

Friday Blast

Maple Ridge Elementary

October 16, 2020

PHOTO RETAKE DAY

On October 28th photos will be taken for those who were absent on the original photo day, as well as anyone that filled in a “retake request”. Prior to retake day please ensure you have completed photo expression’s online form by visiting: <http://www.photoexpressions.ca/retakes>

CLEARLY – Free Glasses for Kids Program

Clearly.ca has a new “Free Glasses for Kids Program” that is launching this week. If your child is under the age of 10 and has had a valid prescription within the past 12 months Clearly will provide them with a new pair of glasses! This is an instore offer only. Please visit their website for more details: <https://www.clearly.ca/eyewear/free-kids-glasses> If your child is over the age of 10 or it is not possible for you to visit a Clearly location please contact Madame Lendvoy for assistance.

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

The rainy fall days are officially upon us! 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.



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.

MESSAGES FROM OUR PAC

Our next PAC meeting is scheduled for October 19th, 2020 at 7:00 pm.

The meeting will take place on Zoom:

<https://ca01web.zoom.us/j/68801044938?pwd=V2tuRnFSZWxQS0JXS1Bkd2ZBYmxuQT09>

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

FLIP GIVE

This year the PAC wants to make fundraising easier! You can support Maple Ridge Elementary by using an app called FlipGive. It's simple: download the FlipGive app and then use it to shop! When you shop through the FlipGive app Maple Ridge Elementary PAC will earn money. You can shop popular brands including Well.ca, Starbucks, Indigo, Sportchek and Esso. Make a purchase within the first 14 days of joining and we'll receive an additional bonus!

Join now by clicking here: [FlipGiveApp](#) If you are prompted for a join code, enter this code FJF5TC



MARK YOUR CALENDAR

Monday October 19 – PAC meeting

Friday October 23 – Professional Development
Day (No School)

Wednesday October 28 – Photo Retake Day

Friday October 30 – Halloween Celebrations

Tuesday November 11 – Remembrance Day
(No School)

Wednesday November 12 – Professional
Development Day (No School)

What we learn with
pleasure
we never forget.

- ALFRED MERCIER

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 achieve 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