



A division of School District No. 42



Ridge Meadows College & First Aid Hero: Riverside Centre

**RED CROSS BABYSITTING – SUMMER 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, **NO NUTS**.

2 COURSE DATES AND TIMES AVAILABLE:

Wednesday, July 4, 2018
8:30 am – 3:30 pm
\$63.00/1 session

Wednesday, August 29, 2018
8:30 am – 3:30 pm
\$63.00/1 Session

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**LOCATION:**

Riverside Centre, 20575 Thorne Avenue, Maple Ridge

M – Th      8:00 am – 8:00 pm

F            8:00 am – 3:30 pm

**Summer Hours: July 3, 2018 – August 31, 2018**

**M – F      8:00 am – 3:30 pm**

Phone: 604-466-6555 (Ext 203)

Email: [rmc@sd42.ca](mailto:rmc@sd42.ca)

*To register, please contact Ridge Meadows College  
604-466-6555 (Extension 203) or email [RMC@sd42.ca](mailto:RMC@sd42.ca)*



For Girls  
Ages 8 to 12!

Presented by



THRIVE



Release your inner AWESOME at

Using creative, fun activities and discussions, Sole Girls 9-week programs empower girls ages 8 - 12 with tools to develop healthy ideas about body image, media, healthy living, peers and self-esteem.



## Spring 2018 Programs

Wednesdays - downtown Maple Ridge  
6:30 - 8:15 pm, Apr 25 - Jun 20

Tuesdays - west Maple Ridge  
3:30 - 5:15 pm, April 24 - Jun 19

Learn more and  
register at:

[www.thrivesolutions.org](http://www.thrivesolutions.org)

 @thrivemapleridge

604.477-7780

TRAIN TO  
RUN A  
5KM RUN!

MEET  
INSPIRING  
MENTORS

LEARN  
TOOLS FOR  
FRIENDSHIPS



# Social Media Awareness + Parenting the Digital World



**MAY 10<sup>th</sup> 2018 6:30 PM**  
**DAVIE JONES ELEMENTARY**  
**(12030 Blakely Road)**

**For parents of School aged children.** (Childminding not available)

With society heading in a direction of being constantly connected to technology, what do we need to know as parents to protect our kids and teach them responsible and appropriate use of technology? The parameters of rules and expectations that you put in place at home will undoubtedly guide their behaviour in the years to come. Please join us for an informative presentation which will cover the following topics and more!

- **Social Media Update** – The most current apps & trends in their social media lives
- **Pick Your Battles!** – You will have to balance the yin with the yang, promote independence whilst taking a strong stance on certain subjects
- **Current Research** – Brain development & technology, violent video games
- **Digital Footprint and Reputation** – With their future approaching, recruiters and employers are taking note – What will they find? What will they leave behind?

**Donations at door** **PARENTS: Do not miss this event!**



**SSSAFER SCHOOLS TOGETHER**

is an organization focused on promoting a climate and culture of safety in schools

Please email  
**daviejonespac@gmail.com**  
to RSVP and reserve your seat!



# Is your child eligible for Eye See ... Eye Learn<sup>®</sup>?

If your child is enrolled in kindergarten for the 2017-2018 school year and is enrolled in a participating school district, s/he is eligible for a comprehensive eye exam and, if prescribed, one FREE pair of eyeglasses from a participating B.C. doctor of optometry through the Eye See ... Eye Learn<sup>®</sup> program.

**This form is valid until: August 31, 2018**

For a list of participating B.C. doctors of optometry, visit:  
**WWW.BCESEL.CA**



For more information on Eye See ... Eye Learn<sup>®</sup>, visit:

**www.bcesel.ca**

## Contact Us

BC Doctors of Optometry  
610 - 2525 Willow Street  
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Canada V5Z 3N8  
**Tel** 604.737.9907  
**Email** esel@optometrists.bc.ca  
**Fax** 604.737.9967  
**Toll Free** (BC) 1.888.393.2226

**bc.doctorsofoptometry.ca**

THIS PROGRAM IS BROUGHT TO YOU BY

**BC** DOCTORS OF OPTOMETRY

British Columbia Association of Optometrists

THANK YOU TO OUR CORPORATE PARTNERS



"Eye See ... Eye Learn" and "Fribbit" are registered trade-marks of the Alberta Association of Optometrists. Only kindergarten children within participating school districts in B.C. are eligible to participate. Glasses are provided upon request of the participating B.C. doctor of optometry.

# How well can your child see?



Get a FREE pair of eyeglasses for your kindergarten child during the 2017-2018 school year



Program Information for Parents/Guardians

# Eye See ... Eye Learn<sup>®</sup>

## What is Eye See ... Eye Learn®?

Eye See ... Eye Learn® is a program that provides kindergarten students with a comprehensive eye exam from a participating B.C. doctor of optometry. If required, kindergarten students will also receive one free pair of eyeglasses.

## Good Vision = Better Learning

Good vision is an important part of learning. Did you know that...?

- 1 in 4 school-age children has an undetected vision problem?
- 80% of a child's learning is based on vision?
- Children rarely complain of vision problems since they don't realize that they see the world differently than others?
- Vision problems are often mistaken as other developmental problems like dyslexia or ADHD?

## Vision Screen vs. Comprehensive Eye Exam

Some schools offer vision screenings. However, these are not a substitute for a comprehensive eye examination by a doctor of optometry since it involves only a limited number of simple tests that cannot detect all eye problems.

**As many as 50% of children with vision problems are able to pass a vision screening.**



## How to Participate

### STEP 1 Check Your Eligibility

To be eligible for Eye See ... Eye Learn® (ESEL), your child must be:

- Enrolled in kindergarten for the 2017-2018 school year
- Enrolled in a school district that is participating in ESEL (see below)

- Abbotsford (34)
- Burnaby (41)
- Campbell River (72)
- Central Okanagan (23)
- Chilliwack (33)
- Comox Valley (71)
- Coquitlam (43)
- Cowichan Valley (79)
- Delta (37)
- Greater Victoria (61)
- Langley (35)
- Maple Ridge & Pitt Meadows (42)
- Mission (75)
- Nanaimo-Ladysmith (68)
- New Westminster (40)
- Prince George (57)
- Revelstoke (19)
- Saanich (63)
- Surrey (36)

FISA schools located in the above school districts are also eligible. More districts may be added. For the most updated list, visit: [www.bcesel.ca](http://www.bcesel.ca)

### STEP 2 Book an Appointment

Book an ESEL appointment with a participating B.C. doctor of optometry.

Visit [www.bcesel.ca](http://www.bcesel.ca) to find a clinic near you.

### STEP 3 Fill in the Form

Fill in and detach the 'Parent/Guardian Authorization' form from this brochure and bring it to your ESEL appointment.

Your child will receive one comprehensive eye exam and, if prescribed, one free pair of eyeglasses.

**This form is valid until: August 31, 2018**

## Eye See ... Eye Learn® Program

Student Name: \_\_\_\_\_

Personal Health No: \_\_\_\_\_

School Name: \_\_\_\_\_

School District No: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

## Parent/Guardian Authorization

As a participant in the Eye See ... Eye Learn® program, I consent to clinical information regarding my child being released to the participating lab, eyewear provider, and BC Doctors of Optometry.

See reverse and inside of brochure for details. Detach form and bring to your appointment.

**VALID UNTIL: AUGUST 31, 2018**