

Friday Blast

Maple Ridge Elementary

Friday, April 29th, 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 a distance of 1 km. It will be held on Tuesday, May 17th 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 9th 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 5th.

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).

FRONT DOORS

For the safety of our students, all visitors and volunteers are required to sign-in and sign-out at the office and wear a "visitor" tag while in the school. To ensure an uninterrupted learning environment in classrooms, parents or visitors with lunches or messages are asked to leave them at the office and they will be forwarded at a convenient time.

CHANGES TO INTERNATIONAL TRAVEL GUIDELINES

There have been recent changes to international travel guidelines. As of April 25th, fully vaccinated adults and children are no longer required to wear masks when they return from travel. However, **unvaccinated children aged 5 through 11** will still be required to wear a mask for 14 days in public settings, including schools and day camps.

While masks are no longer required for some individuals, you may choose to continue wearing a mask as they are an effective public health measure that you can easily implement to help protect yourself and others. For the complete list of changes please visit:

<https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada>

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 that 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.



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
- 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 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 10th 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>

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://survey.moh.health.gov.bc.ca/public/survey/bc-school-food-guidelines-feedback-survey>

NATIONAL CHILD & YOUTH MENTAL HEALTH DAY

May 2nd 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

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) 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). Parents are needed to purchase items and pack the bags.

**Class of
2021**

BODY SCIENCE PARENT SESSION RECORDING

Thank you to the PAC for sponsoring this year's Body Science sessions with Corrine Underwood. If you missed this week's parent session you may access the recording which will expire on May 2, 2022: https://www.youtube.com/watch?v=74OYGjd_fFA

SUN SENSE

Last week's family Sun Sense tip was to **Seek Shade**. Seeking shade helps prevent and reduce a person's exposure to harmful UVR.

This week's tip is to **Slip on Clothing**.

SLIP



Wear weather appropriate clothing that provides sun protection

UPCOMING DATES

Monday May 2 ~ Grade 7 Leaving Meeting 6:00 pm (Zoom)

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

Thursday May 5 ~ Hot Lunch Day

Sunday May 8 ~ Mother's Day

Monday May 9 ~ Intermediate Cross Country at Alouette Lake

Monday May 9 ~ 6:00 pm Carnival Meeting / 7:00 pm PAC Meeting

Wednesday May 11 ~ Pro-D Day Classes Not In Session

Tuesday May 17 ~ Primary Cross Country at Albion Fair Grounds

Monday May 23 ~ Victoria Day Classes Not In Session



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 9th 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.

Current Fundraisers

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?



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
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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
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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

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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

