

Friday Blast

Maple Ridge Elementary

February 19, 2021

KINDNESS COUNTS

On Wednesday we held our annual Kindness Counts assembly. It was a lovely opportunity for us to recognize the many ways that we spread kindness each day. A reminder that February 24th is the official Pink Shirt Day. Wear your pink shirts!

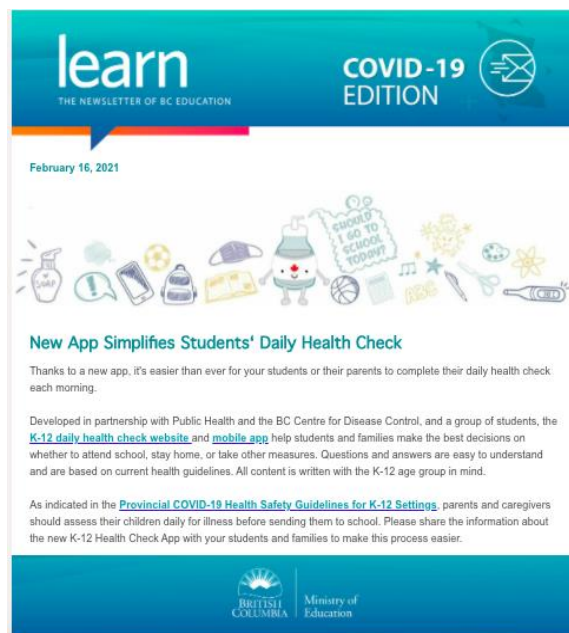
DAILY HEALTH ASSESSMENT

If your child is going to be late or absent from school let us know through either the parent portal, by emailing mre_reception@sd42.ca or by calling us at 604-467-5551.

Please continue to complete the daily health check for your child each morning before school. **You can now also use the K-12 daily health check website and mobile app!** To access the daily questionnaire simply go to: <https://www.k12dailycheck.gov.bc.ca/healthcheck?execution=e1s1>

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. Here are photos of some items currently missing their owners...



DRIVE TO FIVE

Drop off, pick up and parking at the school can be quite challenging at peak times. The map below shows a 5-minute walking map. From any spot in the circle, it takes only 5 minutes to walk to MRE. This is a great way to ease congestion and get in some exercise and fresh air.



MRE Facebook Group Search: Maple Ridge Elementary SD42

MESSAGES FROM OUR PAC

Our next PAC meeting will be on March 8th, 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

- Friday February 19 – Crazy Hat or Headband Day!
Tuesday February 24 – Kindness Counts Day (wear your pink shirts!)
Thursday March 4 – Early Dismissal at 11:30 a.m. for Conferences
Friday March 5 – Conferences All Day (No classes for students)

10 MUST READ BOOKS about KINDNESS





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 1977

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

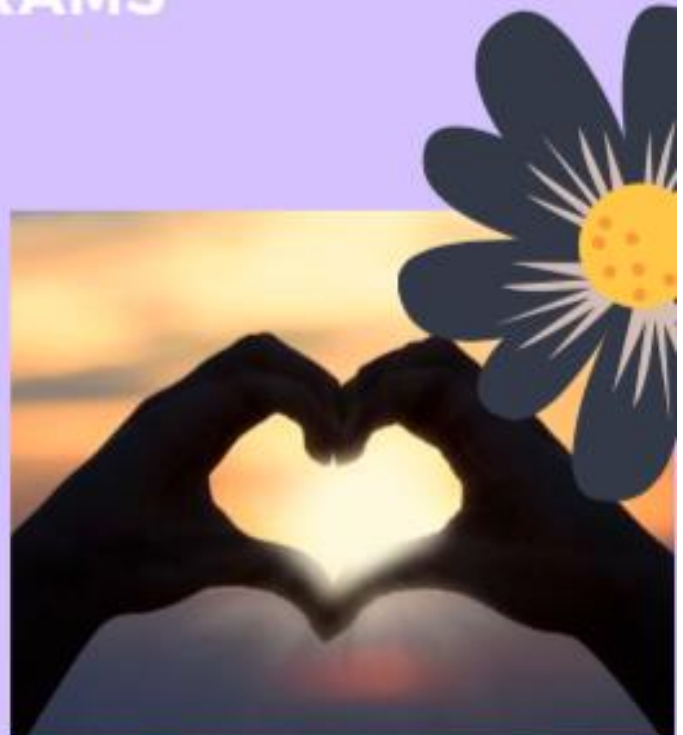
Explores the complex nature of anger, recognizing triggers, alternative methods of expression, and how to defuse anger.

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**

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**

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**

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



