



BENCH ELEMENTARY

JANUARY - FEBRUARY 2024 NEWSLETTER

January seemed to happen very quickly this year with the late start after the break and now, February is suddenly upon us and March and Spring Break will be here soon.

Kindergarten registration is well under way and the more we know, the easier it is for us to plan. Because we are so full, we are being very diligent now in ensuring that all new students are able to show evidence that the family's primary residence is in our catchment.

February has several highlights coming up, including Valentine's Day, Black History Month, Pink Shirt Day, Family Day Holiday and National Flag Day.

Two of our pre-service teachers from the fall are returning for another practicum and we welcome them back to our school community. Our January Written Learning Updates just went home and we appreciate all of the feedback that was provided by parents regarding the new format. As always, please do contact the school if you have any questions about these reports.

Our staff appreciate the tremendous support we receive from the PAC and the wider parent community and we look forward to the next exciting period of time at Bench.

Sincerely,

Huy ch q'u!

Scott Jackson
Kyla Bridge

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Dates to remember

- February 16, Friday - Non-Instructional Day (School Closed)
- February 19, Monday - Family Day (School Closed)
- March 4, Monday - Classroom and whole school picture day
- March 8, Friday - Last day of school before Spring Break

Kindergarten Registration 2024-2025

Kindergarten Registration for 2024-25 school year will continue until September.

Bench Kindergarten registration is for families who live full-time in our catchment. An address in our catchment area needs to be the place that you reside the majority of the time. Any proof of address other than a current Driver's License or BC Identification card will have to speak to the Principal about their situation.

You can use the School District school locator to find out what school your catchment school is. Please note that Bench is currently at capacity.

School registration links can be found on the School District website, or you can register in person IF you are in Bench's catchment. Please bring **two** proofs of residency (such as a driver's license or BC Hydro bill) and a copy of your child's birth certificate and BC services card.

Should you have further questions, please call the school.



Library Program

"After months of exploring genres and practicing research skills, students are moving into coding in the library! We have tons of fun programs and resources arriving in February - from Ozobots and Spheros to Merge Cubes and Cubetto Robots - and we can't wait to extend our skillsets by learning to program and code. Please also keep an eye out for more information on our Spring Bookfair, and email Ms. Frissell in the library if you'd like to volunteer!"

Choir



The choir will be performing in the Cowichan Music Festival at the Cowichan Performing Arts Centre on **Tuesday February 13th** at approximately **9:15 a.m.** Choir members are reminded to wear their green choir shirt and black bottoms.



LOST AND FOUND

If you notice you are missing any items for your child/ren, please take a moment to check our lost and found area, near the library. We have lots of items over there!



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Grade 7s Fundraiser

Island Jerky

Local company out of Sidney, BC

January 22 – February 5.



The following packages, Original Island Jerky, Teriyaki Island Jerky, and Black Pepper Island Jerky, can be purchased for \$7.00 each (80grams) or a combo package (1 of each) for \$20.00.

Orders can be submitted online or via paper copies.
Jerky will be delivered to the school on February 14th.



Upcoming Bottle Drives:

February 22nd

March 28th

Community Information

COWICHAN JUNIOR FIELD HOCKEY



Field hockey is a game of skill, speed and fun. The positions are similar to soccer, the skills are similar to hockey with a couple of twists.

TO REGISTER OR FOR MORE INFORMATION VISIT:
www.cowichanfieldhockey.ca

REGISTRATION

DECEMBER 15 - FEBRUARY 15, 2024

EVERYONE WELCOME!

BORN 2005 - 2017

SEASON: April 1 - June 8

GAMES AND PRACTICES ARE HELD AT JOHN FERREIRA TURF FIELD, DUNCAN

COACHES WANTED

SIGN UP AND MAKE A DIFFERENCE

Whether you are brand new to the sport or a returning player, we look forward to welcoming you on the field.





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Community Information

JOIN COWICHAN LACROSSE

WHAT DOES THE SEASON LOOK LIKE

Our Co-Ed Lacrosse season typically starts in March, with games starting in April. The season concludes at the end of June with provincials taking place in July for the older divisions (U13-U17).

League games are split between home games and away, with our home arena being Kerry Park, in Mill bay. Locations of the away games will depend on teams declared but can range from South Island up to Campbell River.

Each team will have a set practice schedule for the season.

U7/U9 - Practices one evening per week

U11 - Practices two evenings per week

U13 - Practices two evenings per week

U15 - Practices two evenings per week

U17 - Practices two evenings per week

Our goal is to have each team participate in at least one on-Island tournament, and in the older divisions also participate in one off-Island tournament. These are subject to acceptance.

BENEFITS OF LACROSSE

- Team sport with focus on building both offensive and defensive skills
- The hand eye coordination required for lacrosse transfers to other sports such as hockey, basketball and baseball.
- Reinforces the importance of quickness and agility,
- Teaches players to play with their head up and to be aware of their surroundings
- The promotion of speed, stamina, sportsmanship and team play in lacrosse provides excellent cross-training for other sports like hockey, basketball and soccer
- Most hockey equipment can be used in lacrosse
- NHL hockey players like Wayne Gretzky, John Tavares, Jonathan Toews, Steven Stamkos, Bobby Orr, Joe Sakic, Gordie Howe all played lacrosse



HOW TO STAY UP TO DATE

 [FACEBOOK](#)

 [INSTAGRAM](#)

 [WEBSITE](#)

cowichanthunderlacrosse@gmail.com



Community Information



February is Black History Month

During Black History Month, people in Canada celebrate the many achievements and contributions of Black Canadians and their communities who, throughout history, have done so much to make Canada a culturally diverse, compassionate, and prosperous country.

The 2024 theme for Black History Month is: “Black Excellence: A Heritage to Celebrate; a Future to Build”. This theme celebrates the rich past and present contributions and accomplishments of Black people in Canada, while aspiring to embrace new opportunities for the future.

The theme aligns with the 10th year of the International Decade for People of African Descent and recognizes that people of African descent represent a distinct group whose human rights must be promoted and protected.

(<https://www.canada.ca/>)



Ririro

IMAGINATION OVER KNOWLEDGE

Ririro – Free Online Stories

<https://ririro.com/>

Ririro provides all children in the world with free access to stories.

On their website, you will find hundreds of free multilingual (Spanish, French, Arabic, Ukrainian and more) stories for children!

All stories can be read online, feature illustrations, often audio, and are available for download as PDFs, allowing you to easily print them



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Lunar New Year February 10, 2024

The Chinese Consolidated Benevolent Association will be celebrating the year of the Dragon in Victoria's Chinatown. The main event starts at the Gates of Harmonious Interest, featuring an 8 lion performance by the Wong Sheung Kung Fu Club, dragon dance by the Victoria Chinese Public School, and traditional Chinese dances.



Lions and dragons will parade from 500 block of Fisgard Street, to the Chinese Consolidated Benevolent Association/ Chinese Public School (636 Fisgard Street). Event will proceed rain, snow or shine.

(<https://allevents.in/victoria/2024-lunar-new-year%E2%80%99s-parade-and-blessing-of-merchants/200025927773854#>)



GOBYBIKEWEEK
FEB 5-11, 2024


GoByBikeBC
BIKE IT. YOU'LL LOVE IT.

FREE REGISTRATION
GOBYBIKEBC.CA

LOG KM'S, WIN PRIZES & MAKE NEW MEMORIES!

REGISTER ONLINE, FREE.
GETSTREETWISE
GoByBike BC

 BRITISH COLUMBIA
Supported by the
Province of British Columbia



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JANUARY - FEBRUARY 2024 NEWSLETTER

Community Information



National Flag Day

February 15, 2024

At the stroke of noon on February 15, 1965, Canada's red and white maple leaf flag was raised for the very first time on Parliament Hill. On the same day in 1996, National Flag of Canada Day was declared.

(<https://www.canada.ca/en/canadian-heritage/campaigns/national-flag-canada-day.html>)



Pink T-Shirt Day

February 28, 2024

Bullying is a major problem in our schools, workplaces, homes, and online. Over the month of February, and throughout the year, CKNW Kids' Fund's Pink Shirt Day aims to raise awareness of these issues, as well as raise funds to support programs that foster children's healthy self-esteem.



The 35th annual TC 10k race will be taking place in Victoria on April 28, 2024.

Parents can register themselves or their child for this event by going to <https://raceroster.com/events/2024/80972/35th-annual-tc10k-powered-by-runsport>

The cost of this event is \$65 for an individual, or \$59 if you register under the Bench Elementary Team. The fee includes a technical shirt, medal and post-race snacks. Those who wish to do a shorter run can register for the 1.5 km.

Student transportation and supervision at the run itself are parent responsibilities. Students can register under Bench's team, but it is not a sanctioned school district field trip. Race kit pick up will also be the responsibility of parents; dates and times are Friday April 26 11 am - 7 pm, and Saturday April 27th, 10 a.m. - 6 p.m.



BENCH ELEMENTARY

JANUARY - FEBRUARY 2024 NEWSLETTER

Personal Electronics - iPhones/iPads

Please note that personal electronic devices are **NOT** permitted during school hours unless supervised by a teacher. If your child does bring an electronic device to school, it **MUST** be kept in their backpack or with the teacher during school hours. Please remember that we cannot guarantee the security of these items. If an item is confiscated by an adult during school hours or is turned in at the office for any reason, it will generally be held until the end of the day and, sometimes, will only be returned to an adult (depending on the circumstances).

Visitors

A reminder that all adults visiting the school must enter through the main doors only and sign in. Thank you for your cooperation.

Student Clothing

Please ensure that your child is dressed appropriately for the weather each morning. Unless there are extreme weather conditions, Students will be outside every day during the 45-minute lunch break as well as an additional short break with their teachers at some point through the day.

Water Bottles

Our school has a limited supply of glasses for students to use, especially disposable ones. Families are encouraged to please send their child with a water bottle that they can refill from the fountain.

School Schedule

Supervision begins at 8:00 a.m.

8:30 a.m. Classes begin

11:00 a.m. - 11:45 a.m. Outside play

11:45 a.m. - 12:00 p.m. Eating time

2:13 p.m. Dismissal

Supervision ends at 2:40 p.m.

