

Friday Blast – Wednesday Edition

Maple Ridge Elementary

Wednesday, September 29th, 2021

FRIDAY BLAST – SPECIAL WEDNESDAY EDITION

This week you are reading the “Friday Blast – Wednesday Edition” as classes will not be in session on Thursday, September 30th or Friday, October 1st.

NATIONAL DAY FOR TRUTH AND RECONCILIATION

The Government of Canada recently designated September 30th a statutory holiday named the National Day for Truth and Reconciliation in recognition of the lasting harm residential schools have had on Indigenous communities. We ask students, staff, and families to use this opportunity to reflect on the profound injustice of residential schools and ensure that the intergenerational trauma suffered by First Nations, Métis, and Inuit families is not forgotten.

Today we held an assembly to recognize the residential school experience and honour the healing journey of survivors and their families. To learn more about Orange Shirt Day and the history of residential schools please visit:

<https://www.orangeshirtday.org/>



DAILY HEALTH CHECK

An updated Daily Health Check is attached. Please review it daily prior to sending your child to school. We appreciate everyone’s diligence in keeping our school a healthy and safe learning space.

FAMILY EDUCATION CENTER

The Family Education Center’s Fall 2021 Programs and Services Guide is now available. Please see attached to this edition of the Friday Blast. They offer many interesting and exciting programs for children and families.

HOT LUNCHES

We will be starting up our school hot lunch program this year using munch-a-lunch. The first hot lunch will be Little Caesar’s and it will be taking place on October 15th. Please register for munch-a-lunch so that you can place your orders by visiting:

<https://munchalunch.com/>

SPIRIT WEAR

Please check the portal if you are interested in purchasing Spirit Wear. This year we are selling t-shirts in multiple colours that align with your child's school team. All purchases must be made through the portal.

LOST AND FOUND

The Lost & Found is filling up quickly with jackets, sweaters and other articles of clothing. A friendly reminder to write your child's name on their belongings so that they can be returned to more easily. Please encourage your child to visit the Lost & Found to check if anything belongs to them. Here are a few items currently awaiting their owners:



DRIVE TO FIVE

A friendly reminder to everyone that our school can be a very busy place during morning drop off and after school pick-ups. To reduce traffic and increase student safety please consider parking your vehicle a short distance from the school and walking to pick up your child. Please see the "drive to 5" map below for ideas of where you can park that is only a five-minute walk to our school. We appreciate everyone driving slowly in our school zone and being mindful of children and families in the cross walk.



MESSAGES FROM OUR PAC

The PAC would like to extend a warm thank you to parents who have already made an effort in helping to get PAC activities started we are looking forward to a successful year. A reminder that if anyone is interested in volunteering for our hot lunch program to please email our pac.mre@gmail.ca

Did you know that when you make a purchase at the Maple Ridge Liquor Store and mention MRE, they will make a 5% donation to our school.

We are once again collecting Save-On-Foods receipts. Students can use the drop-off box near the office.

PURDYS

Grade 7s will be raising funds for their yearend leaving activities through Purdy's Chocolates Sales. Online orders for Maple Ridge Elementary can be found through this link: <https://fundraising.purdys.com/1364945-86000> Order through: Market place or Online Orders once you have created your account. To view the digital catalogue please click: https://fundraising.purdys.com/gnfassets/resources/web/fundraising/2021_Christmas_Fundraising_Catalogue_Digital.pdf

The deadline for orders is November 30th and the pick-up date will be December 15th. If you have questions, you can email them to: nekoalne@hotmail.com

THE WEEK AT A GLANCE

Thursday, September 30

National Day For Truth And Reconciliation
(classes not in session)

Friday, October 1

Pro-D Day (classes not in session)

Monday, October 4

Tuesday, October 5
World Teacher's Day

Wednesday, October 6

Thursday, October 7

Friday, October 8



DAILY HEALTH CHECK

KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C)	If yes to 1 or more of these symptoms: Stay home. Contact a health care provider or call 8-1-1 about your symptoms and next steps.
Chills	
Cough	
Difficulty breathing	
Loss of sense of smell or taste	
OTHER SYMPTOMS	WHAT TO DO
Sore throat	If yes to 1 symptom: Stay home until you feel better.
Loss of appetite	
Headache	If yes to 2 or more of these symptoms: Stay home for 24 hours. If symptoms don't get better or get worse, contact a health care provider or call 8-1-1 about your symptoms and next steps.
Body aches	
Extreme fatigue or tiredness	
Nausea or vomiting	
Diarrhea	
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	If yes: Fully vaccinated students, staff and other adults who have travelled outside of Canada may qualify for the fully vaccinated traveller exemption . Students, staff and other adults who are not fully vaccinated and have travelled outside of Canada CANNOT attend school for 14 days after arrival , as part of federal requirements .
CLOSE CONTACT	WHAT TO DO
Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19?	If yes: Follow the instructions provided by Public Health.

You can also check your symptoms with the [K-12 Health Check](#) or the [BC Self-Assessment Tool](#).

Call 8-1-1 with any questions about symptoms of illness. If you have severe symptoms, like difficulty breathing (struggling to breathe or you can only speak single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.

Visit the [BC Centre for Disease Control website](#) for more information on COVID-19.

UNDER THE TREE CHILD CARE CENTRE PHOTO GALLERY



Fall 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.

CONFLICT RESOLUTION AND ANGER PROGRAMS

MEN'S ANGER MANAGEMENT

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

Date: **Sept 19th-Oct 31st (Sun)**

***No class Oct. 10th**

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: **Oct 16th, 17th, 23rd, 30th (Sat)**

Time: **9am - 2pm**

Cost: **\$90**

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: **Nov 12th (Fri) 6-9pm**

Nov 13th (Sat) 10am-1pm

Pt. 2

Date: **Nov 19th (Fri) 6-9pm**

Nov 20th (Sat) 10am-1pm

Cost: **\$90/per part**

price for two participants



CARING DADS

Helping fathers working to repair their relationships with their families. To register please contact Christina at pep@familyed.ca

Date: **Sept 22nd**

Time: **630pm-830pm**

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. To register please contact Sheena at capc@familyed.ca



Date: **TBD**
Time: **TBD**
Cost: **FREE**



UNITED WAY - SCHOOL'S OUT PROGRAM

Culture Sharing and Experience

Providing participants with the opportunity to develop natural curiosity and desire to learn, this theme begins with a look into what it means to be Canadian and is then followed by Indigenous themed content, created in collaboration with our local indigenous communities. From there all children attending will have to opportunity to discover 5 more cultures. Each week will feature a different culture and provide the opportunity for structured group activities that promote active participation and exploring. The participants taste traditional foods of each culture, and engage in an experiential activity that provides opportunity for them to explore, and discover more about each culture. We will do a different country or culture each week where the kids will get a snack, activity and short video on that country/ culture.

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

Davie Jones Elementary
Date: **Oct 26th- Dec 14th (Tues)**

TBD
Date: **Oct 27th- Dec 15th (Wed)**



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 single 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**

GREAT DADS

Supporting Dads of children aged 0-6. Weekly phone support and weekly virtual group meetups. Great Dads will be hosting once a month meet ups for father's of children 0-6 and their families on the last Thursday evening of each month from 5:30-7:30pm. Meet up locations will be available to all participants registered for the program- email Christina Shearme.

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

CHILDRENS PROGRAMMING IS PROVIDED BY:

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 or 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 antiracism@familyed.ca



Funded by:

Financé par :



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

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?



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: **Sept 21st- Nov 16th (Tues)**

Time: **5:30-7:30**

Cost: **FREE**

STEP - E

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

Date **Nov 2- Nov 26 (Tues/Fri)**

Time: **1-3pm**

Cost: **FREE**

SELF CARE: 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: **Oct 6th - Nov 24th (Wed)**

Time: **9:30-11:30**

Cost: **FREE**

