

Principal: Alan Millar
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Secretary: Audrey
Hammer



Principal's Message: Well it is March and spring is apparently just around the corner however one wouldn't believe that with the weather we have been having. It's hard to believe we are still hovering around zero degrees and getting snow. We are just wrapping up our term two conferences and based on the feedback I've heard they have gone well for students, parents, and teachers. As I read through the reports I am always interested in the correlations between where a student is in their development and their attendance. It is amazing how students who are not yet meeting or just meeting expectations also often struggle with attendance. Parents are always concerned and ask about ways of

supporting their children's learning; I guess the best place to start is supporting their attendance at school. Make it a priority for the whole family.

At our March assembly the book "The True Story of the Three Little Pigs" was read. It is a cute spin on the traditional story of the the three little pigs however it is told from the wolf's perspective. The purpose of sharing this book was to help our students develop empathy by understanding there are always different perspectives and that before jumping to conclusions it is important to try to see things from all views. This is another great way to help our students develop into capable, competent, citizens. It is a great way to talk with our children about events and happenings in their lives. It helps in the building of resilience. Perhaps this can be a topic of conversation over the break for you and your kids? Speaking of the break, I hope everyone has a restful and safe time over the holiday and that students return ready for the home stretch. Have a great break everyone and as always, my door is always open and I welcome all to stop by and say hello...

Alan Millar



THE WHITE HATTER

Internet & Social Media Safety, Digital Literacy, and Workplace
Violence Prevention Education Specialists

"Come Train with the Experienced and the Scholarly"

An ever-increasing source of anxiety and concern for parents, students, schools and the community at large; How do we keep ourselves, our loved ones and each other safe in a world with ever increasing technologies. Please join us at Edith McDermott Elementary on the evening of Monday April 8th from 7-9 for The White Hatter Organization presentation for parents and adults on internet safety for themselves and their loved ones. On Tuesday April 9th all our grade 4-7s at Edith McDermott Elementary will be involved in a presentation from the same group geared for their ears and their experiences. More details to be released soon including registration instructions for the parent evening.

This event is proudly brought to you by the EME PAC



IT'S TRUE. Mrs. Flynn is retiring at the end of Spring Break.

Hard to believe as she has been a staple at Edith McDermott for oh so many years teaching many of the adults in the community and now many of their children. In her usual unassuming way Mrs. Flynn asked that we

not announce her retirement until after conferences so she could tell her current students, and their families, herself. A caring professional until the very end.

Mrs. Flynn asked that no "to do" be held, and, in respect for her dedication to the students of Pitt Meadow, we honoured her request and allowed her to leave on her terms. Have a wonderful retirement Maggie and thank you for all you have done for our profession and community.

Upcoming Dates:

March 12th PAC Meeting 6-7

March 13th Happy Hotdog Day
Divs. 11 and 12

March 15th Last Day of School
Before Spring Break

March 18th-29th
Spring Break

April 1st Schools Re-Open
After Spring Break

April 3rd Monthly Assembly

April 4th -10th
Scholastic BookFair

April 8th White Hatter
Presentation for Parents
7-9 pm

April 9th White Hatter Internet
Safety Presentations for
grades 4-7

April 10th -12th
Grade 6 & 7
Timberline Ranch

April 19th Good Friday
Schools Closed

April 22nd Easter Monday
Schools Closed

April 24th
Happy Hot Dog Day
Divs. 15 & 16

April 26th
Jump Rope for Heart

April 29th
Non-Instructional Day
School Not in Session

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Book Fair is Coming Quick!!!!
Thank you to Mrs. Cikor for her dedication and efforts in making this such a successful event here at EME. She could use volunteers to help cover off some of the shifts. Book Fair is open at recess (10:10-10:30) lunch (12:05-

12:45) and after school (2:20-3:00). If you can spare some time at any of those times please let us know.

Athletics: Basketball has wrapped up for another season and we are moving into the play of Ultimate Frisbee. It looks like we have enough interest from our grade 6 & 7 students to put two teams together. We have already started practices and game play will begin after Spring Break. Mrs. G. Mr. Stublely and Ms. Stanley will be our coaches for this amazing sport. The season runs through the month of April and we believe game days will be on Tuesdays and Wednesdays.



This is a great story of a cat burglar

Literacy Literacy.....

As you may or may not know literacy is a focus area for us at Edith McDermott Ele. When we get back from Spring Break we will be having a **name the cat** contest with the winner receiving a gift certificate to a local book store.. Come read what our furry friend has to say about reading

Also come lend your opinion or voice to our "What's Your Favourite Book/Character/Author" chalk board in the main entrance.

Playground
Politics
Using our
**W
I
T
S**

We talk about the use of our WITS for problem solving and provide other strategy that parents can reinforce with their student when even WITS aren't working such as get **LOUD and Snappy Comebacks** (see previous newsletters for details on those). This month the extra strategy was already mentioned in the Principal Comments and basically it is **Take Different Look**. So many issues and problems arise from our lack of ability or realization that there may be other perspectives and that before jumping to the "answer" it is helpful to see things from other's views. This is another fun skill that can be practiced at home with your kids or in the car. Watching a movie or reading a book take a moment and ask your student what they think 2 different characters may be experiencing and or feeling. There's no right or wrong just awareness. Another great resiliency builder.

Our PAC!!! Continues to do wonderful things for the students, families and staff here at EME. They have provided a free hot dog lunch for all our students at least once this year. And of course, who can forget the blast had at family bingo night. In April they are supporting our student's safety online by providing presentations by the White Hatter Group on social media and online safety to all our grade 4 through 7 students. Also, a little later this year they will once again be bringing a body science presenter to help educate and arm our students with the language and knowledge to keep them physically safe.



PAC is a great way to get involved in your school supporting students, teachers and the community at large. **Next PAC meeting April 9th 2:30-3:30 Come on our and join this great group of parents.**

Kindergarten Registration!!!

Kindergarten registration dates have been released by the district.
Feb 27-June 26 Late Registration

If you know of anyone anywhere in the district, or anyone who is thinking of moving to the district with Kindergarten aged kids, please make them aware of these dates.

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Become A

Host Family

School District 42’s International Education program welcomes international students from all over the world. We are currently looking to increase the number of host families in the Pitt Meadows area. Some of the basic requirements for hosting are:

- total inclusion with family
- English primary language spoken in the home
- private bedroom with window and door
- three meals per day with snacks
- transportation to and from Vancouver International Airport if necessary

BECOME A HOST FAMILY...



If you are interested and would like more information, please follow this link to apply: <https://inted.sd42.ca/homestay/>

“Bring the world home - When you host an international student, you may be surprised how your family will grow”

The New Canada’s Food Guide – What do the changes mean to your family?

The new [Canada’s Food Guide](#) helps support healthy eating for you and your family. With the new changes, it’s the perfect time to create new habits one small step at a time. Here are some of the more significant changes:

Healthy Food Choices

- **The four food groups have been replaced with a picture of a healthy plate.** Aim to fill half of your plate with a variety of vegetables and fruits, and the other half with equal amounts of protein and whole grain foods.
- **Milk products are now listed as a source of protein** along with beans, nuts, seeds, lean meats, fish, and eggs.
 - Continue to enjoy lower fat dairy products (i.e. milk, yogurt and cheese). Dairy products provide important nutrients like calcium and vitamin D for your family.
 - Choose protein food that comes from plants more often. These delicious [recipes](#) include options for plant-based meals.
- **Fruit juice is now recognized as a sugary drink** along with iced tea, chocolate milk and soft drinks. Sugary drinks are not recommended; make water the drink of choice.



Healthy Eating Habits

The new Food Guide explains “how” to eat healthy in addition to “what” to eat. Here are a couple of examples:

- **Cook more often.** Children like to be included in the [planning and preparation of meals](#). It helps build their confidence and cooking skills, and is a great way to connect with your child. The new Food Guide includes [tips on preparing meals](#) with kids.
- **Eat meals with your family** and be free from distractions such as electronic devices or television.

Accessing the Food Guide

The new food guide is mobile friendly. You can also [print](#) copies or [order](#) copies from Health Canada.

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"Our vision is for every individual to feel valued and for all learners to reach their potential."

Edith McDermott Elementary: Spring 2019



UNITED WAY SCHOOLS OUT ENVIRONMENTAL PROGRAM (GR. K-7)

This eight-week program focuses on what we can do to help and understand our environment and our future. Students will participate in games, watch fun mini educational videos and visit the community garden and learn about what it has to offer. We will provide a snack and fun outdoor activities. Come and join the fun!

The Environmental Program is founded by The United Way

and produced by The Family Education & Support Centre with partnerships with the Ridge Meadows Child Development Centre Society and Maple Ridge - Pitt Meadows School District (SD42).

www.familyed.bc.ca.

Thursdays, 2:30pm – 4:00pm, in the library

April 4 – May 23, 2019

Registration Fee: \$25

To register: Call Karen Hughes at 604.467.6055 (ext. 101)

