



ALOUETTE ELEMENTARY SCHOOL
22155 Isaac Crescent, Maple Ridge, BC V2X 0W9
Phone 604.463.8730 / Fax 604.463.3281

Principal: Mrs. Donna Servant
Vice Principal: Ms. Melissa Ferris

SEPTEMBER 2022 NEWSLETTER

I am looking forward to seeing the excitement this afternoon as our children return to school! We hope all of you enjoyed time this summer creating lasting memories with your families and friends. If you are new to Alouette, we wish you a warm welcome! Ms. Ferris and I feel grateful to return to the school we love, and work with a dedicated team of educators who have been busy preparing for another amazing year. Alouette also has a hard-working and thoughtful PAC who give much of their time to support our school.

September is always eventful, and we really appreciate everyone's patience and cooperation as we adjust to the new school year. We understand that parents and students are eager to know their classroom teacher however, schools must have an accurate understanding of enrollment numbers before placing students in classrooms. Therefore, students will go to their last year's classrooms until we receive confirmation from the district that we may transition to new classes. We hope to move students to their new classes by Monday, September 12. For convenience and safety, we request that you please arrange an outdoor meeting spot for your child each day at dismissal.

A new school year often instills both excitement and anxiety in many of us. Talking to your children about their feelings helps them to understand these emotions are common. Reassuring your child and staying calm can help him/her to transition smoothly into their new class. Remember, your own perspective can also inform how your child will view school. Give your child time to settle into their new classroom, make new friends, and adjust to a new teacher. Asking them to share the positive parts of their day can help them to feel content about going to school.

We thank-you in advance for respecting the health & safety protocols that are in place at school. Hand washing and staying home when sick help everyone to stay well. All visitors are required to sign in at the office and wear a visitor badge. It is important that corridors remain clear so that teaching and learning are not disrupted. Students enter and dismiss through the outside classroom doors or alternative exits for the few classrooms that do not have an outside door. Please arrange a meeting place outside at dismissal. If you wish to discuss a matter with your teacher, a meeting can be arranged through his/her email.

Several events take place later this month. Our Terry Fox Run will take place on September 23 where we honour a great Canadian Hero. Teachers will send out more information specific to your class. We will be holding a ceremony for the National Day for Truth and Reconciliation on Thursday, September 29 in the morning, outside on the field. And please note that schools are closed on Friday, September 30 for the National Day for Truth and Reconciliation holiday. This day commemorates the history and harm of the residential school system, while the spirit of reconciliation offers hope for generations of children to come. Finally, there is no school on Monday, October 3rd as staff work on our school growth plan.

I am delighted to return to Alouette for the third year and welcome Ms. Ferris as our vice principal. A monthly newsletter is sent via the parent portal to share reminders and important information to our community. Throughout the year, please stay in touch with your teacher, our staff, and visit the school website at <https://elementary.sd42.ca/alouette/> for additional information. There is a lot of important school information in this newsletter, so we thank you for taking the time to read it carefully. We appreciate the promise and possibility that a new school year brings, and we look forward to working together to help make your child's experience a positive one.

Sincerely,

Mrs. Donna Servant
Principal

Ms. Melissa Ferris
Vice Principal



Health & Safety Updates:

Information is published at the link below.

<https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/safe-caring-orderly/k-12-covid-19-health-safety-guidelines.pdf>

The SD42 Communicable Disease Prevention Plan can be found at:

<https://www.sd42.ca/assets/media/Communicable-Disease-Prevention-Plan-August-31-2022-Updates.pdf>

Student Illness

Parents and caregivers must assess their child daily for symptoms of common cold, influenza, COVID-19, or other infectious respiratory disease before sending them to school. **If a child has any symptoms, they must not go to school.** If your child is not attending due to illness or any other reason, please contact the school number to report the absence. Attendance will be taken by staff each morning and we will follow up with parents on all absences which were not already reported to the school. If your child becomes ill while at school, we will contact you to come to the school right away.

Medical Intervention Forms

If your child has any health care needs that require support at school, including but not limited to administration of any medication or a life-threatening condition including anaphylaxis, diabetes and seizure disorders, new medical forms must be completed every year. The school cannot assist with any medical intervention unless these forms are completed. Please contact the school as soon as possible to complete a form. Please note, the medical forms for anaphylaxis and diabetes require a physician's signature. This procedure complies with the school district policy regarding the health care needs of children at school. If there are any questions, please contact the school.

We are a Nut Aware School

As it is the start of another school year, it is important to remind everyone we have several students with SEVERE LIFE-THREATENING allergies to a variety of nuts, including tree nuts and peanuts. If this applies to your child, please make certain that you have notified the office and the classroom teacher and that you have provided the appropriate medical information and necessary medication. Students with life-threatening allergies should wear a waist pouch containing an epi-pen and a second one should be stored in the office. This is school district policy.

We are a Scent Free School

There are members in our Alouette community who have scent sensitivities. Thank-you for reminding your children to avoid using scented products at school.

School Hours

We have a late start on the first day of school, Tuesday, September 6. Students attend 12:30 – 2:20. Starting Wednesday, September 7 regular school hours will be in effect: 8:30 – 2:20. Recess will be 10:20 – 10:35 and lunch 11:50 – 12:30.

Staffing Updates

Maple Ridge is growing and so is our enrollment. We have added another division at Alouette. We welcome Ms. MacPhail, Ms. Markowski and Ms. Reilly to our team!

Parking

Student safety is our top priority. Signs are posted that all parking lots are designated for staff and vehicles displaying the disabled tag in their windshield. **PLEASE DO NOT PULL INTO THE PARKING LOTS.** We recommend parking on a nearby adjacent street and walking your child to school. Ensure all pedestrians use designated crosswalks and approach with caution. We appreciate your cooperation in this regard as we work together to positively impact our children's school experience and keep everyone safe.

Drop off & Pick up Circle

Please do not park in this area to escort children to classes. This area is delegated for dropping off students and clearing the area quickly to avoid traffic building up on the street. It is necessary to park on a nearby street if your child must be escorted to class.

Parent Portal Permissions

Please login to the parent portal and submit permissions for all items listed as soon as possible. Permissions must be completed annually for each child. Walking off School Grounds consent is required prior to September 23 for students to participate in the Terry Fox Run where the students walk/run around the neighbourhood block. To publish your child's photo in the yearbook, the permission must be completed in the portal.

We also require all children to have updated **Emergency Release Forms**. We will rely on this information for releasing all students in the event of an emergency. This form is also completed in the parent portal.

Student Planners

These are used as a home/school communication book and allows children to develop organizational skills as they keep track of homework and track goals. The cost is \$7.00 and may be submitted on the portal or by cheque payable to Alouette Elementary submitted to the office or to your teacher along with the attachment at end of this newsletter. Please note that Kindergarten, Wheelhouse and Grade 6/7 classes do NOT use planners.

Student Photos

The photographer will be at our school September 27 to take individual student photos. Don't forget to bring your smiles! Photo retakes will take place on October 11.

School Supplies - Visit our website at <https://elementary.sd42.ca/alouette/school-supplies/>

Kindergarten students submit a flat fee of \$55.00 which may be paid on the parent portal. Thank-you to everyone who has already done this.

Primary students (grades 1-3) have a posted list of supplies to bring to school. Please check our website or ask your teacher.

Intermediate students please see our website. There is also a \$20.00 fee (excluding Wheelhouse). This may be paid on the portal.

PAC INFORMATION

Welcome Back!

Thank-you to the following members who have taken on executive roles:

- **PAC Chair** - Jasmin Schuss
- **Treasurer** - Talia Braun
- **Secretary** - Erin Stewart
- **District PAC** – Blaire Mikoda
- **Members-at-Large:** - Karen Robins and Sabrina Trimboli

Our Alouette PAC can be reached at Alouettepac@gmail.com if you have any questions. We will have our first meeting in September. More information to come. All are welcome!



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August 17, 2021

Dear Parents of Students in Grades 1 - 6:

We are continuing our use of the School Agenda Planners for each student in Grades 2 – 6. The agenda books help support the development of organizational skills and have received strong support from our parent community as a good tool. We will issue a School Agenda to each student and we ask that you send **\$7.00**, to cover the cost or payment is accepted on the portal. Planners are NOT used by students in Grade 6/7 classes.

The first eight pages of the Agenda Planner provide useful information on school procedures and preparing schedules. We encourage families to review this information and make a note in your personal calendars of important dates for the 2022-2023 school year.

These PLANNERS can be very useful in the areas such as:

- 1. Communication between home and school.**
- 2. Planning for Future Events.**
- 3. Keeping track of homework.**
- 4. Goal setting – home and school (long and short term).**

Thank-you for your support. Please submit payment by September 30.

Sincerely,

Mrs. Donna Servant
Principal

**Please return this portion in an envelope along with payment to the office or your child's teacher.
Cheques are made payable to Alouette Elementary.**

Student's Name

Teacher

_____ Yes, I have enclosed \$7.00 for the Student Planner

Parent Name

SCHOOL CALENDAR ~ 2022 – 2023

School Opening Day for Students (Late start at 12:30) No School in Morning	Tues, Sept 6
Student Photos	Tues, Sept 27
National Day for Truth and Reconciliation (No School)	Fri, Sept 30
Non-Instructional Day (School Growth Planning Day).	Mon, Oct 3
Thanksgiving Day.....	Mon, Oct 10
Student Photo RETAKES.....	Tue, Oct 11
District NID (province wide).....	Fri, Oct 21
Non-Instructional Day (school based).....	Thur, Nov 10
Remembrance Day.....	Fri, Nov 11
Student Led Conferences (Dismissal @ 11:30).....	Thurs, Dec 1
Student Led Conferences (all day – no school).....	Fri, Dec 2
Last Day before Winter Vacation	Fri, Dec 16
Winter Break.....	Mon, Dec 19 – Mon, Jan 2
School Reopens	Tues, Jan 3
Non-Instructional Day (district-based).....	Mon, Jan 23
Family Day (No School).....	Mon, Feb 20
Non-Instructional Day (school based)	Tues, Feb 21
Student Led Conferences (Dismissal @ 11:30).....	Wed, Mar 8
Student Led Conferences (all day – no school).....	Thurs, Mar 9
Last Day before Spring Break	Fri, Mar. 10
Spring Break (two weeks)	Mon, Mar 13 – Fri, Mar 24
School Reopens after Spring Break.....	Mon, Mar 27
Good Friday	Fri, Apr 7
Easter Monday	Mon, Apr 10
Non-Instructional Day(district-based).....	Wed, May 10
Victoria Day	Mon, May 22
Last Day for Students ~ Report Cards (Dismissal 12:00)	Thurs, Jun 29
Year-end Admin. Day (no school).....	Fri, Jun 30
School Closed for summer.....	Fri, Jun 30



We Are Families

and we serve families

Are you looking for help or information about mental health support and services for your child or youth?

We know how important you are, and that you might need some support now too. We are also parents of kids with mental health and/or substance use challenges. We are here for you and we want to help.

Here are some of the ways we can offer support to you and your family:

PARENT PEER SUPPORT

We provide emotional support, information, resources, and help in navigating services for parents & caregivers of a child, youth or young adult with a mental &/or substance use challenge.

EVENTS

Every month, we host events called 'in the know.' We watch a video and share experiences and strategies that help in the hard moments. We help focus on strengthening our understanding & connection with our kids. Events are facilitated by FamilySmart Parent Peer Support Workers. Offered online and in person in some communities.

RESOURCES + VIDEOS

Our website has free resources and videos on topics important to families who are parenting a child or youth with a mental health and/or substance use challenge.

WORKSHOPS + TRAINING

We offer workshops for parents and caregivers whose child/youth has been a patient in a psychiatric unit. It's really tough when your child is struggling and ends up in crisis - and we want to help.

We also offer training that brings together young people, parents/caregivers and professionals to learn with and from each other to help experiences between them go better.

OUR SERVICES ARE FREE. NO WAITLIST. WE GET IT.

Email: info@familysmart.ca
Phone: 1 (855) 887 8004

familysmart.ca



'intheknow'

Connect and Learn

For families and caring adults who
are parenting a child or youth with
mental health and/or substance
use challenges.

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

Parent When Anxiety Shows Up As Anger

Join us as we listen to Karen Peters, RCC and Victoria Keddis answer questions families have asked about the relationship between anxiety and anger.

Come together with other families to watch this 35 minute video conversation followed by a 45 minute facilitated discussion by a FamilySmart Parent Peer Support Worker.

Event Dates:

Tuesday September 13 at 5:00pm (PDT)
Thursday September 16 at 6:30pm (PDT)
Wednesday September 21 at 12:00pm (PDT)
Tuesday September 27th at 6:30pm (PDT)
Thursday, September 29th at 5:00pm (PDT)

Registration required:

www.familysmart.ca/events

Cost: Free of Charge



'intheknow'

Connect and Learn

MONTHLY ONLINE EVENTS FOR PARENTS & CAREGIVERS

Every month, we host events for parents & caregivers who are parenting a child or youth with a mental health and/ or substance use challenge called "in the know."

SEPTEMBER

Parenting When Anxiety Shows Up
As Anger
Speaker: Karen Peters, RCC

OCTOBER

Building Connection With Our Kids
When It Feels Impossible
Speakers: Diane Evans & Tammy
Music, Parent Peer Support Workers

NOVEMBER

It's Never Too Late: Healing
Parent-Child Relational Stress Using
Emotion-Focused Family Therapy
Speaker: Dr. Adele Lafrance

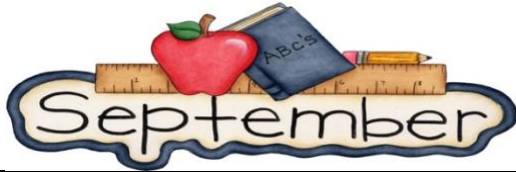
DECEMBER

ADHD - The Real Deal
Speaker: Dr. Adele Lafrance

Join us to watch a video and talk
with other families about what helps.
Online events are facilitated by
FamilySmart Parent Peer Support
Workers.

familysmart.ca/events





Alouette Elementary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Labour Day Holiday	6 First day of school Late start at 12:30 and dismissal is 2:20 Intake interviews for kindergarten	7 Intake interviews for kindergarten	8 Gradual entry for kindergarten	9 Gradual entry for kindergarten	10
11	12 Kindergartens dismiss at 1:30 (Group A)	13 Kindergartens dismiss at 1:30 (Group B)	14 Kindergartens dismiss at 1:30	15 Kindergartens dismiss at 1:30	16 Kindergartens dismiss at 1:30	17
18	19 Kindergartens attend full days	20	21	22	23 Terry Fox Run	24
25	26	27 Student photos	28	29 National Day for Truth & Reconciliation ceremony on field in morning	30 National Day for Truth & Reconciliation Schools Closed for holiday	