

# Friday Blast

## Maple Ridge Elementary

October 9, 2020

### GRATITUDE CHALLENGE

As thanksgiving approaches next week we encourage families to check out the attached "Gratitude Challenge" below. Each day gives you a fun activity in which to focus your gratitude as a family.

### SHAKE OUT DRILL

On Thursday October 15<sup>th</sup> our school will be participating in the Great British Columbia Shake Out. This earthquake drill will provide students and staff the opportunity to practice and prepare in the event of a real earthquake. For more information visit: [shakeoutbc.ca](http://shakeoutbc.ca)



### WEST COAST RECESS

Please ensure you are sending your child to school in weather appropriate outer wear as we are expecting rainy and cool fall days in the forecast. 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.

### LOST AND FOUND

Please ensure your child's name is clearly indicated on their jackets, shoes, water bottles and other important items. This will help them to locate anything that goes missing in the future!

### COVID INFORMATION

If you are looking for Covid-19 related district policies, protocols or information please refer to the School District #42 Covid-19 Updates webpage: <https://www.sd42.ca/coronavirus-district-response/>

Here you will find letters from the superintendent, the updated version of the daily health assessment, and answers to frequently asked questions.

### 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](mailto: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**

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Our next PAC meeting is scheduled for October 19<sup>th</sup>, 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**

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Monday October 12 – Thanksgiving (no school)

Thursday October 15 – Earthquake “Shake Out”  
Drill

Monday October 19 – PAC meeting

Friday October 23 – Pro-D Day (no school)

Wednesday October 28 – Photo Retake Day

Friday October 30 – Halloween Activities



# 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