

The New Canada's Food Guide – What do the changes mean to your family?

The new [Canada's Food Guide](#) helps support healthy eating for you and your family. With the new changes, it's the perfect time to create new habits one small step at a time. Here are some of the more significant changes:

Healthy Food Choices

- **The four food groups have been replaced with a picture of a healthy plate.** Aim to fill half of your plate with a variety of vegetables and fruits, and the other half with equal amounts of protein and whole grain foods.



- **Milk products are now listed as a source of protein** along with beans, nuts, seeds, lean meats, fish, and eggs.
 - Continue to enjoy lower fat dairy products (i.e. milk, yogurt and cheese). Dairy products provide important nutrients like calcium and vitamin D for your family.
 - Choose protein food that comes from plants more often. These delicious [recipes](#) include options for plant-based meals.
- **Fruit juice is now recognized as a sugary drink** along with iced tea, chocolate milk and soft drinks. Sugary drinks are not recommended; make water the drink of choice.

Healthy Eating Habits

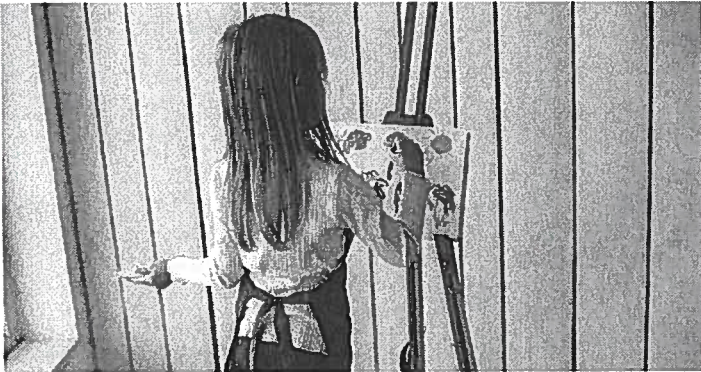
The new Food Guide explains “how” to eat healthy in addition to “what” to eat. Here are a couple of examples:

- **Cook more often.** Children like to be included in the [planning and preparation of meals](#). It helps build their confidence and cooking skills, and is a great way to connect with your child. The new Food Guide includes [tips on preparing meals](#) with kids.
- [Eat meals with your family](#) and be free from distractions such as electronic devices or television.

Accessing the Food Guide

The new food guide is mobile friendly. You can also [print](#) copies or [order](#) copies from Health Canada.

Pitt Meadows Elementary: Spring 2019



Tuesdays, 2:30pm – 3:30pm, in the Library

April 16 – May 28 (no class May 21)

Registration Fee: \$40

Register: <http://schooldistrict42.perfectmind.com> to create your account, add your child (family member), register and pay

UNITED WAY SCHOOLS OUT ENVIRONMENTAL PROGRAM (GR. K-7)

This eight-week program focuses on what we can do to help and understand our environment and our future. Students will participate in games, watch fun mini educational videos and visit the community garden and learn about what it has to offer. We will provide a snack and fun outdoor activities. Come and join the fun! The Environmental Program is founded by The United Way and produced by The Family Education & Support Centre with partnerships with the Ridge Meadows Child Development Centre Society and SD42.

www.familyed.bc.ca.

Wednesdays, 2:30pm – 4:00pm, in the library

April 3 – May 22

Registration Fee: \$25

Register: Please call Karen Hughes at 604.467.6055 (ext. 101)

**PME students will NOT be walking to a garden.*

STOP MOTION ANIMATION (GRADE 2-7)

Lights, camera, LEGO® action! This unique class allows your child to use the medium of bricks to tell their story, complete with music, special effects and all their favourite LEGO® mini-figures! Participants creativity will be encouraged as they plan, script, stage, shoot and produce their own mini-movie using Stop Motion. Working as a team, students will use LEGO® components to build sets and props and then shoot their movie using a digital camera. Teams will learn movie-making software to add special effects, titles, credits and more! Your child will be able to impress friends and family with a digital copy of their movie to take home.

Wednesdays, 2:30pm – 3:30pm

April 10 – May 15

Registration Fee: \$15

Register: <http://schooldistrict42.perfectmind.com> to create your account, add your child (family member), register and pay

KARATE (GR. K-7)

Pitt Meadows Shotokan Karate offers classes at École Pitt Meadows Elementary. Shotokan is designed to teach self-defense, build self-confidence, stimulate a sense of well-being and provide a greater sense of self-awareness when faced with difficult situations. The program's primary goal is to teach respect for one's self and others, as well as basic self-defense techniques. This program is taught in French, English and Japanese, giving students the opportunity to develop basic language skills.

Session 1: Mondays and Wednesdays, 2:30pm – 3:30pm

April 1 – June 19

Session 2: Tuesdays and Thursdays, 2:30pm – 3:30pm

April 2 – June 20

Location: Pitt Meadows Elementary (stage)

Registration Fee: \$210 (24 sessions)

To register: Contact Amy Shaw at 604.314.5852 or theninjalady@gmail.com

***If you require financial assistance please contact Drea Owen at 604.346.9815 or drea_owen@sd42.ca**

MINDFUL MOVEMENTS YOGA (GR. K-7)

Yoga classes have far-reaching positive benefits both physically and mentally for children. Meet new friends as you improve your strength, flexibility, balance and focus in a non-competitive, non-judgmental environment. Gentle breathing exercises, calming techniques and relaxation designed for children form an integral part of each class.



United Way
Lower Mainland



The Redesigned Curriculum at *Pitt Meadows Elementary*

ABORIGINAL WORLDVIEWS & PERSPECTIVES IN THE CLASSROOM *First Peoples principles of learning*

From kindergarten to graduation, students will experience Aboriginal perspectives and understandings as an integrated part of their learning journey. The inclusion of Indigenous ways of knowing and being is based on the understanding that Aboriginal perspectives and knowledge are a part of the historical and contemporary foundation of BC and Canada.

An important goal in integrating Aboriginal perspectives into curricula is to ensure that all learners have opportunities to understand and respect their own cultural heritage as well as that of others. There are two important aspects to embedding these principles of learning into classroom experiences. First, all students will be celebrated as individuals in a strength-based, learner-centred environment and second, all students will be nurtured in their understanding of the healing around Truth and Reconciliation.

Coming in April – *Place-Based Learning.*



First People's Principles of Learning recognize the role of Indigenous knowledge and involve patience and time. Students learned about the history and significance of weaving in Aboriginal communities and demonstrated perseverance and dexterity as they worked on projects of their own.



Redesigned Curriculum: Know-Do-Understand

All areas of learning are based on a "**Know-Do-Understand**" model to support a concept-based, competency-driven approach to learning. In this model, three elements work together to support deeper learning: **Content (Know)**, **Curricular Competencies (Do)**, and **Big Ideas (Understand)**. BC's new curriculum design enables a personalized, flexible and innovative approach at all levels of the education system. All areas of learning have been redesigned using this model.



ELEMENTARY K-6 students – Planning for this summer? Summer Learning July 2019

Mark your calendars! The *Maple Ridge – Pitt Meadows School District (SD42)* is once again offering a summer learning opportunity for elementary aged students (Grades K-6) currently attending our schools.

Primary Focus Grades K-3 blended classes

Literacy, Numeracy, PE, Science, Fine Arts, and Technology

Intermediate Focus Grades 4-6 (blended)

Literacy, Numeracy, PE, Science, Fine Arts, Technology, Leadership

Registration opens– May 1 to May 10 2019 see [Parent Portal](#)

Program information at a glance:

- | | |
|--|--|
| ➤ Locations: East Zone – Yennadon Elem
Central Zone – Alouette Elem | West Zone: Edith McDermott Elem
French Imm: Laity View Elem |
| ➤ Dates: July 3 to July 19, 2019 | |
| ➤ Times: 9:00am to 12:00pm | |
| ➤ Attendance is mandatory for these programs | |

Cost: \$50.00 (\$20 project fee + \$30 refundable placeholder fee upon program completion)

International Student Program Fee: \$400.00

(Cancellation policy - \$30.00 placeholder fee refundable prior to July 3, 2019)

CANCELLATION REFUND POLICY:

- **May 1 to May 31** Full refund \$50.00 (\$30.00 placeholder + \$20 take home project)
- **June 1 to June 28** Partial refund \$30.00 (\$20 take home project fee retained – project supplies purchased)
- **July 3 to July 19** No refund – program not completed – all fees retained



GRADE 7 STUDENTS – Planning for this summer?

Grade 8 High School Options Summer 2019

The Maple Ridge – Pitt Meadows School District is offering three summer learning programs for all current Grade 7 students. Students can choose ONE of the following three program options:

- ***Program 1:** Robotics; Woodworking; Metal Shop (rotation)
- **Program 2:** Theatre Sports
- **Program 3:** Coding & Video Game Design

These programs will offer students an opportunity to build transferable life skills that will benefit them with their transition to high school and beyond.

Registration opens– May 1 to May 10 2019 [see Parent Portal](#)

Program information at a glance:

- Location: Thomas Haney Secondary School
- Date: Wednesday July 3 – July 16, 2019
- Times: 9:00 am to 1:00 pm daily
- Attendance is mandatory for these programs

Cost: \$30 refundable placeholder fee (***Program 1** only - add \$30 for a take home project non-refundable)

International Student Program Fee: \$400.00 (Plus \$30 if choosing Program 1)
(Cancellation policy - \$30.00 placeholder fee refundable prior to July 3, 2019)

PAC NEWS – APRIL 2019

SPRING FUNDRAISING WITH THE PAC

Dear Parents,

We have an exciting mix of fundraisers taking place this Spring: again, with much of the funds raised going towards the purchase of a new playground, as we hope to have this playground a reality within a year or two at the most. Please note: all of the fundraisers coming up are **optional** for families to participate in. We love and appreciate your support but know that not everyone can participate in everything put out by the PAC. Please know any participation is appreciated and is going towards a great cause: either the new playground or programs and activities enjoyed by your children!

ROTARY CLUB DUCK FUNDRAISER

HERE COME THE DUCKS! The PAC will be kicking off its fundraising in April for our new intermediate playground. The PAC will be sending home pledge forms to each student and will be asking each student to sell as many ducks as possible with 90% of ticket sales going directly to the new playground. You and your family are encouraged to join us at Maple Ridge Park on Sunday, August 11, 2019 to watch thousands of feisty rubber ducks race down the Alouette River towards the finish line. The Grand prize is a **Fiat 124 Spider Convertible!** More details will be sent home with students the first week in April and if we are lucky, we might just have a visit from a special guest (hint: he's yellow and quacks) to help us hand out the tickets.

NEUFELD FARMS MEAT/DESSERT FUNDRAISER

Neufeld Farms Meat/Dessert Fundraiser for our Intermediate Playground Repairs & Upgrades! Look out for the order forms that will be sent home with your child! Orders are open April 1st to 18th. Order deadline is April 18th with delivery on May 2nd! Neufeld Farms will bring orders right to the school on May 2nd for pick up. Every order counts and the products are fantastic! Enjoy easy meals while building your playground! Thank you for your support!

COB'S BREAD DOUGH RAISER PROGRAM

PME is now a part of the Dough Raiser Program at the Cob's Bread at Westridge Centre in Maple Ridge. Mention that you are from Pitt Meadows Elementary and 5% of your purchase total will go towards the PME PAC.

MUNCHALUNCH/HOT LUNCH

LITTLE CAESAR'S PIZZA – Apr. 10: Online ordering will be open through MunchaLunch from Tues., Mar. 26 – Tues., Apr.2. Please be sure to get your payments and orders in by that time, as no late orders can be accepted.

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. Go to <https://munchalunch.com/schools/pittmeadows/> to place your order. If you would like to volunteer to help out with a Hot Lunch, please email pmepaclunch@gmail.com.

2019 LUNCH DATES – the following are the Hot Lunch dates for the rest of the 2018/2019 school year

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

**PME PAC AFTER SCHOOL ACTIVITY
REGISTRATION OPEN APR. 1 - 11**

Iron Regime Crossfit Gym of Pitt Meadows have been ever so gracious and will be hosting a Fun Fitness Program in the gym that will challenge kids and make fitness fun! They will be doing mainly body weight movements and working through stations of controlled work/rest. Parents and teachers are welcome to attend. **Space is limited to 30 children per session.**

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.

Please note:

1. You can only register your child for one of the sessions to allow maximum participation from all children. **The sessions are limited to 30 participants each.**
2. If you have multiple children that are in Grades K - 2 and 3 - 7 and want to have them participate the same day as their sibling, then you may register the older child on the 23rd as well.

Hurry to register on the MunchaLunch Portal, as spots will fill up quickly: **REGISTRATION OPEN APR. 1 - 11**

- Go to: <https://munchalunch.com/schools/pittmeadows>
- Sign into your MunchaLunch account
- Find the Fundraising section
- Choose your date and select which child you are registering (*please register each sibling under their own name*)
- Checkout

If you would like to volunteer please email Debora.seehuber@outlook.com. We are in need of 2 volunteers for each day.

PITT MEADOWS ELEMENTARY

ORDER FORM DUE BY WEDNESDAY, APRIL 3, 2019 @ 8:30 AM

Crepe Truck Oder Form Date of Event: April 3, 2019		Sugar & Butter Classic \$4.00	Strawberry Jam \$4.25	Maple Syrup \$4.50	Chocolate \$5.00	TOTAL
Student Name	Teacher/Div#	Quantity				
Total Money Submitted						

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