

Week at a Glance

September 9-13, 2024

Highland
Park
Elementary
School



Monday, September 9

Students move to new classroom learning communities!
Kindergarten Transition EA begins
Kindergarten Gradual Entry continues – Group A 8:30-1:30

Tuesday, September 10

Toonie Tuesday Treat Day – PAC treat sale after school
Kindergarten Gradual Entry continues – Group B 8:30-1:30

Important Dates in September

Sept. 16

Start collecting for Terry Fox
Breakfast club begins @
8am

Sept. 23

PAC meeting 7pm Zoom

Sept. 25

School photo day

Sept. 26

6-7 open house

Sept. 27

Terry Fox Run @ 12:40

Sept. 30

National Day for Truth and
Reconciliation. No school.

Oct. 1

School Growth Planning
Day – no school for students

Oct. 14

Thanksgiving

18961 Advent Rd, Pitt Meadows, BC V3Y 2G4

(604) 465-6737

Page 1 of 8

Wednesday, September 11

Kindergarten Gradual Entry continues – Group A and B attend 8:30-1:30

Thursday, September 12

Kindergarten Gradual Entry continues – Group A and B attend 8:30-1:30

Friday, September 13

Spirit Day – School colours – wear green and blue

PMSS band visit for grade 6/7s

Kindergarten Gradual Entry continues – Group A and B attend 8:30-1:30

More Important News

Dear Families,

On Monday your child will move to their new classroom learning community. Please drop off your child at the same door you have been using this past week.

Moving into a new classroom learning community is an exciting time but can be challenging for some students. This transition can cause some big emotions in our children, especially if your child's placement was not what they were hoping for.

Here are some tips to help children adjust to their new teachers and classroom.

Help your child build resiliency – Some children are more sensitive to change and September can be a challenging time for them. These children can be highly impacted by the emotions of their parents and guardians. You can help your child adapt to new situations by remaining calm and reassuring them that it is normal to be nervous or uncertain, but that you believe in their ability to work through their emotions. Telling your child “I know you can handle this and your teacher is here to support you” will help to build your child's resiliency and ensure that they can adapt to the changes that are a natural part of life.

Give it some time – Giving your child a week or two to settle in can make a huge difference. Very often, once they have had enough time to bond with their teacher and classmates, concerns almost always resolve themselves on their own.

Talk to your child's teacher – Your child's teacher can give you an accurate picture of how your child is coping daily in the classroom. Working together with your child's teacher will help to optimize your child's learning experience and build trust.

Please know that our staff have worked diligently to place students carefully and have made efforts to consider academic, social, and emotional needs. While we try our best to meet requests, not all are able to be met. Like all new things, we often feel nervous and unsure. Although your child may be experiencing these feelings it is important as adults we model respect, patience, and

resilience. I encourage you to give your child time to settle into their new learning environment. If after a week or two, your child is still having concerns you may call the office to book a time to speak with me. At this time, we will not be making any class placement changes.

Students will be dismissed on Friday from the same spot they have been lining up for the past week. On Tuesday morning, teacher names will be posted around the school. Please find your teacher's name. This is your new line-up and dismissal spot. Staff will also be around with lists to help you find your child's classroom if needed.

Please remember that school supply fees are due. They can be paid on the portal or in cash to your new classroom teacher.

Thank you for your patience and understanding. The Highland Park staff is looking forward to working with you and your children this year!

Ms. Walker and Mr. Lendvoy

Office Closed Daily 12:00-12:40

If you need to take your child for an appointment, please try to arrange to pick up your child before or after these times.

Breakfast Club

Breakfast club will officially begin on September 16. More information about breakfast club will be shared next week. Grab and Go breakfasts are available at 8:30 for this week.

This week, lunches are available for those who need them and will be delivered to classes.

Fully Funded Lunches from school – 5 days a week

The Salvation Army, Humble Roots, and fully funded Fuel Up lunch programs will begin September 16. If you would like to be supported by lunches being provided 5 days a week, please email Jennifer.walker@sd42.ca.

Fuel Up Lunch -2 days a week - \$3 a meal

Information about Fuel Up will be coming next week. This program provides lunches to students on Tuesdays and Thursdays for \$3 a meal.

Online consent forms

Please approve all online consent forms as soon as possible. The forms are on the parent portal. All students will need the walking field trip permission to be able to participate in our Terry Fox Run on September 27. Students without the consent form will participate in the run on the school property.

Volunteering

If you anticipate volunteering at the school this year, please see Ms. Ulriksen or Ms. Rudichuk in the office to get the volunteer form and driver's abstract information. We appreciate you not waiting until the week a field trip to complete this.

Thank You PAC

Thank you to PAC for organizing the yard clean-up and the "I Saw the Sign" welcome sign for the first day of school.

Medications

If your child requires medications (prescription or over-the-counter) at school, please contact the office and we will send home the appropriate paperwork. No medication can be given out a school without this paperwork complete.

Epipens

If your student has an epipen, please drop off the medication and complete the form as soon as possible.

Kleenex Draw

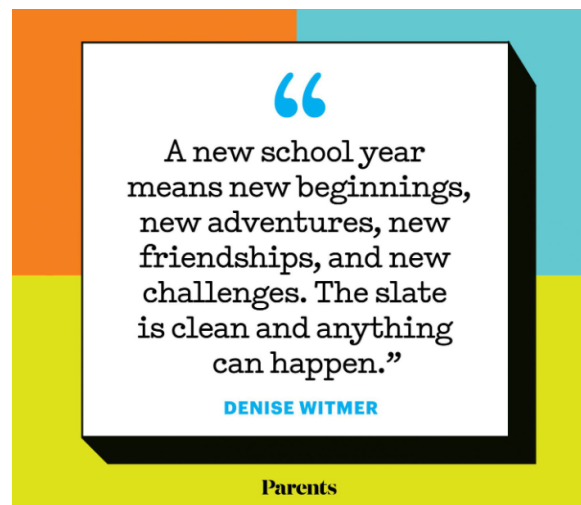
We are having our first tissue draw of the year. Bring in a box of tissue and get an entry into a draw for a prize!

Bikes and Scooters

Bikes and scooters need to be kept outside of the school, not in classrooms or hallways. There are lock options available for scooters.

Grade 6/7 Band

Please see flyer below.



Messages from the PAC

Hello families,

Our first PAC meeting of the year will be September 23 at 7pm on zoom. Please watch the portal for the zoom link. If you have any items you would like to discuss at our meeting please email them to our PAC email pmhighlandparkpac@gmail.com

Toonie Treat day is back! Starting this Tuesday, September 10th. We will be selling treats outside the main doors after school for \$2! The proceeds of these sales go to different events and projects put on by the PAC throughout the year.

The PAC is super excited to announce that we will once again be using **Munchalunch** for hot lunch, treat day and fundraiser ordering. For returning families who already have a Munchalunch account please login using your previous year's login info and place your child/children in their new division/s. If you're new to HPE welcome, we can't wait to have you join in on the PAC fun. To create a new account go to: www.munchalunch.com/schools/highlandpark

Click the "register here" button & follow the prompts. Once your account is ready you will be able to order for our first treat day! TCBY froyo September 27th (end of day delivery). Orders must be placed 8 days before the delivery date. Watch for the October-December 2024 lunch menu coming soon.

If you have any questions or need assistance, please reach out to us:

highlandpark.lunch@gmail.com

pmhighlandparkpac@gmail.com

It's almost soup season, watch for **the PACs first FUNdraiser** of the year with Mitchell's Soup Company starting soon!!



WHO?

All grade 6 & 7 students for the 2024-25 school year are invited to join Band whether they have played before or not. Students going into Grade 8 can join the various music programs at their high school.

WHEN? WHERE?...

Grade 6 & 7 Band students meet in the Pitt Meadows Secondary School band room two times per week, one of which will be before school.

TO SIGN UP...

In September, Mr. Ferguson, the Band teacher at PMSS, will visit your child's school to meet directly with students. Until then, explore the links provided in the Parent Portal message and indicate you and your child's interest on the Google Form.

WHAT INSTRUMENTS ARE IN OUR BAND?

Flute	Trumpet
Clarinet	French Horn
Oboe	Trombone
Bass Clarinet	Baritone
Saxophone	Tuba
Bassoon	Percussion



Parents and students should check out this website to learn more about band and the instruments:

tomleemusic.ca/instrument-safari

FREQUENTLY ASKED QUESTIONS:

Q: I already have a Band instrument. How do I know if it's ok to play?

A: If you know of or already have an instrument that you would like your son/daughter to play, please contact Mr. Ferguson (ellery_ferguson@sd42.ca) to confirm quality and workability of the instrument prior to committing to that particular instrument.

Q: I already play a Band instrument. Do I have to go into Beginning Band again?

A: Students who already have instrumental experience should let Mr. Ferguson know ASAP. Then we can evaluate your ability level and determine whether you will be successful in a higher level class.

Q: What if I don't know how to read music or play an instrument?

A: Most students who are new to Band are total beginners to reading music or playing an instrument. We start from the beginning and learn the skills needed. Some students who do have a bit of musical knowledge ahead of time simply have an easier time learning the concepts at the beginning.



HOW MUCH MONEY WILL MUSIC CLASSES COST?



For band, students will need to get an instrument. These can be rented affordably through music stores and a limited number of instruments are available through the school. Parents who are interested in a school instrument and/or who require financial assistance, should contact the Music Teacher. *No one will be turned away based on finances.*



WHY TAKE MUSIC?



MUSIC IS SCIENCE - It is exact, specific, and it demands exact acoustics. A conductor's full score is a chart, a graph which indicates frequencies, intensities, volume changes, melody and harmony all at once with the most exact control of time.

MUSIC IS MATHEMATICAL - It is rhythmically based on the subdivision of time into fractions which must be done instantaneously, not worked out on paper.

MUSIC IS A SECOND LANGUAGE - Most of the terms are in Italian, German or French; and the notation is a highly developed kind of shorthand that uses symbols to represent ideas. The semantics of music is the most complete and universal language.

MUSIC IS HISTORY - Music usually reflects the environment and times of its creation, often even the country and/or ethnic feelings.

MUSIC IS PHYSICAL EDUCATION - It requires fantastic coordination of fingers, hands, arms, lips, cheek and facial muscles, in addition to extraordinary control of the diaphragmatic, back, stomach, and chest muscles, which respond instantly to the sound the ear hears and the mind interprets.

MUSIC IS ALL THESE THINGS, BUT MOST OF ALL MUSIC IS ART - It provides an outlet for creativity. Musicians take all of their technical skills and use them to create feeling and emotion.

Here is a link to an article published in the Globe and Mail about a study recently conducted by UBC on the positive impact of music instruction on BC students in grades 7-12!

<https://www.theglobeandmail.com/canada/article-bc-students-who-took-music-classes-scored-higher-than-peers-in-math/>



Mr. Ferguson would love to be in touch with you in advance of our September start to share some more information and help your child get prepared for band. Please indicate on the below Google Forms if you and your child is interested in participating in band next year.

[Going Into Grade 6](#)



[Going Into Grade 7](#)





SINGERS WANTED

JOIN THE

MEADOW RIDGE SINGERS
COMMUNITY CHOIR

Welcoming new members for 2024/2025:

September 16th at 6:30pm
at St. Paul's Lutheran Church
12145 Laity St, Maple Ridge

*Join a fun, **no-audition** choir
that loves to sing and laugh together!
Welcoming anyone from the ages of 13–99.*



meadowridgesingers@gmail.com
facebook.com/meadowridgesingers