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Vice-Principal: David Heard
Head Teacher: Derek Cockram
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Dates to Remember ...

October 31 – 10 am.....	Halloween Assembly – Parents Welcome
Friday, November 9 – 10 am	Remembrance Day Assembly
Monday, November 12	Remembrance Day – school closed
Thursday, November 22	PAC Sponsored Board Game Night
Friday, November 23	Common Professional Development Day – school closed
November 30 – 1 pm.....	Celebration of Learning Assembly for November
Wednesday, December 5	Pancake Breakfast With Santa
December 18 – 19.....	Christmas Concert

(See our website for the full year's schedule)

Moving from Red to Green!

As a principal for the past twelve years, I continue to see an increasing amount of students, parents and staff who describe themselves as feeling “anxious”. One of the strategies to deal with stress that has worked for many of our students and adults is to think in terms of changing red thoughts to green thoughts. If we change our thinking, we will be able to change our feelings.

For example, if we think of “problems” as “challenges”, a situation becomes something that can be solved. We might not be able to change the situation but we can certainly change our response to a challenge. We can reframe our thoughts by finding the positives in a situation. Looking for positives doesn’t mean we ignore the negatives. Instead we try to notice positive aspects of the situation as well, and add them to our thoughts.

Red thoughts are thoughts that are worrisome, negative, pessimistic or unhelpful. Red thoughts are all the negative things we might think about when faced with a troublesome issue or event. Some examples of red thoughts are: ‘I can’t ...’ ‘I’m no good at ...’ ‘Nobody likes me.’ Everyone has red thoughts some times but the idea is to not let them stay red and to have them less often. Green thoughts are helpful, powerful, positive and optimistic. The goal is to help our children think these kinds of thoughts more often. Some examples of green thoughts are: ‘I will do my best’ ‘My teacher can help me’ ‘I’ve done this before’ ‘My friends have done this before and they can help me...’ Green thoughts need to be realistic. They do not mean we are lying to ourselves.

Green thoughts don’t always make us feel good, but they can help us feel better. The situation may not have changed but our feelings can change because our thinking changes. Thinking green thoughts helps us feel more confident. They can also help to manage your child’s fears and worries. Next time you hear yourself or someone else saying a ‘red’ thought aloud, try to come up with a ‘green’ thought they can agree on (in a kind way). There is a Learning to Think Green Thoughts activity sheet in the [‘Tools & Resources’ section](#) at Kelty Mental Health. If you are having difficulty with your child having “red thoughts” and don’t know what to do, please contact us and we can share some other options for dealing with this.

Hal Wall (Principal)

Communicating Student Learning - Report Card Changes

At our November 20th PAC meeting Mr. Wall and Mr. Heard will be presenting information about the new direction for report cards. Our staff are working on ways to more powerfully communicate and make student learning visible so report cards will be looking different.

Welcome to New Staff!

Please join us in welcoming new students, families and staff members to our school. Our new staff members:

- Ms. Vlastic is our new Division 16 teacher
- Mr. Weyman has just accepted a position as an EA.
- EA practicum students for the fall starting October 29: Sun Youn Lee and Stephanie Long

Parents as Partners

We had a great turnout for our sessions and want to thank parents for taking the time to meet with us!

Halloween Costumes

We will celebrate Halloween on Wednesday, October 31st. Students should wear their costumes to school as there is extremely limited space for changing. Please remember that costumes should be non-violent and all pretend weapons should be left at home. Parents are very welcome to come to our 10 am assembly and see the many student performances and our creative costumes (you might like to dress up as well!).

Remembrance Day Assembly

We will have our yearly Remembrance Day Assembly on Friday, November 9th at 10 am. To help make this ceremony meaningful there will be a number of student presentations as we pause to remember those who gave their lives for our country. Parents are welcome to attend.

Red Cross Babysitting Course

We have booked the babysitting course for our school for our April 29, 2019 Pro-D Day so students ages 11 and up can get certification and be ready for summer babysitting. Babysitting with First Aid Hero emphasizes learning through real life scenarios. information covered includes: exploring the business of babysitting, creating safe environments, safely caring for ages 0-12, and first aid skills. Registration and payment will be available online closer to the actual day. \$60 + GST online registration <http://www.firstaidhero.com/babysitting-vancouver.html>

Marijuana Legalization And Your Teen.

We’ve all heard about it, seen it in our teens, but how do we help as Parents? Come join us and listen to Bahareh Hosseinpour who is a Youth & Family Counsellor with the Youth Services Unit – Burnaby Detachment/ Royal Canadian Mounted Police. November 15, 2018 @ 7:00 pm – 9:00 pm. Burnaby Mountain Secondary Gym2 8800 Eastlake Drive Burnaby,

Online Payment of School Fees

We have been recommending the use of School Cash Online for making payment and currently have about 87% of our parents signed up and using this service online. By using this service, there is an immediate record of payment for parents. When money is sent in backpacks it can often be lost or turned in after the deadline so paying online removes those problems. If you haven't already, check out this service. It has been updated this past year to be able to make use of charge cards as well as bank accounts. With over 600 students, we often receive money without forms or illegible names so this helps us make sure your fees and requests are accurate. Please go to our school website at taylorpark.burnabyschools.ca/ for directions on how to sign up for the SchoolCash program. Thanks to the many who are helping us be efficient in collecting money accurately by using this service.

Library Help

Our librarian, Diana Zimmerschied, is looking for parent volunteers to help with shelving as well as putting labels on books. Please see her if you are interested.

Terry Fox Run

Hurray! Thanks to the support of students, parents and staff, we raised \$1036! Taylor Park's contributions combine with the donations of thousands of other schools and make a significant contribution to Cancer Research. We have been thanked by the Terry Fox Foundation and Terry's family for our continuing support.

Traffic Concerns

At our PAC meeting, parents commented on how some parents are not following parking and traffic signs and the safety concerns for our students. We continue to recommend that students and their families walk to school for the health and brain benefits along with reducing the traffic congestion.



Parent Advisory Committee (PAC)

All parents of students attending Taylor Park are automatically members of the Taylor Park PAC (Parent Advisory Committee). We hold meetings each month to discuss issues of concern for our students' learning and how to support programs at the school through fundraising. The Principal, Vice-Principal and Head Teacher bring issues for us to discuss and we have an opportunity to bring up school wide concerns with them as well. Our meetings are informal and have lots of laughter combined with the satisfaction of contributing to the learning of our students. Monthly meetings alternate between Tuesday evenings at 7pm and Friday mornings at 9:15am. All meetings are held at Taylor Park in the library for evening meetings and in the staff room for morning meetings. Our next meeting will be on Tuesday, November 20th at 7 pm.

School Hours

Most of our students arrive on time but we still have a significant number of students that are late. When students are late, they:

- Miss out on meeting and talking with their friends before school
- Feel rushed and awkward because they are coming in after an activity has started
- Don't produce the quality of work they are capable of and their achievement suffers
- Develop a mindset that being on time is not important and this attitude can then be carried over to lateness for turning in assignments, doing homework, doing chores, etc.
- Often need extra attention from the teacher which takes away from the learning of the other students

We know parents want their children to be successful and helping a child arrive on time can be challenging but the effort and change needed is very worthwhile. I have worked on this with my own children and worked with many parents to turn this around. Some things we can do to help children be on time are:

- Prepare for the next day before going to bed – clothes are arranged, breakfast is set, lunch is made, etc. Children should be involved in this so that by the time they become intermediate students they are able to look after most, if not all, of this
- Have a bedtime routine so that students go to bed and get a good night's sleep
- Meet with other families at a regular time on your way to school so that going to school is a fun time with friends that children look forward to
- Share supervision and walking of students with other families that live near you
- Plan to arrive early – our first bell goes at 8:50 am so plan to arrive at 8:45 am
- Walk instead of driving – our drop off area cannot handle the volume of people rushing to arrive at 8:55, when classes start
- Set up a small reward for your child if they are on time for a week, two weeks, etc.

We appreciate your effort in helping your child be on time. Meanwhile, if we can do anything to support getting to school on time, please do not hesitate to contact me at 604-296-9034 ext 645001 or hal.wall@burnabyschools.ca.

When Should a Student Stay Home due to Illness?

It's a decision every parent faces regularly: whether or not to keep a sick child home from school. Sometimes the decision is clear. Your kid looks awful and you can't imagine sitting them up, let alone sending them anywhere. But sometimes kids don't look so bad and the decision is less clear. Here are symptoms that mean your child must stay home:

Fever. Any temperature of 100.4° Fahrenheit (38° Centigrade) or higher is a fever, and children shouldn't go to school with fevers. While giving them medicine might bring the fever down, it won't stop them from being contagious.

Vomiting or diarrhea. It's unfair all around — to the child and the school — to send a child with vomiting or diarrhea no matter how well they might look to you. Some viruses, such as norovirus, can be contagious for an extra day or so after the vomiting or diarrhea stops. You do not want to be the parent responsible for an outbreak of norovirus at your school.

Bad pain. If your child has a sore knee or a mild headache but is otherwise acting okay, it's likely fine to give some medicine and send them off. But if the pain is anything more than mild, don't do it. Pain is always something you want to keep an eye on. Keep them home and call your doctor instead.

Coughing that won't stop — or anything different about your child's breathing. If we kept every child with a cold home during the winter months, there would be a lot of empty classrooms. But a really bad cough not only makes it hard for a child to learn or play, it can spread germs and give the same illness to other children.

If you're on the fence, call your doctor for advice; you can always take your child in a bit later if you get the go-ahead. When it comes to your child's health and the health of all the other children at school, it's better to be safe than sorry. Thanks for helping look after the wellbeing of our community by following these guidelines!