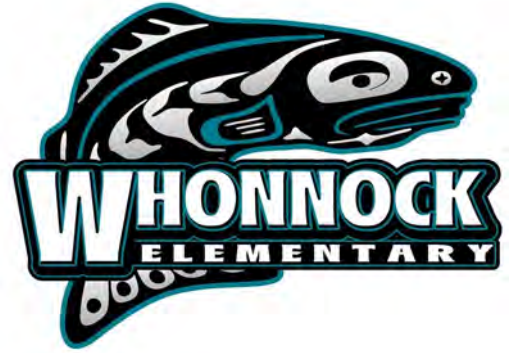


# Whonnock Elementary



27471 112<sup>th</sup> Avenue, Maple Ridge, B.C. V2W 1P9

Principal: Megan Olynyk

Website: [schools.sd42.ca/Whonnock](https://schools.sd42.ca/Whonnock)

Dear Whonnock families,

At Whonnock Elementary, we believe that every day is a valuable opportunity for learning and growth. As we enter our final term of the school year, I'd like to share why it's so important for your child to be present and engaged in school every day.

## The Benefits of Consistent School Attendance:

- **Academic Achievement:** Regular attendance is strongly related to improved academic performance. Students who are present consistently have a better grasp of concepts and participate more fully in classroom discussions.
- **Social and Emotional Development:** School is a place where children develop essential social skills, build friendships, and learn to collaborate. Missing school can disrupt these crucial interactions and impact their emotional well-being.
- **Building Good Habits:** Establishing a routine of consistent attendance helps children develop valuable life skills, such as responsibility, punctuality, and time management, which will serve them well throughout their lives.
- **Continuity of Learning:** Each day's lesson builds upon the previous one. Absences can create gaps in learning that are difficult to fill, leading to frustration and academic challenges.
- **School/Community Connection:** Being present in school allows students to feel a sense of belonging and connection to our school community. They participate in school events, build relationships with teachers and peers, and feel a part of something larger.

## What We Can Do Together:

- Please make every effort to schedule appointments and family trips outside of school hours.
- If your child is ill, please notify the school promptly through the Parent Portal, or by emailing [wh\\_reception@sd42.ca](mailto:wh_reception@sd42.ca)
- Communicate with your child's teacher and our school office if your child is experiencing any challenges that may affect their attendance.
- We understand that unforeseen circumstances can arise. Please do not hesitate to contact our office if we can support your family in any way.

We recognize that occasional absences are unavoidable. However, by prioritizing consistent attendance, we can work together to ensure your child reaches their full potential. Thank you for your partnership in your child's education.

Sincerely,  
Megan Olynyk

Principal, Whonnock Elementary

# EVERY MINUTE COUNTS...

## JUST A LITTLE BIT DOESN'T SEEM MUCH BUT...

When your child misses just...	That equals...	Which is...	And over 13 years of schooling that's...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly half a year
20 minutes per day	1 hour & 40 minutes per week	Over 2.5 weeks per year	Nearly 1 year
Half an hour per day	Half a day per week	4 weeks per year	Nearly 1 and a half years
1 hour per day	1 day per week	8 weeks per year	Over 2 and a half years

## Important School News

Please check the Parent Portal for all current and upcoming school events with times, Ms. Olynk posts frequently to keep everyone informed.

### ARE YOU MOVING?

**NEXT YEAR PLANNING:** or have you moved? Please let Ms. Lorrie know so that she can update student documents. If you know you will be moving from the area and will not be attending Whonnock Elementary for the 2025/2026 school year, please let Ms. Lorrie know, we are starting our planning for next year and would like to have as accurate an idea of enrollment as possible.

**EMERGENCY RELEASE REPORTS:** In case of emergency closures please ensure that you have gone on the parent portal and filled out all the information necessary to avoid any confusion for staff and students, when you log in, you will see a red exclamation to show what forms are still needed to be filled for each student.

**LOST AND FOUND:** Please label your students clothes, we don't have the room to store everything that gets left behind, Big Brother comes once a month to collect what hasn't been found. Please check by the gym entrance regularly. Thank you!

## Upcoming Events

**April 10**  
PAC Meeting @ 7pm

**April 11**  
Terry Fox Assembly & Run

**April 17**  
Art Show

**April 18 - 21**  
Easter Break – Fri & Mon NO SCHOOL

**April 24**  
Public Speaking

**April 29**  
Gr 6 Immunizations (part 2)

**April 30 & May 2**  
Intermediate Track Day

**May 4**  
Whonnock Spring Market

**May 6**  
Body Science Zoom for Parents @ 6:30 pm

**May 9**  
Volunteer Appreciation Lunch

**May 12**  
Class Photo Day

**May 13**  
Intermediate Cross Country

**May 14**  
Non-Instructional Day

**May 15&16**  
Body Science Workshops

**May 19**  
Victoria Day – No School

**May 20&21**  
Planetarium at the school!

**May 21**  
Grade 8 Day

**May 22**  
Primary Cross Country at Albion Sports Complex

**May 30**  
Ready Set K



## **SD42 NEWS!**

### **City of Pitt Meadows Spring Programs Are Here**

Our spring program guide is now available online and is also in print. Browse the City of Pitt Meadows Parks, Recreation & Culture Guide for a variety of activities and programs for all age groups! **Registration for spring programs is open.** Visit [pittmeadows.ca/programguide](http://pittmeadows.ca/programguide) for details.

#### **Low-Cost Activities at Pitt Meadows Family Recreation Centre:**

##### **Parent & Tot Mini Gym 0-5Y**

Looking for an indoor activity? PMFRC offers low-cost [Parent & Tot Mini Gym](#) in the gymnasium on Mondays and Wednesdays (10:05-11:45 a.m.) and Saturdays (9-11 a.m.) for only \$1 per child.

##### **Value Times at the Fitness Centre**

Work out at the fitness centre during our value times. It's only \$1 for youth (13-18Y) and seniors (60Y+) and \$2 for adults (19-59Y). Value times are:

Tuesday 10-11:30 a.m., Wednesday 8-9 p.m., Thursday 6-7 a.m. and Saturday from 3-6 p.m.

#### **Upcoming Pitt Meadows FREE Family Events**

The City of Pitt Meadows proudly hosts several signature and community events throughout the year. Some upcoming events include [Easter FUNDAY](#), [Pitt Meadows Day](#), and our [Pride Concert](#). For full details about community events and activities visit [pittmeadows.ca/specialevents](http://pittmeadows.ca/specialevents).

**Red Dress Day** May 5 is the National Day of Awareness for Missing and Murdered Indigenous Women, Girls and Two Spirit (MMIWG2S) people in Canada. It's also known as Red Dress Day. When available, more information about how the City of Pitt Meadows will be acknowledging this day will be provided, visit [pittmeadows.ca/reddressday](http://pittmeadows.ca/reddressday). To learn more about the REDress Project, please visit <https://www.jaimeblackartist.com/exhibitions/>

### **FREE Family Lounge Drop-In Program – Sundays from 3-7 p.m.**

Drop by the Constable Rick O'Brien Youth Lounge with your family! The Youth Lounge will open Sundays, from 3-7 p.m. for a time of unstructured activities for you and your children. Enjoy a variety of activities including billiards, ping pong, video games, retro arcade and board games. There is also a concession with food and drinks.

Our Recreation team will be on hand to supervise, but please remember that this is a parent-led program. Children must be accompanied by a parent or guardian at all times. Older siblings (11Y+) are also welcome, but must be accompanied by a parent/guardian.

For questions or details about this program contact the Youth Lounge Supervisor at [abuckle@pittmeadows.ca](mailto:abuckle@pittmeadows.ca) or 604.465.2456.

### **Youth Week is May 1-7**

BC Youth Week is a celebration of youth held annually from May 1 to 7. Visit [bcyouthweek.com](http://bcyouthweek.com) for activities in your area.

### **FREE Program - Community Services Let's Play (1Y - 5Y) – (Course ID#14067)**

Families will engage in a variety of play opportunities with their child, such as loose parts, sensory explorations, the wonder of art, music & movement, science discoveries and more. This FREE program has 8 sessions and runs from 10-11 a.m., April 8 to May 27. Registration is required, register by phone at 604-465-2470, or visit [pittfitandfun.ca](http://pittfitandfun.ca)

### **FREE Emergency Programs - Register starting March 4**

Join the Emergency Support Services (ESS) team and be a beacon of hope in times of crisis. Register for this **FREE Emergency Support Services Information Session (Course ID#14066)** to find out more. This FREE program runs from 7-8:30 p.m. on April 9. Registration is required, register by phone at 604-465-2470, or visit [pittfitandfun.ca](http://pittfitandfun.ca)

Are you prepared for a disaster? Register for this **FREE Disaster Preparedness Workshop (Course ID#14065)** and learn how to create an effective disaster plan. This FREE program runs from 7-8:30 p.m. on May 5. Registration is required, register by phone at 604-465-2470, or visit [pittfitandfun.ca](http://pittfitandfun.ca)

## Experience Art & Culture at the Pitt Meadows Art Gallery

The Pitt Meadows Art Gallery (PMAG) is located on the main floor of the South Bonson Community Centre in Pitt Meadows. PMAG is committed to supporting local and regional artists and artisans and will showcase six exhibitions per year at the main gallery and four exhibitions per year at the pop-up gallery. Admission to the gallery is free and all work is available for sale.

The Pop-Up PMAG can be found in the lobby at City Hall. This satellite gallery showcases smaller collections of work from Lower Mainland artists.

For more information about the gallery and the exhibits visit [pittmeadows.ca/pmag](http://pittmeadows.ca/pmag).

## Apply to become a Pitt Meadows Youth Ambassador

Do you want to represent and celebrate amazing youth in our community? Here's your chance! Starting with Pitt Meadows Day, the Youth Ambassadors will take part in the parade, opening ceremony and enjoy a special luncheon with the Mayor and Council. Throughout the year, the Youth Ambassadors will have the opportunity to give back to the community by participating in a variety of City events.

Youth Ambassador roles include the Pitt Meadows Ambassador (Grade 6), Medallion Bearer (Grade 5), Record Bearer (Grade 5), Flag Bearer (Grade 4), and Flower Attendants (Grades 1-3).

**Apply today!** Submit an application by **April 6, 2025**, in person at the Pitt Meadows Recreation Centre or by email to [pmdyouthambassadors@gmail.com](mailto:pmdyouthambassadors@gmail.com)

For [application form](#) and full details about the Youth Ambassador program visit [pittmeadowsday.ca](http://pittmeadowsday.ca).

**12**

APR

**Girls Only**

**Self-Defense Seminar**

**3**

PM

**Led by Head Instructor of Essential Striking  
Jade Tomelden Chambers**

Attend this **free** 90-minute  
seminar designed for girls  
aged 10-15 years  
to learn self-defense for  
real-life situations.



**Register**



**more info at** [essentialstriking.ca](http://essentialstriking.ca)  
fitness, self-defense & combat training

**VENUE**

Maple Ridge Karate Centre  
#5- 20306 Dewdney Trunk Rd  
Maple Ridge





Do you need Volunteers?

# Maple Ridge Pitt Meadows VOLUNTEER FAIR 2025



**Date**

Tues, April 29th



**Time**

10:00am - 2:00pm



**Location**

Maple Ridge Public Library  
130-22470 Dewdney Trunk Road

**RSVP to secure your table!**

- Find new volunteers
- Network with other local organizations
- Connect with your local community

**RSVP TO:**

Kim Dumore | 604-839-2390 | [kdumore@mrpmcs.ca](mailto:kdumore@mrpmcs.ca)



# FINDING SELF CARE CHALLENGING?

NEED HELP MAKING CHANGES?

Join us for a free 8-week program:  
Mental Wellness for Parents



*Date: April 9 to May 28, 2025 (Wednesdays)*

*Time: 11:00am-1:00pm*

*Cost: Free*

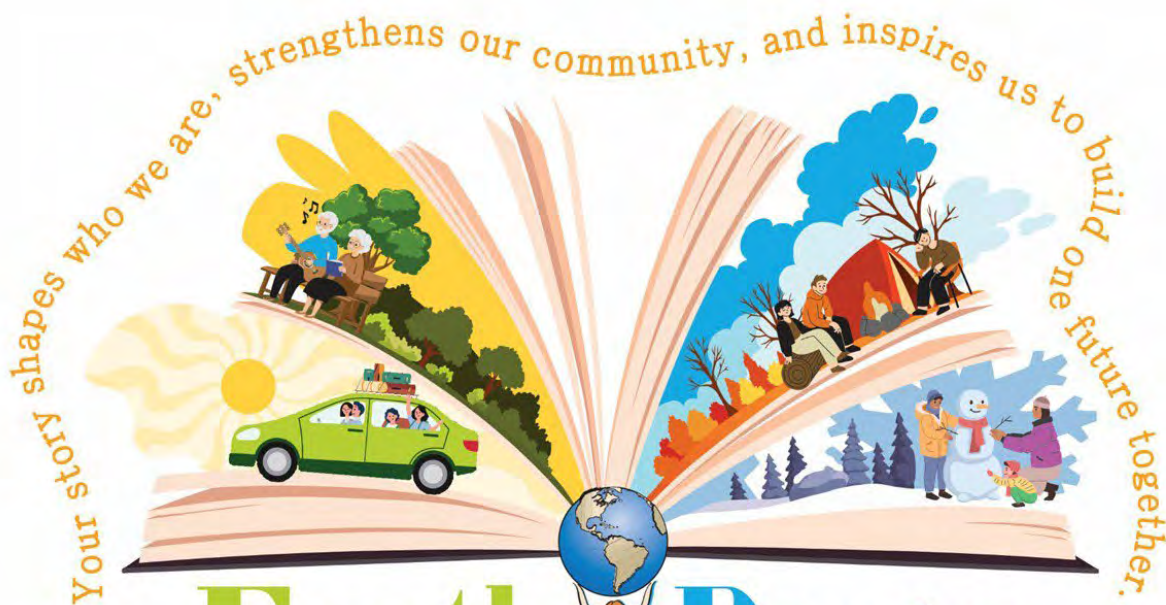
*Childminding available for children under 6 years.*

For more information or to register, please contact  
Sheena at 604-467-6055 or [s.sharp@familyed.ca](mailto:s.sharp@familyed.ca)

The Family Education and Support Centre  
22554 Lougheed Hwy Maple Ridge







# Earth Day '25 Stories

JOIN US ON  
**SAT. APRIL 26**

10 am - 2 pm @ *Memorial Peace Park*

[WWW.MREARTHDAY.CA](http://WWW.MREARTHDAY.CA)

HANEY FARMERS MARKET • FOOD TRUCK FESTIVAL • FAMILY FREecycle • ELECTRIC VEHICLE DISPLAY  
REPAIR CAFÉ • CYCLE RECYCLE FREE BIKE DRAW • KIDS PLAY ZONE • ART STUDIO TOUR • & MORE





You can help our **FREECYCLE** event by donating gently used clothing, wearable sporting equipment, toys and books.

All items donated will be given away free in front of the Leisure Centre.



**COME FIND SOMETHING NEW TO  
YOU ON SATURDAY APRIL 26,  
10AM-2PM**

## **REDUCE, REUSE & FREECYCLE**

Drop off your items in front of the Leisure Centre on April 25, 5-7 PM, or on Earth Day during the event.



**Maple Ridge**

Contact Virginia Tong for more info:  
[v.tong@familyed.ca](mailto:v.tong@familyed.ca)





## Free Spring Program for Families!

Learn about healthy eating, smarter screen time management, physical activity, and building long-lasting healthy habits as a family in Generation Health Community.

This 10-week program for families with children ages 8 to 12 is  & interactive!

- ✓ Delivered through YMCA BC starting April 2025 on Wednesday, Thursday, Friday evenings and Sunday afternoons.
- ✓ Families who join this program will receive a complimentary YMCA membership.

**Register  
today!**



To learn more, visit [gv.ymca.ca/generation-health-community](https://gv.ymca.ca/generation-health-community)  
or email at [generationhealth@bc.ymca.ca](mailto:generationhealth@bc.ymca.ca)

# CONFLICT RESOLUTION AND ANGER PROGRAMS

## HEALTHY RELATIONSHIPS

This course looks at the fundamentals of any adult relationship; including the foundations, needs, wants and learning new communication skills.

Date: **May 10 - May 11 2025 (Sat & Sun)**  
**Oct 25 - Oct 26 2025 (Sat & Sun)**  
**Feb 14 - Feb 15 2026 (Sat & Sun)**

Time: **9am-3pm**

Cost: **\$90 \*price per participant\***



## ANGER MONSTERS 8-12 years

Children's Program - 8-12 year old's learn what anger is, their triggers and tools for learning to control their anger.

Parent's program - Features skills from Neufeld Institute, anger cycles, goals of behavior, how to support their child's efforts to tame their anger monster, and calming techniques. Please note, registration must be done for 1 child and 1 parent/guardian in each of the child and parent course for this program.

Date: **Saturday**  
**May 17 & 24 and June 7 & 14 2025**  
**(no class on May 31)**

Time: **3:30-5:30pm**

Cost: **\$90**

**\*price based on one adult and one child participant**

## MEN'S ANGER MANAGEMENT

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

Date: **Sundays**  
**May 11 - June 8 2025**  
**Nov 2 - Nov 23 2025**  
**March 1 - March 22 2026**

Time: **9am-2pm**

Cost: **\$90**







# CONFLICT RESOLUTION AND ANGER PROGRAMS

## BRAVE NEW YOU (WOMEN'S ANGER MANAGEMENT)

Are you tired of feeling overwhelmed by anger?  
Do you struggle to set and maintain healthy boundaries?  
Are you looking for ways to prioritize your emotional well-being?  
Join us for this 20hr course is for Women as well as anyone identifying as female to learn to create and keep their boundaries, healthy communication, conflict resolution skills, managing challenging conversations, expressing feelings and identifying your needs. This course helps individuals to explore a new way of thinking for themselves.  
Don't miss this opportunity to transform your life!

### THIS COURSE IS IDEAL FOR:

- Individuals who struggle with anger management
- Those seeking to improve their relationships and communication skills.
- People who want to learn how to set and maintain healthy boundaries.
- Anyone looking to prioritize their emotional well-being and create a more fulfilling life.
- By attending this workshop, you will:
- Gain a deeper understanding of your emotions and how to manage them effectively.
- Develop strong communication skills and learn how to express yourself assertively.
- Learn practical strategies for setting and maintaining healthy boundaries.
- Discover self-care techniques to reduce stress and improve your overall well-being.

### IN THIS WORKSHOP YOU WILL LEARN:

- **Understanding Anger:** Discover the root causes of anger, its impact on your relationships, and how to break the cycle of anger.
- **Setting Boundaries:** Learn practical strategies for setting and maintaining healthy boundaries, even in difficult situations.
- **Dealing with Controlling People:** Gain tools and techniques to address controlling individuals in your life while preserving your own well-being.
- **Self-Care and Emotional Safety:** Explore the importance of self-care and discover practical self-care techniques to reduce stress and promote emotional resilience.

Date: **Saturdays and Sundays:**  
**May 24-25 / June 7-8 2025**  
**Sept 27-28 / Oct 11-12 2025**  
**Jan 17-18/ Jan 31 - Feb 1 2026**

Time: **10am-3pm**

Cost: **\$90**

