



# McGowan Park Elementary School

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## *Principal's Newsletter to Parents and Guardians January 2015*

*Principal: Cori Wickes*

*Secretary: Heather Scollon*

### MISSION STATEMENT

**McGowan Park School is committed to the development of the child as a unique individual.**

Hello everyone and welcome to a fresh new year! Hard to believe it's 2015! A new year is a great opportunity to resolve to try to attain certain goals and complete tasks that we keep putting off! Educationally, the staff and the School Planning Council and I will be working on our school growth plans and goal setting for the school. Your input via a survey (soon to be sent out) will be very welcome! Wishing you all the very best that 2015 has to offer!

### **Blast Off! Take Two!**

Even though the Antares rocket carrying our original experiment exploded last month, the Student Spaceflight Experimental Program agreed to another flight for all the student projects in Mission 6. McGowan's student project focuses on the differences between crystals formed on Earth from those formed in the microgravity of space. Our experiment is due for a relaunch on January 9. Fingers crossed that this launch is a success!

### **Donations and Volunteer Support!**

Many thanks, folks, for all of the unbelievable donations that came in to support the local food bank. Your generous donations were very much appreciated! I'd like to take this time also to thank all of the parents/guardians who take the time to volunteer in other capacities as well; as helpers in the classrooms, One to One readers, financial supporters, volunteer drivers and more. The support you offer to our wonderful school truly makes this the best place to be!!

### **School Safety – Reminder!**

The school parking lot spaces at either side of the school are **reserved** for School District #73 staff during school hours. Staff need to be able to access parking

spaces at varying times throughout the day. Parents who utilize these spots and who drop off and pick up children in the staff parking areas are increasing safety risks to children and staff. We have a school turn around that should be utilized for pick up and drop off. As well, there is a turn around in the cul de sac at the end of Tremerton. More conveniently, why not arrange to pick up your child in the church parking lot at the end of Tremerton Drive or better yet, walk together to school (unless you live in Pineview!)

### **One to One Reading**

We are looking for volunteers to be part of the fantastic One to One reading program at McGowan. Volunteers commit to tutoring for 1 ½ hrs, one morning or afternoon for 12 weeks. Please contact McGowan's organizer – Shelby Killough – at 250-851-9228 if you are interested.

### **Science Fair**

For curious minds everywhere, McGowan will once again offer the opportunity to explore new ideas for students in grades 4-7. Miss Baerg will be coordinating science fair for our school. If your child is interested in developing a science fair project, there is an information letter at the office. At the bottom, there is a slip to be returned to Miss Baerg to indicate your child's interest. The school science fair will be on Tuesday, February 17th. "The whole of science is nothing more than the refinement of everyday thinking." ~ Albert Einstein. What doors will your child's ideas open?

### **BrainDance!**

In January as part of our Music/Movement Class, Mrs. MacPherson will begin a 3-month unit introducing the concept of "BrainDance" to all Primary Students.

Developed by Anne Green Gilbert, the BrainDance is comprised of eight developmental movement patterns that healthy human beings naturally move through in the first year of life. As babies, we did these movements on

our tummies, sides, and back on the floor. However, cycling through these patterns at any age, daily or weekly while sitting or standing, has been found to be beneficial in reorganizing our central nervous system.

“The mind is like the wind and the body like the sand; if you want to know which way the wind is blowing, you can look at the sand. “

~Bonnie Bainbridge Cohen

This BrainDance is an excellent full body and brain warm-up for children and adults and can be done in any setting. The BrainDance may be used as a warm-up for any physical or cognitive activity; before tests, performances, and presentations; after sitting for long periods of time; as a break during computer work and TV watching; and to increase energy and reduce stress. It is a centering body/brain movement tool for brain reorganization, oxygenation, and recuperation. The BrainDance prepares us for learning and helps with appropriate behavior and social skills.

No one part of the central nervous system works alone. Messages must go back and forth from one part to another, so that touch can aid vision, vision can aid balance, balance can aid body awareness, body awareness can aid movement, movement can aid learning, and so forth. (Carol Stock Kranowitz, MA) Mrs. MacPherson's classes will practice BrainDance for a few minutes each day as part of their DPA and dance time. Please ask your child how they are enjoying the Braindance experience!!

### **SCHOOL WEBSITE:**

Please check out our website on a regular basis@<http://mcgowan.sd73.bc.ca/> or you can scan the following QR Code with your wireless devices for quick access to McGowan Park's digital newsletters.



### **PAC NEWS!**

**The New Year is a busy time at McGowan! In**

**addition to basketball & the science fair, preparations for the Winter Carnival begin. This fantastic fundraising event will be on Thursday February 19th this year. Watch for notices coming home over the next few weeks!**

**We are also looking to fill the executive position of Treasurer on the PAC. Julie Ford has held the position for several years and is stepping down. Anyone who is interested in more details please talk to Ms Wickes or Nadine Hamilton.**

**Our next meeting is on Monday January 12th at 6:30-in the library. All & any parents are welcome.**

### ***From the Board Meeting of: DECEMBER 15, 2014***

1. The Board enjoyed a performance from the Parkcrest Children's Choir.
2. The Board received a presentation from Gina Morris and Clare Sladden on Air Awareness in Education.
3. The Board approved the Superintendent's Report on Student Achievement 2014-2015.
4. The Board received an update on the Special Olympics BC Winter Games which will occur in Kamloops in February 2015.
5. The Board approved an out-of-province field trip request for music students from Westsyde Secondary to travel to New Orleans in March 2015.
6. The Board approved the recommendations in the Distance Learning Model Report.
7. The Board approved the Real Property Disposal Bylaw for the disposal of 820 Crestline, Kamloops, BC.

The next regular public Board Meeting will occur on Monday, January 12, 2015, at the School Board Office, 1383 – 9<sup>th</sup> Avenue, Kamloops, BC.