



KHASA NEWS December 2009

President's Message: You may have noticed a change in the traffic pattern in the pickup zone last week. We have experienced a week or so of horrific congestion, episodes of road rage, bad weather and general frustration by many parents at the cars parking in the pickup zone. Your Traffic Safety Committee has come up with a tactic that will reduce the incidents of parking and lengthy standing in the pickup zone after school. We ask that you do NOT park in the pickup zone during afternoon dismissal. You can come early and park in visitor spots, park along marked areas on surrounding streets, or wait until 2:55 p.m. to retrieve your child following the pickup crunch. Visit our KHASA website [Maps](#) for more.

If you come to the school immediately before dismissal and are planning to park in the pickup area, be prepared to be inconvenienced. Please plan in advance, for the sake of our children and your sanity. We welcome your comments and suggestions to make our pickup area as safe as possible. Please contact us at khasa63@gmail.com.

What's coming up? A reminder to all families that the Keating School and KHASA newsletters will be distributed by e-mail beginning with this edition. There will be printed copies available outside the office for those who prefer a "hands-on" version. If you did not receive the newsletters via e-mail and would like to, please check with your class representative to ensure Mrs. Matthews has your correct e-mail address.

SPC Election: All three candidates who were nominated -- Roger Dunn, Sheila Ayres and Tracy Zeisberger -- were elected to the School Planning Council. Thank you to these three Keating parents who have stepped forward, in collaboration with school Administration, to help our school meet its initiatives. For your information, we had an extremely low voter turnout: 22 votes in total out of a school of over 300 families; KHASA welcomes any comments or suggestions from parents for ways to make voting procedures more "user friendly" and thus more representative of the school population.

Hot Lunch: Just a reminder that on Hot Lunch days there is a "store" in the Multi-Purpose Room that has extra items available from the Hot Lunch menu. We had lots of extras left over after November's lunch, so we invite you to send some money with your child on Hot Lunch days: to purchase more food if they are still hungry (or as a snack for after school!); or if you didn't originally order Hot Lunch and your child decides s/he would like to have it instead of a bag lunch; or perhaps you might like to come and have lunch with your child if you are able to. Please keep in mind that some months seem to generate more "business" at the store than others, so please send along some extra food from home if you did not pre-order, "just in case".

Winter Family Project: Each family should by now have received its traced tree. We look forward to these works of art as they begin to arrive at the school for display over the next couple of weeks: please have your creations to the gym stage by December 8! Everyone who attends the upcoming Movie Night on December 17 will have a chance to take a good look at what your imaginations have conjured up!

December Movie Night: Speaking of which...We will be holding a family movie night on December 17 in the gymnasium. More information will be coming soon so keep your eyes open for details on this fun family event!



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Ten Ways to Support Your Child and School (Part I): According to *Great Schools* staff at www.greatschools.net, successful kids and schools usually share a secret ingredient: supportive parents! The time you spend helping at school boosts your child's chances for success. Recent studies show that the children of parents who are involved in schools do better academically. Here are five ways you can support your child's education:

- **Make sure your children go to school ready to learn.** Establish a morning routine that includes a healthy breakfast and time to pack homework for school. Adequate sleep the night before is also important.
- **Make time for homework.** Set up a study area, and limit television on weeknights to be certain homework gets done. Make reading an everyday habit. Children who have "no homework" can always review the day's lessons or read a book for pleasure. You may also need to curtail extracurricular activities and, as your children get older, limit part-time jobs. Children who take part in other non-academic activities for 20 or more hours per week usually don't have enough energy to perform optimally in school.
- **Monitor your child's academic progress.** Don't wait until report cards come home to check up on how your children are doing. Attend scheduled parent-teacher conferences and don't hesitate to contact teachers at other times to make sure your children are keeping up with assignments.
- **When there's a problem, work with the school on your child's behalf.** If your child starts to slip academically, make a plan with the teacher to correct the problem. Teachers appreciate parents who reinforce the importance of schoolwork, and your child will have a better chance at succeeding if you and the teacher agree on a strategy.
- **Attend school functions.** Your attendance shows your child that you value his/her school. In a 10-year study of 20,000 teenagers, a study revealed that only one-fifth of parents regularly attended school functions and those that did were much more likely to have high-achieving students.

What's New at...www.ChildsPlay101.com: A Free Interactive Directory Website for Kids Programs in Victoria. **ChildsPlay101** is an on-line planning tool for kid's activities, lessons and camps in and around Victoria. There are over 2500 programs including Rec. centers, pools, arenas, YMCA, UVIC, libraries, schools, churches, Community Centres, clubs, organizations and more. You can search this entire list by area, date range, activity type, age range, facility and any combination of these that you need! By popular demand we have increased the age range to include preschoolers and now you can search from 3 to 15 years.

We have added six new links: Pro-D Day, Family Events, Free Events, Winter Break, Christmas, and Spring Break. New for November is a Forum for parent discussion and information. Follow us on CHEK TV's *Island 30* on Tuesdays for our weekly parenting segment. Remember, it's FREE to look and FREE to list a program. If you have any questions or comments, please email us at info@childsplay101.com.

Next KHASA General Meeting: **January 13, 2010 at 7:00 pm** in the Multi-Purpose Room. As always, refreshments will be served, childcare is available, and the meeting shall be kept to one hour!