hot Lunch days are a break from the usual routine of making lunches for your child(ren) and proceeds from the Hot Lunch are used by our school PAC to support the students at RJ Tait. You**

**can order Hot Lunches on the MunchaLunch Website. You can connect to the MunchaLunch Website through the button link on the Tait School Website.**

## PRO-D DAY – Friday October 25th



Friday, October 25th, is a Provincial Professional-Development Day. All schools across British Columbia will have a ProD Day on October 25th. Students will not come to school on this day. The Tait staff will be attending education workshops on this day that will support the students at RJ Tait.

## Parent Advisory Council (P.A.C.) Meeting



The Parent Advisory Council's mandate is to facilitate and promote effective communication between home and school and to foster parent participation in educational activities and decision-making. Every parent or guardian of a student at Tait Elementary is a member of the Tait PAC and is encouraged to become involved.

### GRADE 6/7 COED VOLLEYBALL



Our Grade 6/7 students are beginning a season of volleyball with Ms. Kenakin, Ms. Jakovac, Ms. Wijaya, and Ms. Young. These awesome teachers volunteer their time at lunch and afterschool to help the students learn the great game of volleyball. We will be contacting other Richmond Schools to see if they would like to play some fun games in the coming months.

### Halloween Fun at Tait

**Great Pumpkin Run (Monday, October 28<sup>th</sup>)** – Students and Staff will be celebrating the Great Pumpkin run on Monday, October 28<sup>th</sup>. The Great Pumpkin Run is an opportunity for the school community to get together for some exercise and fun. Students will walk/run our neighbourhood route and then get together in the gym to raffle off pumpkins for some lucky students to take home.



**Halloween Day (Thursday, October 31<sup>st</sup>)** – Students and Staff are invited to dress up in their favorite Hallowe'en costume on Thursday, October 31<sup>st</sup>.

### Remembrance Day Assembly

On Friday, November 8<sup>th</sup>, at 10:30am, we will have a Remembrance Assembly. Parents are invited to attend this very important assembly in person.



Poppies will be distributed to students on November 8<sup>th</sup>. We hope that your family can make a donation to the Poppy Fund. Money raised in the Poppy Fund helps to aid Canadian Veterans and the programs that assist our Canadian Veteran Heroes.

# DATES TO REMEMBER

## Dates to Remember

- |                           |  |
|---------------------------|--|
| • Tuesday Oct. 8          | Hot Lunch Day                                      |
| • Wednesday Oct. 9        | Early Dismissal Day for Parent Teacher Conferences |
| • Friday Oct. 11          | Axe Capoeira Arts Presentation @ 1:15pm            |
| • Monday Oct. 14          | Thanksgiving Holiday                               |
| • Tuesday Oct. 15         | Hot Lunch Day                                      |
| • Tuesday Oct. 22         | Hot Lunch Day                                      |
| • Thursday Oct. 24        | Earthquake Safety Drill                            |
| • Friday Oct. 25          | ProD Day – no school for students                  |
| • Monday Oct. 28          | Great Pumpkin Run                                  |
| • Thursday Oct. 31        | Hallowe'en Costume Day at Tait                     |
| • Monday Nov. 4           | Individual Photo Retake Day                        |
| • Friday Nov. 8           | Remembrance Assembly – 10:30am                     |
| • Monday Nov. 11          | Remembrance Day Holiday – Schools Closed           |
| • Friday Nov. 15          | Hold and Secure Safety Drill                       |
| • Thursday Nov. 21        | Cambie Band Plays at Tait                          |
| • Friday Nov. 22          | Lockdown Safety Drill                              |
| • Friday Nov. 22          | PAC Movie Night                                    |
| • Monday Nov. 25          | ProD Day – no school for students                  |
| • Tuesday Dec. 10         | Grade 6 Immunizations                              |
| • Friday Dec. 20          | Last Day of Classes before Winter Break            |
| • December 23 – January 3 | Winter Break (school is closed)                    |
| • Monday January 6        | School Re-opens: Start of Term 2                   |