

# Friday Blast

## Maple Ridge Elementary

Friday, April 22<sup>nd</sup>, 2022

### CROSS COUNTRY RACES

Does your child like to run long distances?

Permission forms for the District Cross Country Race are now available on the parent portal.

The *primary* race (grades K-3) is 1 km and, will be held on Tuesday, May 17<sup>th</sup> at the Albion Sports Complex. K students will race with the grade ones.

The *intermediate* race (grades 4-7) is 2 km, and will be held on Monday, May 9<sup>th</sup> at Alouette Lake. To keep the race enjoyable for your child, they should be able to run 2-3 laps of our entire school field (or ten minutes) without stopping.

Students who are participating in the races are invited to attend practices before school, from 8:00-8:25 a.m., on the back field on Tuesdays and Thursdays from now until May 5<sup>th</sup>.

Parents/guardians are responsible for arranging transportation for their child(ren) to Alouette Lake or to the Albion Sports Complex. If you choose to carpool with other families or children, please keep in mind the following district recommendations:

Spread out vehicle occupants as much as possible.

- Travel with the same people whenever possible.
- Set the vehicle's ventilation to bring in fresh outside air, and do not recirculate the air.
- Open windows when the weather allows.
- Clean hands before and after trips.
- Clean frequently touched surfaces regularly

For personal carpooling, as per public health recommendations, all people are encouraged to wear masks while carpooling (masks are not suggested if carpooling with members of the same household).

### PARTY FOR THE PLANET

Today is Earth Day and we celebrated at school by having a party for the planet! Students held an outdoors dance party complete with rock painting, ultimate rock, paper, scissors, sidewalk chalk and hand painting.

We also had an assembly today with the themes of sustainability, patience, energy and perspective. We all must do our part to care for the beautiful planet on which we live.



## **HEALTH AWARENESS**

Having an awareness of one's health reduces the likelihood of a person with a communicable disease coming to school when they are infectious. This includes a person checking regularly they (or their child) are not experiencing symptoms of illness (including but not limited to COVID-19 symptoms) to ensure they are not coming to school when they are sick. In a nutshell, please have students stay home when they are ill, and return when they are able to fully participate in school activities.

## **LEAVING THE COUNTRY?**

Please be aware that if your family travels outside of Canada your child is required to follow federal travel guidance upon their return. Importantly, this includes wearing a well-constructed and well-fitting mask when in public spaces (including schools), both indoors and outdoors, for 14 days following entry into Canada. You can find additional information on the [Government of Canada website](#).



## **MASKS**

The decision to wear a mask beyond when it is recommended by public health is now a personal one, based on individual preference. Some individuals may choose to continue to wear a non-medical mask or face covering throughout the day or for certain activities. A person's choice about wearing a mask or face covering will be supported and treated with respect.

## **STAYING HOME?**

If you know that your child will be absent for one or more days, please contact the school. There are several options for letting us know:

- Email [mre\\_reception@sd42.ca](mailto:mre_reception@sd42.ca)
- Log into the portal and mark your child's absence(s)
- Call reception at 604-467-5551 (voicemail is available after hours)

This information helps us immensely as we must call every unexcused absence each day. If you are emailing your child's teacher directly, please also copy [mre\\_reception@sd42.ca](mailto:mre_reception@sd42.ca) to the email as teachers may not communicate to the office before we begin our morning phone calls.

## **LET'S TALK ABOUT SUBSTANCE ABUSE**

On May 10<sup>th</sup> join local experts for a discussion on how to talk about substance abuse with youth. There will be a light meal served, a presentation and discussion with local experts. For more information or to register please see the attached flyer below or visit: <https://letstalkaboutsubstanceuse.eventbrite.ca>

## UKRAINE FUNDRAISER

Headed by Mrs. Haavisto's class, students organized a campaign to raise money to provide medical attention, clothing and food to children in Ukraine. To date, they have raised just over \$2000!

Parents and friends can continue to use [this link](#) from now until **April 29<sup>th</sup>, 2022**. Together we can make a difference for children in Ukraine whose lives have been profoundly affected. \*Please note that donations of \$20 or more will receive a tax receipt.



<https://savethechildren.akaraisin.com/ui/teamsave?logout=true>

1. Follow the steps to donate
2. Click on "Donate"
3. Click on "Individual" (we are not registered as a team)
4. Search for "Maple Ridge Elem"

## FOOD GUIDELINES SURVEY

The Ministries of Health and Education are requesting feedback on proposed changes to the Guidelines for Food and Beverage Sales in B.C. Schools. Both Health and Education are seeking feedback on the proposed 2022 School Food Guidelines to help them identify challenges schools might face with implementation.

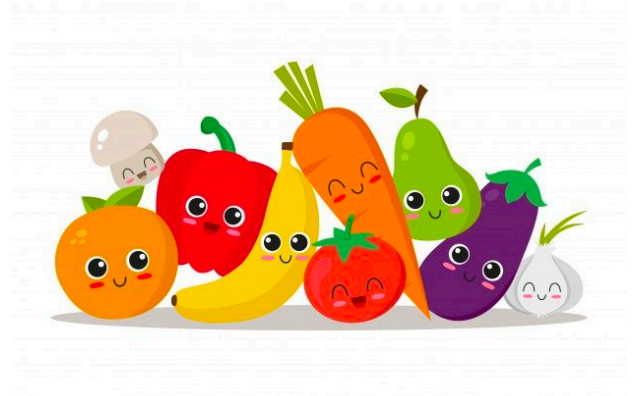
With the release of Canada's food guide in 2019, the Ministry of Health has drafted proposed 2022 Guidelines that reflect current national and provincial nutrition recommendations.

Parents are encouraged to provide feedback AFTER they review of the Proposed 2022 Guidelines: [BC School Food Guidelines Draft](#) AND the K-12 Discussion Paper: [Healthy Schools Discussion Paper](#) outlining the Ministry's rationale for the proposed 2022 Guidelines.

The Survey takes 10min or less and is open until April 30. Please click on the link to access the survey: <https://surveymoh.health.gov.bc.ca/public/survey/bc-school-food-guidelines-feedback-survey>

## NATIONAL CHILD & YOUTH MENTAL HEALTH DAY

May 2<sup>nd</sup> is National Child and Youth Mental Health Day in Canada. Family Smart will be hosting 2 virtual presentations on that week with the theme of connectedness. For more information or to register please see the attached flyer below or visit: [familysmart.ca/events](http://familysmart.ca/events)



## GRADE 7 LEAVING

Grade 7 students and their parents/guardians are invited to a Zoom meeting on Monday, May 2, 2022, at 6 p.m., to discuss this year's Grade Seven Leaving Ceremony. Please use the Zoom link listed below:

<https://sd42.zoom.us/j/654440672463?pwd=RnhSd2VLY2d3MHdaeWcwM2d2Q2hEZz09>

\*\*\* All Grade 7 Families - Please send Mrs. Halfnights ([kelly\\_halfnights@sd42.ca](mailto:kelly_halfnights@sd42.ca)) a baby photo AND a Kindergarten photo which will be included in the year end slide show at the leaving ceremony.

If you are interested in joining the “swag bag” committee, please email Nicole Keough ([nekoalne@hotmail.com](mailto:nekoalne@hotmail.com)). Parents are needed to purchase items and pack the bags.

## SUN SENSE

Our school is participating in the BC Cancer Society's Sun Sense program. Over the course of the next few weeks, our school will be sharing information with students on how to protect themselves in the sun and working together to create an awareness of sun safety.

We will also be sharing in the Friday Blast each week Parent Tips for sun safety. Here's this week's tip:

Skin cancer is the most common type of cancer, despite being highly **preventable!** Start these healthy habits early to protect your child from sunburns and increased risk of skin cancer. Be sure to protect yourself as well and be a strong role model.



**SEEK**

Seek shade or create your own where it is not available.

## UPCOMING DATES

**Monday April 25** ~ Routine Grade 6 immunizations – p.m.

**Monday April 25** ~ Body Science Presentation **Parent Night** with Corinne Underwood

**Friday April 29** ~ House Teams Spirit Day & Deadline to enter Yearbook Cover contest

**Tuesday May 3** ~ Neufeld Farms Order Pick Up 7:30 pm





## LOST AND FOUND

The lost and found is slowly filling up! Please remind your child to check regularly for their lost items. These are some items currently missing their owners. Please consider putting names on things that are easily left behind.



## MESSAGES FROM OUR PAC

Did you know we have a PAC section on our School Website? For information about the PAC, access to PAC meeting minutes and much more, please check our Maple Ridge School District Website by visiting: <https://elementary.sd42.ca/mapleridge/>

Our PAC also has a Facebook group which you can follow. Search for: **Maple Ridge Elementary PAC** on Facebook

**Our next PAC Meeting is Monday, May 9<sup>th</sup> at 7:00 p.m. in the school library. All parents and guardians are welcome. We look forward to seeing you there!**

## Hot Lunch

Yum! Monthly hot lunch will be taking place on May 5 and June 2. To place your order please visit [www.munchalunch.com](http://www.munchalunch.com). Depending on the day, there will be a variety cuisines and foods to choose from, including pizza, chicken nuggets, salads, and sushi.

## Current Fundraisers

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Fundraisers are a great way to support our school.

We have several ongoing fundraisers taking place at Maple Ridge Elementary.

See the list below:

### Save On Foods Receipts

We are once again collecting Save-On-Foods receipts. Students can use the drop-off box near the office. After we have collected a certain number of receipts Save On Foods provides our school with gift cards.

### Maple Ridge Liquor Store

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



140-2250 Fremont St, Port Coquitlam, BC V3B 0M3  
604•463•3654 info@photoexpressions.ca  
www.photoexpressions.ca

## Yearbooks Cover Contest

This year is a little bit different, isn't it? So we are going to do our yearbook cover contest a little differently – completely online, from home!

### How to Create Your Art

Any student can enter. Get out your crayons, pencils or paints and make a winning design! Make sure you do it in full colour.

For your entry to be considered, it must follow these rules:

- ▲ Use a regular 8½x11 sheet of white paper
- ▲ Make your cover vertical (up-and-down, not side-to-side)
- ▲ Include the school name and "2021-2022" in the design
- ▲ Include your first name (no last name)

### How to Submit Your Art

1. Take a phone snap shot, or scan of your artwork
2. Email this image to [yearbooks@photoexpressions.ca](mailto:yearbooks@photoexpressions.ca)
3. Include your name, your school name, and Division or Teacher name in the email

If you win, we will contact you to get hold of the original artwork if necessary!

**All entries are due by: Mon. April 25**



## National Child & Youth Mental Health Day

CONNECT AND LEARN WITH US - Online Events for Parents & Caring Adults

### It's Never Too Late: Healing Parent-Child Relational Stress Using Emotion-Focused Family Therapy (EFFT)

With **Dr. Adele Lafrance**, clinical psychologist, author, scientist, and developer of emotion-focused treatment modalities, including Emotion-Focused Family Therapy

Time: 6:30pm - 7:30pm

MAY  
2

### Building Connection With Our Kids When It Feels Impossible

With **Diane Evans**, FamilySmart Parent Peer Support Worker, BC Children's Hospitals Kelty Mental Health Resource Centre.

**Tammy Music**, Family Smart Parent Peer Support Worker, Surrey Memorial Hospital, Child & Adolescent Psychiatric Stabilization Unit (CAPSU) and Short Term Assessment Response Treatment (START) Fraser North.

Time: 12pm - 1pm

MAY  
3

### The ABCs of Substance Use and Connecting With Our Kids

With **Cindy Andrew**, senior associate on the team leading The ABCs of Youth Substance Use, a BC government funded project focused on supporting schools

**Angela Lawrence**, educator and registered clinical counsellor

**Art Steinmann**, Senior Associate, Youth Substance Use Health Promotion, Buneaad Public Affairs.

Time: 6pm - 8pm

MAY  
4

REGISTER AT: [FAMILYSMART.CA/EVENTS](https://www.familysmart.ca/events)



[may7icare.ca](https://www.may7icare.ca)





# Let's talk about it: Substance Use

On May 10th at 6:00 pm



**Guy Felicella**

Guy is passionate about advocating for people who use substances and educating communities on harm reduction to eliminate the stigma around it.



**Hudson Campbell**

Event Facilitator &  
Youth Leader

One of the greatest challenges as a Parent, Caring Adult, Coach, or Grandparent, is talking about substance use with the youth and young adults in our lives.

Join us for a conversation May 10, 2022, which will include a lite meal, presentation from Guy Felicella, and a Panel discussion with local experts around creating safe spaces for conversations with the young people in your life.

Tickets available on Eventbrite :  
<https://letstalkaboutsubstanceuse.eventbrite.ca>

Location:

Thomas Haney Secondary  
23000 116 Ave, Maple Ridge  
Doors Open at 6:00PM



## Event Partners

