

HIGHLAND PARK ELEMENTARY



September & Settling in...

Hello Highland Park Families,

It's been wonderful to see HPE come alive with the energy of students and staff in the building! It has been a busy start up season with many new faces joining the school community and lots of exciting things happening. A few notes as we get going –

- *This Parent Newsletter will come to you monthly, supplemented with Portal announcements as needed in between as well as individual teacher communications home.*
- *We welcome Ms. Kondo (grade 5/6 teacher) and Ms. Furlong (EA) to the HPE team!*
- *Exciting building updates continue: A much-needed power wash! Painting of the front portable, bike racks, and soccer goals. More to come as we work towards the outside of the building reflecting the greatness of what happens inside the building!*
- *Students have moved to their new classes for the year. While this can be an exciting and sometimes stressful transition, we already see classes settling into new routines, building strong communities, and engaging in learning.*
- *Open House for Parents, 8:00 am on Sept 29. Please drop in, we look forward to seeing you!*

CONTACT INFORMATION

Principal : Adam Stanley
adam_standiney@sd42.ca

Vice Principal: Demetra Kotsalis
demetra_kotsalis@sd42.ca

Secretary: Diana Capozzi
hp_reception@sd42.ca

Telephone: (604) 465-6737

BELL SCHEDULE

8:25 Warning Bell

8:30 Start Bell

10:20-10:35 Recess

11:55-12:35 Lunch

(play first)

2:25 Dismissal

Please report absences/lates
on the Parent Portal or contact
HPE reception



September 20, 2026



Terry Fox Run – Parent Volunteers Needed!

Our Terry Fox Run will take place next Friday, September 25th, and we are looking for approximately 20 parent volunteers to help us along the route.

Volunteers will be stationed at different points along the route to help keep our students on track and ensure everyone makes it safely around the course. We ask that volunteers arrive at the school at 12:00 p.m. on Friday to receive their assigned location and instructions, with enough time to drive to their spot before the run begins.

If you are available to help, please sign up here:

[Parent Volunteers for Terry Fox Run – Fill out form](#)

We would really appreciate your support in making this a safe and successful event for our students!

What's happening in September?

- **September 21**, non-instructional day, *students do not attend*.
- **September 23**, PAC meeting
- **September 25**, Terry Fox Run
- **September 29**, Orange Shirt Day
- **September 29**, Open House at 8:00 am
- **September 29**, Grade 7 Parent Meeting, 6:00pm
- **September 30**, National Day for Truth and Reconciliation, *school not in session*.

- Oct 2nd, Fri School Photos
- Oct 12th, Mon Thanksgiving
- Oct 15th, Thu Great BC Shakeout

For more information go to [SD42 Calendar](#)

REMINDERS

⇒ Parent consent forms to be completed asap, on Parent Portal

⇒ HPE Student and Parent Handbook [here](#)



PAC

Parent Advisory Council

PAC Welcomes you to the
2026/2027 School Year!

Emily M.

PAC Chair

Owen C.

Vice Chair

Simon H.

Treasurer

Chelsea H.

Secretary and
Hot Lunch

Jodie S.

DPAC Rep

Jessica B.

Member at Large

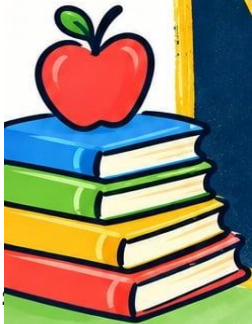


Our first PAC Meeting
will be

**Wednesday,
September 23rd**

at 6:30pm on Zoom.

Details to follow!



FROM the PAC...

how to order PAC FUNDRAISERS & Hot Lunch USING Munch A Lunch

STEP 1 Go to **munchalunch.com** (or scan this QR code) then **sign in** OR **create an account**.



STEP 2 Find the sidebar (on the left), and click on **Order**.



STEP 3 Follow the prompts to order treats/lunch for each child.



FROM the DISTRICT & COMMUNITY

Code of Conduct: Parents/Guardians and Guests

Together for Learning and Well-Being

Our schools and district sites are places of learning and work.
Everyone deserves to feel safe, respected, and welcome.

We Ask That You: _____



Speak and act with respect



Engage calmly and respectfully



Allow time for staff to respond during working hours



Remember that social media is not the place to resolve concerns



Use school and district processes to raise concerns

When You Visit or Communicate with Schools: _____



Treat students, staff, and
families with dignity



Support safe, caring and
inclusive environments



Respect privacy and
confidentiality



Act in ways that support
learning and well-being

Our Shared Responsibility

Together, we model respectful behaviour and support every learner to succeed.

See associated board policy: bit.ly/3S6IWxk

SD42 consent forms available on the Parent Portal

This is a reminder that consent forms are now available on the Parent Portal for approval.

Copies of these forms are available for your review on the district website at <https://www.sd42.ca/consent-forms/>. The school district website has a translate tool in the top right menu, which will produce approximate translations in a variety of languages.

If you would like to make a change on any of your consent forms after they have been completed, please contact your child's school directly to have the form reset. If you have any questions about the collection of information on these forms, contact privacy@sd42.ca.

Fraser Health Newsletter: Back to school health and virtual care

Tips for parents for a healthy back to school season

As children head back to school, parents face the familiar challenge of managing busy schedules, school routines and inevitably, health concerns.

Help set the stage for a healthy school year with Fraser Health's [Healthy Back to School Guide](#).

The guide provides information on a variety of ways to keep children healthy during a school year. For instance, fostering healthy routines for sleep, mealtimes and physical activity can greatly support your child's health and wellness.

Staying healthy during the school year is also about protecting children from illnesses that can spread quickly in classrooms. It is important to make sure children wash their hands properly, and to keep them home if they are feeling unwell.

Another way to protect your child's health is to ensure their immunizations are up to date. Vaccines help prevent several serious illnesses and infectious diseases, for example, measles. Please check that you (if born in or after 1970) and your children have received at least two doses of a measles-containing vaccine. Find out how to check your immunization records [here](#).

Vaccines are available at many [pharmacy locations](#), physician offices, and at all [public health units](#).

If you are new to B.C. or Canada, provide your immunization records to public health at fraserhealth.ca/immunizationform.

Need fast access to health advice? Call Fraser Health Virtual Care

Our **Fraser Health Virtual Care** registered nurses and dietitians can provide convenient, fast health advice and information for busy families. With options for phone or web chat consultations, families receive medical advice from nurses with emergency experience. It can save you time and may help you avoid having to visit a clinic or emergency department. Nurses can also connect you with an Urgent and Primary Care Centre, if needed.

How to reach Fraser Health Virtual Care

1. **Dial 1-800-314-0999**. For an interpreter, say your language in English.
2. For web chat, go to fraserhealth.ca/virtualcare and click the blue chat bubble in the right corner to start.

Available 10:00 a.m. to 10:00 p.m. every day, including statutory holidays. After hours, call 8-1-1. Learn more about Fraser Health Virtual Care, other care options and more at: [Fraserhealth.ca/VirtualCare](https://fraserhealth.ca/VirtualCare)

September 20, 2026

Commented [DS1]: New line from imms team
(Rebecca/Hemi)

City of Pitt Meadows: Registration Open for Fall Programs

Explore new programs and activities this September to December.

The City is excited to offer a range of programs this fall, including, fitness programs, skating, yoga, basketball academy, life drawing, garden workshops and more—there's something for everyone! Start planning your fall activities now.

Register by phone at 604.465.2470, in person at the Pitt Meadows Family Recreation Centre or online at pittfitandfun.ca. Visit pittmeadows.ca/programguide for details.

Parent & Tot Mini Gym 0-5Y

Looking for an indoor activity? PMFRC offers low-cost [Parent & Tot Mini Gym](#) in the gymnasium on Mondays and Wednesdays (10:05-11:45 a.m.) and Saturdays (9-11 a.m.) for only \$1 per child.

Value Times at the Fitness Centre

Work out at the fitness centre during our value times. It's only \$1 for youth (13-18Y) and seniors (60Y+) and \$2 for adults (19-59Y). Value times are: Tuesday 10-11:30 a.m., Wednesday 8-9 p.m., Thursday 6-7 a.m. and Saturday from 3-6 p.m.

FREE Family Lounge Drop-In Program – Sundays from 3-7 p.m.

Drop by the Constable Rick O'Brien Youth Lounge with your family! The Youth Lounge will open Sundays, from 3-7 p.m. for a time of unstructured activities for you and your children. Enjoy a variety of activities including billiards, ping pong, video games, retro arcade and board games. There is also a concession with food and drinks. Our Recreation team will be on hand to supervise, but please remember that this is a parent-led program. Children must be accompanied by a parent or guardian at all times. Older siblings (11Y+) are also welcome, but must be accompanied by a parent/guardian. For questions or details about this program contact the Youth Lounge Supervisor at abuckle@pittmeadows.ca or 604.465.2456.

Community Services - Let's Play (FREE Registered Program)

Let's Play is a vibrant and inclusive community program for all ages led by Community Services. Families will engage in a variety of play opportunities with their child, such as loose parts, sensory explorations, the wonder of art, music and movement, science discoveries and more. **Registration is required.** See location, dates and [full details](#), or register at pittfitandfun.ca.

Personal Training at the Pitt Meadows Family Recreation Centre

From Teen Weight Training to Personal Training, there are a variety of individual and group programs available. See full details in the [Fall Guide](#).

Gardening programs and arts workshops at Grabenhorst Garden

From shade gardening to plein air painting, the city is offering a variety of new registered programs at Grabenhorst Garden. To register for programs call 604-465-2470 or visit pittfitandfun.ca. For more information about Grabenhorst Garden, visit pittmeadows.ca/grabenhorstgarden.

Looking for afterschool fun for kids from 6 to 11 years?|

Kids Gym is a licensed play-based recreational afterschool program for kids in Grade 1 to 5 (6-11Y) focused on active games, sports and friendship in a safe, fun and supervised environment. Only \$15 per day. Read full details and how to register [here](#).

September 20, 2026

NATIONAL TREE DAY 2026

Tree and bulb planting, music,
face painting, food truck,
plant giveaway
and more!

Join us!

Wed. Sept. 23, 2-5 pm
Volker Park
21131 123 Avenue



Maple
Ridge

MapleRidge.ca/NationalTreeDay



NO

FABRIC DESIGN CONTEST

- ☀ No fabric allowed
- ☀ Grades 1-12 student eligibility
- ☀ Exhibition top designs at Vancouver Kids Fashion Week

HOW TO ENTER?

- 1 Sign up via the QR Code.
- 2 Receive full context criteria & submission guidelines.
- 3 Submit your creation





YOUR RUGBY JOURNEY STARTS WITH THE BRUINS!

U6, U8, U10, U12, & U14

U6-U10 - FLAG RUGBY

U12 - INTRO TO CONTACT

U14 - SAFE CONTACT RUGBY

SUNDAYS 10AM (U6-U12).

THURSDAYS 7PM (U10-U12).

TUES & THURS 7PM (U14).

TELOSKY STADIUM

26/27 REGISTRATION NOW OPEN

VISIT BRUINSRUGBY.CA

ANGER MONSTERS



Let's work together to understand and
manage anger.

Separate groups for parents/caregivers
and children 8-12 years old.

EVERY SATURDAY, 10AM TO 12 PM

SEPT 26-OCT 17, 2026



Ministry of
Children and
Development

www.familyed.bc.ca





Circle of Security

The Circle of Security Parenting Program is an opportunity to explore the importance of parent/caregiver and child attachment, gather helpful tools to respond to your child's emotional needs and feel more confident about your parenting.

Date: : Wednesdays

Sept30-Nov 18,2026

Jan 13-Mar 3,2027

Time: 12-1:30pm

Cost: Free



To register, please visit our website
familyed.bc.ca ,call reception at 604-476-6055 or
email reg@familyed.ca



FREE GROUP

CONNECT PARENT GROUP

Supporting parents and caregivers with
concerns about their pre-teens (8yr olds-18 yrs
old) and teens behavior and emotional health

Date: Thursdays
Sept 10th– Nov 12th 2026
Feb 4th – Apr 8th 2027

Time: 6-7.30pm

Cost: Free



The Family Education and
Support Centre
22554 Lougheed Highway
Maple Ridge, BC

Register through
our website familyed.bc.ca
OR reg@familyed.ca