

Friday Blast

Maple Ridge Elementary

Friday March 12, 2021

SPRING BREAK

From the staff at Maple Ridge Elementary, we wish all our families a wonderful spring break. Celebrating student learning at the conferences last week was very joyful, and we look forward to continuing to learn and grow together after the break. School resumes on Monday March 29th. See you then!



YEARBOOK COVER CONTEST

Get your crayons, pencils or paint ready – We are in search of a student-created cover for this year's MRE Yearbook! For your entry to be considered, you must follow these rules:

- You must use an 8 ½ X 11 sheet of white paper
- You must make your cover vertical (up and down, not side to side)
- You must include "MRE" and "2020-2021" in the design
- Include your first name (no last name)
- You must use colour

You can submit your artwork by taking a picture or scan of your artwork and sending it to yearbooks@photoexpressions.ca. Include your name, your school's name and your division or teacher's name in the email. Hold onto your work because if you are the winner, we may contact you to get hold of the original artwork if necessary. All entries are due by Monday April 26th, 2021.

SPIRIT WEAR

Shortly after returning from spring break we will be launching a Spirit Wear order. The springtime order will include items from each of the four different house teams colours! MRE students have been doing a great job representing their house teams on Fridays. Please be on the lookout for this announcement coming to you very soon.

MRE Facebook Group Search: Maple Ridge Elementary SD42

MESSAGES FROM OUR PAC

PAC Meeting

Our next PAC meeting will be on Monday, April 12, 2021 at 7:00 pm on Zoom.

All parents/guardians of MRE students are welcome!

<https://us02web.zoom.us/j/88594786398?pwd=QINGWHdQRlgybERhTE4wNlE1Tk9zUT09>

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

FUNDRAISERS:

Art Cards Contest

The PAC is offering all students the chance to participate in an Art Cards contest. Interested students can pick up an Art Card Template from their teacher, complete original artwork of their choosing, and then submit their creation to the office by April 9th.

Parents will be able to order their child's Art as cards or on other media such as mugs and blankets. Students who submit their Art to the office by the deadline will be entered to win one of six \$20 Gift Card to Dairy Queen from the PAC. This sounds like a fun project to work on during spring break!

Neufeld Farms Fundraiser

After we return from Spring Break the PAC will be launching their annual Neufeld Farms fundraiser. You will have the option of purchasing online or using a paper order form. Please be on the lookout for the paper order forms which will come home with your child!

MARK YOUR CALENDAR

Monday March 29 – Welcome Back From
Spring Break!

Wednesday March 31 – Purdy's Orders Pick Up

Friday April 2 – Good Friday (no school)

Monday April 5 – Easter Monday (no school)

Friday April 9 – Art Cards Contest Creations Due

Monday April 12 – PAC Meeting

THIS SPRING...



HOP INTO

a GOOD BOOK!

Spring Break Supports



Healthy Hearts and Minds

Spring Break is a time to unwind and recharge your emotional battery. Here are some important community resources and self-care tips:

Self-Care Tips

Have a daily routine

Eat balanced & nutritious meals

Connect with family, friends & supports outside or virtually

Get a healthy dose of sleep & rest

Exercise

FOUNDRY

Foundry Ridge Meadows offers young people 12-24 access to health and social services.

604-380-3133

Now re-introducing in person services, but will offer select services virtually – over the phone or video chat.

CYMH

Child and Youth Mental Health offers a range of mental health treatment services for ages 0-18 and their families.

604-466-7300

Intakes continue to be occurring on Thursdays between 9-4 via telephone.

KIDS HELP PHONE

Online/Phone counsellors who are non-judgmental and available to talk 24/7

1-800-668-6868

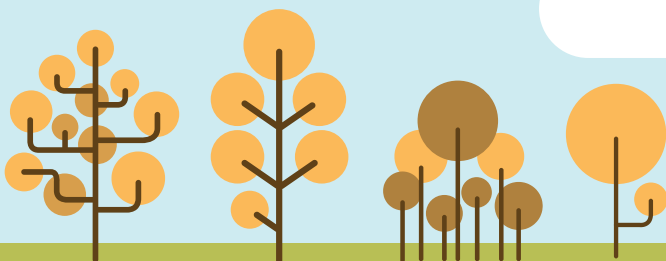
You can also text 686868 to chat with a confidential responder 24/7

START

For 6 to 18 year olds who are experiencing the rapid onset of extreme mental health symptoms

1-844-782-7811

Youth, families and schools can directly access services.



For more resources please see:
<https://tumlah.wixsite.com/schoolcounselling>

IF THIS IS AN
EMERGENCY CALL 9-1-1