



1. Project Salamander is an environmental stewardship project at RC MacDonald Elementary School. This is the third year of project work in which the school community comes together to help the school forest by planting trees and shrubs native to the area.

The school forest is deeply impacted by climate change and the impact of human use over generations and in the past four years over 51 trees, mostly western red cedars have had to be removed. This fall, another dozen or so trees will be topped or chopped as they show signs of disease or are already standing dead.

RC MacDonald Elementary students spend their early primary years outdoors in their Forest Program. Students in intermediate grades continue to benefit from multiple and ongoing outdoor learning opportunities across the curriculum, all taking place inside the forest.

This project is made possible through Tree Canada Grants and the support of the RC Macdonald Elementary School PAC. Each year, the school receives multiple bark mulch donations from Tree People Ltd., a local Coquitlam company. The school is also connected with members of the Tri-Cities Green Council, Coquitlam River Watershed Roundtable and Colony Farms Community Gardens.

Aside from these partners, the school also works with SD43 Grounds and SD43 Tree Arborists in creating a healthy forest for students to learn in now and for years to come.

2. The SD43 community kept Terry Fox's legacy alive by organizing school runs and continuing to raise funds for cancer research.

Congratulations to Gleneagle Secondary School for raising \$2,294.30 and to Principal Wendy Yu who offered to cut twelve inches of her hair as an incentive to students in their fundraising efforts to meet their \$2000 Terry Fox Run goal. Ms. Yu's hair is being donated to Wigs for Kids.





3. Take Me Outside Day, celebrated on October 20<sup>th</sup> each year, is a day where teachers and students are encouraged to go outdoors to learn and play in nature for one hour. The day is supported by [Canada's Non-profit Outdoor Learning Store](#) and [MEC](#).

This year Baker Drive Elementary students enjoyed "Forest School", where they were taught to slow down to notice rocks, learned more about fungus and appreciate nature's wonders!



4. Terry Fox Secondary School Connect, is a philanthropic group of students involved in organizing volunteer activities including putting together student welcome packages, hosting events, and bringing more life to the school through art.

For Thanksgiving, the Connect students baked dozens of cookies, wrote personalized cards and delivered these goody bags to 110 residents of Mayfair Terrace Retirement Community in Port Coquitlam.

Thank you to student Ashleigh Scott who spearheaded this activity and to Ms. D'Alfonso for supporting this initiative. The residents were so appreciative to have such a personal connection with these young volunteers, especially during the pandemic and this challenging year.



5. Thomas Venos, a Heritage Woods Secondary School alumnus, has been added to the school's Hall of Fame for being a two-time college national champion in tennis.

He said, "As an athlete I have always excelled at every sport I tried playing but outside of sports it has not been as easy. To become a great student athlete, it takes a lot of hard work and dedication to both your sport and school. Many times, you will have to sacrifice your life outside of sports and school to accomplish your dreams. This is what being a student athlete is all about though. You get the opportunity to pursue your academic and athletic dreams and not everyone is so lucky. The biggest thing that has helped me in both areas is to set goals. Even before I knew how important goal setting was. I began setting them in my first wheelchair tennis match against the number one junior player in the world I set my goals on what I wanted to accomplish. Now I have many goals I want to accomplish both on the court and in the classroom. I write these goals on a whiteboard in my room, so I see them every day, so they are compounded into my mind to make sure that I keep striving to complete them. I constantly work on them to become the best on the court and in the class. This is how I became a two-time college national champion, and hopefully there are many more to come."



6. On October 21, RC McDonald Elementary School students participated in an earthquake drill during the Great BC Shakeout, held annually in October.



7. On October 21, SD43 students participated at the Fraser North District high school cross-country championship at Mundy Park, the first district championship in two years since the COVID-19 public health restrictions were implemented.

Congratulations to the individual runners:

- Adam Crespi, a Gleneagle Secondary School student, won the senior men's five-kilometer race in 16:28.4
- Ella Madsen, Grade 9 Riverside Secondary School student won the senior girls race in 19:13.5.
- Erica Barnard, Heritage Woods Secondary School – won the junior girls four-kilometer race in 14:41.4.
- Olivia McDonnell, Grade 12 Riverside Secondary school student won the Gail Sayers Award for top senior girl cross country runner in the district, receiving a plaque.



Teams are looking forward to competing at the Provincial Cross-Country Championships in Abbotsford on November 2.

8. On October 25, students and staff at Porter Elementary School enjoyed DEAR (Drop Everything And Read) time during BC School Library Day. The day celebrates the role that school libraries play in the education and development of young people each year on the last Monday of October.



9. Players from the BCHL Coquitlam Express spent an afternoon at Lord Baden Powell Elementary reading books with young students. We appreciate the players taking time to share with our students!



### Upcoming Events

- October 31 – Halloween
- November 11 – Remembrance Day (Statutory Holiday, schools closed)