



C E M S

Message regarding Reporting of Student Learning

Hello from Carlin,

A reminder the district has asked each school to schedule an early dismissal day in November to provide time for scheduled parent/student/teacher conferences. **Our school will have early dismissal on November 21, 2019. On this day our dismissal times will be 11:49 for elementary students and 11:59 for middle school students.**

Bus departure times will align with the early dismissal times. **Buses are running 2 hours and 45 minutes earlier from Carlin on November 21 and thus will be arriving to bus stops 2 hours and 45 minutes earlier so please be available for pick up 2 hours and 45 minutes earlier.**

Not all of the parent/student/teacher conferences will happen on November 21, this early dismissal date is to help facilitate the conferences.

These conferences will provide an opportunity for parents to discuss their child's areas of strength and needs and set learning goals for their child's continued academic and behavioural growth.

Information on how to arrange your parent/student/teacher conference is below.

If your child is in one of the following classes you will sign up through the information the teacher has sent home: Mrs. Paterson and Mr. Ralston/Ms. Nash.

If your child is in Mrs. Colonna's/Mrs. Butchart's, Mrs. Perepolkin's, Ms. Hall's or Ms. Tyler's class or in the middle school you will sign up through Parent Connect: Please see below for instructions on how to sign up.

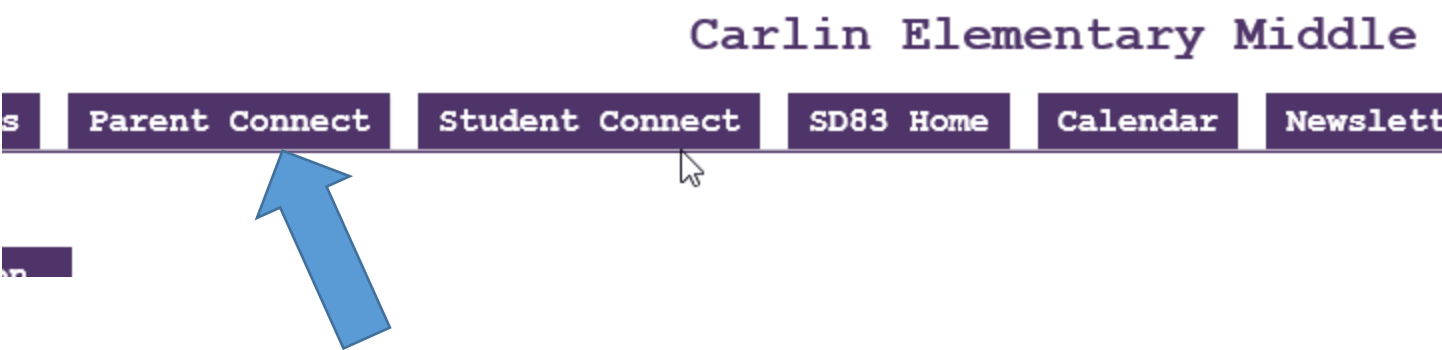
How to sign up for the parent/student/conferences:

To sign up for a conference time you will need to log onto Parent Connect. To do so you must have the email address that you have provided to the school. Here are the instructions to follow:

1. Log on to Parent Connect at SD 83 Parent Connect. This is also available through a tab on the Carlin School webpage under the tab Parent Connect.
2. Enter your email address and password. If you have forgotten your password, select forgot my password and it will be emailed to your email address.
3. If you have never used parent connect you get your password by entering your email address and select forgot my password and one will be emailed to your email address.
4. Once logged on, select the PTI tab on the top right.
5. This will take you to the interview times available for your child's teacher in elementary or select child's advisory teacher in middle – Ms. Coers will join advisory teachers for many of her students.

Registration is now open. We strongly encourage you to sign up early. If you need help with sign up, you are welcome to come to the school to sign up on our computers.

Here are some pictures from last year to help with the process:



What you select on Carlin Website

What you will see on parent connect

PC-0000

Parent Connect
School District No. 83

Powered by CIMS

PopUps District Help

For additional online help click on the District tab above. Select Parent and Students Option on the SD83 webpage and locate the Parent Connect SD83 Instructions option. Parent Connect backup time is between 11pm and 3am and will be unavailable during this time.

Email Address

Password * case sensitive

Get Students

[Forgot My Password](#)

* NOTE: The "Forgot Password" window is a PopUp - Refer to PopUps information below if the window does not appear after clicking this button *

[How to Sign In to Parent Connect - Online Video](#)

Version - September 30, 2016

Tools | Help | Change Assignment | Sign Out

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General Grading **PTI** Reports Schedule Textbook

Age: 9

Unlisted: N

Select conference time

Previous Next				
Select	Cancel	Teacher	Date	Time
Select		J REIMER -Homeroom Teacher -Co	Wednesday 01/24/2018	12:00 pm to 12:20 pm
Select		J REIMER -Homeroom Teacher -Co	Wednesday 01/24/2018	12:20 pm to 12:40 pm
Select		J REIMER -Homeroom Teacher -Co	Wednes 01/24/2018	

Teacher Interview Times

Healthy Bites for elementary schools

Healthy Bites: Dinnertime Blues

Feeding children can be a demoralizing experience, especially with young children. But there is light at the end of the tunnel— with years of practice, children do learn to eat a variety of foods and mealtimes do get easier. Here are some strategies for survival:

- **Be Prepared:** Creating a weekly meal plan is a great strategy to reduce mealtime stress. It allows you to have ingredients on-hand, meat defrosted and left-overs on days that you know will be busy. Meal plans can also save you money.
- **Come to the table hungry (but not hangry):** Hungry kids are always better eaters. Sometimes poor behaviour at supper results from too much snacking after school.
- **Overtired children:** School can be an overwhelming experience, especially for young children. Add day care or after school activities, and it can be a recipe for disaster. Children eat better when they are relaxed and rested. Consider earlier meal times or reducing scheduled activities.
- **Check-in with yourself:** Stressed parents usually result in stressed children. If patience is gone by dinner time, find a strategy for self-regulation. This could mean enjoying a glass of wine, allowing yourself some space from your children while you cook dinner, or, worst-case scenario, locking yourself in the bathroom for five minutes of meditation!
- **Try stick to a routine:** Routine and consistency around mealtimes is another great strategy. When children know what to expect, and how they are expected to behave, it helps reinforce positive mealtime behaviours.

Middle School

Healthy Bites: Help, my teen is becoming a vegetarian!

Many teens experiment with vegetarian diets. They may be motivated by ethical, economic or health reasons, or have a curiosity about different foods. Luckily, well-planned vegetarian diets are healthful, nutritionally adequate, and can even provide health benefits. That being said, a balanced vegetarian diet is more complex than eliminating meat. Nutrients of concern include:

Iron

Teens need more iron because of their expanding blood volumes and growing muscle mass. Girls in particular need extra iron because of losses from menstruation. Good vegetarian sources of iron include green leafy vegetables, legumes (beans and lentils), whole grains and fortified cereals.

Calcium and Vitamin D

Milk or fortified milk alternatives are the easiest way to get adequate calcium and Vitamin D to build strong bones. Calcium is also found in dark green leafy vegetables, tofu set in calcium, almonds and fortified orange juice.

Vitamin B12

B12 is found in milk and eggs, but if your teen is not eating any animal products, look for fortified foods (such as some cereals, soy milk and veggie “meats”) or take a vitamin B12 supplement.

Zinc

Beans, lentils, nuts, seeds and whole grains, as well as, milk, cheese, yogurt, and eggs all provide zinc.

Family meal planning is more challenging when a teen decides to become vegetarian, but it provides a good opportunity for teens to become engaged in their health and the planning and cooking of nutritionally balanced meals.

AED at Carlin

One family's tragedy has inspired them to donate automated external defibrillators (AEDs) to two schools in School District No. 83 (North Okanagan-Shuswap). This kind and generous donation from Rosemary and Andy Foster means there are now AED's in place at Carlin Elementary Middle School and Shuswap Middle School.

All AED's in SD83 schools are Public Access AED's, readily accessible for public use and registered in the BC PAD Program Registry. The PAD registry ensures the locations of AED's are available to BC Ambulance Service 9-1-1 dispatchers, during a cardiac arrest, so that Dispatchers can direct rescuers to the precise location of the nearest available AED. The AED at Carlin is located inside the main doors at Carlin close to the school's gymnasium.

AED's in SD83 are equipped with a rescue image screen in full colour display along with CPR voice prompts providing step by step directions and live feedback for depth and rate of chest compressions to assist rescuers with high quality CPR. With the simple push of a button, these AEDs can be used on either adult or child patients. The School District's AED's are also wi-fi enabled and provide automated self tests to ensure AED's are always ready for use.

Anyone wishing to donate an AED to SD83 should contact Bev Snow, SD83 Manager of Occupational Health and Safety at 250-832-9415.