

Friday Blast

Maple Ridge Elementary

Friday, May 13th, 2022

BIKE TO SCHOOL WEEK

BC's Bike to School Week is coming up and will be taking place from May 30-June 3. This was a huge success last year where the number of participants was tracked each day. Students can bike, walk, scoot, or use any other active means of transportation! Please consider participating.

- Bikes must be locked if they are left at school during the day
- Helmets are mandatory
- Once on the schoolground, students must walk their bikes/scooters

FRENCH BOOK FAIR

The PAC is sponsoring our first “in person” **French** Book Fair on May 30 & 31. Although the emphasis will be on French books, there will also be a small English section. Classes will visit the Book Fair during the daytime and parents are able to visit the Book Fair after school each day until 3:00 p.m.



Parent volunteers are still needed for this event. If you are interested in helping out, please go to: <https://signup.com/group/47703560186256400>

CLASS PLACEMENTS

We are beginning to create our classes for next year. Please be assured that staff devote considerable time, care, and attention to this process. This very complex and lengthy responsibility occurs over several weeks and continues into September when class placements are finalized.

Throughout the year, there have been many opportunities for parents and teachers to discuss each child. Staff work together to consider the following criteria very carefully: social emotional skills and relationships, as well as learning styles, strengths, and needs. Our goal is to create safe and engaging inclusive classrooms that balance these factors, as equitably as possible.

If you feel there is further information to consider about your child, you may submit input to the principal (Barbara_mackinnon@sd42.ca) by May 31st, 2022. Please refrain from requesting specific teachers or peers by name.

FAMILY SMART WORKSHOPS

Family Smart is offering a new workshop beginning in June entitled “Help for the Hard Times”. For more information and registration details see the flyers below.

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.

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.



CROSS COUNTRY RACES

Congratulation to all the students who participated in the intermediate cross-country race on Monday, May 9th at Alouette Lake. Not only did everyone do a great job, but it was wonderful to see students cheering one another on!

The primary race (grades K-3) is on Tuesday, May 17th at the Albion Sports Complex. K students will race with the grade ones.

Parents/guardians are responsible for arranging transportation for their child(ren). Sign-up is now closed on the portal. Contact the school if you need information.

CHANGES TO INTERNATIONAL TRAVEL GUIDELINES

Stay up to date on current travel guidelines and restrictions. Visit: <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada>

GRADE 7 LEAVING

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.

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 can fully participate in school activities.



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.

HOT LUNCH

Yum! Our last hot lunch of the year will be taking place on June 2. To place your order please visit www.munchalunch.com.

SUN SENSE

So far the two tips we have shared have been **Seek Shade, Slip on Clothing** and **Slap on a Wide Brim Hat**.

This week's new tip is:



LOST AND FOUND

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.



UPCOMING DATES

Tuesday May 17 ~ Primary Cross Country at Albion Fair Grounds

Thursday May 19 ~ RCMP presentation to grades 4-7

Monday May 23 ~ Victoria Day Classes Not In Session

Wednesday May 25 ~ Gr. 7 High School Visits
Dufflebag Theatre presentation

Monday May 30 ~ French Book Fair
Bike to School Week Begins

Tuesday May 31 ~ French Book Fair

Thursday June 2 ~ Hot Lunch

Wednesday June 15 ~ Carnival

Thursday June 23 ~ Last Day of School for Students



MESSAGES FROM OUR PAC

At last week's PAC meeting a new executive was voted upon. The PAC would like to welcome and congratulate next year's executive team!

Welcome to:

PAC chair: Leanne M.

Vice chair: Tanya H.

Treasure: Nikki G.

Secretary: **VACANT**

DPAC: Nicole K.

Members at large: Janna M. & Randi N.

Thank you to our executives this year who have dedicated their time, and worked together to bring our students many events, fun activities, and hot lunches.

Nicole K.

Tanya H.

Jeanie H.

Leanne M.

Amanda G.

Janna M.

Christine

The PAC has been working hard to organize our information so that it is easily accessible for all families. Please have a look at our [quick reference guide](#) for links to all PAC related information, including our FB Group (Maple Ridge Elementary PAC), our Google Drive and volunteer signup links. We love to hear from all families. If you have any questions, comments or feedback please email our executives at pac.mre@gmail.com.

**Our next PAC Meeting will be in September.
All parents and guardians are welcome. We look forward to seeing you there!**

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?



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

Session 3:

How to Take Care of Yourself and Family After a Crisis

Session 4:

How to Find the Resources You Need

There is no cost to families. Registration is required: www.familysmart.ca/workshops

REGION: FRASER

Dates: June 6, 2022
June 8, 2022
June 13, 2022
June 15, 2022

Time: 12:00pm – 1:00pm

Dates: June 7, 2022
June 9, 2022
June 14, 2022
June 16, 2022

Time: 7:00pm – 8:00pm

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

**A WORKSHOP
FOR PARENTS
AND CAREGIVERS
WHOSE CHILD OR
YOUTH IS OR HAS
BEEN A PATIENT
IN A PSYCHIATRIC
UNIT OR HAD AN ER
VISIT DUE TO THEIR
MENTAL HEALTH AND/
OR SUBSTANCE USE
CHALLENGES.**

“Hearing from parents who have navigated these challenges themselves, was a real gift. The information was practical, but it also seemed more believable because it came from experienced parents. I wanted to BELIEVE that things would be OK, and that I will find a way to support my daughter. The workshop gave me this belief ... as well as the practical resources.”

It can feel overwhelming and stressful to care for our child or youth after a crisis or hospitalization. We get it. We've been there too. And we want to help.

Help for the Hard Times was created by parents with lived experience, working as part of the integrated team at Surrey Memorial Hospital's Child and Adolescent Psychiatric Stabilization Unit. This workshop was created by families for families.

The workshop includes 4 sessions:

Session 1 & 2: **How to support a safety plan at home**

Session 3: **How to take care of yourself and family after a crisis**

Session 4: **How to find the resources you need**

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