

## SCHOOL MISSION STATEMENT

*Dasmesh Punjabi School is committed to creating a safe and healthy environment for quality education and heritage preservation.*

## SCHOOL ANTHEM/PRAYER



ਦੇਹ ਸਿਵਾ ਬਰ ਮੇਰੇ ਈਰੇ  
-Guru Gobind Singh Ji

## SCHOOL MOTTO

**“God, grant me the strength never to hesitate from what is positive.”** (Guru Gobind Singh Ji, our 10<sup>th</sup> Guru, in whose sacred memory DPS was established)

## PRINCIPAL’S MESSAGE

Welcome to the 2016/2017 school year at Dasmesh Punjabi School!

We are a faith-based K – 12 independent school. From very humble beginnings in 1986, we have grown to become a vibrant school of choice. Our unique blend of academics, language, culture and religion has created an exceptional learning environment. We have much to look backward to with pride and even more to look forward to with hope. We are the future!

I hope that you will cherish your time at Dasmesh School. Take the lessons learned here into the world beyond the school. Move confidently into the unknown future, fortified with the strength of character that we have nurtured during your time with us. Thank your parents and acknowledge your teachers. We will rejoice in your success.

George W. Peary  
Principal

## BELL/SCHOOL SCHEDULE

For the specific Sikh Studies Assembly schedule for the three sub- groups in K-12, see timetable

|               |   |
|---------------|---|
| 8:15          | Students dropped off.   |
| 8:25          | Warning bell  |
| 8:30-9:05     | Grades 4-12 Sikh Studies Assembly/<br>Extended Block/Period 1 Primary (P) |
| 9:15-9:45     | Sikh Studies Assembly (P)   |
| 9:02- 9:58    | Period 1 [Gr. 4-12]   |
| 9:50-10:20    | Period 2 (P)  |
| 10:00 - 10:10 | Fruit Break [4-12]  |
| 10:20-10:45   | Snacks & Recess for Primary   |
| 10:12- 11:08  | Period 2 [ 4-12]  |
| 10:45-12:15   | Instructional time (P)  |
| 11:10- 12:06  | Period 3 [4-7]  |
| 11:10-12:00   | Lunch [8-12]  |
| 12:08-12:25   | LUNCH [ 4-7]  |
| 12:27 - 12:55 | Break [ 4-7 ]   |
| 12:00-12:55   | Period 3 [8-12]   |
| 12:15-12:30   | EAT (P)   |
| 12:30-1:00    | Break (P)   |
| 12: 57-1:53   | Period 4 [4-12]   |
| 1:00-2:45     | Instructional Time (P)  |
| 1:55-2:51     | Period 5 [4-12]   |
| 2:50          | Dismiss (Primary)   |
| 2:55          | Bus Boarding/Car Pickup [P]   |
| 2:53-2:58     | Homeroom Time [4-12]  |
| 3:00          | Dismiss/Bus Boarding/ Pickup [4-12]                                       |
| 3:05          | Buses Leave   |

## SCHOOL MASCOT- The Falcon



## 2016-17 SCHOOL CALENDAR



|                                   |              |
|-----------------------------------|--------------|
| Labor Day                         | Sept. 05     |
| School opens-Tue/half day         | Sept. 06     |
| DPSA AGM 2:00 PM                  | Sept. 24     |
| Photo Day                         | Sept. 27     |
| Terry Fox Run                     | Sept. 29     |
| Thanksgiving Day                  | Oct. 10      |
| Provincial Pro D Day              | Oct. 21      |
| Photo Retakes                     | Oct. 25      |
| Diwali                            | Oct. 28 (PM) |
| Remembrance Day                   | Nov. 11      |
| Guru Nanak Dev Ji's Birthday      | Nov. 18      |
| Dasmesh Pro D Day                 | Nov. 25      |
| Term 1 Report Cards (K – 9)       | Dec. 02      |
| Martyrdom day Observance          | Dec. 15      |
| Term 1 Ends                       | Dec. 16      |
| School Re-Opens                   | Jan. 02      |
| Guru Gobind Singh Ji's Birthday   | Jan. 13 (AM) |
| Semi Final Exams (10-12)          | Jan 23-27    |
| Semester 2 Begins (10-12)         | Jan. 30      |
| BC Family Day                     | Feb. 13      |
| Provincial Pro D Day              | Feb. 24      |
| Term 2 Report Cards (K – 9)       | Mar.11       |
| Spring Break                      | Mar.11-26    |
| School Re-Opens                   | Mar. 27      |
| Vaisakhi/Nishan Sahib Ji's Sewa   | Apr. 13      |
| Good Friday                       | Apr. 14      |
| Easter Monday                     | Apr. 17      |
| Dasmesh Pro D Day                 | Apr. 28      |
| Dasmesh Pro D Day                 | May 19       |
| Victoria Day                      | May 22       |
| Guru Arjun Dev Ji's Martyrdom Day | June 16 (AM) |
| Awards Assemblies                 | June 28/29   |

These significant days/dates will allow students and their families to plan out-of-school activities over the course of the 2016/2017 school year. Please consult the full year calendar for more details.



## STUDENT CODE OF CONDUCT



The Dasmesh Punjabi School Board has authorized the following Code of Conduct for students who attend educational programs sponsored by the Board. Students are expected to adhere to the Dasmesh School Code of Conduct and school rules at all times, on and off school property, including all school- sponsored events.

- Demonstrate courtesy, consideration, and respect when dealing with teachers and other students.
- Participate in all activities- academics, sports, cultural- to the best of their ability.
- Practice sound health and safety habits and not endanger others through actions, words or deeds.
- Respect school property and equipment
- Respect the ethnic, cultural, linguistic, and religious heritage of others.
- Attend school regularly and be punctual for classes.
- Demonstrate self-discipline and a sense of responsibility in and outside the classroom.

## STUDENTS' RIGHTS AND RESPONSIBILITIES



### **Students have the right to:**

- Learn in an environment free from distractions
- Be protected from abuse
- Have their concerns addressed
- Be treated with kindness and consideration.

### **Students' responsibilities include:**

- Listening, asking questions, and not disrupting others
- Treating others and school property with respect
- Following school rules and guidelines to allow maximum learning to take place

## ABBOTSFORD – CITY OF CHARACTER



Desmesh Punjabi School has endorsed the Principles of the Abbotsford City of Character movement. Their Charter outlines six virtues that all members agree to endorse and promote. They are:

### RESPECT

Respectful people are self-disciplined and courteous, and they protect the rights and dignity of others.

#### **Respectful people:**

- Stand up for what is right
- Care for themselves, for others and for the environment
- Show good manners
- Appreciate the opportunities and privileges provided by others
- Treat others as they would like to be treated

### INTEGRITY

People with integrity are honest, truthful and trustworthy.

#### **People of integrity:**

- Do the right thing - even when no one is watching
- Tell the truth
- Keep confidences and honour loyalty
- Keep promises
- Communicate openly and respectfully

### COURAGE

Courageous people can face and endure what is dangerous, difficult, or painful without giving in to fear.

#### **Courageous People:**

- Stand up for what is right
- Face challenges boldly; persevere through difficulties
- Step out of my comfort zone; rise to challenges

### RESPONSIBILITY

Responsible people are accountable for their actions, words, and obligations.

#### **Responsible People:**

- Admit mistakes and make amends
- Work diligently
- Use resources wisely
- Are reliable and persistent
- Communicate clearly; listen carefully
- Take initiative

### EMPATHY

Empathetic people sense, share and understand the experiences, feelings, and emotions of others.

#### **Empathetic people:**

- Seek fairness and understanding
- Build healthy relationships
- Carefully consider the impact of words and actions
- Are inclusive

### SERVICE

People who serve commit their talents, resources, time and effort to support, guide, and enrich individuals, organizations and initiatives in the community.

#### **People with a Service Orientation:**

- Participate in community building activities
- Give of themselves for the benefit of others
- Are willing to lead boldly and to follow effectively

### CAN YOU DO IT? YES YOU CAN!

Here is the challenge for each and every one of us who attend or work at Dasmesh Punjabi School. We must "... walk the talk..." in our daily lives by striving to uphold these virtues. We can make a difference both individually and collectively. Let us follow the words of Mahatma Gandhi and "... Be the change you want to see in the world..." If we each lead a life that matters, we can have an impact and build a school community that fulfills the dreams of our esteemed founder, Dr. Dalip Gill.





### STUDENT NUTRITION

We are what we eat! This line was used in government-sponsored TV advertisements as childhood obesity became an increasing social problem.

Dasmesh Punjabi School encourages everyone to eat wholesome, nourishing foods, especially fresh fruits and vegetables and whole grains.

Parents are encouraged to consult the Canada Food Guide on the Health Canada website ([www.hc-sc.gc](http://www.hc-sc.gc)) for information and suggestions.

Please remember that Dasmesh Punjabi School is a vegetarian only food environment.

### UNIFORM POLICY

The Board of Dasmesh Punjabi School established a School Uniform Policy in the early years of the school. The policy was developed to eliminate the “competition” between and among students for expensive (and sometimes, inappropriate) designer label clothes.

The actual policy, itself, can be viewed on the School Website. Highlights of the policy are presented below. Students are required to wear the school uniform on all regular school days, except Wednesdays.

- The logoed School jacket or a plain black Jacket can be worn with the school uniform
- There is a Fall/Winter Uniform (Oct 1- April 30) and a Spring/Summer Uniform (May 1- Sept 30.)
- At the beginning of the year, uniforms should be labeled for easy identification.
- Gym strip is required for Grades 4-10.
- The School uniform is worn for religious functions; traditional outfits are encouraged for cultural celebrations such as Vaisakhi.

All uniform items (except shoes and socks) are to be purchased from ABLE CRESTING LTD. Ph. (604) 864-9728

### LOST AND FOUND



The school does its best to reunite students with their lost or misplaced property. This is very easy to do if the personal articles are properly labeled. A box of “found” items is maintained in the school office. Parents or students are free to search this box during school hours.

### SCHOOL LOCKERS AND LOCKS

Students in grades 5 – 12 are provided with school lockers where they can secure their books, outerwear, and other personal



belongings throughout the school day.

Students are expected to keep their lockers neat and tidy. Any locker “decorations” must be tasteful and approved by the Homeroom Teacher. Please remember that the School Administrators reserve the right to examine locker contents if necessary.



### ATTENDANCE

**Regular, punctual attendance is essential for school success.** Please contact the school office if your child is too ill to attend school on any particular day.

Students who arrive late or who must leave school before the end of the school day must contact the school office for the appropriate clearances. Parents and Home Room Teachers must be kept fully informed. A form provided by the School Office/HRT must be filled out by the parent for students taking **extended leave**. Parents are advised to try to avoid taking their children out for extended breaks as this can seriously impact on their educational progress. If unavoidable, HRTs/subject teachers must be contacted by the parent well in advance to ensure the child does not fall behind in school work. There is a School Extended Leave Guidelines and Policy document in place. Please consult the HRT/class teacher for details.

### FIELD TRIPS



Staff members organize and supervise a number of Field Trips throughout the school year. These excursions are designed to supplement classroom learning or to offer valuable extracurricular experiences.

Parental Permission Forms must be endorsed and appropriate fees paid before students are allowed to participate in these out-of-school activities.

### BAD WEATHER



Student and staff safety are the primary considerations in any decision to close the school due to inclement weather. The advice of the City of Abbotsford, the Abbotsford Police Department and School District #34 is also sought

Please listen to CKNW, or Red FM 93.1 or AM 1550 ( Punjabi) for announcements, or access the School website ([www.dasmeshschool.com](http://www.dasmeshschool.com)) . The school will attempt to contact all parents as well.

### EMERGENCIES



Dasmesh Punjabi School has established school policies and procedures to deal with emergent situations. Regular drills are held to ensure readiness and preparation.

**Parents will be contacted by telephone if the school is obliged to activate any of its emergency protocols.**



## EXTRA & CO-CURRICULAR ACTIVITIES

Extracurricular Activities provide students with opportunities to learn beyond the classroom. The school encourages all of the students to take advantage of these opportunities.

**SPORTS-** Interschool sports and athletics comps.

**ACADEMICS-** District 34 Science Fair, Yale Science Olympics, Math contests, Clearbrook Lib. Reading Quizzes, Can-West Spelling Bee, the Royal Commonwealth Writing Comp. etc.

**SIKH STUDIES -** School Tabla/ Band and Shabad Kirtan participation in specially sponsored community events etc.

**HERITAGE DANCING AND MUSIC-** A Dhol Band etc. takes an active part in community-sponsored events.

**POSTER CONTESTS-** Primary/ middle graders enter contests such as the Canada Day Poster Challenge, Fire Safety Awareness Competition etc.



## ACHIEVEMENT INFORMATION

**REPORT CARDS: Formal Report Cards** are issued at the end of every term. Parent-teacher interview dates are given to parents in the School Newsletter. Parents sign report card copies for Student Permanent Folders and take home originals. **Informal interim reports** of student progress are given at least twice a year, usually in verbal form, unless the student is experiencing serious learning difficulties, and urgent parent support is required for intervention. A school template is available for staff who prefer to send written info home to parents at this time.

**PROMOTION:** Students must meet **minimum outcome expectations** for their courses if they are to be promoted to the next grade level. The reporting symbol "I" (In Progress/Incomplete) will be used when reporting the progress of students

## ACHIEVEMENT INCENTIVES

**REGULAR RECOGNITION:** Individual recognition, for studies, effort, character and various activities and competitions, happens throughout the year. Achievers' names/photos appear in Parent Newsletters and on the School website.

**TERM END:** All middle and secondary grades are recognized for study and character development excellence. Student names are posted on the DPS website and showcased in the School lobby.

**YEAR-END AWARDS:** Excellence in achievement in any of the pursuits encouraged through the School Mission Statement are recognized through certificates, medals, scholarships, and bursaries etc. These are competitive awards, based on a set Sher Atta Mills of Winnipeg), and various school families of staff and parents. Full and current information on these awards (award amounts for scholarships and bursaries etc.) is released for students by mid- May every year. General information can be accessed via the school website or HRTs/careers advisors/counselors.

## FUNDRAISERS

- Planned fundraisers, such as the Terry Fox Run and Jeans Day for the BC Children's Hospital, that directly help in children's all-round development, are part of the school program.

## SPECIAL SCHOOL PROGRAMS



- Regular Sikh Studies Assembly and teachings from *The Guru Granth Sahib*
- Accelerated Punjabi 11-12 for Grade 9 &10 students
- 3L's: for Literacy Enhancement and Learning in Primary, as well as core French
- Punjabi traditional dancing (part of Fine Arts)
- Junior Van City Credit Union
- The Green Team
- The Salmon Enhancement Project
- After-school Programs- club activities and inter- school sports.
- Honors Programs in Math and Science (and English, if teacher-determined) for Grades 9 and 11

## SUMMER SCHOOL

Summer School Classes are offered for elementary and junior secondary students in the month of July. Please see the School Web Site for details.

### Arrival Time



No sooner than 8:00 am. If necessary, contact the office to make alternative arrangements (604.826.1666)

### Agendas and Backpacks for K-3

Check each night. Complete given homework. Note any messages/reminders. Return for the next day.

### Student Belongings

Please label all personal belongings.

### Current Parent Contact Info

Please keep the Office updated.

### Parent Visits During the Day

Our campus is open to parents. You are welcome at any time. However, please make an appointment to talk to a teacher concerning your child's progress so as not to disrupt the teaching-learning schedule.



### Courses Offered

The Ministry of Education IRP guidelines are followed. Students are offered all the regular public school system courses including Language Arts, Mathematics, Science, Social Studies, P.E., Fine Arts and Health and Career Education (Personal Planning). Primary school students use the Open Court method of language arts which includes phonemic awareness, decoding and blending of words, building vocabulary, comprehension etc. Another component of our curriculum includes Punjabi, Shabad Kirtan & Tabla (Music). In 2009-10, two new programs were added to the Primary curriculum: Core French and 3L's.

### Morning Assembly 8:30 to 9:45

Grades 4-6: Monday, Wednesday & Friday  
(8:30- 9:00)

Grades 7-12: Tuesday, Thursday & Friday  
(8:30- 9:00)

Primary: Everyday (9:15-9:45)

Everyday, children go to the Sikh Studies Hall (main school building) for assembly/Sikh Studies instruction. Each class takes a turn to sing a *Shabad*, recite *Sakhis*, do *Ardaas* and *Sewa* (service). We appreciate the parents teaching the children to learn these.

### Departure

Bus students are walked to the bus by a

teacher. **Car pick-up at 2:50 pm.** For security reasons, primary students remain with their teachers until picked up. Try to be prompt as teachers need preparation time. Notify the office if there is a possibility of delay.

### Primary Pick-up Students with Older Siblings

Are supervised in the main lobby until picked up.

### Appointments (Dr / Dentist)

Please try to avoid making medical appointments during the school day.

### Attendance



The Early Leave Form is to be filled out if a child leaves before 2:30 pm. These include child's name, grade, the reason for leaving, and parent's signature.

### Extended Leave Forms

These are to be filled out, notifying the school of the dates a child is expected to be absent from school. Parents are to ensure their child does not fall behind in school work. If a student fails to meet the outcomes of his/her grade level or subject after an extended absence, it becomes the responsibility of the parents to get that child to catch up. If, by the end of Term 3, grade-level expectations are not met, the child should continue to get instruction from a BC-certified teacher. Final decisions will be made following a fall reassessment by the school team.

### School Uniform Policy/Food Policy

See page 4 of Agenda. Request the class teacher for a copy of the Policy if you want more details.

### Footwear



Black. Due to safety concerns, students must always have shoes on their feet. On days they wear boots, "indoor" shoes are needed as it is not healthy for feet to be in boots all day. On muddy days, "indoor" shoes are needed. No *wheelies*. Warm day shoes may include sandals (have a strap across the back to hold the shoe securely on the foot). No flip flops or party heels.



### Outdoor Play

For cold sunny weather, outdoor jackets are required. During good weather, all students are expected to play outdoors at recess and lunch breaks. If a student has a medical reason for not being outside, arrangements must be made by the parent with the classroom teacher/ the office.



### Lost and Found

If something goes missing, attempts to locate it need to begin as soon as possible.

### Permission Slips & Parent Response Forms

The following are sent at various times during the year: field trip notes, permission forms, report card appointment times, registrations forms etc. It is a teacher's dream to have all the parents complete the requirement and return it the next day or before the deadline.

### Homework

Homework is designed to reinforce or enrich skills being taught at school. Parents are to review what is being sent home each day, and to encourage and assist, so homework will be completed with careful coloring, neat printing and accuracy, and returned on time. Students are able to complete the Language Arts program with greater confidence and higher marks if they spend time reading each and every night. *RazKids.com* is used for home-reading enhancement.



### Library

The library is an invaluable resource. Classes visit the library on a weekly basis both for instruction and for the opportunity to withdraw books to take home. Place the borrowed book in a safe place and return it before the assigned library period. If a library book is lost, damaged, or not returned, a fine will be paid to replace that book before the student can check out another book.

### Sharing Times

No mechanical gadgets or other items that have a chance to be misplaced/damaged are allowed.



### Report Cards

Interim reports are given twice during the year to inform parents how students have settled in and are progressing. Formal report cards go home three times during the year to inform

parents of what is being taught, how the child is doing (exceeding, meeting, or yet to meet expectations), and how the parent can support the child as a learner. Parent-teacher interviews are for sharing between parents and teachers.



### Summer School

This is not sponsored by the School but by interested teachers who work at DPS. Information is usually sent home by these staff towards the end of the school year. ☀☀

