

MAPLE RIDGE ELEMENTARY  
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## Newsletter #7 March 2022

Dear MRE Families,

Grow what matters  
One step  
At a time.  
Little by little, your  
Steps will add up.

We are nearly at the end of the second term and Student Inclusive Conferences are happening at the end of the week. There's still time to set up an appointment – contact your child's teacher <https://elementary.sd42.ca/mapleridge/staff/> or the office if you need help with this. As in the previous term, conferences will be held on Zoom. We hope that you find the process to be collaborative, informative, and rewarding for you and your child. Consider keeping the reporting goals in a prominent place and check in on the progress your child makes.

A focus in the last weeks has been on kindness, with Pink Shirt Day as just one of many events. Students worked together with the PAC to send two enormous posters and carnations to residents at Hollywood Manor and the Maple Ridge Seniors' Centre. Mrs. Tsia's and Mrs. Ritchie's classes organized a huge kindness party with dancing, games, and art stations. You may have noticed the large banner on the fence where Mme Alliette and Mme Abby's classes set out artwork and bracelets to give away. Kindness and friendship messages are posted throughout the school. Our school-wide assembly focussed on how everyday acts of kindness can make a big difference!



At the end  
will find

of this newsletter,  
information about



you

parent sessions that may be of interest to you. One is about ADHD and the other is about creating a safe space for ongoing conversations with the young people in your life. There is also a flyer with information about the Vancouver Children's Festival.

As this will be our last newsletter before Spring Break, we want to take this opportunity to wish everyone a very relaxing and enjoyable break with family and friends.

Yours sincerely,

Barbara MacKinnon  
Principal

Chelsea Lendvoy  
Vice Principal

## Playground

Did you know that March marks the one-year anniversary of our new playground? We are grateful every day for the fun it provides. Thanks, once again, for the dedicated fundraising efforts by the PAC.



## Lost and Found



Kudos everyone! The number of items in the Lost and Found has remained relatively small. Why? Students are remembering to look for their clothing and there are names in many of the items that show up on the rack. We love returning them to the rightful owners!!! The Friday Blast has photos of the lost and found each week – please take a moment to have a look. The rack will be rolled outside to the front of the school each morning until Spring Break. Remaining items will be donated to a local charity on March 11<sup>th</sup>.

## COVID UPDATES

### International Travel Requirements

On February 15, the Government of Canada announced a series of changes to border measures as part of a transition towards a more sustainable framework for long-term management of COVID-19.

Families continue to need to follow federal requirements when returning from international travel: <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada#children>

### Of note to Elementary Aged Students

- Children under 12 years old who are not fully vaccinated and returning to Canada following international travel with parents and other eligible adults who qualify as fully vaccinated continue to be exempt from quarantine and are no longer required to wait 14 days before attending school, camp, or daycare.
- Travellers 12 and over who do not qualify as fully vaccinated will continue to be required to quarantine for 14 days.
- Effective February 28, the Government of Canada is expected to remove its recommendation that Canadians avoid non-essential travel to all destinations. However, they continue to encourage travellers to understand the risks that are still associated with international travel, and to take necessary precautions.

## What do to when sick

See the flow-chart below

## ✓ WHAT TO DO WHEN SICK

### IF YOU HAVE SYMPTOMS OF ILLNESS, STAY HOME

Most people don't need testing for COVID-19. Use the BCCDC Self-Assessment Tool or contact 811 or your health care provider to find out if a COVID-19 test is recommended. Symptoms of COVID-19 include:



- Fever or chills
- Cough
- Loss of sense of smell/taste
- Difficulty breathing
- Sore throat
- Loss of appetite
- Runny nose
- Sneezing
- Extreme tiredness
- Headache
- Body aches
- Nausea/vomiting
- Diarrhea



Go to emergency or call 911 if you:

- Find it hard to breathe
- Have chest pain
- Can't drink anything
- Feel very sick
- Feel confused

### IF YOU HAVE MILD SYMPTOMS (OR HAVE TESTED NEGATIVE): STAY HOME

- For most people, testing is not recommended.
- Mild symptoms can be managed at home.



### IF YOU TEST POSITIVE: SELF ISOLATE

- Complete an online form to report your test result.
- Manage your own symptoms.
- Let your household contacts know.

### RETURN TO SCHOOL / WORK

Stay home until you feel well enough to return to your regular activities



### IF YOU ARE FULLY VACCINATED OR LESS THAN 18 YEARS OLD

You can end isolation and return to school / work when all conditions are met:

- 1 At least 5 days have passed since your symptoms started, or from test date if you did not have symptoms.
- 2 Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
- 3 Symptoms have improved.

You should avoid non-essential visits to higher risk settings such as long-term care facilities and gatherings for another 5 days after ending isolation

### IF YOU ARE 18 YEARS OF AGE OR OLDER AND NOT FULLY VACCINATED

You can end isolation and return to school / work when all conditions are met:

- 1 At least 10 days have passed since your symptoms started, or from test date if you did not have symptoms.
- 2 Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
- 3 Symptoms have improved.

### IF YOU STILL HAVE SYMPTOMS



Continue to isolate longer if you still have a fever or are not feeling better. If you are unsure or concerned, connect with your health care provider or call 811.

### WHAT TO DO IF SOMEONE IS SICK IN YOUR HOUSEHOLD

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19. Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you feel unwell. The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at: [Getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca)



## Moving?

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

## District Information

### Kindergarten Registration

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/>



Please note that spaces are filling quickly.

### 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.

### Book Fair – April 4-6

The PAC is sponsoring the second Book Fair of the school year. Shopping will be open from April 4 to 6<sup>th</sup> and proceeds go to the school library. More information will follow.

## Purdy's Chocolate

The spring Purdy's fundraiser is underway!

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

The MRE Purdy's link for ordering is:

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



## Upcoming Meetings

The next **regular PAC meeting** is on Monday, March 7<sup>th</sup>, 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

On March 9<sup>th</sup>, there is a special **Constitution and Bylaws Meeting**, again at 7:00 p.m. The Zoom link is also:

Meeting ID: 817 2367 8481

Passcode: 499270



## Mark your calendar

Thursday, March 3, **early dismissal at 11:30 a.m.**

Friday, March 4, **no school for students**

## Student Inclusive Conferences – Term Two Reports

Information about scheduling student inclusive conferences has been sent by classroom teachers. 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.



*Parents, Student, & Teacher  
Conferences*

## PARKING and DRIVE TO FIVE

We know that mornings are a busy time and finding parking at the school can be challenging.

We ask that you **do not pull into the staff parking lots for drop-off or pick-up**. You may have noticed last week that the chain has been up on the West side parking lot. When cars pull in and out of the staff lot, it creates an unsafe situation for students and their families who are

walking nearby. Recently, there have been several reports of near misses and we take this very seriously.

We recommend arriving at school early to find street parking, or parking on a nearby side street and walking together. You can use the drive-thru lane for a quick drop off if needed, but drivers must remain in their vehicles.

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 some exercise and fresh air.



## FAMILY EDUCATION CENTER

Have a look at the many workshops that are offered by the Family Development Center. Posters are included at the end of this newsletter.

## Communication

As we continue to reduce handling of materials and the consumption of paper, most school-based publications, including the *Friday Blast* and this monthly newsletter will be sent home via the parent portal. Pertinent information will be updated on our school website: <http://mre.sd42.ca>. You can check the website at <https://www.sd42.ca> for district information.

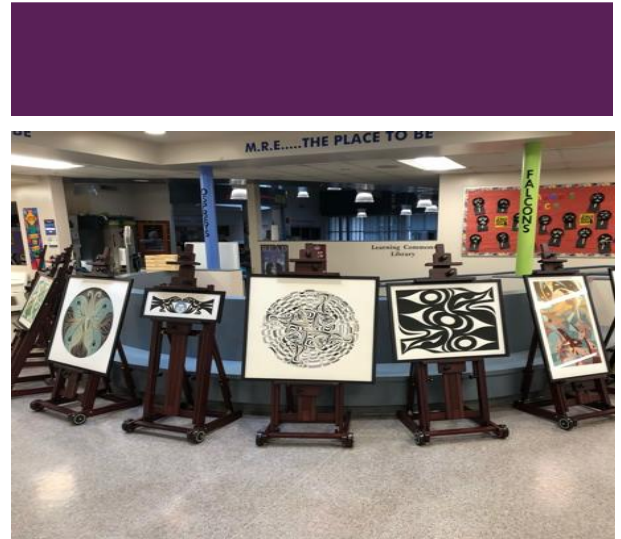
We also have a school-based Facebook page called Maple Ridge Elementary SD 42. Teachers will be using a variety of methods for their class level communications.

### Have you thought about a career with our school district?

To see the opportunities we have available, visit us at <http://www.sd42.ca/careers/>

MRE is currently in need of a Lunch Hour Supervisor for Mondays to Fridays from 11:45 a.m. – 12:45 p.m.

# March 2022



Coast Salish Artwork Exhibit

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Feb 28	1	2	3	4	5
	Domino's "MRE Special" pizza week begins	Fruit and Veggies Anjou Pears		Early dismissal at 11:30 Student Inclusive Conferences	Student Inclusive Conferences <b>Classes not in session</b>	
6	7	8	9	10	11	12
	PAC meeting 7:00		PAC C&B meeting 7:00		Green Day Report Cards Home	
13	14	15	16	17	18	19
Enjoy Your <b>SPRING BREAK</b>	Spring Break Week One					
20	21	22	23	24	25	26
<b>BONNES VACANCES</b>	Spring Break Week Two					
27	28	29	30	31		
	School resumes					





**EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.**

## **ADHD – The Real Deal**

Join us in watching a video presentation by Dr. Duncan, who 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.

Come together with other families for a facilitated discussion by Parent Peer Support Workers.

### **Dates (BC Time):**

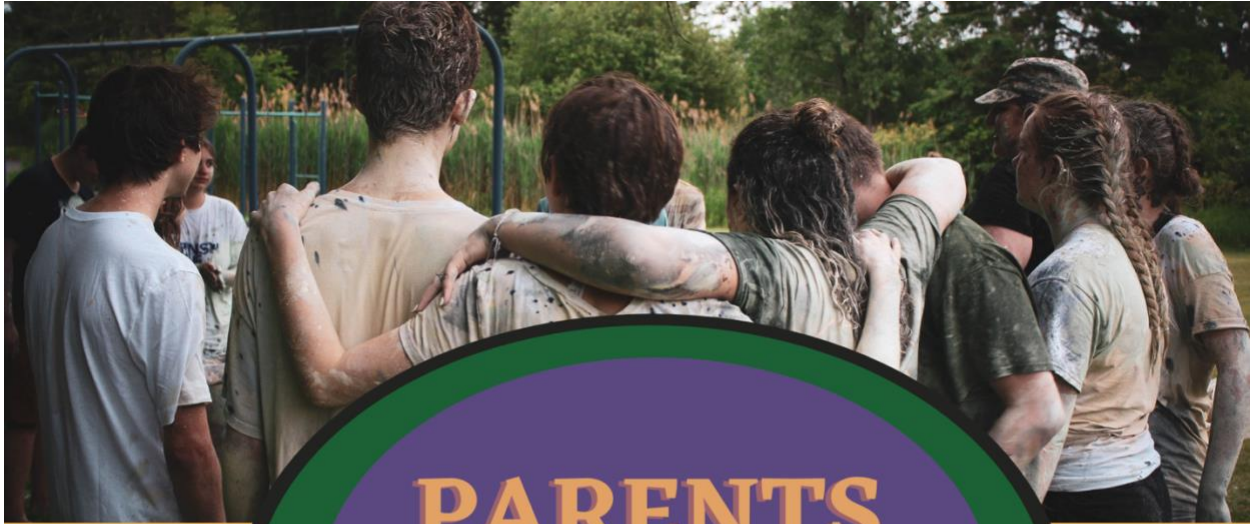
March 10, 2021 at 6:30pm »  
March 16, 2021 at 5:00pm ?  
March 24, 2021 at 12:00pm ?  
March 28, 2021 at 6:30pm ?  
March 29, 2021 at 5:00pm ?

Cost: Free of Charge

Registration Required: [www.familysmart.ca/events](http://www.familysmart.ca/events) ?

[familysmart.ca](http://familysmart.ca)





# PARENTS NIGHT OUT



SCAN ME

**MARCH 29, 2022  
7:00 PM**

**TICKETS AVAILABLE ON  
EVENTBRITE**

[HTTPS://SDS\\_PNO.EVENTBRITE.CA](https://SDS_PNO.EVENTBRITE.CA)

**You do not need to have all the answers to start a conversation. Join us for a short video and panel discussion about listening and creating a safe space for ongoing conversations with the young people in your life.**



## Weekly School Schedule

	Tues May 31	Wed June 1	Thurs June 2	Fri June 3	Sun June 12
	JOURNÉE FRANCOFUN				
	ONLINE SCHEDULE				
9:30	Anansi the Spider Re-Spun Spirit and Tradition Project Element The Girl Who Forgot to Sing Badly Available from Tuesday, May 31st at 9:30am until Sunday, June 12th at 8pm				
	IN-PERSON SHOWS				
10:30	Won'Ma Africa Crisis on Planet Z! Spirit and Tradition	The Cat Came Back Africa Oyé Spirit and Tradition	Won'Ma Africa Africa Oyé Spirit and Tradition A Story of a House	Won'Ma Africa Africa Oyé (BI) Living With A Story of a House	
12:30	The Cat Came Back Crisis on Planet Z! Spirit and Tradition	Won'Ma Africa Crisis on Planet Z! Spirit and Tradition	Won'Ma Africa Africa Oyé Living With A Story of a House One of a Kind	The Cat Came Back Crisis on Planet Z! Spirit and Tradition A Story of a House One of a Kind	

*Spectacles en français (Shows in French) (BI) Spectacles bilingues (Shows in both French and English)*

## School tickets NOW ON SALE Book your class today!

### In-person

- \$11 + GST for one show day pass
- \$20 + GST for two show day pass
- Early Bird School Prices increase to \$12 and \$22 + GST after April 14
- Get one free ticket for every 20 tickets purchased
- Festival passes include access to all site activities

### Online

- \$120 + GST per class, per show
- Includes access to 2 Online Arts Workshops.
- Receive unlimited streaming from the comfort of your classroom (until June 12, 2022)

Please note, a \$10 per order handling fee + GST will be added to all school ticket orders

## BUY TICKETS

Online [ChildrensFestival.ca](https://ChildrensFestival.ca) ★ By phone 604.708.5655 ★ Email [boxoffice@ChildrensFestival.ca](mailto:boxoffice@ChildrensFestival.ca)

Our School Services team will help you select the right shows for your class and can help to arrange school bus service for your field trip. Contact us today!



VANCOUVER  
INTERNATIONAL

CHILDREN'S

FESTIVAL  
[ChildrensFestival.ca](https://ChildrensFestival.ca)

MAY 31 - JUNE 12, 2022 | ONLINE  
MAY 31 - JUNE 5, 2022 | IN-PERSON  
On Granville Island, Vancouver

SCHOOL TICKETS ON SALE NOW

