

Whonnock Elementary

27471 112th Avenue, Maple Ridge, B.C. V2W 1P9

Principal: Ms. Stephanie Dand T: 604 462 7612

Website: schools.sd42.ca/Whonnock stephanie_dand@sd42.ca

Message from the Principal:

Dear Whonnock Families,

I would like to reach out to all of you to let you know how welcome I have felt these past few weeks since I have taken over for Mr. Richardson. The students have been so friendly, respectful, and accepting of me as their principal. You can be very proud of the children you are raising!

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.

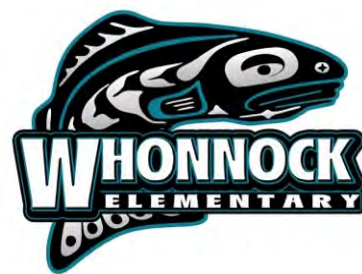
Throughout the year, there have been many opportunities for parents and teachers to discuss each child. Staff work together to consider the following criteria very carefully: **social emotional skills and relationships**, as well as **learning styles, strengths and needs**. Our goal is to create safe 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 me in writing by May 31, 2022.

Please refrain from requesting specific teachers or peers by name.

If you have not done so already, please feel free to come and introduce yourself, or to call or email me with any feedback, questions, or concerns.

Thanks,
Stephanie Dand
Acting Principal



Upcoming Events

May 1

Handmade Fair 10:00-3:00

May 5

HOT LUNCH - PIZZA

May 11

Non-Instructional Day – NO SCHOOL

May 12

Early Dismissal for Kindergarten at 11:30

Ready, Set Kindergarten 12:45-2:00

May 12

PAC Meeting 7pm

May 19

HOT LUNCH – HOT DOGS

May 23

Victoria Day – NO SCHOOL

May 25

Grade 8 Day!

May 26

HOT LUNCH - SUBWAY



Important School News

WELCOME TO KINDERGARTEN ORIENTATION: We are planning our Ready, Set, Kindergarten visits for Thursday, May 12th from 12:45 – 2:00 for our incoming Kindergarten students. Our current Kindergartens will be dismissed at 11:30 am on that day to allow teachers time to set up.



Moving:

If you are moving out of district, please inform the school office so we can obtain an accurate picture of our student population for next year.

School Visits/Volunteers:

For student and staff safety, we require all guests, visitors & volunteers report to the Office, sign in & wear a visitor tag.



Please remember to send your student to school with a reusable cup or bottle for water. Thank you!

At Whonnock we CARE

At Whonnock, we CARE about each other, our school and ourselves. We use our **Common Sense**, have a positive **Attitude**, **Respect** ourselves, others and the environment, and put forth our best **Effort**. We would like to thank the following students for demonstrating our Code of Conduct for the Month of April, congratulations to the 25 winners of a Pizza Lunch this Friday!

<u>Div. 1</u>	<u>Div. 5</u>	<u>Div. 9</u>
Sloane	Evelyn	Bowen
Markus	Cheney	Owen
Bryce	Talas	Liam M
Ava G	Aksel	Arlo
Gemma	Azarah	Atti
Maddox		Hanna
Ava W	<u>Div.6</u>	Dom
Cale	Gunnar	Sepehr
	Vienna	Bennett
<u>Div. 2</u>	<u>Div. 7</u>	Landon
Lilly	Clara	Charlie
Jordyn	Keira	Zach
	Anna	Jada
<u>Div. 3</u>	Mira	<u>Div. 10</u>
Ryder		Kashton
Isabella	<u>Div. 8</u>	Tara
Issak	Audrey	
Ryder	Darius	<u>Div. 11</u>
Jasper	Kinley	Gracie
Raydon	Aidan	Harper
Nate	Brooklyn	Vaeya
Pippa	Novelle	Sawyer
<u>Div. 4</u>	Madison	Neek
Evan	Elena	Haggen
Arianna	Jason	Harper
Max	Logan	Miyana
Jordan	Bennsen	Oliver
Connor	Olivia	Alice
Anna	Mya	
Nate	Tristan	<u>Div. 12</u>
Raman	Trey	Oliver
Robin	Nolan	Ryleigh
Sofia	Elliot	Fern
Faith	Remy	
Avery	Sach	
Carter	Adalie	
Paxton	Damien	
Bence		
Charlotte		
Gabby		



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
4

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

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.



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

MAY
2

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, Buneaad Public Affairs.

Time: 6pm - 8pm

MAY
4

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

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



RPM HOCKEY COMPANY LTD.



S R T HOCKEY ACADEMY

Offered in partnership by RPM Hockey Company,
SRT Secondary & School District 42



REGISTRATION INFORMATION RETURNING PLAYER REGISTRATION APRIL 6 - 13

NEW PARENT ZOOM MEETING - APR. 21 @ 7PM
MEETING ID: 854 2588 7780

PASSCODE: 634758

NEW REGISTRATIONS - APR. 22 @ 8:30AM

REGISTER AT WWW.RPMHOCKEY.COM

CHARACTER • INTEGRITY • TRADITION

ABOUT THE ACADEMY

This program is available for students in grades 8 to 12.

RPM & SRT Secondary have developed a program & curriculum that provides students with the opportunity to balance their educational requirements while developing their hockey skills.

RPM provides personalized instruction that educates and develops students in both the physical and mental aspects required to excel in hockey. The school and RPM, in consultation with students and parents, help design a personalized teaching plan catered to meet each player's individual needs. Students are tested both on and off the ice monitoring their individual improvements.



HIGHLIGHTS:

Academy Format - Semester Based -
Semester 1 - September to January or
Semester 2 February to June

A typical week for all of our Academy players includes:

- 5 hours on Ice-MWF - Skill Based Instruction
- Day 1 On-Ice - Power Skating
- Day 2 On-Ice- Puck Skills
- Day 3 On-Ice- Tactical & Game Play
- 2 hours- Sport Specific Conditioning/Events or Classroom

Sport Specific Conditioning utilizes a variety of training devices and techniques and may also include out trips.

Theory instruction provides players with skill breakdowns, progressions, individual and team tactics, practice planning, proper nutrition, strategies for high-level performance and motivation and goal setting.



ACADEMY COST

The total price for the academy is \$1,420. Please note a \$284 deposit is required at the time of registering the actual cost of the Hockey Academy is \$1420 (-\$284 Deposit) As a convenience to parents RPM will accept a payment plan of \$284 month Sept 1-Dec 1).

Once you have registered online at www.rpmhockey.com, you must also notify the school that you would like to participate in the program.

ACCEPTING APPLICATIONS

- Academy -Ministry Approved
- Bantam & Midget Players (grade 8-12)
- Obtain Academic Credits
- On Ice Development
- Off-Ice Conditioning
- Tactical/Game Play
- Performance Testing
- Educational
- Special Events
- Work Experience
- Offered inside the normal school timesable
- Students can play minor hockey & school sports
- Professional/Certified Instruction

QUESTIONS? JOIN ZOOM MEETING

April 21 @ 7:00pm

Meeting ID: 854 2588 7780

Passcode: 634758

CONTACT US

Lesley McPherson

SRT Secondary

Craig Millin

Hockey Academy

Holly Rogers

Academy Administration

lesley_mcpherson@sd42.ca

craig@rpmhockey.com

holly@rpmhockey.com

**BUILDING GREAT KIDS IN THE
CLASSROOM, ON ICE AND IN
THEIR COMMUNITY!**

THE FAMILY EDUCATION & SUPPORT CENTRE

Since 1971

FACILITATING GROWTH AND DEVELOPMENT

The Family Education & Support Centre is happy to share with you the Spring/Summer brochure where you will find program descriptions, dates, and times. As an agency, we strive to provide quality information, education, resources, and support through public and private collaborative partnerships.



COVID-19 UPDATE

Please note that all dates and locations shown throughout this brochure are subject to change, depending on the current circumstances regarding Covid-19. The Family Education & Support Centre is taking strict precautions and following up-to-date BC Health and WorkSafe BC guidelines.

Contact us at (604) 467 - 6055 or reg@familyed.ca

PARENTING THROUGH THE AGES AND STAGES



CONNECT PARENT GROUP

Supporting parents and caregivers with concerns about their pre-teen and teens behavior and emotional health.

Date: **TBA**

Time: **TBA**

Cost: **FREE**



STEP - E

Developmentally appropriate parenting skills for children aged 0-6. Programming for children 0-6 is available.

Date: **June 28- July 22 (Tues/Fri)**

Time: **1-3pm**

Cost: **FREE**

MENTAL WELLNESS FOR PARENTS

Designed to meet specific needs of parents living with mental health challenges including anxiety and/or depression. No diagnosis needed to attend this program. Featuring mental wellness and parenting information, resources, and support. Programming for children 0-6 is available.

Date: **April 6- May 25 (Wed)**

Time: **10-12**

Cost: **FREE**



CONFLICT RESOLUTION AND ANGER PROGRAMS

HEALTHY RELATIONSHIPS

This course looks at the fundamentals of any adult relationship including the foundation, needs, wants, and communication skills.

Date: **May 7 & 14**

Time: **9am-3pm**

Cost: **\$90**

price for two participants

MEN'S ANGER MANAGEMENT

Explores the complex nature of anger, recognizing triggers, alternative methods of expression, and how to defuse anger.

Date: **April 24- May 15 (Sun)**

Time: **9am - 2pm**

Cost: **\$90**

KEEPING THE CHANGE

A 2hr workshop follow up to the Brave New your course.

Date: **July 16th (Sat)**

Time: **10am-12pm**

Cost: **\$30**

ANGER MONSTERS

An anger management course directed at children aged 8-12.

Date: **May 28- June 18 (Sat)**

Time: **330-530pm**

Cost: **\$90**

***price for 1 parent and 1 child**

BRAVE NEW YOU

Women learn about creating and keeping their boundaries, healthy communication, managing challenging conversations, expressing feelings and identifying personal needs.

Date: **May 7- June 4 (Sat)**

Time: **9am - 2pm**

Cost: **\$90**

CARING DADS

Helping fathers working to repair their relationships with their families.

Date: **April 6- July 27**

Time: **630pm-830pm**

Cost: **FREE**

PARENTING WORKSHOPS



CONFLICT RESOLUTION PARENTING

Learn how to use "I" statements, conflict management styles, trigger scale, active listening, paraphrasing and open questions for parenting. This workshop will take place via Zoom.

Date: April 12 OR June 14 (Tues)

Time: 10am - 12pm

Cost: \$15



PARENTING RESILIENT CHILDREN

Understand better what resiliency is and how we can foster it in our families. Please note, this workshop will take place via Zoom.

Date: May 10 (Tues)

Time: 10am - 12pm

Cost: \$15

AFTER THE ANGER - MEN'S GROUP

A continuation of Anger Management for Men working on anger management, conflict resolution, effective communication skills, and stress management.

Date: June 5 (Sun)

Time: 10am - 12pm

Cost: \$30



CHILDREN'S PROGRAMMING

SCHOOL'S COOL

We are offering an eight week kindergarten readiness program for children entering school September 2022. Priority will be given to children who have not attended preschool.

Date: **Apr. 1st- June 24 (Tues/Fri)**

Time: **1-4 pm**

Cost: **FREE**



UNITED WAY - SCHOOL'S OUT PROGRAM

Resiliency through Recreation

This program will focus on fun activities around the different elements of resiliency such as optimism, competency, emotional development and relationships. Students Kindergarten to Gr 7 are welcome and we have mentors on site to help with any additional needs.

Time: **2:20-4 pm**

Cost: **FREE**

Pitt Meadows Elementary

Date: **April 12th - May 31st (Tues)**

Golden Ears Elementary

Date: **April 13- June 1st (Wed)**

Eric Langton Elementary

Date: **April 14th - June 2nd (Thurs)**



United Way
Lower Mainland

SUPPORT GROUPS

YOUNG PARENTS GROUP

An opportunity to connect with other young parents. Come and join us! For parents up to age 26. Programming for children 0-6 is available during group sessions.

Please contact admin@familyed.ca

SINGLE MOM'S GROUP

An opportunity for single mother's to get together. Programming for children 0-12 is available during group sessions.

Please contact admin@familyed.ca

PARENTING YOUNG CHILDREN

For parents of children 0-6 years of age. Programming for children 0-6 is available

Date: **Thursday's from Sept. - June**
Time: **9 - 11am**

GREAT DADS

Supporting Dads of children aged 0-6. Weekly phone support and weekly virtual group meetups.

Please contact pep@familyed.ca

**CHILDRENS PROGRAMMING FOR DROP IN &
MENTAL WELLNESS IS PROVIDED BY:
CAPC COMMUNITY ACTION PLAN FOR
CHILDREN**

FAMILY LEAF DROP-IN

For parents and caregivers with children 0-6 years of age. Please contact Massie at dropin@familyed.ca for program details.

FAMILY NAVIGATION

Family Navigation is a free service available to families with children aged 0-6 years, in Maple Ridge and Pitt Meadows. Supporting families who need help finding and accessing the programs and services in our community. Supports from the Family Navigator are available on a flexible schedule including some evenings and weekends.

SPARK PROGRAM

Supporting Parents Along the Road to Kindergarten- Beginning at birth parents and caregivers attend a SPARK session once every fall, winter, and spring until their child enters Kindergarten. In SPARK we reflect on how children learn and grow. At each session participants receive a free toy to support learning and information related to their child's age group. To contact our Family Navigator please email familynav@familyed.ca



MULTICULTURAL SERVICES

Providing multicultural awareness and education programs to the community to help strengthen participation and increase understanding of cultural diversity in Maple Ridge, and Pitt Meadows.

MULTICULTURAL WOMEN'S GROUP

Meet women from around the world and learn about community services, programs, and support available while having fun! For more information please contact reg@familyed.ca

Date: **Summer 2022**

Time: **TBD**

LIPS

LIPs Local Immigration Partnership

A council representing various sectors, meets monthly to discuss local trends, issues, and needs. Community based partnerships that work to improve the coordination of services that facilitate settlement and integration of newcomers.

For more information please visit www.ridgemeadowsnewcomers.com or contact Carolina at msc@familyed.ca

INTERFAITH BRIDGING COMMITTEE

A volunteer committee that works to connect and create dialogue among diverse faith groups for the purpose of harmony, peace, and understanding.

For more information, please contact Carolina at msc@familyed.ca

BC SPOKES

A community driven committee that will lead anti-racism and anti-hate work at a local level. This committee works to build awareness of what comprises racism and hate, mobilize their communities to respond to hate incidences in a supportive and collaborative way, and lead discussions and education opportunities.

In partnership with Fraser River Indigenous Society. For more information please contact Natalie Binns at antiracism@familyed.ca



Funded by:

Immigration, Refugees
and Citizenship Canada

Financé par :

Immigration, Réfugiés
et Citoyenneté Canada





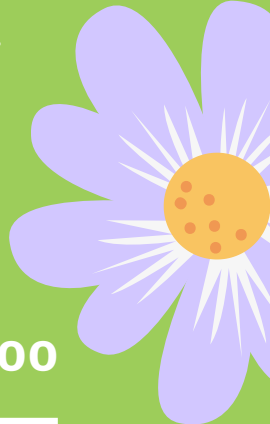
UNDER THE TREE CHILD CARE CENTRE

Under the Tree Child Care Centre (UTT) is a program of the Family Education & Support Centre. Under The Tree provides programs for infant toddler, preschool, 3-5 year-olds, and before and after school care.

Our programs provide comfort to our families with the knowledge that their children will be cared for and nurtured in an inclusive setting. In this setting we guarantee individuality and diversity will be acknowledged, appreciated, and embraced.

We provide developmentally aged appropriate play opportunities for the children that are both child-centered and driven by the child's interests, with as much exposure to real life learning as possible. The program encourages applications from Indigenous, low-income, newcomer families and families who have children with extra needs – these families will be offered spots first and expedited to the top of waitlists.

We are located at 9975 272nd Street, Maple Ridge.
Our Fees are as follows.



Under 36 months	\$1,200.00
30 months to School Age	\$1,060.00
Preschool	\$600.00
BAS	\$590.00



**FOR MORE INFORMATION PLEASE CONTACT
UNDERTHETREE@FAMILYED.CA**



UNDER THE TREE CHILD CARE CENTRE PHOTO GALLERY



ADDITIONAL INFORMATION

KNOW BEFORE YOU GO

We cannot guarantee that our programs as listed in the brochure will run in the spring/summer and are subject to change in accordance with Public Health Orders. Masks will not be made mandatory; however, our agency acknowledges and respects the choice to wear a mask, or not, as a personal choice for clients and staff.

If you wish to speak with a specific staff member, we recommend calling ahead of time, to ensure that they are in the office and available at your requested time. Masks may be required for in person, close contact meetings.

We also require clients to sanitize or wash your hands upon entry into the building and sign in during your group. Please note, if you are experiencing any cold or flu like symptoms, you will be asked to go home, and return upon feeling better.

LATEST UPDATES

If you wish to speak with a specific staff member, we recommend calling ahead of time, to ensure that they are in the office and available at your requested time

STAY CONNECTED

Be the first to get notified on health and wellness updates, pop-up programs, and special events hosted by The Family Education & Support Centre



www.familyed.bc.ca



[@familyed.bc.ca](https://www.instagram.com/familyed.bc.ca)



[TheFamilyEducationandSupportCentre](https://www.facebook.com/TheFamilyEducationandSupportCentre)

LOOKING FOR MORE INFORMATION?

22554 Lougheed Hwy, Maple Ridge, BC
(604) 467 - 6055
or email reg@familyed.ca

