



Panther Press

Principal: Navdeep Aujla
Head Teacher: Scott Hodges
Secretary: Maureen Mah
Trustee: Katrina Chen

Dear Parkcrest Families,

The school year is quickly coming to a close and the pace at the school has really picked up. We are all looking forward to many year end activities that will be happening in the next few weeks.

There will also be some changes at the school level. I have been at Parkcrest for four years and I have enjoyed getting to know all the students and families. I will be moving to Windsor Elementary in the upcoming school year and I will thoroughly miss this community. Mr. Andrew Lee will be the new principal, he is coming from Suncrest Elementary and is looking forward to meeting all of you.

The school has also grown this year, we currently have 31 kindergarten students registered for the upcoming school year. This is up from the 12 students that had registered in September 2016. This growth has resulted in an additional class being added; we will have 9 divisions in the upcoming school year and approximately 200 students.

At our recent professional development day, we reviewed the progress of our students in our two school goal areas, Reading and Social Emotional Learning (SEL). Year end data shows that 30% of our students are exceeding expectations in reading; 98% of our students are meeting/fully meeting or exceeding expectations. For those that are not meeting expectations, there is a plan in place to bring them to grade level. There are established programs, including guided reading, Reading Recovery and Levelled Literacy, that have helped to achieve these results and staff have agreed that we will be able to maintain this programming. For the upcoming school year, the decision was made to add a writing goal. Although all our students are meeting expectations in writing, there are very few that are exceeding and we would like to increase the number of students exceeding expectations. We have also evolved our SEL goal and are focussing on reducing feelings of anxiety. Observational data indicates that approximately 25% of our students show visible signs of anxiety. We have been working on this goal for the last three years and we have been successful in reducing the level of anxiety, but this is still an area that needs to be focussed on over the next few years. Please see page 3 for examples of anxiety that we have been observing amongst our students. If you would like more information, please contact me or our counsellor, Mr. Kalen Marquis.

Please consult our calendar for upcoming events and assemblies. We look forward to seeing you at the school!

Sincerely,

Mrs. N. Aujla

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UPCOMING EVENTS

- June 2nd*HOT LUNCH (Sushi)
June 2ndEarly dismissal (2pm)
June 5thPRO-D DAY (no school)
June 5thRed Cross Babysitting Course (8:30-3:30pm)
June 7thWalking Wednesday
June 7thViking for a Day (Grade 7 students go to Burnaby North)
June 8thWelcome to Kindergarten Orientation (9am in Gym)
June 8thDiv. 6 Field Trip to Maplewood Farms
June 9thHOT LUNCH (Dominos)
June 12thDiv. 1-3 Swimming @ Kensington
June 12PAC meeting (7pm)
June 14thWalking Wednesday
June 14thDiv. 1 & 2 CULTUS LAKE WATERPARK (8:30-4:30)
June 15Div. 1-3 swimming @ Kensington
June 16thHOT LUNCH (Subway)
June 19Div. 1-2 swimming @ Kensington
June 21stWalking Wednesday
June 21stDiv. 1 & 2 PLAYLAND (all day)
June 23rdFUN IN THE SUN
June 23rdHOT LUNCH (Dominos)
June 26thYear-end Assembly and Intermediate Awards (11am-noon)
June 27thGrade 7 Leaving Ceremony (9:30-noon)
June 28thWalking Wednesday
June 28thHOT LUNCH (Cobs)
June 29^hEarly Dismissal (10am) - REPORT CARD DISTRIBUTION
Jun. 30th to Sep. 4^hSummer Break (school closed)
Sep. 5thFirst Day of School for 2017-2018



Some Visible Forms of Anxiety:

Obsessive-Compulsive Disorder:

This is about more than hand washing. It's about thoughts and urges that get stuck in people's mind, terrifying them, tormenting them. It's about ritual intended to ward off harm. It's about things feeling "not right". It's about questions, endless questions – about safety, questions about certainty, questions that drive a person to be very uneasy.

Afraid to Make Mistakes

People refuse to do things because they are afraid to do things. Spend enormous time on tasks because of the fear that things won't be perfect. May think "if this is not perfect, I am a complete failure". May forego activities because they fear that they do not excel at an activity. May fail to complete assignments on time due to erasing too much, rewriting, or overdoing the task in some way. May try to control situations to ensure their success – blame others for their failings, see themselves in a negative light, or be critical in general. May have trouble making decisions for fear of making the wrong one.

Being too Negative

This is the person who "grumbles too much." These people are often happy, as long as everything is going well. Thinking quickly turns negative when something does not go their way and it can be difficult to change course. These people are masters at noticing problems. All the deviations, imperfections, and injustices jump out at them, magnified a hundredfold. Feel compelled to point out what is wrong or unfair. Experts at making mountains out of molehills, and typically grow increasingly angry when attempts are made to talk them out of their point of view. This is a cognitive style, a way of thinking. It's just not a mood – it's an approach to life.

Worrying too much

These people are held captive by their fears. They go to great lengths to avoid frightening situations, and ask the same anxiety-based questions over and over again. The answers to these questions does not provide any relief. Others spend a huge amount of time reassuring, coaxing, accommodating, and doing whatever else they can think of to minimize their distress. This doesn't work and the anxiety remains in control. Logic or telling them to stop does not help. Anxiety has a way of growing, spreading, shifting inform, and generally resisting efforts to talk it out of existence.

Social Anxiety

This is the person who is significantly fearful and embarrassed in social evaluative situations. These are very stressful situations for them and they avoid these settings altogether.

The above information is based on "What to do When you ... (Worry Too Much; Grumble Too Much; Mistakes Make You Quake; Too Shy; and Brain Gets Stuck)" A series by Dawn Huebner, Ph.D.

PARKCREST HAS A NEW TELEPHONE NUMBER....604-296-9039

Please continue to call in your child's absence
(you can leave a voicemail at any time)



Lost and Found

The lost and found bin has many items collected throughout the year. Please take a look in the bin across from the office to see if a long lost item belongs to you or your child(ren). All items not collected by June 23rd will be donated to charity.



Are you Leaving Parkcrest Next Year?

If you know that you are moving out of the Parkcrest area and will be changing schools for the 2016-2017 school year, please let the office know as soon as possible. We need this information in order to properly organize next year classes. Thank you!



Odyssey of the Mind World Finals!

In late May, our Parkcrest team travelled to East Lansing, Michigan to compete in the 38th annual Odyssey of the Mind World Finals! We were one of 14 B.C. teams representing Canada. In total, there were more than 837 teams from 16 countries -- including the United States, China, South Korea, India, Japan, Russia, Poland, Germany, Singapore, Slovakia, Switzerland, Italy and Mexico.

Parkcrest performed exceptionally well at the competition! In our age division, we placed 19th overall and ranked top 6 in the Spontaneous Problem. Congratulations to the team for a job well done!

Aside from competing, the team also enjoyed pin trading, making new friends from all over the world, attending NASA sessions and participating in many other activities put on by Odyssey of the Mind. This is definitely an experience that will last a lifetime!

In closing, I'd like to thank everyone who supported our inaugural Odyssey team. Special thanks goes to the team members' parents, who all helped out in countless ways in making this a special year for the team!

Cynthia Yen



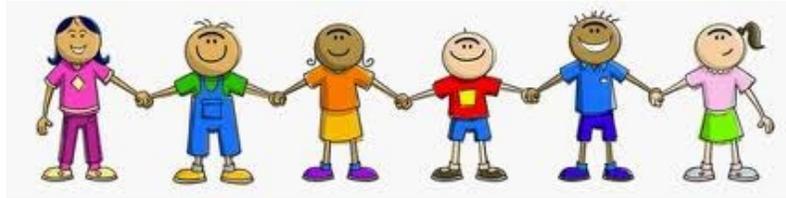
TRACK AND FIELD

Our track team attended the Small School Track Meet at Swangard Stadium on May 2nd. Our students did an amazing job of representing our school. They exhibited impressive athletic ability and great sportsmanship. A special congratulation goes out to our Grade 7 boys relay teams A and B and the Grade 7 girls team A, who all placed in the finals. A big congratulation goes out to our 1st place relay team, the Grade 4 boys Team A, Carson Marks, Jordan Pong, Zachary Clegg and Freeman Ridley. **Well done everyone!**





COMMUNITY NEWS



Help your child succeed in school... Join the Summer Reading Club at Burnaby Public Library.

Registration starts Friday, June 16th and continues until the middle of July. Children who read over the summer do better in school, and libraries across BC are here to help. When kids sign up, they will receive a reading calendar, a reading record, a book mark, and stickers. After reading or being read to for fifteen minutes a day for fifty days, readers will be rewarded with the highly coveted Summer Reading Club medal.

During the summer, the library offers fun and creative programs, extended loans for travelers, and book recommendations.

FAQs: Can my child enter if we're not here in the summer? Not a problem. Registration materials can be picked up at the beginning of the summer and used anywhere throughout July and August. Medals for children who have completed the program will be available until the end of September.

What if my child isn't reading yet? Children of all ages and reading levels are welcome. Younger children can listen to stories, and we have books and suggestions to help beginners too. We love matching kids with books!

Walk on the Wild Side with us this summer!

TEEN SUMMER READING CLUB

Calling all teens! Win prizes like Chapters gift certificates, books and a grand prize of a Best Buy Gift Card just for reading with Burnaby Public Library's Teen Summer Reading Club!

Registration starts Friday, June 16. Pick up weekly reading cards to record your reading and to enter for prize draws. You can do the reading at home; you only have to come to the library to drop off your weekly reading cards for a chance to win prizes. If you are looking for fun things to do at the library, check out all our summer programs at <http://www.bpl.bc.ca/teens/programs-and-contests>. Teens entering grades 8 - 12 in September are eligible to participate in this year's Teen Summer Reading Club.



Join an All Girls Hockey Team!

Burnaby Wildcats is home to over 70 female hockey players from Burnaby and New Westminster. We have teams for players from 5 to 15 years old. We play other all-girl teams in the Lower Mainland.

Participate in games, practices, tournaments, jamborees and team socials!



Season goes from September to March. New player registrations starts on July 1st. Check our website for all the info:

<http://www.burnabyminor.com/default.aspx?p=newplayer>

OR

Contact BurnabyWildcats@gmail.com for more information