



# THUNDERBIRD NEWS

October 13, 2023

## MESSAGE FROM THE ADMIN

*“At the end of the day, the most overwhelming key to a child’s success is the positive involvement of parents”  
~ Jane D. Hull*

Dear Eagle Mountain Community,

We are now well into our second month of school, and it feels like things are settling in quite nicely. It has been exciting for us to watch as students learn and grow in the classrooms, exploration classes, the gym, outside and even in the hallways. It has been wonderful to see so many students actively engaged in their learning and all the extras that we offer them. Hopefully some of the exciting things that are taking place at school are being discussed at home including their academic learning activities and opportunities!

As previously emailed, you would have received from your child, your child’s **interim report** indicating how your child is progressing with several learning skills. We are looking forward to the **parent/teacher conferences** next week. Teachers would have contacted you by now to let you know their availability to book an appointment with them. We all know that student learning takes place all the time, so talking about learning should not be left solely with the conferences and report card dates. This is not to say your child will come home every day eager to share their day at school with you (although we hope they do). Engaging your child in conversations about learning throughout the school year can sometimes be a challenge, but it doesn’t mean that meaningful things are not taking place at school. Here are some specific questions you might choose to ask your child instead of simply ‘how was your day today?’ – who knows, one of these might help get them talking:

- *What was the best thing that happened at school today?*
- *Tell me something that made you laugh today.*
- *Tell me something that frustrated you today.*
- *If I called your teacher tonight, what would she tell me about you?*
- *How did you help somebody today? or How did somebody help you today?*
- *Did you have any negative feelings today? What did you do to handle them?*
- *Tell me one thing that you learned today or learned in a different way?*
- *When were you the happiest today?*
- *Who would you like to play / talk with at lunch that you’ve never played with before?*
- *Who in your class do you think you could be nicer to?*
- *Where do you go the most at nut break and lunch?*
- *Who is the funniest person in your class? Why is he/she so funny?*
- *Tell me about three different times you used your pencil/pen or technology today at school.*
- *How would you rate your day on a scale of 1-10? Why? What are you going to do tomorrow to make it better?*

We hope that the interim report and the resulting conversations between you, your child and the teachers give you some insight into your child’s progress so far and that your child can further understand their strengths and their stretches academically, socially, and emotionally so that they can set realistic goals for themselves.

Mr. A. Graham  
Principal

Ms. K. Paterson  
Vice Principal



## ATHLETIC NEWS

### FIELD HOCKEY

Eagle Mountain is excited to have a field hockey team this year. We participate in the Middle School Field Hockey league with four other middle schools. Our practices are held on Wednesdays after school at Eagle Mountain and our games are on Fridays at Cunnings Field or Heritage Woods Secondary. We have a great mix of experienced players and beginners across all grades and genders. This year, we have sixteen players. In addition to learning the game of field hockey, players are having fun and forming new friendships. A big thank you to parents for driving players to Cunnings on Fridays.

Coach Ms. Murray

Below is the Fall practice schedule and game schedule.

### EAGLE MOUNTAIN MIDDLE SCHOOL FALL SCHEDULE 2023-2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:25	Gr. 8 Girls Volleyball (Spagnuolo, Wong)	Gr. 8 Boys Volleyball (Samson, Au)	Gr.7 Boys Volleyball <b>8am-9am</b> (St. Prix, Namdari, Balnave)	Gr.7 Girls Volleyball (Coupe, Murdoch)	X-Country <b>7:45am start</b> (Chen, Moody, Bro, Fong, Nordby)

<b>LUNCH</b> <b>12:10-12:40</b>	<b>Gr.6 Co-ed Volleyball</b> (Nordby)	<b>Intramurals</b> (Nordby)	<b>Gr. 8 Girls Volleyball</b> (Spagnuolo, Wong)	<b>Gr.6 Co-ed Volleyball</b> (Nordby)	<b>Intramurals</b> (Nordby)
<b>3:00-4:00</b>	<b>Gr.7 Girls Volleyball</b> (Coupe, Murdoch)	<b>Gr. 7 Volleyball Games</b>  <b>X-Country</b> (Chen, Moody, Bro, Fong)  <b>Ultimate Club</b> (Nordby)	<b>Gr. 8 Volleyball Games</b>  <b>Field Hockey</b> (Murray)	<b>Gr. 8 Boys Volleyball</b> (Samson, Au)  <b>X-Country Meets</b>	<b>Gr.7 Boys Volleyball</b> (St. Prix, Namdari, Balnave)  <b>Field Hockey Games</b>
<b>4:00-5:00</b>					<b>Staff Basketball in the gym</b>



## COUNSELLOR'S CORNER!

Happy October EMM Families!

I hope that you have all found your work-life rhythms now.

I have spent the last month getting to know our students, their interests, and their learning needs. What an awesome group of kids we have!

Over the next few months, I plan to focus on helping our students practice habits of self-care, helpful thinking, and stress management, as well as to learn new strategies for managing big feelings and making and keeping friends.

I will be available to meet in person on October 18<sup>th</sup> and 19<sup>th</sup> during Parent-Teacher Interviews.

Please don't hesitate to email me at [sbalnave@sd43.bc.ca](mailto:sbalnave@sd43.bc.ca) if you would like to connect, or if you have any questions for me.

Best, Steve Balnave -Your School Counsellor



## **Borrowing Books from the Library**

It was so great to see so many of

our students coming to the library to sign out books after receiving their Library/Learning Commons orientation in September! Students are allowed to check out a maximum of two books at a time for two weeks, after which they can choose to renew the book either by email or in person, unless the book is held by another student. Every Sunday evening, the computer system will send an automated email to families if students have overdue items. Please note that this is just a reminder for the students to bring the books back in – there are no late fees. The



price listed next to an overdue item is the cost for replacing it if it is lost.

Grade 6 families – if you received an overdue/fine email listing an item from your child’s elementary school, I’m happy to return them to the school for you. If the item is lost, please contact the Librarian at the elementary school so they can mark the book in their system as “lost”.

**Mr. Kwok – Teacher Librarian**

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## Cypress SSNO Club

We are so pleased to announce the return of Cypress Ski and Snowboard Club (SSNO Club) for this January 2023. Students will be invited to a lunchtime meeting in a few short weeks where information packages will be sent home with interested students. Stay tuned for more information.



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## YEARBOOK

Yearbooks will be available for advance purchase starting later this month. These are the days your student will want to remember forever. Buy a yearbook to make it unforgettable! Watch your email for more details about how to purchase online. Last year we did not have extras to sell in June, so buying online in advance is the only way to avoid disappointment.

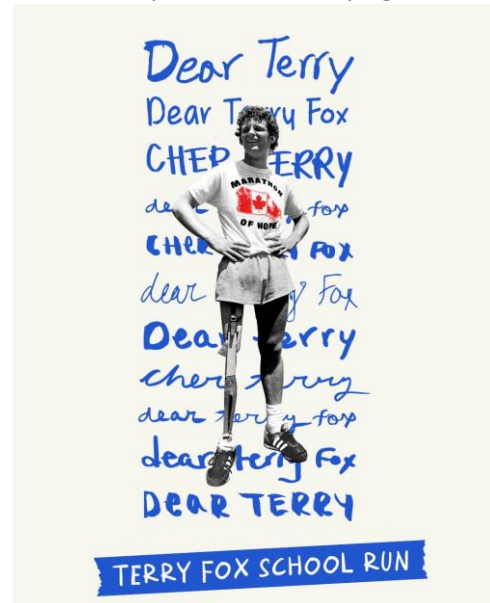
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## TERRY FOX RUN

This year marks 43 years since Terry Fox ran his Marathon of Hope and we are proud to be carrying on this tradition here at Eagle Mountain Middle. We hosted our school’s Terry Fox Run on October 11, 2023, and officially kicked off this year’s fundraising campaign for the month. **As a school community, we have set a goal of \$10,000 this year.**

We are challenging each student to raise money and awareness for cancer research. The safest and easiest way to fundraise is to do it online. Students can create a custom webpage for themselves, or their classroom might have a webpage set up to share wide with family and friends! Fundraising has never been easier. If you are interested in donating to our school-wide page, please visit the link included here - <https://schools.terryfox.ca/33237>.

If you have any questions, please reach out to Ms. Chen, Mr. Kwok, or Ms. Au for more information. Thank you in advance for supporting our school’s fundraising efforts and for making a difference for families affected by cancer.



**Ms. Wendy Chen, Mr. Simon Kwok & Ms. Lauren Au**

# EMM Music Program



## Beginning Band – Monday and Thursday 7:35-8:25am

Wow! It is very exciting to see such a wonderful turnout for music at Eagle Mountain this year! 75 students have joined Beginning Band – with an equal distribution of all the Teams, these students will make lasting friendships across all EMM 😊



**Squeeks and Squawks** with Heritage Woods Secondary Band was a great success. We are so thankful for the wonderful support from HWSS!!

**October 20<sup>th</sup> is the deadline to join**, if you were sitting on the fence. Come sit in - Thursday Oct. 12<sup>th</sup> is our next class. **You get credit and a grade for this class.** Please email Mrs. Ipe – [sipe@sd43.bc.ca](mailto:sipe@sd43.bc.ca)



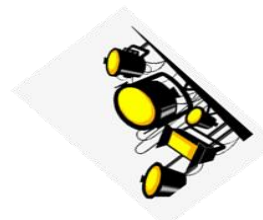
### Choosing your instrument -

Band instruments left to choose from: Bass Clarinet, French Horn, Trombone, Baritone, Euphonium and Tuba Sign up online.



## Advanced Band at EMM – Tuesdays and Fridays 7:40am

for students with one or more years of concert band experience.  
Next performance: Thursday, Nov. 9<sup>th</sup> Remembrance Assembly.



## EMM Choir – Every Tuesday 12:10-12:45pm

Our committed singers are getting ready for our first performance, Thursday, Nov. 9<sup>th</sup> Remembrance Assembly.



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## PAC NEWS

Thanks to the fantastic response from our urgent plea for PAC executive members, we now have an officially elected PAC Executive. Please join us in thanking the following parents for stepping up to support our school.

### 2023-2024 PAC Executive:

Chairs:	Michelle M and Co-Chair (tbd)		
Vice Chair:	Rena H		
Treasurer:	Stephanie L		
Secretary:	Amy W		
DPAC Rep:	Maria W		
Communications:	Miranda J		
Members at large:	Jessica L	Julie C	Yerika A

### Non-executive Volunteer

Hot Lunch Coordinator Oscar G

**Our next PAC meeting is on Tuesday, November 7<sup>th</sup> @ 7 pm. All are welcome to attend**

## SCHOOL CASH ONLINE EXPLAINED:

Here at **Eagle Mountain Middle**, we are now only accepting online payments to minimize the physical handling of cash. encourage all parents to pay for their child's fees through our **School Cash Online Program**.

As District, we implemented that all mandatory School Policy Forms, parent volunteer forms, and permission forms are also done through your online account. The online payment process is easy, reliable, and a secure way to pay for all your child's field trips, student fees, yearbooks, and other various items. The program will also provide you with a transaction history, so you can keep track of what you have purchased.



As we are also a **GREEN SCHOOL**, this process also eliminates paper waste as we now have electronic permission forms attached to all field trip payments. This will also eliminate sending cash with your child, and permission forms getting lost in your child's backpack!

If you are already registered for this program, great! If not, no worries we can help you along the way. Please visit the following link to see a to register for your account:

<https://sd43.schoolcashionline.com>

Once you have registered your account, make sure to log back on and add all your children. All children who are registered in SD43 can be added to your account. All you need is their name and birthdate!

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0515-1105-0623-004



## More to do items for parents...

- **Parent E-Forms (Volunteer):** Please complete via your [School Cash Online](#). **\*We may need volunteers this year for a few field trips, at which time, we will have your information on file.\***
- **Parent Criminal Record Checks and Drivers Abstracts:** In order to volunteer at our school or on your child's field trip, we do require to have your Criminal Record Check on file. **We may need driver volunteers this year, at which time, we will have your information on file.** Please access the following letter to get your fee waived at the RCMP, on the website, If you are going to the Port Moody Police, just remember there may a small fee. We also require parents to have a Drivers Abstract submitted each year if they are planning to drive. You can retrieve that at the following: [Drivers Abstract ICBC](#) and have ICBC send the form to [eaglemountainsecretary@sd43.bc.ca](mailto:eaglemountainsecretary@sd43.bc.ca).

- **Medical Alert Form:** (Online at [www.sd43.bc.ca/school/EagleMountain/Parents/Forms/Pages/default.aspx](http://www.sd43.bc.ca/school/EagleMountain/Parents/Forms/Pages/default.aspx) ). Click on "Parent eForms". *If your child has any special medical considerations that you would like us to be aware of please print the **e-form** online and return it to the office.*
- **Emergency Release Form - one per student**

There are a lot of Emergency Release Forms that are not handed in. For those students who do not have the form in their file, he/she will be given a copy of the form to take home. Please fill out the form and return it to the office right away. We take our emergency preparedness very seriously and your help is needed in this matter. This form is kept in a portable filing system in the office so they may be taken out of the school in case of a school emergency which requires evacuation of the buildings (earthquake, fire, etc.). They are also referred to in the case of an emergency pertaining to an individual student. **Due date was September 22<sup>nd</sup>, 2023.**

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## **STUDENT ABSENCES**

Student absences are more important than they have ever been. The accurate tracking of students in and not in the building is so imperative right now. We would like to remind the parents at Eagle Mountain to please inform the office and homeroom teacher if their child will be away from school. **Please include their reason for not being in attendance or arriving late.** You can call the office at **604-469-1133**, use the "Absence Report" function on our school website under "Quick Links" or email at [eaglemountainsecretary@sd43.bc.ca](mailto:eaglemountainsecretary@sd43.bc.ca).

If your child is arriving late, you **must** also inform the office. If your child needs to be dismissed early, we ask that you please inform the office ahead of time. Please make sure we have a time when your child is leaving school. We also ask that you please advise whether your child will be walking or will be picked up from the school for their safety. If you will be picking up your child and the office wasn't informed, please come into the office and we will call your child. **Please note that your child will not be allowed to leave early until the office gets a verbal or written permission from a parent.**

**\*Reminder: please do not send your child to school if they are experiencing any symptoms of illness and only return when the major symptoms (fever, cough, etc.) subside.**

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## **BIKE SECURITY AT SCHOOL**

Some of our students are riding to school on their bikes once again this year. Please remember to lock your bike, with a strong and solid lock, on the racks in front of the school or in the courtyard in the bike racks. Locking your bike up will go a long way to prevent it from being moved or stolen. Be sure to put the lock through the frame and wheel.



## VALUABLES AT SCHOOL



We would like to ask parents to discuss the issue of bringing valuables e.g. large amounts of money, personal electronic devices such as: cell phones, game gear, video games/equipment, or even jewelry to school.

It is very unfortunate and frustrating when personal items get damaged or go missing from backpacks or classrooms and we would like to eliminate students from experiencing the disappointment of losing something dear to them by asking them to safeguard these items if brought to school. Please note that we do not reimburse for lost or stolen valuables but will investigate purposeful damage or theft.

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## FIRE DRILLS, EARTHQUAKE DRILLS AND LOCKDOWN DRILLS

Every year, we have three earthquake drills, three fire drills and at least two lockdown drills. Many of you are familiar with fire drills and earthquake drills, but some of you may not be familiar with lockdown drills. A lockdown is when we close and lock all exterior doors to the school, close and lock all classroom doors and have students sit down in the classroom as a group silently. The door windows in each classroom also get covered so nobody can peer in. Essentially, anyone who could enter the school would find the school locked up and silent with no evidence of any adults or students being present. The purpose of such a drill is to be prepared for any number of potential emergencies that may arise where we need students to be in a safe, secure area where they cannot be seen, heard or found. Being prepared for a potential emergent situation is prudent planning; however, this may cause some anxiety for some students. We recommend you sit down with your child and discuss the rationale behind a lockdown drill. At the school level, we discuss the rationale, answer any of the students' questions and have a debrief to clarify or answer any further questions after the lockdown. If you have any questions, please feel free to contact Ms. Paterson or Mr. Graham.





## SCHOOL OFFICE PHONES

The office phones will only be used by students for necessary purposes or with the permission of their teacher. To minimize the physical handling of the phone, and congestion in the office, **we ask that parents please send lunches with their child(ren) to school and inform the office via email or phone for any early dismissals prior to your child leaving.**

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## CELL PHONE RULES AT EAGLE MOUNTAIN

It is the school's policy that students are not to use their cell phones in the school during school hours. The only exception is when specific permission is given in class by a teacher for the purpose of using the phone to search for information for a specific project.

Any student found repeatedly using their cell phone during school hours will have their phone confiscated and, in the future, stored at the school's office during school hours for a specified period (eg. 1 month).



**With this information, we would like to ask our Eagle Mountain parents to refrain from texting or calling their children's cells during school hours with information that requires an immediate response, so the students aren't put in a position of disobeying our school rules. Instead, please remind students to check their cells after school for messages that possibly could have been left for them by you or leave a message at the office for them to pick up, only if plans are changed.**

Food For Thought:

- <https://news.harvard.edu/gazette/story/2023/03/experts-see-pros-and-cons-to-allowing-cellphones-in-class/>
- <https://www.cbc.ca/news/canada/british-columbia/bc-school-cellphone-ban-1.6834914>
- <https://www.waituntil8th.org/>



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## Wildlife Alert Procedures for Eagle Mountain

### A. Daily Procedures:

1. All doors will be locked.
2. Exterior garbage cans emptied.
3. Principal/supervisor visually checks playfield prior to students being dismissed at recess and lunch. Staff on supervision always keep a watchful eye.

## Emergency Actions

### **B. Bear Sighting off of school grounds:**

1. Phone call from neighbour or parent received. Time and location of bear sighting are noted.
2. Announcement made to notify school if sighting is near a dismissal time.
3. Students kept indoors if time of bear sighting is near a break time (recess, lunch)

Students and parents will be advised of bear sighting in neighbourhood if sighted near 2:53 pm. Students walking or biking are reminded to be alert and go in pairs. If there a risk, administration may reroute students or hold students and inform parents to pick students up at the school.

### **C. Sighting of wildlife on school grounds during instruction time:**

1. Staff report wildlife sightings to the office.
2. Announcement made to notify school that a bear is on school grounds.
3. Students kept in at recess and lunch.  
Port Moody Police Department and Conservation Officers are contacted immediately for assistance or further instructions.

### **D. Sighting of wildlife on school grounds if students or staff are outdoors (Morning; Recess; Lunch or Afterschool)**

If sighted by supervising staff, a whistle is blown/students notified.

Announcement made asking everyone to proceed indoors.

Students enter the school via the nearest unlocked exterior door. Move calmly towards entrances. Students then proceed to their classrooms once they are in the school. Port Moody Police Department and Conservation Officers are contacted immediately for assistance or further instructions.

### **E. If You See wildlife:**

Remain calm; don't panic. Often the wildlife is simply looking for food and will move on if it finds nothing to eat. Keep away from the wildlife and go inside – bring all children inside. Never approach the wildlife and do not run from the wildlife. Do not act submissively by crouching down or whispering. Warn others of the wildlife presence, but don't do it by yelling. If the animal climbs a tree, keep people and pets away. When things quiet down, the animal will come down and leave. This usually happens after dark when the animal feels safe. When the animal is safely out of the area, check the area to ensure there are no attractants available.

**Staff, students and parents are instructed to not approach the bear or cubs.**

**<https://wildsafefbc.com/>- this is a great resource**



# EAGLE MOUNTAIN MIDDLE

## Bell Schedule 2023-2024

REGULAR DAYS	M,T,TH,F	COLLABORATION DAY	WEDNESDAY
<b>WARNING BELL</b>		<b>WARNING BELL</b>	9:05
Period 1	8:35 - 9:25	Period 1	Late Start
Period 2	9:25 - 10:15	Period 2	9:11 - 10:15
<b>Break</b>	<b>10:15 - 10:30</b>	<b>Break</b>	<b>10:15 - 10:30</b>
Period 3	10:30 - 11:20	Period 3	10:30 - 11:20
Period 4	11:20 - 12:10	Period 4	11:20 - 12:10
<b>Lunch</b>	<b>12:10 - 12:45</b>	<b>Lunch</b>	<b>12:10 - 12:45</b>
Period 5	12:45 - 1:35	Period 5	12:45 - 1:35
Period 6	1:35 - 2:15	Period 6	1:35 - 2:15
Period 7	2:15 - 2:54	Period 7	2:15 - 2:30

# 2023-2024 Core Teachers

Team	Div	Assignment	Room	Teacher
Bear	1	6/7	218	Wendy Chen
	2	6/7	220	Charissa Wong
	3	8	219	Christina White (M/T/Th/F)/Anders Nordby (W)
	4	8	221	Jarod Fong
Eagle	5	6/7	222	Avie Basson
	6	6/7	232	Vania Huang
	7	8	223	Louisa Perro (T/W/Th/F)/Lauren Au (M)
	8	8	225	David Grender
Orca	9	6/7	235	Ross Namdari
	10	6/7	233	Andrea Shim-Ping/Jen Budd (Alt. Th)
	11	6/7	234	Irvin Samson
	12	6/7	236	Stephen Spagnuolo
Wolf	13	6/7	231	Andrea Coupe (M/T/Th/F)/Kevin Keeler (W)
	14	6/7	229	Danielle Murdoch (M/T/Th/F)/Daniel Martin (W)
	15	7/8	230	Suzanne Clements (M/T/Th/F)/Lauren Au (W)
	16	8	228	Jenn Moody
Raven	17	6/7	226	Kelly Murray (M/W/Th/F)/Martin Bro (T)
	18	6/7	224	Sara Keeler (M/T/Th/F)/Nicole Van Veenendaal (W)
	19	6/7	303 (Portable)	Breana Sievenpiper (M/W/F)/Nicole Van Veenendaal (T/Th)
	20	8	301 (Portable)	James McConville

## YOUR OFFICE TEAM

Mr. Andrew Graham	Principal
Ms. Kirsten Paterson	Vice-Principal
Mr. Stephen Balnave	Counsellor
Ms. Grace Gallaccio	Youth Worker
Ms. Saras Mudaliar	Head Secretary
Mrs. Melissa Newbery	Student Records Secretary

# IMPORTANT DATES

October	17	Grade 6 Immunization
	19	Photo Re-take Day
	20	School Closed - Provincial Non-Instructional Day
	25	Grade 6 Immunization
November	31	Halloween Activities
	10	School Closure Day
	13	School Closed - Remembrance Day
December	17	Newsletter #3
	8	Newsletter #4
	22	Last day of classes before Winter Vacation
	25-Jan 8	Winter Break
January	8	School re-opens after Winter Break
	19	Newsletter #5
	29	School Based Non-Instructional Day - no classes
February	16	Newsletter #6
	19	School Closed – BC Family Day
	23	School Closed - District Non-Instructional Day
March	15	Last day of classes before Spring Break
	18-28	Spring Break
	29	Good Friday
April	1	Easter Monday
	2	School re-opens after Spring and Easter Breaks
	14	Newsletter #7
May	19	District Non-Instructional Day - no classes
	16	Newsletter #8
	17	School Based Non-Instructional Day – no classes
	20	Victoria Day
June	14	Newsletter #9
	28	Administration Day - School closes

## ATTACHED TO THIS NEWSLETTER

- Grade 6 Stay Active Program
- Fun-filled Activities for Kids-SPORT-F
- Self-Identification From Indigenous Education



## COMMUNITY NEWS



### erase Family Sessions 2023/2024

Questions regarding general *erase* training may be emailed to: [erase@gov.bc.ca](mailto:erase@gov.bc.ca)

Training Offering	Dates	Delivery	Registration Link
Family Session: Establishing Safe, Caring, & Respectful Digital Communities – Everyone Welcome! Recommended for Parents/Caregivers/Grandparents and youth aged 10 and up as a way to facilitate the conversation of safe and caring use of technology at home and in the community. This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sextortion. Some of the most prominent concerns currently surrounding use of social media platforms, smartphones, and artificial intelligence will be discussed.	November 8, 2023 6:30pm – 7:30pm	online	<a href="https://www.eventbrite.ca/e/732334942527?aff=oddtcreator">https://www.eventbrite.ca/e/732334942527?aff=oddtcreator</a>
	November 28, 2023 7:00pm – 8:00pm	online	<a href="https://www.eventbrite.ca/e/732343096917?aff=oddtcreator">https://www.eventbrite.ca/e/732343096917?aff=oddtcreator</a>
	November 30, 2023 6:30pm – 7:30pm	online	<a href="https://www.eventbrite.ca/e/732346587357?aff=oddtcreator">https://www.eventbrite.ca/e/732346587357?aff=oddtcreator</a>



### Youth Skate

Starting Friday, October 13

8-9:15pm Arena 2

Grades 6-12 (must show go-card at door)

**NEW** Advance registration required, no drop-ins permitted, no exceptions.

Visit [portmoody.ca/signmeup](https://portmoody.ca/signmeup) to register.

[@pomoyouth](https://twitter.com/pomoyouth) | [portmoody.ca/Youth](https://portmoody.ca/Youth) | 604.469.4556



Could your child benefit from  
better executive functions  
(attention, memory, problem-solving)  
or better balance and agility in movement?



What if just 15 minutes a day, at home, doing  
simple activities, could improve your child's  
executive functions and maybe also balance?



We believe it can and we're conducting a study to test that.

**We are recruiting 8-12 years-old boys and girls who could use  
Some improvement of their executive functions and balance.**

**Call or email us to find out more.**

**Contacting us in no way obligates you or your child to participate.**

The same or overlapping brain regions underlie both cognitive & motor functions.

**Some children will be randomly assigned to do simple balance  
exercises** (like standing on one leg, walking on a balance beam)  
at home for 15 minutes, 3 times a week for 12 weeks.

Music improves mood and a happy mood leads to better executive functions.

**Some children will be randomly assigned to watch music videos**  
at home for 15 minutes, 3 times a week for 12 weeks.

If you or anyone you know MIGHT be interested in participating, or  
would just like more information, please email us at

**[pspaz@student.ubc.ca](mailto:pspaz@student.ubc.ca) or call us at (604) 649- 0702**

This project is funded by NERSC and directed by Prof. Adele Diamond, Dept. of Psychiatry, UBC.

**Spanish  
Classes  
for  
kids**

For Age 5 & Above

Fun & Emersive Spanish Academy

**Date & Time:**  
Eagle Mountain Middle  
Tuesdays @ 3:30 PM

**Location:**  
Portable Class # 211

Do you want your kids to learn and master a new language?

**Register Today!**

Games, Songs, and more!  
All the best ways to keep your child loving and wanting more!

**For more information:**  
Email: [camila@spanishland.ca](mailto:camila@spanishland.ca)  
Cell: 604-220-2053

The poster features a vibrant background with a large yellow sun, blue sky with clouds, and colorful bunting. On the left, a boy in a red shirt is painting a blue pond. On the right, a girl in a purple shirt and orange skirt is jumping rope. At the bottom, three children are sitting on a green hill, holding hands. A blue arrow points from the 'Register Today!' bubble to the contact information.