

WHONNOCK UPDATE

WHONNOCK ELEMENTARY – MAY 2026

TIME OF TRANSITION

Dear Whonnock families,

It was difficult to fit all of May's events in our update this month! Thank you for supporting our students in our cross country and track events, field trips, and special days happening this spring.

Last month our school community supported two important fundraisers, with fantastic results. The Charity Used Book Sale run by Ms. Kotwal's Division 4 raised \$650.25 for the Families for Children charity. Congratulations!

April 30th was Animal Advocacy Day, an annual event that raised \$952 for the BCSPCA. Well done, Whonnock!

All the best to you and your family this spring.

Warmly,
Megan Olynyk
Principal

PLANS FOR NEXT YEAR

Are you moving?

Will your students be attending Whonnock in September? Please let us know if there are any changes coming up for your family.

Transfers/withdrawals can be done on the Parent Portal, and questions can be sent to Ms. Lorrie at wh_reception@sd42.ca.

UPCOMING EVENTS

THURSDAY

7

Intermediate Track Day

FRIDAY

8

RCMP Fist Bump Friday
Intermediate Track Day

MONDAY

11

Class Photo Day

WEDNESDAY

13

No School - NID

FRIDAY

15

Div 8 Bake Sale
Volunteer Appreciation
Lunch

MONDAY

18

Victoria Day No School

TUESDAY

19

Intermediate X Country

WEDNESDAY

20

Grade 8 Day
Primary X Country

THURSDAY

21

PAC AGM 7pm

FRIDAY

22

Ready, Set K Event
(K's dismissed at 11:00)

WEDNESDAY

27

Hot Lunch Firehouse
Subs

FRIDAY

29

Grade 6 Immunizations

Ride READY!

Pedal into spring with this family-friendly Spring Break event. **Ride Ready** is designed to help riders of all ages build confidence, stay safe, and get their bikes ready for the season ahead.

Bring your bike and helmet and join us anytime between noon and 4 pm for hands-on safety activities, bike registration, and tune-up support.

May 13, 2026
12:00 - 4:00 pm
Firefighters Park
11280 238 St.

MapleRidge.ca/FamilyFun



Pedal into Spring!

MAY 13 EVENT ACTIVITIES 12-4 PM

Bike Safety Zone

Hosted by Maple Ridge RCMP

- Pump track obstacle course
- Bike safety education



Bike Registration

Hosted by City of Maple Ridge

- Register your bike with Garage 529
- Registration increases the chance of recovery if your bike is lost or stolen

Bike Tune-Ups

Hosted by Trek Bikes

- Spring maintenance tips & tricks



Recreation Tent

Hosted by City of Maple Ridge

- Learn about our upcoming Spring & Summer programming

Join us for this FREE Community Event!



**Maple
Ridge**



**MAPLE
RIDGE
RCMP**

TREK

For more information:

MapleRidge.ca/FamilyFun

Email Samantha.French@rcmp-grc.gc.ca



SD42 Facility Rentals: Host your next event at one of our venues!

Looking for a versatile venue for your next event or activity? SD42 has more than 27 facilities to choose from, including the [Garibaldi Secondary theatre](#).



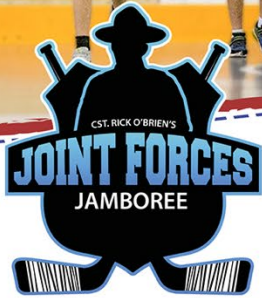
Conveniently located, our schools offer a range of modern facilities available for community or commercial rental. From spacious cafeterias and gymnasiums to classrooms and outdoor spaces, our facilities provide a welcoming and functional environment. Spaces available for rental include:

- Classrooms
- Gymnasiums
- Multi-purpose rooms
- Theatres
- Cafeterias
- Libraries

For more information about booking a facility and rental rates, visit <https://www.sd42.ca/facility-rentals/>.



SAVE THE DATE
SATURDAY
MAY
23



CST. RICK O'BRIEN'S 3RD ANNUAL JOINT FORCES JAMBOREE

PLANET ICE • ALBION FAIRGROUNDS • MAPLE RIDGE
FREE FAMILY EVENT • 9:30 AM — 6:30 PM

THE ULTIMATE COMMUNITY SHOWDOWN

YOUTH BALL HOCKEY GAMES

Play alongside first responders, with coaching by Junior Hockey athletes.

SPECIAL OLYMPICS BC GAME

Cheer on athletes who inspire us.

GUNS N' HOSES SHOWDOWN

Police vs. Fire face off in a high energy, spirited display of teamwork.

KIDS' ZONE • Inflatables, games, face painting and non-stop fun.

FIRST RESPONDER ZONE

Meet first responders, and explore exhibits, vehicles, and gear demos.

COMMUNITY CORNER

Connect with local organizations supporting youth & families.

SILENT AUCTION & PRIZES

Bid, win, and support community programs.

FOOD TRUCKS



NEW! PICK YOUR TEAM

Play with friends — or just come for the fun!
Youth ages 6 - 18 | All skill levels welcome

REGISTRATION OPENS MARCH 14

JOINTFORCES.CA @JOINTFORCESFOUNDATION



Held in honour of Cst. Rick O'Brien, who lost his life in the line of duty in 2023. His belief in connection, youth, and community continues to guide this work.

Fraser Health Newsletter: Outside play and physical activity for children and youth

Get outside and play

Physical activity is a necessary requirement for optimal health. Regular physical activity in childhood and adolescence helps to develop cardiovascular fitness and muscle strength, supports positive social connections and improves mental well-being.

There are many benefits to unstructured play. These benefits are even greater when engaging in physical activity outdoors. When children and youth spend time outside, they:

1. **Sit less, move more and play longer** – key to cardiovascular health and fitness.
2. **Have healthier eyes** – spending more time outside reduces nearsightedness risks.
3. **Sleep better** – sunlight helps regulate sleep hormones and sleep patterns.
4. **Enjoy improved mood** – physical activity can reduce symptoms of anxiety and depression.
5. **Feel more connected to nature** – appreciation of the environment and being in nature can support healthy and balanced emotions.

Planning active outings doesn't have to be challenging or costly. Here are some fun ideas you can try:

- **Try a new activity** – check out [geocaching](#) or attend a local explorer day with [NatureKidsBC](#).
- **Unplug and connect** – ideas to decrease recreational [screen time](#).
- **Go for a scavenger hunt** – try this [nature scavenger hunt](#).
- **Go for a walk or hike** – try these [10 hikes to take your kids on this summer](#).
- **Play in a forest or park** – try a new [regional park](#) every day for a week.
- **Explore a local stream** – check these [beautiful watershed walks](#) in the region. Learn about [water safety for children](#).
- **Swim at the pool, waterpark or beach** – check [beach safety conditions](#) first or stay cool at a local spray park.
- **Ride a bike or scooter** – explore the [Hope Bike Park](#) or check out these rides along [Boundary Bay](#), [Pitt Meadows](#) or [Vedder Greenway](#). Learn more about cycling safety on [Fraser Health's website](#).
- **Visit farms, fish hatcheries and bird sanctuaries** – try this [local family fun guide](#) for unique ideas.

Find more ideas to keep your kids active through the year on Fraser Health's [Keeping children active](#) page.

Healthy Relationships

The fundamentals of any adult relationship, including the foundations, needs, wants, and communication skills. Register now to learn these and much more.

Dates: Saturday and Sunday
MAY 23+24TH, 2026
Sep12+13,2026
Time: 9am-3pm
Cost: \$90 per participant

FOR MORE INFORMATION PLEASE CONTACT
THE FAMILY EDUCATION & SUPPORT CENTRE
22554 LOUGHEED HWY, MAPLE RIDGE
(604) 467 - 6055
REG@FAMILYED.CA

