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**Principal's Message:** I was rereading our newsletter from Novembers past. And, while our community continues to demonstrate why it such a wonderful place for students, staff and parents it was strange to look back at all the exciting and fun things we did prior to COVID. We've had author visits, a literacy campout, Young Actors, a fantastic dance put on by our extremely supportive PAC, a very spooky Halloween Parade, Primary and Intermediate Cross country, among other things. Each event and

activity in its own unique way gave demonstration to the empathy, tolerance, compassion and understanding it takes to be a great community. Now a days we demonstrate those wonderful attributes through our patience with each other, our understanding, flexibility and willingness to pitch I when and where we can.

Covid has made the school experience so different and at times it feels like nothing has changed but we know it has. It is more important than ever to focus on mental health, our own and that of those around us. The stress of COVID in many ways it is like white noise in the background its' weight and impact extremely heavy but often unrealized manifesting itself in irritability, short temperedness, impatience and a general malaise. Things to be aware of as we interact with those around us.

Many of us grew up with, and apply, the model of control and compliance and it has served many of us well in our upbringing and the upbringing of our children. However, there are situations and individuals who, through no fault of their own, find this model to not only not work for them but to be a trigger and escalate their response, their need to fight or for flight. In a community as large as ours we can expect there to be some who are of this nature and it is to them we must extend our greatest efforts to be empathic and understanding. When a student or child is struggling to meet the expectations placed on them they need our support not our scorn. Let's find out the "why" of the behaviour and work to solve that. Let's not just respond to the behaviour with punishment as it will be back if the lagging skills are not addressed. A metaphor I like to use is that of a pop bottle. If we simply respond to the behaviour and not the complexity that is underlying it then, like a pop bottle that is shaken, the "explosion" is only being held back and it will erupt at some point. But, if we can figure out what's shaking the bottle and prevent that then the "explosion" will not occur. Stop by my office if you'd like to explore this more.

Be Kind, Be Calm , but most importantly be SAFE

Alan Millar



**It's Remembrance Day on Wednesday ....** Our Remembrance gathering was held on Nov 10<sup>th</sup> over zoom. Despite the technical difficulties that come with zoom the students made some wonderful presentations and demonstrated excellent understanding and respect for the day.

## School Closure Decision: Snow

The decision to close schools due to accumulating snowfall is ultimately the responsibility of the superintendent, who must balance the safety of students, staff and parents with the need to provide learning. The decision is not taken lightly and is the result of a carefully thought out process that is reviewed after each experience and refined if necessary.



The decision to close schools is made by 6:15 a.m. Details are:

- posted on the SD42 Twitter feed ([@sd42news](https://twitter.com/sd42news));
- posted on the SD42 Facebook feed ([SD42Facebook](https://www.facebook.com/SD42Facebook));
- shared with News 1130, CKNW, and CBC 690 radio stations;
- posted on the SD42 Website ([www.sd42.ca](http://www.sd42.ca)).

*Please note: The district supports individual and family decisions regarding safety. Parents/guardians have primary responsibility for their children's safe travel to school. If, for any reason, there are personal concerns about the ability to travel safely to school, other arrangements should be made.*

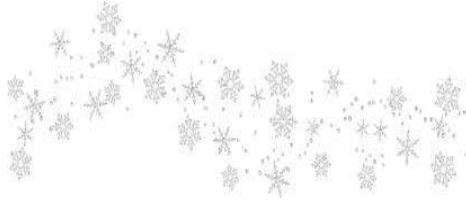
### Some Up Coming Events

- Nov 11 Remembrance Day
- Nov 12 Non-Instructional Day
- Nov 26<sup>nd</sup> Early Dismissal  
11:30am  
Conferences
- Nov 23<sup>rd</sup> Conferences
- Nov 24<sup>th</sup> PAC Meeting 6:00pm

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## Literacy Literacy Literacy.....



As mentioned last month we are really focusing on literacy at Edith McDermott and we are continuing to promote it on a school wide basis. We are working with our PAC to develop a means to run a READ-A-THON for our students. As well we continue to hold regular Magical Mystery Tour aka Drop Everything and Read for 20 minutes. When the music comes and the announcement is made everyone will have a minute to drop what they are doing and read..... Everyone means everyone... teachers, parents in the school, Educational Assistants and students will sit and read for 20 minutes...

### Parent-Teacher Conference



Collaborating for Success

**Just Around the Corner** Make sure and check the portal and/or contact your student's teacher to make sure and get a time to celebrate your student's growth and set new goals for the coming term. Conferences will be held starting on the afternoon of November 26th and continuing all day on November 27<sup>th</sup> I know some of the teachers have other times available as well. They will be held over ZOOM

but that does not diminish the importance of these events especially the celebratory piece given our current context and the need to find reasons to celebrate.

**LATES LATES LATES....** Although in these crazy times we have extended our entrance time in the morning and students aren't marked late until 8:40 it is still super important to try to be here on time. The research is clear that arriving late to a classroom on a regular basis can impede the growth and development of a student. The reasoning is pretty obvious as the student enters an environment already in its' flow for the day. The structure of the day has been reviewed and the children are engaged in their learning. All this stops when a student arrives late, and all eyes are focused on them. The student entering feels self-conscious and unsettled and the students already there have had their learning disrupted, a lose/lose situation. As well, often the student arriving late never quite gets into the rhythm of the day and the learning as the stress of rushing to school and the rushed routines leaves kids dishevelled . So, long story short please, if your child is coming to school have them arrive on time.



## Well the Weather Outside is Only Going to Get More Frightful so here's a couple of reminders....

### West Coast Recess..

This is a friendly reminder to dress your student for the elements as fresh air is an important ingredient for learning and thus students will be going outside in all kinds of weather. It is a good idea to send a change of clothes in with your child as many of our students enjoy the pleasures of stopping in puddles or rolling in the snow if and when it arrives....

## Our PAC!!!

Is Awesome.... The Next PAC meeting is at 6:00pm November 24<sup>th</sup> via ZOOM.

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## STUDENT PHOTOS

Due to this “unprecedented” school year, we have noticed a lot of students have been absent for both photo day and retake day. Because of this, Photo Expressions is opening their studio for those students this Thurs Nov 12 to Sat Nov 14.

Portraits are by appointment only. You can book online at:

<https://photoexpressions.ca/portraits/booking/studio-school-portraits-2020/>

There is a \$30 cost which goes towards your portrait order. Covid procedures will be strictly followed:

- Studio doors will remain open, only photographer and subject in studio
- Maximum 4 people waiting in studio lobby
- Standing poses only and no props
- Frequent sanitation of studio
- Proofs will be emailed within a week of your sitting



Photo Expressions is located at:

140-2250 Fremont St, Port Coquitlam, BC

If you have any questions please email [studio@photoexpressions.ca](mailto:studio@photoexpressions.ca)



### **Grade 6 School Based Immunizations are Starting Soon!**

In grade 6 students are eligible for the following free vaccines:

- • Hepatitis B\*
- • Human Papillomavirus\*
- • Chickenpox (varicella)\*
- • Other routine vaccines the students need to be up-to date for age \* If your child had a complete series they do not need more doses

Public Health will be sending home an immunization consent package for grade 6 students. It is important for students and their parents/guardians or representatives to review the consent package and talk about consent for immunization together.

You can safely have your child immunized during COVID-19. At the school immunization clinics, physical distancing and other safe-care protocols are in place for everyone’s health and safety. If your child has COVID-19 like symptoms they should not attend the school immunization clinic. To discuss re-scheduling your child’s immunizations and for more information please contact your local public health unit.

**Edith McDermott’s clinic for grade 6 immunizations will be on DEC 15**



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### Terry Fox Run Final Tally

The EME Community once again out did themselves and raised over \$2500 for the fight against cancer. We had a lot of fun during the run and a little more once the total was announced.... Poor Mr. Millar



**LIVES in the BALANCE.....** This is a non-profit organization, founded by the author of the Explosive Child and creator of the Collaborative Proactive Solutions model for helping children manage, Dr. Ross Greene, providing fantastic resources to parents and educators to assist in supporting our children. Please visit their website at [www.livesinthebalance.org](http://www.livesinthebalance.org) or check out some of their resources at the following facebook pages...

The B Team for Parents of Behaviorally Challenging Kids  
<https://www.facebook.com/groups/TheBTeamLITB/>

Elevate Your Parenting For Parents of All Kids  
<https://www.facebook.com/groups/ElevateYourParenting/>