



Pitt Meadows Elementary

Pitt Meadows Elementary
Ecole Elementaire Pitt Meadows
Phone: (604) 465-5828
Fax: (604) 465-8632
<http://schools.sd42.ca/pme/>

Principal: Shelley Linton
Email: shelley_linton@sd42.ca
Vice Principal: Barbara MacKinnon
Email: barbara_mackinnon@sd42.ca

Newsletter #8

April 1, 2019

PALS- Parents as Literacy Support

We are pleased to offer the PALS program again this year! This is a program for children 2½ to 4½ years old and their parents or guardians. Come and explore literature in a new way through activities and play. All children who attend a PALS session will receive a book to add to their collection at the end. Please email: pme_reception@sd42.ca to reserve your spot or call the office at (604) 465-5828.

Next session: PME Library April 9th at 2:45 p.m. – 3:45 p.m.

Lunch Lady News

Please go online and check out the menu options available. Throughout the fall, they will be randomly selecting students from their network for a FREE LUNCH! No purchase is necessary but you must be registered for an account with the Lunch Lady. Don't have an account? Go to www.thelunchlady.ca. Your community Lunch Lady is Jennifer (604) 460-9015. You can contact her at jennifer@thelunchlady.ca.

CREPE TRUCK ON APRIL 3rd 10:30 – 12:30

The following crepes will be available for purchase:

La Classique au Sucre et Beurre.....Sugar and Butter Classic **\$ 4.00**

Confiture de Fraises.....Strawberry Jam **\$ 4.25**

Sirop d'Erbable.....Maple Syrup **\$ 4.50**

Chocolat Chocolate **\$ 5.00**

Exact change is appreciated. Please give your order form and money to your teacher. A copy of order form attached if needed.

The News Canada's Food Guide

The new Canada's Food Guide helps support healthy eating. You can order copies from Health Canada. Please see attachment from Fraser Health for more details.



Pitt Meadows Elementary

The PME Energy Challenge

During the month of February, PME participated in the SD 42 Energy Challenge. The goal of this Challenge was to inspire and encourage us to think about sustainability and energy savings in our school.

We quickly realized PME is already doing a great job conserving energy with our recycling & compost bins, dimmers on lights and reducing paper use. Many classes took their initiatives further with up-cycling activities, collecting juice boxes to raise funds, donating used books for the used book sale, recycling old/broken technology, and more.

Be sure to check out the display case in the main foyer to view some of the great initiatives done by PME.

Used Book Sale

Many thanks to all PME families who donated and visited our Gently Used Book Sale the week of March 11-15th. In support of our Energy Saving Challenge and our school literacy goals, the Div 3 (Lebrun) and 4 (Chabot) Grade 6/7 FRIM classes hosted a Gently Used Book Sale. It was heart-warming to see students leave with a (new to them) book. We hope everyone is enjoying their new treasures!

Leadership News

Spirit Day on Thursday, April 18th- Hat Day

Bring a toonie to wear your hat for the day. Show your spirit and wear your favourite hat. All money is going towards beautifying our school.



Pitt Meadows Elementary

PAC NEWS

Family Fun Carnival

A BIG THANK YOU to our amazing PAC Family for a making our Fun Carnival a huge success!

PAC meets the 2nd Tuesday of every month in the library. Please join us at 6:30pm on April 9th, 2019. If you have any questions please email PAC: pittmeadowselementarypac@gmail.com.

Fundraising

Please see attachment for further details regarding: Rotary Club Ducks, Neufeld Farms Meat and Dessert, and Cob's Bread Dough Fundraisers.

Hot Lunch Munch-a-Lunch

This website will give you a list of upcoming dates to be aware of for ordering so you don't miss out, how to register and ordering details.



Please go to:

<https://pittmeadowselementarypac.weebly.com/hot-lunches.html>

2019 Lunch Dates

Little Caesar's: Thurs., Apr. 25 - online ordering Wed., Apr. 10 - Wed., Apr. 17

Subway: Wed., May 8 - online ordering Tues., Apr. 23 - Tues., Apr. 30

Little Caesar's: Thurs., May 30 - online ordering Wed., May 15 - Wed., May 22

To Be Determined: Wed., Jun. 12 - online ordering Tues., May 28 - Tues., Jun. 4

Little Caesar's: Wed., Jun. 26 - online ordering Tues., Jun. 11 - Tues., Jun. 18

Hot Lunch Program: Next Lunch

Go to <https://munchalunch.com/schools/pittmeadows/> to place your order.

Note for all lunches: unless you receive an email receipt separate from your order confirmation, your payment has not been received and your order has not been finalized. Please be sure to let your child know if you have or have not ordered for them to avoid confusion on the day of the lunch. If your child does not get the correct order on lunch day, please make sure they know to visit our lunch team in the school kitchen. If you are unable to pay for an order online, please use the attached paper order form and return it to the office with your cash payment by the end of the school day on Tuesday, Mar. 5.



Pitt Meadows Elementary

PME PAC After School Activity Registration

Iron Regime currently offers an after school program twice a week at their gym from ages 8 - 14 years old, if you are interested in learning more please [check out their website](#) at ironregimecrossfit.com.

Cost for after school session: \$8/child

Time/ Location: 2:30 - 3:30 pm in the PME Gymnasium

Dates: **April 18th for Grades 3 - 7**

April 23rd for Grades K - 2

What to wear: Comfortable (gym) clothes and running shoes. Bring a water bottle.

See attachment for more details.

PME PAC Pub Night, a fundraiser for a new Playground!

Come join your fellow parents for a fun night out to help raise money for a new playground at PME.

When/ Where: Saturday, April 6 at Samz Pub in Pitt Meadows from 6 – 10 pm

Tickets are \$25/each and includes a burger and a beer. There are only 110 tickets available so buy yours early to avoid disappointment. Purchase through MunchaLunch at <https://munchalunch.com/schools/pittmeadows> through the Fundraising section. Tickets will be available for sale from Mon., Mar. 3 – Sat., Mar. 30.

NOTE: You will **not** get a paper ticket for this event. The name of the ticket purchaser will go on the PAC guest list for the night, along with the number of tickets purchased for you and your guests.

What to Expect: Toonie Toss, Silent Auction, 50/50 and fun!

All funds raised will go directly to the PAC Playground Fund so please bring cash and be ready to have a good time!

If you would like to donate a Silent Auction item, please contact Debora at debora.seehuber@outlook.com

Thank you for your support of our PAC programs!



Pitt Meadows Elementary

Saleema Noon Presentation

Thank you to our PAC for again sponsoring sexual health presentations for our students.

A parent meeting will take place on April 17 from 6:00-7:30. Anyone who has questions or concerns about the topic should attend the meeting.

Our presenter will cover the following:

- Reasons why we need to talk to children about sexual health at a young age
- 5 stages of sexual development children progress through on their way to becoming sexually mature adults
- What children should know at each stage, with specific examples of ways to explain body parts and processes
- How to provide information to children in a way they will understand and remember (and minimize embarrassment for the parent!)
- How to effectively answer the questions children ask
- How to reduce risk of child sexual abuse
- What will be covered in Body Science sessions for students

Time for open discussion and questions will be included, and we will bring a display of books and other resources.



Pitt Meadows Elementary

Saleema Noon Presentation

The student presentations will take place on April 23 and April 30

Sessions spread over the course of two days allows for smaller group sizes, increasing the comfort level of students and providing a more intimate learning environment.

Kindergarten and Grade 1 sessions (30 minutes)

- Scientific words related to sexual health
- That reproduction happens when a sperm joins an egg, usually (but not always) through sexual intercourse. There are many different ways that families are formed, all families are unique.
- That they have ownership of their bodies
- That the baby grows in the uterus (not the stomach)
- That the baby is usually born through the vagina
- Not to pick up condoms or needles

Grades 2 and 3 sessions (40 minutes)

Everything previous grades have learned plus:

- The basics about menstruation and nocturnal emissions (wet dreams) as clean and healthy processes

Grades 4 and 5 sessions (60 minutes)

Everything previous grades have learned plus:

- All about physical and emotional changes at puberty
- The responsibilities that come with the decision to be in a sexual relationship
- Basic information about sexually transmitted infections (STIs)

Grades 6 and 7 sessions (75 minutes)

Everything the previous age group has learned plus:

- Sexual consent
- Making smart decisions on the internet
- Different types of sexual activity and the responsibilities that come with each
- Understanding personal sexuality-related values, beliefs and boundaries
- Recognizing that most teens are not sexually active
- Further discussion of STIs and prevention
- Gender stereotypes, homophobia and transphobia
- The importance of taking responsibility of one's health (ie. testicular self-examinations)
- Anonymous questions



Pitt Meadows Elementary

READY SET LEARN

A special invitation for families with children age 3 or 4

READY, SET, LEARN (RSL) is a FREE early learning program that welcomes children age 3 or 4 to the Maple Ridge - Pitt Meadows School District and helps them get ready for success in school. The program offers special activities, story-time, and crafts. Families also receive a package that includes a children's book and a parent kit with tips for supporting a child's learning and development.

NEIGHBOURHOOD EVENTS 2019

REGISTRATION IS REQUIRED FOR ALL RSL EVENTS AND OCCUR ON A FIRST-COME, FIRST-SERVED BASIS.

REGISTER AT <http://www.sd42.ca/rsl-registration>

Pitt Meadows Neighbourhood Event	Maple Ridge Central Event	READY SET LEARN PARTNERSHIP EVENT	Maple Ridge West Event	Maple Ridge East Event
Davie Jones Elem Edith McDermott Elem Highland Park Elem Pitt Meadows Elem	Albion Elem Alouette Elem Eric Langton Elem Glenwood Elem Golden Ears Elem Harry Hooge Elem Kanaka Creek Elem	Open to children ages 3 and 4 in all Maple Ridge and Pitt Meadows Neighbourhoods	Fairview Elem Hammond Elem LaityView Elem Maple Ridge Elem	Alexander Robinson Blue Mountain Elem Webster's Corners Whonnock Yennadon
FEB 5, 2019 5:30pm - 7:00PM Highland Park Elem	FEB 27, 2019 5:30 - 7:00PM Harry Hooge Elem	MAR 12, 2019 5:00 - 6:30PM THE ACT THEATRE	APR 3, 2019 5:30 - 7:00PM Hammond Elem	APR 30, 2019 5:30 - 7:00PM Garibaldi Secondary School

The following schools offer additional RSL events called PALS. Please call the school to register:

ALBION 604-463-4848: Jan. 16, Feb. 20, Apr. 24 (3:00pm - 4:00pm)

ALOUETTE 604-463-8730: Jan. 24, Feb. 20, Apr. 24 (3:00pm - 4:00pm)

DAVIE JONES 604-465-9908: Jan 23 (2:45pm-3:45pm), Feb. 28 (5:30pm - 6:30pm), Apr. 17 (2:45pm-3:45pm)

ERIC LANGTON 604-463-3810: Feb. 20, Apr. 17, May 8 (4:00pm-5:30pm)

KANAKA CREEK 604-467-9050: Feb. 22, May 24 (3:15-4:15pm)

PITT MEADOWS ELEM 604-465-5828: Jan. 29, Apr. 9, May 14 (2:45-3:45pm)



Pitt Meadows Elementary

Attachments:

- **Canada's Food Guide**
- **Afterschool Programs (Karate, Mindful Movements Yoga, Stop Motion Animation, United Way Schools Out Environmental Program)**
- **Aboriginal Worldviews and Perspectives in the Classroom**
- **Grade 7 Students Summer Learning Programs (Robotics, Woodworking, Metalshop; Theatre Sports, Coding & Video Game Design)**
- **Elementary K – 6 Students Summer Learning Programs (Literacy, Numeracy, PE, Science, Fine Arts, and Technology)**
- **PAC Fundraising (Rotary Club Duck, Neufeld Farms Meat and Dessert, Cob's Bread Dough)**
- **Crepe truck order form**

2018-2019 School Calendar

Schools reopen after Spring Break	Monday, April 1, 2019
PAC Meeting	Tuesday, April 9, 2019
Good Friday	Friday, April 19, 2019
Easter Monday	Monday, April 22, 2019
Non- Instructional day (district)	Monday, April 29, 2019
PAC Meeting	Tuesday, May 14, 2019
Victoria Day	Monday, May 20, 2019
Non- Instructional day (school based)	Tuesday, May 21, 2019
PAC Meeting	Tuesday, June 11, 2019
Grade 7 Leaving Ceremony	Tuesday, June 25, 2019
Last day for students	Wednesday, June 26, 2019
Year-end Administrative Day	Thursday, June 27, 2019
Schools close for Summer Vacation	Thursday, June 28, 2019