

MAPLE RIDGE ELEMENTARY  
20820 River Road, Maple Ridge, BC V2X 1Z7  
Phone 604.467.5551 / Fax 604.467.9825  
<http://schools.sd42.ca/mre>



Principal: Barbara MacKinnon  
[Barbara\\_Mackinnon@sd42.ca](mailto:Barbara_Mackinnon@sd42.ca)  
Vice Principal: Chelsea Lendvoy  
[Chelsea\\_Lendvoy@sd42.ca](mailto:Chelsea_Lendvoy@sd42.ca)



## Newsletter #6 February 2022

February is a month when we give extra attention to friendship and kindness. We acknowledge Valentine's Day, Pink Shirt Day, Family Day and

Random Acts of Kindness Day. We are so proud and grateful to see kindness, compassion and respect displayed every day at MRE.

Wishing you happiness and health,

Barbara MacKinnon  
Principal

Chelsea Lendvoy  
Vice Principal

*Here's a riddle for you:*



*Q. Why did the pie go to the dentist?  
A. To get a filling*

## Staffing Updates

We welcome Ms. Kendra Richardson who is working as a teaching partner in Mme Alliette's class on Wednesdays. She has already made strong connections with the students.

We also look forward to meeting Ms. Peggi Whidden who will be doing her SFU teaching practicum in Ms. Pajak's class until the beginning of April.

## Safety for Valentine's Day

Valentine's Day is Monday, February 14th. Many classrooms will be celebrating by exchanging cards and having small class celebrations. Unlike last year, there's no restriction on the type of card that can be sent.



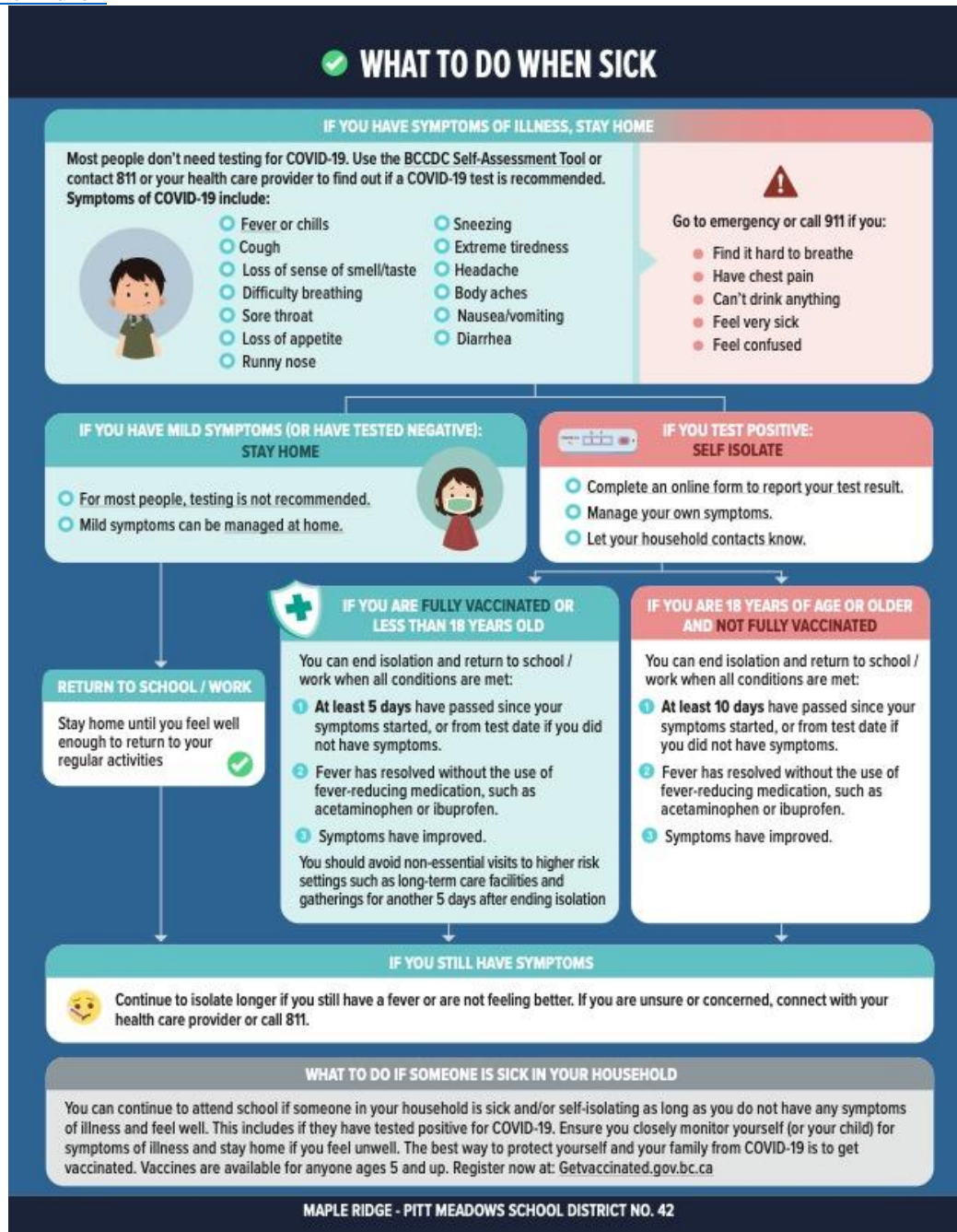
If you plan on sending treats or snacks, they must be commercially prepared, individually packaged items. Teachers will distribute these for students. Sorry, homemade baked goods or treats are not accepted at this time.

## COVID UPDATES

### What do to when sick and guidelines on international travel

Thank you for your continued care with monitoring your child's health and following COVID guidelines.

The BC Centre for Disease Control has updated its guidance on when to get a COVID-19 test and when to self-isolate. See the [What to do when sick](#) flowchart for a summary of this guidance. Families must also continue to follow federal requirements when returning from international travel: <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada#children>



## MRE PAC News



Check us out on Facebook – search  
Maple Ridge Elementary PAC



The Maple Ridge Elementary PAC welcomes and encourages our MRE community to join our FB page for all updated information, upcoming events, and news. We love to hear from all families. If you have any questions, please email our executives at [pac.mre@gmail.com](mailto:pac.mre@gmail.com). You can find minutes from the meetings under the parent tab on the school's website at: <https://elementary.sd42.ca/mapleridge/> Once a week, there is information in the Friday Blast about current PAC activities.

We'd like to send a big thank you to our emergency preparedness team for the hard work that has been put into ordering and updating our emergency backpacks for all classrooms this year.

We are working closely with MRE staff to ensure all safety measures are in place to continue the hot lunch program and we appreciate all the positive support regarding our hot lunches.

Upcoming: All families are invited to join us over zoom for a night full of information from our guest speaker regarding how we can support gender inclusivity in our schools, homes and community. Please watch for dates and zoom links that will be available to you.

### New Fundraiser – Purdy's Chocolate

We're excited to launch our spring Purdy's fundraiser!

Please email [mcmasterleanne@gmail.com](mailto:mcmasterleanne@gmail.com) for any questions.

The MRE Purdy's link is open now for ordering.

<https://fundraising.purdys.com/1498765-93044>

### Upcoming Meetings

The next PAC meeting is on Monday, February 14th on Zoom, at 7:00 p.m. All parents are welcome. Please use the following link –

<https://us02web.zoom.us/j/81723678481?pwd=SS9rK0dFYVJrUm1SZ3pRSFNFWXQ2dz09>

Meeting ID: 817 2367 8481

Passcode: 499270



## No School

**Monday, February 21 – Family Day – school is not in session**

**Tuesday, February 22 – Professional Day – students do not attend**

## Pink Shirt Day - February 23rd



The idea for Pink Shirt Day originated in Nova Scotia in 2007. Two students took a stand against the bullying experienced by a boy who chose to wear a pink shirt.

One of our school slogans is, “MRE, where kindness and respect matter every day.” On pink shirt day, this takes on special significance. Students are encouraged to wear pink on Feb. 23. Our virtual assembly in the morning will be centered around the

theme of kindness.

## Student Inclusive Conferences – Term Two Reports

Information about scheduling student inclusive conferences will be sent by classroom teachers later in February. This is a chance for students, parents, and teachers to discuss student growth, celebrate accomplishments and set goals.

As with last term, conferences will take place on Zoom. Dates are:

March 3<sup>rd</sup> — early dismissal at 11:30 a.m.

March 4<sup>th</sup> — no school for students



*Parents, Student, & Teacher  
Conferences*

## Just in Case – Inclement Weather Policy

The decision to close schools due to accumulating snowfall is ultimately the responsibility of the superintendent, who must balance the safety of students, staff, and parents with the need to provide learning. The decision is not taken lightly and is the result of a carefully thought-out process that is reviewed after each experience and refined if necessary.

The decision to close schools is made by 6:30 a.m. Details are:

- posted on the SD42 Twitter feed (@sd42news)
- posted on the SD42 Facebook feed (SD42Facebook)
- shared with News 1130, CKNW, and CBC 690 radio stations
- posted on the SD42 Website (www.sd42.ca)



## Active Travel to School

The concept of “Active Transportation,” is gaining prominence and we see many people leaving their cars at home. Please have a look at the information below from public health:

<http://www.vch.ca/public-health/children-youth-schools/schol-health/active-travel-to-school>

Active kids are healthy kids. Children who are more physically active are happier, have better academic achievement, have fewer depression and anxiety related symptoms, sleep better, and have better overall health. Active travel (walking, biking, etc.) is a great way for kids to be physically active. Using active modes of travel to and from school and other destinations in the community has a host of benefits for kids' well-being and development. It also has effects that benefit the broader community such as more socially cohesive neighbourhoods, safer streets,

and cleaner air.

How much physical activity do children need?

The Canadian 24-hour movement guidelines recommend that children and youth aged 5-17 get at least 60 minutes of moderate to vigorous physical activity and several hours of a variety of structured and unstructured light physical activity per day.

**ACTIVE KIDS ARE HEALTHY KIDS**  
Choose active travel to and from school.

**Introduce active travel into your routine.**  
Even one day per week can help.

**WALK, BIKE, AND ROLL**  
Get your kids to walk, bike, skateboard, or take public transit to and from school. They'll get some fresh air, exercise, and a feeling of independence.

**DRIVE TO 5**  
Try parking just a few blocks away (5 minutes) and walk with your kids. You'll free up space in the school zone, get some fresh air, and have a chance to hear about your child's day.

**THE CANADIAN 24 HOUR MOVEMENT GUIDELINES**  
recommends for ages 5-17

- SWEAT 60 minutes daily
- STEP 1-2 hours daily
- SLEEP 9-11 hours daily
- SIT/SCREEN less than 2 hours daily

Find out more: [cscapguidelines.ca](http://cscapguidelines.ca)

**WALKING SCHOOL BUS**  
Organize your own Walking School Bus program which allows children to walk to school together accompanied by adult volunteers.

**BIG BENEFITS**

- HEALTH**
  - Good for Heart & Bones
  - Increased Alertness & Attention
  - Improved School Performance
  - Better Sleep
  - Less Anxiety & Depression
- COMMUNITY**
  - Fostered Friendships
  - Increased Sense of Belonging
  - Better Understanding of the Local Area
- SAFETY**
  - Reduced Traffic Volume Around Schools
  - Lower Risk of Collision & Injury
- AIR QUALITY**
  - Reduced Vehicle Emissions
  - Improved Air Quality
  - Lower Risk of Lung & Cardiovascular Diseases

**CROSS SMART**  
Always cross at designated crosswalks and follow pedestrian signs and traffic signals.  
Watch for drivers turning left or right through the crosswalk.

For more tips and resources visit the schools tab at: [translink.ca/travelsmart](http://translink.ca/travelsmart)

Supported by:

- Vancouver Coastal Health
- fraserhealth
- ICBC
- BCAA
- TRANS LINK



## Moving?

If you are moving before the next school year, please visit the school district website <https://www.sd42.ca/> for registration and transfer deadlines.  
<https://www.sd42.ca/student-registration/>

## Attendance and Late Arrivals



### Attendance

For safety reasons, it is very important for us to know if your child will be away from school. Please, contact the office by using the portal, calling 604 467-5551 or by emailing: [mre\\_reception@sd42.ca](mailto:mre_reception@sd42.ca) to let us know if your child(ren) will be absent or late.

It is important for students to be on time. As part of safety protocols, school doors will be kept locked. If students do arrive a few minutes late, they knock and enter through their outside classroom door. If they are in a class with no outside door, they will go to the main entrance where staff will let them in.

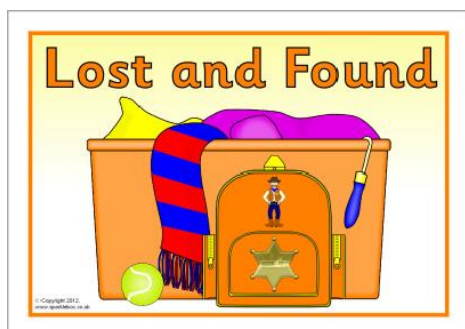
## Westcoast Recess and Lunch – Dress for the Weather

We've certainly had a variety of weather in the past months! A reminder that MRE students play outside when it is cold, rainy, or even snowy. Only on rare occasions will we keep students inside. We would ask that you send your child/ren to school dressed for the weather (boots, coats, mitts, umbrella, etc.). If your child tends to get wet playing on the slides or in the field, **please send an extra set of clothing.**



## Lost and Found

Please remind your child to take a moment to check the rack near the office.



If we find names on items, we deliver them back to the child (hint, hint).

Unclaimed items will be donated to local charities before the spring break.

## District Information

### Kindergarten Registration

You can download the full kindergarten brochure here:

<https://www.sd42.ca/assets/media/202223-Kindergarten-Registration-Brochure-web.pdf>

Kindergarten registration for the 2022/2023 school year is open to children who are 5 years old



on or before December 31, 2022. Visit the district website for detailed information on the five phases (sibling registration, choice registration, general registration, late registration, open registration) and other important information: <http://www.sd42.ca/kindergarten-registration/>

### General Grade 8 Registration

Opens at 12:00 noon on the parent portal on February 3 and closes at 11:59 pm on February 18. Parents are notified of student placement prior to Spring Break. More information about registration and transfers can be found at <https://www.sd42.ca/assets/media/Grade-8-Registration-Info-2022-23.pdf>

### MRE is proud to offer both English and French Immersion Programs!





Immersion is the most effective method known for teaching a second language. Students master French in the same way that they learned English. Studies have shown that it is easier and more natural for a child to learn another language at a very early age. The aim of early French immersion is functional bilingualism. The process is so natural because French is used as the language of instruction and as a means of communication. It is also worth noting that learning subjects in French does not interfere with English language development as children spend the vast majority of time communicating in English with family and friends.

Please contact Barbara MacKinnon, Principal at MRE [bmackinnon@sd42.ca](mailto:bmackinnon@sd42.ca) if you have any questions about our program.

# February

Maple Ridge Elementary

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 General Kindergarten Registration Opens Global Play Day	3 General Grade 8 Registration Opens  Hot Lunch Day from "Fuel"	4	5
6	7 Grade 7 Leaving Planning Meeting 6:00 on Zoom	8 Fruit and Veggie Delivery - Kiwis	9	10	11	12
13	14 Valentine's Day PAC mtg 7:00 	15 Reading Blast 10:00 a.m.	16	17 Random Acts of Kindness Day	18 Twin Day 	19
20	21  Family Day-School not in session	22 Pro D Day –  School not in session	23 Pink Shirt Day Assembly 9:00 a.m. Late  Kindergarten Registration Opens	24	25	26
27	28					





**RMMBHA**  
RIDGE MEADOWS MINOR BALL HOCKEY ASSOCIATION

**REGISTRATION NOW OPEN!**  
BALL HOCKEY 2022 SEASON FOR ALL DIVISIONS

MAPLE RIDGE - PITT MEADOWS - MISSION **RMMBHA.COM**

The banner features a background image of hockey players in red jerseys. Below the main text, there are three smaller inset photos: on the left, four girls in red jerseys posing; in the center, a group of young players on an ice rink; and on the right, players in action during a game.

## SPCA Information and Programs for Youth

**Check out:** <https://spca.bc.ca/programs-services/for-kids-teens/>

Here, kids and parents will be able to find information on the BC SPCA's programs for youth, including the **Kids Club**, SPCA **school clubs**, virtual and in-person **workshops** and our popular **summer camps**. What's more, families can get access to a library of **Learn at Home** activities specially designed by the Humane Education team to teach kids about animals and important animal welfare issues.







# What to Say to Kids (and Teens) When Nothing Seems to Work

## Connect and Learn with Us

AN ONLINE EVENT FOR FAMILIES AND CAREGIVERS

### What to Say to Kids (and Teens) When Nothing Seems to Work

Dr. Ashley Miller will share quick and effective strategies to help your child and you weather difficult moments in a way that strengthens resilience and relationships.

Dr. Ashley Miller is a Child and Adolescent Psychiatrist, Family Therapist and Clinical Associate Professor of Psychiatry at the University of British Columbia. She loves working with children, teens and families daily, helping them to reconnect to their own strengths and to each other. She is also the co-author with Dr. Adele Lafrance of *What to Say to Kids When Nothing Seems to Work: A Practical Guide for Parents and Caregivers*.



Dr. Ashley Miller

**Date:** Wednesday, Feb 23rd

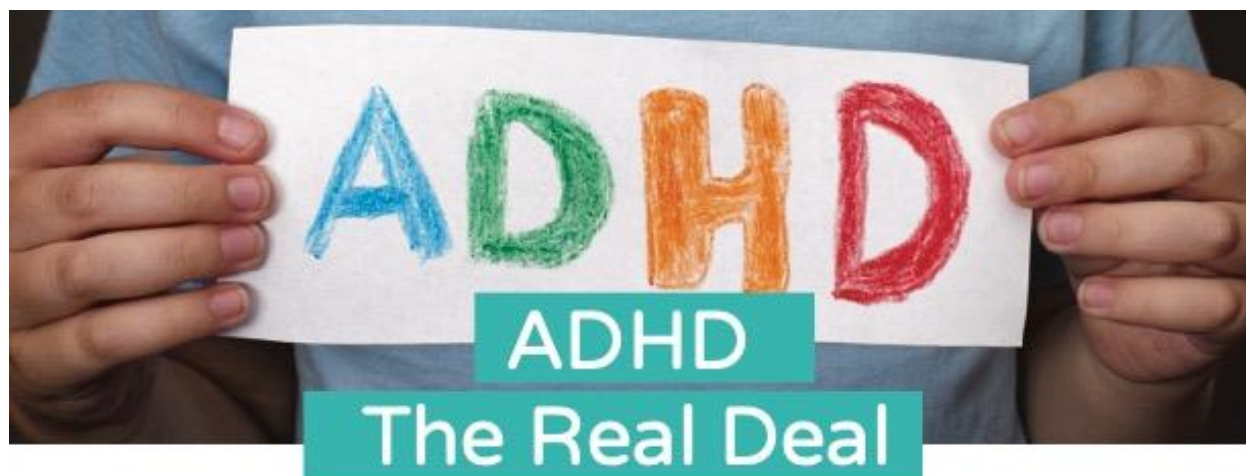
**Time:** 6pm - 8pm (1 hour Presentation and 1 hour Q & A)

**Cost:** Free

**Required Registration:** [familysmart.ca/events](https://familysmart.ca/events)







## Connect and Learn with Us

AN ONLINE EVENT FOR FAMILIES AND CAREGIVERS

### ADHD - The Real Deal

Dr. Duncan will dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does. Plenty of time will be reserved for questions to ensure the information is understood and relevant to those attending.

Dr. Don Duncan is a Child and Adolescent Psychiatrist in Kelowna, BC where he serves as Clinical Director of the BC Interior ADHD Clinic and operates an assessment clinic for students at the University of British Columbia. Dr. Duncan holds an appointment as Assistant Clinical Professor with the Department of Psychiatry, University of British Columbia and has been honoured by appointments to the Board of Examiners for Psychiatry (Royal College of Physicians and Surgeons of Canada), the Board of Directors for the Canadian Academy of Child and Adolescent Psychiatry (CACAP), and the Board of Directors for the Canadian ADD/ADHD Resource Alliance (CADDRA).



Dr. Don Duncan

**Date: Wednesday, Feb 16th**

**Time: 6pm - 8pm** (1 hour Presentation and 1 hour Q & A)

**Cost: Free**

**Required Registration: [familysmart.ca/events](https://familysmart.ca/events)**





It's really tough to be going through hard stuff with a child or youth who is struggling with their mental health and they end up in crisis – and we want to help you. We know what it's like because we've been there.

## TOPICS

### Session 1 & 2:

How to support a safety plan at home

Region: **Fraser**

Dates: Jan. 31 & Feb. 2, 7, 9

Times: 12:00 pm - 1:00 pm

Dates: Mar. 1, 2, 7, 9

Times: 12:00 pm - 1:00 pm

### Session 3:

How to take care of yourself and family after a crisis

Dates: Feb. 1, 3, 8, 10

Times: 7:00 pm - 8:00 pm

Dates: Mar. 1, 3, 8, 10

Times: 7:00 pm - 8:00 pm

### Session 4:

How to find the resources you need

There is no cost to families. Registration is required:  
[www.familysmart.ca/workshops](http://www.familysmart.ca/workshops)

Help for the Hard Times workshops are facilitated by parents with lived experience. The workshops are hosted online and include a one-on-one video conference or phone call with a Facilitator.

