

Friday Blast

Maple Ridge Elementary

February 12, 2021

KINDNESS COUNTS

At MRE we know that Kindness and Respect Matter Every Day! That's why we are so excited to be highlighting kindness throughout the month of February. Our virtual assembly on February 17th is an opportunity to shine light on the different acts of kindness happening at MRE all the time. February 23rd is the "official pink shirt day" when everyone is encouraged to wear pink and spend time thinking about kindness.



DAILY HEALTH ASSESSMENT

Please continue to monitor your child's health and complete the daily health assessment each day. If your child is sick, or if you have been directed to self-isolate by our local health authority, you must keep them home. We appreciate everyone's support in keeping our school's healthy.

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.

SD 42 ENHANCED CLEANING IN SCHOOLS – VITAL OXIDE

The health and safety of our students and staff is always our primary concern. In the context of the current COVID-19 pandemic, we have the added responsibility of ensuring that our facilities are cleaned and disinfected in accordance with the *Provincial COVID-19 Health & Safety Guidelines for K-12 Settings*.

The school district currently uses Vital Oxide solution as part of its enhanced daily cleaning regimen implemented to mitigate the impacts of COVID-19. It is hypoallergenic, biodegradable, fragrance-free, food-safe, and non-toxic. The product is registered with the Environmental Protection Agency and has one of the safest classifications possible while also killing 99.999% of bacteria and viruses within minutes.

The district initially used a bleach-based cleaner when schools reopened for in-classroom instruction in September but switched to the eco-friendly Vital Oxide in late October/early November to address feedback received from schools. Fraser Health has confirmed that this product is not hazardous, is non-toxic, and is not expected to cause respiratory or skin irritation. Eye contact may cause mild irritation.

As always, if you have any concerns, please make sure to share these concerns by contacting Mrs. Mackinnon (Barbara_mackinnon@sd42.ca) or Mme Lendvoy (Chelsea_lendvoy@sd42.ca).

In rare instances where an adverse reaction does occur, the district can switch to a different hypoallergenic product for that classroom.

INCLEMENT WEATHER / SNOW DAYS

Closure of schools due to accumulating snowfall is one that is never taken lightly and must balance the safety of students, staff and parents with the need to provide learning. The decision to close schools is made by 6:15 am. In the event of inclement weather please check the following media outlets for updates on possible school closures:

- SD42 Twitter Feed (@sd42news)
- SD 42 website (www.sd42.ca)
- SD42 Facebook Feed (@SD42Facebook)
- News1130, CKNW, and CBC 690 radio stations

ONLINE COURSES

Maple Ridge – Pitt Meadows School District is offering a variety of online Zoom courses this year for both parents and students. Please see the flyer below for more information!

FAMILY EDUCATION CENTER

Please see below the attached spring program guide from the Family Education Center. They will be offering many programs for all ages.

LOST AND FOUND

If your child has misplaced an article of clothing, please ask them to visit the Lost & Found located at the front entrance of our school. We also try to regularly post photos of the items in the Lost & Found to our school Facebook group and in the Friday Blasts. See photo below of some items currently missing their owners:



MRE Facebook Group Search: Maple Ridge Elementary SD42

MESSAGES FROM OUR PAC

Our next PAC meeting will be on February 8, 2021 at 7:00 pm on Zoom.

All parents of MRE students are welcome!

<https://us02web.zoom.us/j/88594786398?pwd=QINGWHdQRlgybERhTE4wNIE1Tk9zUT09>

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 February 15 – Family Day (No School)

Tuesday February 16 – Pro D Day (No School)

Wednesday February 17 – Kindness Counts Day
Virtual Assembly

Friday February 19 – Crazy Hat or Headband Day!

Tuesday February 23 – Kindness Counts Day
(wear your pink shirts!)

Thursday March 4 – Early Dismissal Day
(Conferences)

Friday March 5 – Conference All Day (No class for students)



Online Zoom Classes for Parents and Students

Maple Ridge – Pitt Meadows School District No. 42 is offering evening online Zoom courses this year for both parents and students. Class materials will be emailed to you before the session, so please print the materials or have them available on another device during the class. Pre-registration is limited to one parent/caregiver as spaces are limited, however more than one parent/caregiver may participate in the Zoom meeting. A 24-hour cancellation notice is required for a refund.

CONFLICT RESOLUTION FOR PARENTS

Learn how to use 'I' statements, conflict management parenting styles, trigger scale, active listening, paraphrasing, and open questions for parenting.

Tuesday, March 9 (6 to 8 p.m.)

Tuesday, June 8 (6 to 8 p.m.)

Registration Fee: \$15

To register: <http://schooldistrict42.perfectmind.com>. For more information, please contact Drea Owen, program manager, at 604.346.9815 or drea_owen@sd42.ca

PARENTING RESILIENT CHILDREN

Understand better what resiliency is and how we can foster it in our families.

Tuesday, February 16 (6 to 8 p.m.)

Tuesday, May 4 (6 to 8 p.m.)

Registration Fee: \$15

To register: <http://schooldistrict42.perfectmind.com>. For more information, please contact Drea Owen, program manager, at 604.346.9815 or drea_owen@sd42.ca

HOME ALONE (PARENT/CAREGIVER PARTICIPATION IS MANDATORY)

This two-hour course is an opportunity for parents/caregivers who want to prepare their nine-year-old child for staying at home alone when they turn 10 years old and are legally allowed to do so. Topics covered include: dealing with emergencies, answering the door, snacks/cooking, and gauging your child's readiness to be home alone. Our evening workshops are open to all families in Maple Ridge and Pitt Meadows.

Tuesday, January 19 (6 to 8 p.m.)

Tuesday, April 13 (6 to 8 p.m.)

Registration Fee: \$25

To register: <http://schooldistrict42.perfectmind.com>. For more information, please contact Drea Owen, program manager, at 604.346.9815 or drea_owen@sd42.ca

DANCE PARTY JUNIORS (GRADES 1-3)

Join us for this fun and upbeat virtual dance class that will get your kids moving and burning off energy. No materials required, just a small space to dance in and comfortable clothes you can move in.

Tuesdays, 3:30 to 4 p.m., Jan. 19 to Feb. 9 (#22651)

Tuesdays, 3:30 to 4 p.m., Feb. 16 to Mar. 9 (#22656)

Registration Fee: \$32/4

To register call Maple Ridge Parks and Leisure at 604.467.7422 or go online at www.mapleridge.ca/1484. For more information call Lori at 604.476.2792.

DANCE PARTY SENIORS (GRADES 4-7)

In this virtual class for older children, students will become more expressive with their dance moves as they learn different skills and techniques. No materials required, just a small space to dance in and comfortable clothes you can move in.

Tuesdays, 4:10 to 4:40 p.m., Jan. 19 to Feb. 9 (#22655)

Tuesdays, 4:10 to 4:40 p.m., Feb 16 to Mar 9 (#22658)

Registration Fee: \$32/4

To register call Maple Ridge Parks and Leisure at 604.467.7422 or go online at www.mapleridge.ca/1484. For more call Lori at 604.476.2792.

PITT MEADOWS SHOTOKAN KARATE ONLINE

Pitt Meadows Shotokan Karate is offering online classes through Zoom. Shotokan is designed to teach self-defense, build self-confidence, stimulate a sense of well-being and provide a greater sense of self-awareness when faced with difficult situations. The primary goal of this program is to teach respect for one's self and others, as well as basic self-defense techniques. This program is taught in French, English and Japanese, giving students the opportunity to develop basic language skills.

Mondays and Wednesdays, 5:30 to 6:30 p.m.

Registration Fee: \$70/month

To register call Amy Shaw at 604.314.5852 or theninjalady@gmail.com.

**Zoom class technical requirements: 2.5mbps internet download speed; a device that is HD video-capable, such as a smartphone (Android or iOS), tablet, laptop or computer; speakers and a microphone (built-in or USB plug-in or wireless Bluetooth). Optional: a webcam – built-in or USB plug-in.*



UNITED WAY SCHOOL'S OUT SPRING BREAK PROGRAM

UNITED WAY & THE FAMILY EDUCATION & SUPPORT CENTRE ARE PROUD AND EXCITED TO BE ABLE TO PROVIDE THIS PROGRAM FOR OUR COMMUNITY. THE PROGRAM WILL CONSIST OF ACTIVITIES SURROUNDING EMPATHY, OPTIMISM, RESILIENCY, GRATITUDE, CONFLICT RESOLUTION AND LEARNING ABOUT DIFFERENT CULTURES AND COUNTRIES.

MARCH 15-18TH (K-7)
12PM-4PM

OR

MARCH 22ND-25TH (K-7)
12PM-4PM

TO REGISTER PLEASE CONTACT OLIVIA OR GRACE AT
REG@FAMILYED.CA OR CALL 604-467-6055



Spring/Summer 2021

PROGRAMS & SERVICES

THE FAMILY EDUCATION & SUPPORT CENTRE

Since 1971

FACILITATING GROWTH AND DEVELOPMENT

The Family Education & Support Centre is happy to share with you the Spring/Summer brochure where you will find program descriptions, dates, and times. As an agency, we strive to provide quality information, education, resources, and support through public and private collaborative partnerships.



COVID-19 UPDATE

Please note that all dates and locations shown throughout this brochure are subject to change, depending on the current circumstances regarding Covid-19. The Family Education & Support Centre is taking strict precautions and following up-to-date BC Health and WorkSafe BC guidelines.

Contact us at (604) 467 - 6055 or reg@familyed.ca

PARENTING THROUGH THE AGES AND STAGES



CONNECT PARENT GROUP

Supporting parents and caregivers with concerns about their pre-teen and teens behavior and emotional health.

Date: **TBA**

Time: **TBA**

Cost: **FREE**



STEP - E

Developmentally appropriate parenting skills for children aged 0-6. Programming for children 0-6 is available.

Date: **June 1st - 25th (Tues/Fri)**

Time: **10am - 12pm**

Cost: **FREE**

MENTAL WELLNESS FOR PARENTS

Designed to meet specific needs of parents living with mental health challenges including anxiety and/or depression. No diagnosis needed to attend this program. Featuring mental wellness and parenting information, resources, and support. Programming for children 0-6 is available.

Date: **TBA**

Cost: **FREE**



CONFLICT RESOLUTION AND ANGER PROGRAMS

HEALTHY RELATIONSHIPS

This 2-part course looks at the fundamentals of any adult relationship including the foundation, needs, wants, and communication skills.

Pt. 1

Date: **May 7th (Fri) 6 - 9pm**
May 8th (Sat) 10am - 1pm

Pt. 2

Date: **May 14th (Fri) 6 - 9pm**
May 13th (Sat) 10am - 1pm

Cost: **\$90/per part**
price for two participants



MEN'S ANGER MANAGEMENT

Explores the complex nature of anger, recognizing triggers, alternative methods of expression, and how to defuse anger.

Date: **April 18th - May 16th (Sun)**
Time: **10am - 2pm**
Cost: **\$90**



BRAVE NEW YOU

Women learn about creating and keeping their boundaries, healthy communication, managing challenging conversations, expressing feelings and identifying personal needs.

Date: **June 19th - July 17th (Sat)**
Time: **10am - 2pm**
Cost: **\$90**

CARING DADS

Helping fathers working to repair their relationships with their families.

Date: **TBA**
Time: **630pm-830pm**
Cost: **FREE**





CHILDREN'S PROGRAMMING

SCHOOL'S COOL

We are offering an eight week kindergarten readiness program for children entering school September 2021. Priority will be given to children who have not attended preschool.

Date: Apr. 27th - July 15th (Tues/Thurs)
Time: 12:30 - 4:30pm
Cost: FREE



UNITED WAY - SCHOOL'S OUT PROGRAM

Resiliency through Recreation

This United Way funded program put on by The Family Education and Support Centre will focus on fun activities around the different elements of resiliency such as optimism, competency, emotional development and relationships. Students Kindergarten to Gr 7 are welcome and we have mentors on site to help with any additional needs.

Time: 2:20 - 4:00pm
Cost: FREE

Davie Jones Elementary

Date: April 13th - June 1st (Tues)

Glenwood Elementary

Date: April 14th - June 2nd (Wed)

Eric Langton Elementary

Date: April 15th - June 3rd (Thurs)



United Way
Lower Mainland

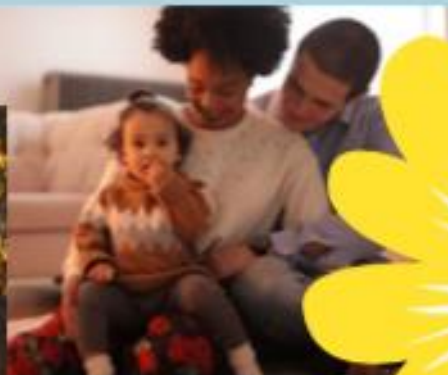


PARENTING WORKSHOPS

CONFLICT RESOLUTION PARENTING

Learn how to use "I" statements, conflict management styles, trigger scale, active listening, paraphrasing and open questions for parenting. This workshop will take place via Zoom.

Date: **May 18th (Tues)**
Time: **10am - 12pm**
Cost: **\$15**



PARENTING RESILIENT CHILDREN

Understand better what resiliency is and how we can foster it in our families. Please note, this workshop will take place via Zoom.

Date: **April 20th (Tues)**
Time: **10am - 12pm**
Cost: **\$15**



AFTER THE ANGER - MEN'S GROUP

A continuation of Anger Management for Men working on anger management, conflict resolution, effective communication skills, and stress management.

Date: **June 6th (Sun)**
Time: **10am - 12pm**
Cost: **\$30**



MORE CHILDREN'S PROGRAMMING

Check out our Summer Camps!

I AM AWESOME - SUMMER CAMP

This course is designed to help young people with communication styles, triggers, "I" statements, looking at their special inner qualities, how to deal with stress and how to be a friend. We are offering two sessions. Ages 7 - 11

Date: **July 5th - 8th (Mon - Thurs)**

Time: **8am - 12pm**

Cost: **\$86**



SUPPORT GROUPS

YOUNG PARENTS GROUP

An opportunity to connect with other young parents. Come and join us! For parents up to age 26. Programming for children 0-6 is available during group sessions.

Please contact admin@familyed.ca



SINGLE MOM'S GROUP

An opportunity for lone mother's to get together with others alike. Programming for children 0-12 is available during group sessions.

Please contact admin@familyed.ca



PARENTING YOUNG CHILDREN

For parents of children 0-6 years of age. Programming for children 0-6 is available

Date: **Thursday's from Sept. - June**
Time: **9 - 11am**



CHILDRENS PROGRAMMING IS PROVIDED BY:
CAPC COMMUNITY ACTION PLAN FOR
CHILDREN

FAMILY LEAF DROP-IN

For parents and caregivers with children 0-6 years of age. Please contact Massie at dropin@familyed.ca for program details.

FAMILY NAVIGATION

Family Navigation is a free service available to families with children aged 0-6 years, in Maple Ridge and Pitt Meadows. Supporting families who need help finding and accessing the programs and services in our community. Supports from the Family Navigator are available on a flexible schedule including some evenings and weekends.

SPARK PROGRAM

Supporting Parents Along the Road to Kindergarten- Beginning at birth parents and caregivers attend a SPARK session once every fall, winter, and spring until their child enters Kindergarten. In SPARK we reflect on how children learn and grow. At each session participants receive a free toy to support learning and information related to their child's age group. To contact our Family Navigator please email familynav@familyed.ca



MULTICULTURAL SERVICES

Providing multicultural awareness and education programs to the community to help strengthen participation and increase understanding of cultural diversity in Maple Ridge, Pitt Meadows and Katzie.

MULTICULTURAL WOMEN'S GROUP

Meet women from around the world and learn about community services, programs, and support available while having fun! For more information please contact Galina at diversity@familyed.ca

Date: **Summer 2020**

Time: **TBD**

LIPS

LIPs Local Immigration Partnership

A council representing various sectors, meets monthly to discuss local trends, issues, and needs. Community based partnerships that work to improve the coordination of services that facilitate settlement and integration of newcomers.

For more information please visit www.ridgemeanowsnewcomers.com or contact Carolina at msc@familyed.ca

INTERFAITH BRIDGING COMMITTEE

A volunteer committee that works to connect and create dialogue among diverse faith groups for the purpose of harmony, peace, and understanding.

For more information, please contact Carolina at msc@familyed.ca

BC SPOKES

A community driven committee that will lead anti-racism and anti-hate work at a local level. This committee works to build awareness of what comprises racism and hate, mobilize their communities to respond to hate incidences in a supportive and collaborative way, and lead discussions and education opportunities.

In partnership with Fraser River Indigenous Society. For more information please contact Natalie Binns at familynav@familyed.ca



Funded by:

Immigration, Refugees
and Citizenship Canada

Financé par :

Immigration, Réfugiés
et Citoyenneté Canada





UNDER THE TREE CHILD CARE CENTRE

Under the Tree Child Care Centre (UTT) is a program of the Family Education & Support Centre. Under the Tree provides programs for infant toddler, preschool, 3-5 year-olds, and before and after school care.

Our programs provide comfort to our families with the knowledge that their children will be cared for and nurtured in an inclusive setting. In this setting we guarantee individuality and diversity will be acknowledged, appreciated, and embraced.

We provide developmentally aged appropriate play opportunities for the children that are both child-centered and driven by the child's interests, with as much exposure to real life learning as possible. The program encourages applications from Indigenous, low-income, newcomer families and families who have children with extra needs - these families will be offered spots first and expedited to the top of waitlists.

We are located at 9975 272nd Street, Maple Ridge.
Our Fees are as follows.



Under 36 months	\$1,200.00
30 months to School Age	\$1,060.00
Preschool	\$600.00
BAS	\$590.00



FOR MORE INFORMATION PLEASE CONTACT SILVIA AT
UNDERTHETREE@FAMILYED.CA



UNDER THE TREE CHILD CARE CENTRE PHOTO GALLERY



MORE OFFERED AT UNDER THE TREE

Below are additional programs hosted by FESC at UTT

ANGER MONSTERS

Children 8 -12yrs learn what anger is, their triggers, and tools for learning to control their anger. Parents learn anger cycles, goals of behavior, how to support their child's efforts, and calming techniques.

Date: **April 10 - May 1 (Sat)**
Time: **10 - 12pm**
Cost: **\$90**

STEP - E

Developmentally appropriate parenting skills for children aged 0-6. Programming for children 0-6 is available.

Date: **June 1st - 25th (Tues/Fri)**
Time: **1 - 3pm**
Cost: **FREE**

FAMILY LEAF DROP-IN

For parents and caregivers with children 0-6 years of age.

Date: **June 1st - 25th (Tues/Fri)**
Time: **1 - 3pm**
Cost: **FREE**

Under The Tree is located at 9975 272nd Street, Maple Ridge.
Please contact us at
(604) 467 - 6055
reg@familyed.ca
To register



ADDITIONAL INFORMATION

KNOW BEFORE YOU GO

We cannot guarantee that our programs as listed in the brochure will run in the spring/summer. Locations and class sizes are subject to change in accordance to Covid-19 protocols.

Please note

- Masks are mandatory in hallways and areas where physical distancing is not possible
- Please sanitize or wash your hands upon entry into the building

LATEST UPDATES

- If you are dropping by our centre, please note our reception area has a very limited occupancy. Our reception staff will invite you in when it is safe to do so
- If you wish to speak with a specific staff member, we recommend calling ahead of time, to ensure that they are in the office and available at your requested time

STAY CONNECTED

Be the first to get notified on health and wellness updates, pop-up programs, and special events hosted by The Family Education & Support Centre



www.familyed.bc.ca



[@familyed.bc.ca](https://www.instagram.com/familyed.bc.ca)



[TheFamilyEducationandSupportCentre](https://www.facebook.com/TheFamilyEducationandSupportCentre)

LOOKING FOR MORE INFORMATION?

22554 Lougheed Hwy, Maple Ridge, BC
(604) 467 - 6055
or email reg@familyed.ca



