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## Newsletter #9 May 2, 2022.



Hello MRE Families,

The lifting of many COVID restrictions means we are able to resume activities such as the District Cross Country Run and Track and Field events. We held our first in-person assembly in two years on Earth Day. The sense of community was unmistakable. Later this month, we look forward to two live performances. The first is “SAM2” by Scrap Arts Music and the other is “Snow White” by Dufflebag Theatre.

In April, the MRE PAC sponsored virtual presentations by Chris Chittick, Tornado Hunter. His talk about severe weather was science driven, educational and motivational. Coming up on May 2, 3 and 4, we have Body Science Presentations by Corrine Underwood. Please check the Parent Portal for details.

Divisions 4, 8, 9 and 10 organized an Earth Day Celebration for the whole school. It featured music, rock painting, Ultimate Rock Paper Scissors, sidewalk chalk and hand painting.

The sound of newly hatched chicks can be heard from two classes that incubated eggs over the last weeks. Students are delighted with the little bundles of fluff and have learned so much in the process.

Plans are well underway for the Carnival which will be held during the school day on June 15<sup>th</sup> (with a June 22 “back-up” date). Many, many volunteers will be needed. The convenient link to sign up for all PAC volunteer opportunities is: [Signup.com Link](#).

It’s easier than ever to stay up to date about all things related to the PAC with the new “one stop” link: [quick reference guide](#). You can read more about it in the PAC section.

At the end of this newsletter, you can find information from “Family Smart” about upcoming workshops for families.

Happy days,

Barbara MacKinnon  
Principal

Chelsea Lendvoy  
Vice Principal

**Here's a riddle for you:**  
Why is Yoda such a good gardener?

Because he has a green thumb.

May the Fourth  
be with you!



**Upcoming dates for your calendars:**



May 10, 2022 K. Early dismissal - 11:30 a.m. **Kindergarten only**  
May 11, 2022 **Non-Instructional Day - Classes not in session**  
May 23, 2022 **Victoria Day - Classes not in session**

## MRE Kids for Kids in Ukraine

Click here for a [link](#) to the video. (Scroll through the slider until you see this photo.)



Mrs. Haavisto's Grade 4/5 class organized this fundraiser in April. Under the banner of the "Save the Children Fund", students created posters and performed skits during the morning announcements. They raised awareness in our community about the plight of the millions of displaced children from Ukraine. Save the Children is an organization that has had a presence in the area since 2014, and the class wanted to find a way to help. "The fundraiser was a fun thing to do, knowing that it was going to end up helping someone," said one student – it would make a difference to the child getting a warm meal, a set of clean clothes, or a safe bed to sleep in.

We encouraged kids to do extra chores at home to earn the money they would donate. Over one week, the students wore blue and yellow T-shirts as they visited classrooms, collecting donations into blue and yellow buckets. A few classes in the school ran a contest to guess the number of candies in a jar, with donations to add to the fund. Staff members organized a competition to count their steps in the course of the day, raising yet more funds. It was truly an MRE community effort!

A parent kindly helped by setting up a page on the Save the Children website. It remains open to May 16th. Between the various ways of donating, we collected over \$2000.00 so far! A huge thank-you to everyone who contributed!



*To donate visit:*

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

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

*Donations of \$20 or more will receive a tax receipt.*

## 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](#) by May 31st, 2022. Please refrain from requesting specific teachers or peers by name.

## Bike to School Week      May 30 – June 3

Students are encouraged to use active transportation (walking, bikes, scooters, inline skates, etc.) to travel to and from school any day. BC's Bike to School Week is coming up at the end of May. This was a huge success last year where the number of participants was tracked each day. 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

## Ready, Set, Kindergarten!

The Ready, Set, Kindergarten Event shares strategies and resources that make early learning through play a priority in the home and support children in a successful transition to school. This will be held on May 10th for students who are registered to begin Kindergarten at MRE in the fall of 2022. Information is sent to new families through the portal.

Current kindergarten students will be dismissed at 11:30 a.m. on this day.

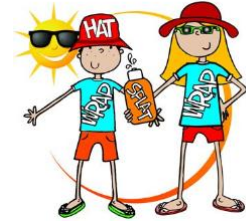
## Lost and Found



Missing a sweater? A hat? A water-bottle? A little fuzzy creature? Chances are that it's at the lost and found. We will continue to post photos of Lost and Found items on the MRE Facebook page and in the Friday Blast. We are pleased to see so many more items with names on them. This is great! We deliver them right back to their owners.

## Ready for the Warm Weather?

We are still waiting for things to warm up, but it will happen soon. A friendly reminder to dress appropriately for the weather, to wear sunscreen and bring a water bottle. Hats are a great idea (please write a name inside). As always, students need proper footwear for sports and active play.



## School Access

For the safety of our students and staff, 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. Parents/visitors should not go directly to classrooms.

Students enter and exit through specified outside doors. Please continue to arrange a meeting place for your child outside.

## Student Absences

If your child will be away from school, please let the office know at by entering the absence on the portal, emailing [mre\\_reception@sd42.ca](mailto:mre_reception@sd42.ca) or leaving a message at 604 467 5551.



## Wondering what to do when sick?

We are now transitioning from the daily health check to the more general approach of health awareness. Health awareness includes checking regularly for any symptoms of illness (including but not limited to COVID-19 symptoms) and staying home when sick (including if one is unable to participate fully in regular activities due to symptoms of illness).

## Rapid Tests

Every student is entitled to a 5-pack of COVID-19 Rapid Antigen Tests for home use. These can be picked up (no charge) from the school by an adult. If you have not yet picked up the tests, please email "MRE Reception" [mre\\_reception@sd42.ca](mailto:mre_reception@sd42.ca) to make arrangements.



## Student Information

Please remember to let the school office know if any of your child's information changes, e.g., home phone number, cell phone number, work phone number, address, emergency contact information, email address, etc. It is very important that the school has up-to-date information about your children in case of emergency. Thank you.



## PLANNING FOR SEPTEMBER – Are you moving?

Although it may seem early, schools are beginning to make preparations for September 2022.

If you know that you will be moving and not attending MRE for the 2022-23 school year, please visit the school district website <https://www.sd42.ca/student-registration/> for registration and transfer information.

## Transfers

Due to space limitations, most schools are only able to consider students within their catchment. Proof of address is required. Visit the district website at <https://www.sd42.ca/student-registration/> for information and transfer deadlines.

## Child and Youth Mental Health

May 7 is National Child and Youth Mental Health Day. This year, FamilySmart is offering free access to several virtual events for families, caregivers, and community partners throughout the first week of May. The events include:

- Healing Parent-Child Relationships using EFFT
- The ABCS of Substance Use and Connecting With our Kids
- Building Connection with Our Kids When It Feels Impossible



The information and access to register can be found here: <https://may7icare.ca/>

These sessions are 1-2 hours in length, depending on which event is chosen. Please see the poster near the end of this newsletter.

## School Communication

As we continue to reduce 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/>



Check us out on Facebook! Search:

**Maple Ridge Elementary PAC**



Our 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](mailto:pac.mre@gmail.com).

### **French Book Fair – May 30 & 31**

The PAC is sponsoring our first “in person” French Book Fair. Parents are able to visit the Book Fair after school each day until 3:00 p.m.

### **Neufeld Order Pickup**

Pick up your orders at the drive through at the front of the school on May 3rd, at 7:30 p.m.

### **Carnival**

Planning is underway, check out the volunteer signup [link](#) to help out. The carnival is scheduled for June 15<sup>th</sup>.

### **Body Science**

Presentations are taking place May 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup>.

### **Hot Lunch**

The next [Hot Lunch](#) dates are May 5th and June 2<sup>nd</sup>.

### **Playground Committee**

Playground committee is accepting members. Email [pac.mre@gmail.com](mailto:pac.mre@gmail.com) to join.



## May PAC Meeting

Date: May 9<sup>th</sup>, 2022 at the school library.

Carnival Planning: 6:00 p.m.

PAC Meeting: 7:00 p.m.



## Nominations

We are happy to announce that nominations for PAC executive positions can be made until our May 9th AGM / election meeting.

Please email the nominating committee, ([nominateMREPAC@gmail.com](mailto:nominateMREPAC@gmail.com)), to submit a nomination for yourself or someone else you know who is looking to join the executive team.

Positions and duties:

### Chair:

- conduct monthly meetings
- may be the spokesperson for the organization
- prepare the agenda for monthly meetings
- appoint committees where authorized to do so by the membership
- liaise with and support healthy relationships with within the school and community partners.

### Vice Chair:

- support the chair and assist the council when necessary
- may be appointed to conduct meetings
- all duties of the chair can be conducted by the vice chair

### Treasurer:

- prepare monthly finance reports
- report on the bank balances at monthly meetings
- distribute funds as voted on by the membership
- complete deposits at bank when necessary
- maintain proper financial records
- assist in drafting the annual budget

### Secretary

- record distribute and file minutes for all PAC meetings
- keep an accurate and up-to date copy of the constitution and bylaws
- assist in filing and record keeping as needed.

### DPAC

- attend monthly DPAC meetings representing the council
- liaison between DPAC and council
- provide reports from DPAC to council
- vote on the behalf of the council at DPAC meetings and DPAC executive elections

### Member at large:

- Serve in a capacity on projects and events to be determined by the executive throughout their tenure as the needs of the council requires.

# May 2022

| Sunday | Monday  | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday |
|--------|---|---|---|--|--|----------|
| 1      | 2<br>Grade 7 Leaving Planning 6:00<br><a href="#">Zoom</a><br>Body Science Presentations                        | 3<br>Body Science Presentations<br>XC Running practice 8:00 a.m.<br>Mini Cukes delivery | 4<br>Body Science Presentations<br>Star Wars Day<br>Dress as a character or?? | 5<br>XC Running practice 8:00 a.m. (Last one)<br>PAC Hot Lunch | 6<br>Wear your House Colours or Spirit Wear                            | 7        |
| 8      | 9<br>Intermediate XC Race at Alouette Lake<br>PAC meeting 7:00 p.m.<br>Library (Carnival Planning at 6:00 p.m.) | 10<br>Ready, Set, Kindergarten.<br><b>Current Ks dismissed at 11:30 a.m.</b>            | 11<br>Non-Instructional Day<br>Classes not in session                         | 12<br>PAC Hot Lunch  | 13<br>Wear your House Colours or Spirit Wear<br>Sam2Music Presentation | 14       |
| 15     | 16  | 17<br>Primary XC Race at Albion Sports Complex<br>Grape Tomato delivery                 | 18  | 19   | 20<br>Wear your House Colours or Spirit Wear                           | 21       |
| 22     | 23<br>Victoria Day<br>School not in session   | 24  | 25<br>Dufflebag Theatre 9:00 a.m.<br>Grade 7s at the High Schools all day     | 26   | 27<br>Wear your House Colours or Spirit Wear                           | 28       |
| 29     | 30<br>French Book Fair  | 31<br>French Book Fair  | 1   | 2<br>PAC Hot Lunch   | 3  | 4        |
|        |   |   |   |  |  |          |



# 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





## National Child & Youth Mental Health Day

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

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

MAY  
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Talking about substance use with our kids is important, but we don't always know how. Join us for a conversation with Senior Associates of Youth Substance Use Health Promotion, a Youth Addiction Counsellor, and Parents to talk about the basics of substance use; from pre-experimentation to casual using. We will focus on the importance of our relationships and staying connected to our kids.

*This event will not cover chronic use and addiction.*

**Time: 6pm - 8pm**

**Register at: [familysmart.ca/events](https://familysmart.ca/events)**

**Cindy Andrew** is a mother of two, a former teacher and long time health promoter. She is a senior associate on the team leading The ABCs of Youth Substance Use, a BC government funded project focused on supporting schools - and by extension, parents and caregivers, in addressing substance use with youth. A former program consultant with the Canadian Institute on Substance Use Research, Cindy also works with a Vancouver Island based school district in supporting their health promoting schools related efforts, which includes connecting with and support parents and caregivers.

**Angela Lawrence** is a parent of 2, a certified educator and a registered clinical counsellor. Angela works to support youth who present with substance use issues.

**Art Steinmann** brings over 40 years of experience in substance use policy, education, program development, advocacy and health promotion work. Art is a Senior Associate, Youth Substance Use Health Promotion, Bunyaad Public Affairs Inc. From 2005 - 2021 Art was the co-founder, co-developer and Manager of Substance Use Health Promotion and SACY (Supporting and Connecting Youth) for the Vancouver School Board.

**Victoria Keddis** is a FamilySmart Practice Manager & Facilitator. Victoria is a mom of two adult children and is grateful for the teachings of her children along the way.



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



JOHNNY'S  
HEART OF GOLD  
INVITATIONAL





## 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**

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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  
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, Banyaad Public Affairs.

**Time: 6pm - 8pm**

MAY  
4

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



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

