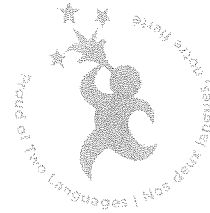


CPF *Canadian Parents for French*

Maple Ridge/Pitt Meadows Chapter

<https://cpfridgemeanows.wordpress.com>



Oct 2017

Dear Parents,

CPF is a network of more than 25,000 volunteers across Canada whose goal is to promote and support educational opportunities for students to learn and use French. The Maple Ridge/Pitt Meadows Chapter consists of a group of dedicated parent volunteers who work closely with teachers, administrators and the school district to enrich your child's French learning. No need to speak French yourself to join our many volunteers in organizing the various extracurricular activities that help our immersion students to enjoy learning French.

Locally CPF Maple Ridge/Pitt Meadows Chapter has an eventful year planned! Events include:

- French Film Festival
- Community French Movie Night
- French Parent Survival Night
- French Grade 7 Welcome breakfast
- Grade 7 Excellence in French Award
- Grade 7 Quebec Trip member amount
- French Public Speaking Competitions
- French Entertainers
- Grade 8 French Drama Workshop
- Grade 12 Graduation French Brunch
- Grade 12 Scholarship
- French Summer Camp

At the provincial level CPF advocates for French programs. We are currently assisting Vancouver parents attempts to overturn the 25% reduction in French Immersion spaces.

I encourage you to join now: annual family membership is just \$25.00, and 90% comes right back to your district. Simply fill in the [online application form](https://cpf.ca/en/membership) at <https://cpf.ca/en/membership> or join in person at **Parent Survival Night Nov 2**. As a member, you will receive national and provincial newsletters, chapter updates, discounts for CPF events and much more. It is a wonderful way to stay informed about what is happening in the district, across the province and Canada.

Please check our website at <https://cpfridgemeanows.wordpress.com>

Hope to see you there!

Yours sincerely,

Alison Ailles

President

CPF Maple Ridge/Pitt Meadows Chapter

Phone: 604-783-7862

Email: cpf.ridgemeanows@gmail.com

Website: <https://cpfridgemeanows.wordpress.com>

Promoting opportunities for young Canadians to learn and use French

FAMILY PHOTO FUNDRAISER!

**CHOOSE FROM OVER 20 AVAILABLE DAYS!
BOOK YOUR SITTING ONLINE!**

When was the last time you had a Professional Family Portrait taken? Photo Express is providing a great opportunity for your family to be professionally photographed and it benefits our school as a fabulous fundraiser! Update that photo on your wall, make Christmas Gift shopping easy, and even get your holiday greeting cards done!



For just \$15 you get:

- Professional Portrait Sitting at Photo Express' studio
- **A FREE 8x10 portrait print of your choice**
(please note, limit of 1 free 8x10 portrait per family per year)
- Opportunity to order other portrait products (Portrait Sheets, Christmas cards, Canvas Wall Prints, Photo Gifts, Images to CD, etc.)
- **100% of your \$15 sitting fee goes to our school!**

Tell your neighbours, coworkers, family and friends - if they list our school as their organization, the \$15 sitting fee still stays with our school!

Pets are welcome!

To book your Family Portrait Session, go to
<http://www.photoexpressions.ca/portraits/fundraisers/>
(make sure to choose our school name so we get the money from the sitting!)

Christmas Event Option:
Book your sitting during the
**Christmas Portrait Event
(Nov 16-26)** for super fun
portraits in our Maple Ridge
studio - which is turning into
Whoville!

Our school will still receive \$15.
(The free 8x10 portrait is not
available with this premium event.)



All Portraits will be taken at the Photo Express Portrait Studio located at 11916 207 St, Maple Ridge (Ridge Meadows Shopping Centre). Plan to arrive at least 15 minutes ahead of your appointment and to spend at least 30 minutes at your portrait sitting, with some extra time after if you would like to order right away (one more thing off the list!). If you are unable to keep your scheduled appointment time please call Photo Express 604-463-3654, to reschedule your time.

Sittings available Nov 4 - Dec 17.

Book now at <http://www.photoexpressions.ca/portraits/fundraisers/> to get your preferred time!

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FAMILY EDUCATION & SUPPORT CENTRE

ANGER MONSTER WHERE DO THEY HIDE?

THE FAMILY
EDUCATION &
SUPPORT CENTRE
22554 Lougheed Hwy.
Maple Ridge
To Register
Phone: (604) 467 6055



For parents and their children ages 8-12 yrs old. This course includes two separate programs, one for the children and one for the parents at the same location.

Children's program- children learn what anger is, their triggers and tools for learning to control their anger.

Parent's program - parents learn about anger cycles, goals of behaviour, how to support their child's efforts to tame their anger monster, and skills for keeping themselves calm while their child is angry. 4-2 hr sessions

Price: \$90 for 1 parent and 1 child (\$25 for each additional parent of child)

Location: The Family Education and Support Centre

Dates: Wednesdays 6:30-8:30pm November 22- December 13 2017

Registration: For registration contact **Karen Hughes 604-467-6055(ext 101)**
reg@familyed.bc.ca, or register online at www.familyed.bc.ca.

THE FAMILY EDUCATION & SUPPORT CENTRE
PRESENTS



CONFLICT RESOLUTION FOR TEENS



A program for teenagers aged 13-16 to learn healthy conflict resolution and anger management skills, conflict triggers, conflict management style, focusing on relationships with the important adults and peers in their lives. This program teaches step by step skills for resolving conflict with respect, stress management and emotional awareness. 5-2hr sessions.

Dates: Fridays November 3-December 1/2017.

Time 5-7pm

Cost: \$100

Location: The Family Education and Support Centre

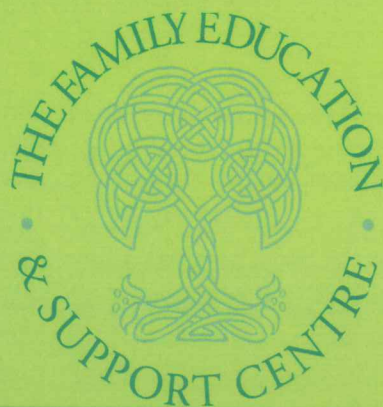
Registration: For registration contact **Karen Hughes 604-467-6055**(ext 101) reg@familyed.bc.ca, or register online at www.familyed.bc.ca.

THE FAMILY EDUCATION &
SUPPORT CENTRE

CONFLICT RESOLUTION PARENTING

Learn how to use “I” statements, Conflict management parenting style, trigger scale, active listening, paraphrasing and open questions for parenting. 1x2hr. FREE

November 7/2017 Tuesday, 6-8pm



LOCATION: The Family Education & Support Centre
22554 Lougheed Hwy. Maple Ridge ph: 604-467-6055

Website: <http://familyed.bc.ca/>



A division of School District No. 42



Ridge Meadows College & First Aid Hero: Riverside Centre

RED CROSS BABYSITTING – WINTER 2018 FOR 11 YEARS OLD PLUS

So you want to be a babysitter? Or, your parents want you to take this course so they feel confident leaving you at home alone?

Different from all other Babysitting courses!

Babysitting with First Aid Hero emphasizes first aid and learning through real life scenarios. Active role-play! Interactive and fun! Covered in this course:

- Exploring the Business of Babysitting
- Creating Safe Environments
- Safely caring for ages 0-12
- First Aid Skills

Please bring a yoga mat, pen/pencil, medium sized stuffed animal or doll, lunch, snacks and water.

COURSE DATES AND TIMES:

Wednesday, January 3, 2018

8:30 am – 3:30 pm

\$63.00/1 session

LOCATION:

Riverside Centre, 20575 Thorne Avenue, Maple Ridge

M – Th 8:00 am – 8:00 pm

F 8:00 am – 3:30 pm

Phone: 604-466-6555 (Ext 203)

Email: rmc@sd42.ca

*To register, please contact Ridge Meadows College
604-466-6555 (Extension 203) or rmc@sd42.ca*



Pitt Meadows Elementary
**CHRISTMAS
MARKET**




NOVEMBER 21st
5:00-8:00PM



*Concession Food, Kids Activity
Room, and So Much More!*

**over 25 tables of
amazing
Christmas gifts!**



*\$25/Table
+
Raffle Prize Donation*

**LIKE our Facebook page to see the vendors list!
(Pitt Meadows Elementary Christmas Market)**