

Friday Blast

Maple Ridge Elementary

October 2, 2020

TERRY FOX RUN

Thank you for your generous donations to our school Terry Fox run. We have raised \$864 that will be donated. Way to go, MRE!

GRATITUDE CHALLENGE

Check out the attached "Gratitude Challenge" below for a fun family activity. Each day gives you a thought provoking area in which to focus your gratitude together.



WEST COAST RECESS

As the rainy days and cooler weather draws closer please ensure you are sending your child to school in weather appropriate outer wear. This year we will be heading outside no matter what the weather. Your child may also want to consider keeping a back-up change of clothes in their bag in case it is needed.

MEDICAL INFORMATION

If your child has a life-threatening medical condition, please alert the office if you have not already done so this year. Our office staff keeps track of students who require medication be kept at school in the event of an emergency (epi-pens, etc). We know that children's medical conditions can change over time and we thank you for helping us to keep our records up to date.

FACEBOOK PAGE

Please like and follow us on Facebook! Our new page is now live and we will be sharing information, updates and reminders regularly. Please use this link:

<https://www.facebook.com/Maple-Ridge-Elementary-SD42-106513777847643>

ATTENDANCE

Please let us know if your child is going to be late or absent from school through either the parent portal, by emailing mre_reception@sd42.ca or by calling us at 604-467-5551. If you know your child will be absent multiple days in a row you can enter them all at once so that you do not need to update it each day.

It helps us immensely to know in advance if your child will be late or absent and ensures safety for all our students.

MESSAGES FROM OUR PAC

Our next PAC meeting is scheduled for October 19th, 2020. The meeting will take place on Zoom – link to be sent out closer to the date.

You can learn more about our PAC and get updates by following them on Facebook. Just search for: **MRE Parent's Association!**

MARK YOUR CALENDAR

Monday October 12 – Thanksgiving (no school)

Thursday October 15 – Earthquake “Shake Out”
Drill

Monday October 19 – PAC meeting

Wednesday October 28 – Photo Retake Day

Friday October 30 – Halloween Celebrations



GRATITUDE CHALLENGE

IN JUST 30 DAYS YOU CAN CHANGE YOUR PERSPECTIVE,
CHANGE YOUR THOUGHTS AND CHANGE YOUR LIFE

DAY 1 LISTEN

Pause for a moment and really listen to the sounds around you

DAY 2 NATURE

Take a walk in some green space. Breathe in the magic

DAY 3 BODY

Appreciate what it allows you to do and feel? Is it strong, soft, warm?

DAY 4 PEOPLE

Send a message to someone who has helped you and thank them

DAY 5 BILLS

Take a moment to appreciate what they allow you to do

DAY 6 WORDS

Take some time to slow down and read a book today

DAY 7 TRANSPORT

Appreciate how it is there for you to go from A to B and back again

DAY 8 MUSIC

Put on your favourite song, and dance around the room

DAY 9 WEATHER

Give thanks for our changing weather and how it makes life interesting

DAY 10 HOME

Cozy up on the couch with a warm drink and enjoy it

DAY 11 FRIENDS

Catch up with some friends and tell them you are grateful they are in your life

DAY 12 BUSINESS

Support a local business today, and tell them you appreciate them

DAY 13 PETS

Hug your pet, post a picture of them on our Facebook page and tell us about them

DAY 14 FOOD

Eat some food that feeds your soul and really savour it

DAY 15 PAMPER

Allow yourself at least 30 mins to take a bath, put on a facemask, soak your feet...

DAY 16 BED

Go to bed early and think of 3 things that went well today

DAY 17 FUN

Do something fun today that makes you feel alive

DAY 18 TOUCH

Appreciate the power of a hug or holding hands with a loved one, then do it

DAY 19 DE-STRESS

Take some time to do a mindfulness exercise like colouring in

DAY 20 DRINK

Make sure you get enough water today, then think about how it fuels you

DAY 21 LAUGH

Watch a funny movie or video, or spend time with a friend you makes you laugh

DAY 22 GOALS

Create a vision board or set just 1 goal you want to acheive in the next year

DAY 23 ART

Spend some time creating it or appreciating it, and involve a friend

DAY 24 CONNECT

Ring someone you haven't spoken to in a while

DAY 25 AFFIRM

Write down three affirmations using the words 'I AM' eg. I am confident, I am unique...

DAY 26 MEDITATE

Spend just 10 mins meditating ... in the shower, on the bus, in the sun...

DAY 27 PURGE

Get rid of the things you don't need or don't serve you anymore

DAY 28 BE KIND

Do a random act of kindness... pay for someone's coffee, give a compliment...

DAY 29 CELEBRATE

Pat yourself on the back and celebrate a recent win, big or small

DAY 30 JOURNAL

Write down five things you are grateful for, why, and how it made you feel