



*A caring, creative, intelligent school!!*

(604) 944-9037, Fax (604) 944-8634

<http://www.sd43.bc.ca/elementary/blakeburn/>

## Hip Hop

We will be planning for hip hop again this year. Each class will get 6 lessons. The entire unit will culminate in a sharing with parents on May 4<sup>th</sup>. See our calendar for the schedule.



## Hip Hop Online

You can register your online payment account for upcoming Hip Hop fees. There is a button on our website called "online payments" that will link you to their website or you can go to :

<https://sd43.schoolcashionline.com>

1. Register your account.
2. View and pay fees online.

**It is important to register even if you are not using the online payment option as this is how permissions for field trips will eventually be communicated.**



## Emergency Release

As part of our on-going practice, we are taking part in the district-wide emergency release on May 5, 2016. At 1:30pm we will participate in a fire drill where we evacuate the building. From outside, we will then practice our release of students to parents or alternate emergency contacts listed on your emergency release forms. If you are able to take part in the practice drill, this means that you or one of your alternate contacts will come and pick up your child(ren). The teachers will be your point of contact, and you will be asked to sign your child out with each teacher. If you are unable to participate in the drill, your child will stay in attendance with the teacher until 2:45pm and will be dismissed using normal procedures for the end of the day.

Only parents or alternates designated on your emergency release form will be able to pick up your child(ren). If you are making arrangements with a daycare to pick them up please ensure you have communicated clearly with the teacher prior to the drill. Otherwise daycare pick up will remain the same at 2:45pm. When you arrive at the school, please walk around the outside of the building. We will be in the back. Division numbers will be visible on red signs hanging on desks. We are encouraging everyone to walk to/from school for the drill. Remember as well, our goal is to be thorough with your child's safety as a priority. In the event of an emergency, only emergency vehicles would be permitted to drive through the "loop". We are not going to be fast, and you most likely will have to wait and we ask for your patience. Cones will be set up at teacher stations for parents/alternates to line up behind.

\*If you are a parent that can help by being a greeter, could you send me an email at [blakeburn@sd43.bc.ca](mailto:blakeburn@sd43.bc.ca). Thanks in advance for your support to make this release drill a success.

## Beyond the Bell

### Basketball

Mondays: April 11 - May 9 from 2 :45pm – 4 :45pm.

### Science Nuts

Wednesdays: April 13 - May 11 from 2:45pm - 4:15pm.

Register : [www.experienceit.ca](http://www.experienceit.ca) or 604.927.PLAY

## PAC Kidproofing Parent Night & Gr. 3-5 Prestentation

As part of Parent Education, the Blakeburn PAC is providing a parent evening and student presentation on Kidproofing. It is a presentation dealing with online safety. For more information go to the PAC website or: [www.kidproofingsafety.com](http://www.kidproofingsafety.com)

## Gifted Screening

This month we will be screening all grade 3 students.

## Take Five

“Take five” is a mindfulness strategy. The challenge is to take five, five times during the day. Essentially that entails focussing on five slow breaths and becoming aware of your surroundings. Try taking five with us. “Scientific evidence suggests that we can change our brains by cultivating habits that will improve well-being. They include happiness, resilience, compassion, and emotional balance.”

-Dr. Ricard J. Davidson, neuroscientist, the University of Wisconsin-Madison

## Link to Online Absence Report

<http://www.sd43.bc.ca/elementary/blakeburn/Pages/default.aspx>

## Calendar Items

Mon	Tues	Wed	Thurs	Fri
11	12	13 Como Lake Relays	14 Early Dismissal Student-Led  Parent Appreciation Tea 1-1:45	15 Pro-d Day  (No school in session)
18	19 Fruit & Veggie Program (grape tomatoes)	20	21	22
25	26	27 Minnekhada Open House 6:30	28 Kway Parent Night 7:00	29
2	3 Fruit & Veggie Program (mini peppers)	4 Hip Hop Presentations <b>10:00</b> Div.5,14, 15 & 16 <b>11:40</b> Div. 8, 9, 10, 11, 12 & 13 <b>2:30</b> Div. 1, 2, 3, 4, 6, & 7  PAC Kidproofing Parent Workshop 6:30-8:00	5 Emergency Release Drill 1:30pm	6 PAC Kidproofing student presentation Gr.3-5 1:00 – 1:40pm

## ALS Society of BC Recognizes Cormac Knudsen

### 9-Year-Old Port Coquitlam Resident Wins Leader of Tomorrow Award

[Richmond – April 7, 2016] Cormac James Knudsen of Port Coquitlam is this year's youngest recipient of the Amyotrophic Lateral Sclerosis (ALS) Society of British Columbia's *Leader of Tomorrow Award: ages 5 – 13*. The *Leader of Tomorrow Award* recognizes youth and young adults under the age of 25 who have made a difference in the lives of those living with ALS through their volunteer efforts. This award recognizes initiatives or efforts undertaken in the previous calendar year in support of ALS, including fundraising, advocacy, public awareness, or going above and beyond to care for an individual living with ALS by providing assistance, companionship, and support.

The award celebrates Cormac's contribution in raising money for ALS patient services. Cormac James Knudsen asked for donations to ALS BC instead of gifts for his 9<sup>th</sup> birthday in 2015. He raised \$200 to add to his efforts over the past three years. He also attends the Richmond-Vancouver Walk for ALS "Captain Vic's Crew" with his family to honour the memory of his maternal grandfather who he never had the opportunity to meet.

"Cormac James Knudsen and his family have been supporting the ALS Society of BC for decades," says Wendy Toyer, Executive Director of the ALS Society of BC & Yukon. "Cormac is the next generation of volunteerism." The ALS Society of BC Recognition Award Ceremony took place on April 5, 2016 at the Quilchena Golf & Country Club in Richmond.

#### **About ALS Society of BC:**

The ALS Society of BC raises funds to provide direct services and support to those currently living with ALS and ALS Research. Until a cure is found, the Society provides patient services to improve the quality of life of those diagnosed with this disease by offering an extensive equipment loan program, support groups, and educational materials.

#### **About Amyotrophic Lateral Sclerosis:**

Amyotrophic Lateral Sclerosis (ALS) is a rapidly progressive, neuromuscular disease. It attacks the motor neurons that transmit electrical impulses from the brain to the voluntary muscles in the body. When they fail to receive messages, the muscles lose strength, atrophy and die. ALS can strike anyone at any time, regardless of age, gender, or ethnic origin. It does not affect the senses, and only rarely does it affect the mind.

#### **For more information visit:**

[www.alsbc.ca](http://www.alsbc.ca)

**Or contact Wendy Toyer, Executive Director ALS Society of BC**

Tel: 604-278-2257 ext 222

Cell: 778-999-6257

## Parking Lot

Our parking lot is busy and crowded. I ask that you exercise extreme patience. We get a lot of people through here in a very short time. Help us keep your children safe and model kindness and respect for our school.

Please:

- Be patient you may need to wait.
- Do not leave your car if it is stopped.
- When you are stopping ensure that there is a lane for traffic to flow.
- Do not honk.
- When it is raining it is even more important to follow the courtesies above as visibility is poor.
- Older students are old enough to wait, if you have an intermediate child they can wait ten minutes and then you can go through the parking lot freely.

Our school is growing but the parking lot is not, so we need to get people to cooperate and start staggering your pick-ups. We need to encourage more people to walk. And we have to increase our patience. We are in this together, let's make it work.

## Nut Allergies

Some of the students in our school have a severe allergy to peanuts. Because of this health concern we ask you to avoid sending snacks containing peanuts and peanut butter to school. Please remind your child not to share recess snacks with other students so that you know what your child is eating at school.

Washing hands after eating (including breakfast), especially if peanut products are eaten, is a healthy routine for all of us to establish and practice. Your cooperation with this situation will help to ensure the safety of all students in the school.



April 14, 2015

## NewsFrom the PAC

Website: [www.blakeburnpac.org](http://www.blakeburnpac.org)

Find us on Facebook: "Blakeburn Elementary PAC"

### Next PAC Meeting & Elections – Monday, May 16<sup>th</sup> at 6:45pm (Library)

Come and join meeting to hear from the Principal and the PAC about what's going on and being planned in the school. More info here: <http://www.blakeburnpac.org/our-meetings.html>

### Treasurer needed or no PAC next year!

**Without a parent to take on the Treasurer role, the PAC cannot run. We stand to lose a \$1000's of dollars of funding that comes to the PAC and goes directly to support the school, on top of losing all the PAC activities, fundraising and initiatives. If you are a parent or know a parent who can do bookkeeping, please contact the PAC to get involved - email the PAC President, Vandhana Misri, at [vanmis93@gmail.com](mailto:vanmis93@gmail.com).**

### Elections

Interested in getting more involved at Blakeburn and meeting other parents dedicated to helping our school community? The PAC has a number of opportunities for parents to get involved in small or larger roles. No previous experience is required, and how much you put in is up to you!

### The PAC is seeking parents specifically for these vacant positions:

#### **Treasurer \*\*\* We cannot run a PAC without this position! \*\*\***

The Treasurer has a good understanding of bookkeeping procedures and keeps a record of all receipts and expenditures of the PAC. The Treasurer will draft an annual budget and prepare monthly financial statements to be presented at the PAC meetings. The person does not need to be an accountant, but knowledge of QuickBooks and Excel will be beneficial.

### All PAC positions:

Blakeburn parents are invited to run for election for any PAC positions (listed below).

President  
Treasurer  
Secretary  
DPAC  
Fundraising Committee  
Health & Safety  
Parent Communications  
Parent Education  
Hot Lunch Coordinator  
Parent Volunteer Coordinator  
Members at Large

If you are interested or have questions about these roles, email the PAC President, Vandhana Misri, at [vanmis93@gmail.com](mailto:vanmis93@gmail.com).

April 14, 2015

**“PROTECTING KIDS ONLINE” – an upcoming parent education event  
Wednesday, May 4<sup>th</sup> 6:30pm at Blakeburn**

This presentation puts the spotlight on how parents can keep their kids safe while enjoying the benefits of technology. Whatever the concern: predators, cyber bullies or inappropriate material, this compelling presentation helps parents understand that they don't need to be a techie to keep their kids safe in cyberspace.

Protecting Your Kids Online explains in an easy to understand manner:

- The top three reasons kids use the internet
- How technology changes the way kids communicate
- The risks associated with each online activity
- How to recognize the warning signs that a predator may be targeting your kids

If you can relate to ANY of the following statements, you MUST NOT miss this presentation!

- I want to feel comfortable that my kids are protected when they are online
- I want to understand what my kids are using the internet for
- I am confused about texting, Snapchat, Facebook, and chat rooms
- I am concerned about strangers or bullies online
- I want to learn ways to monitor my kids internet use

Blakeburn will also host a school assembly on Cybersafety (more information to come).

**Staff Appreciation Lunch - Tuesday, May 17**

Sign up to donate dishes or to volunteer here: <http://bit.ly/1qbT8ke>

Every year the PAC and parents of Blakeburn students host a staff appreciation luncheon to thank our wonderful teachers and school staff for their hard work during the year and their dedication to our childrens' well-being and education.

Parents are needed to help in setting up the room, donating pot-luck style dishes for the luncheon, and of course, cleaning up afterwards!

We need appetizers, salads, main courses (including vegetarian), and desserts. There will be about 40 people attending. When you sign up, please be sure to indicate exactly what dish you will be making.

Please drop off your donated items to the Library starting at 11:00am. Or if that is not possible, items may be left at the PAC Kitchen from 8:30-9:30am. Please label any dishes you wish to have returned.

Sign up here: <http://bit.ly/1qbT8ke>

Thank you in advance!

## Community Information

City of Port Coquitlam

It is that time of year and we are running Winter Day Camps for 3-5 year olds and 5-10 year olds – see below:  
[http://www.portcoquitlam.ca/Recreation\\_and\\_Culture/Children\\_Youth/Children\\_s\\_Services/Children\\_Service\\_s\\_Winter\\_Day\\_Camps.htm](http://www.portcoquitlam.ca/Recreation_and_Culture/Children_Youth/Children_s_Services/Children_Service_s_Winter_Day_Camps.htm)



## Adult Learning Opportunities

### Want to Graduate?

Call our Learning Centre (CLOC) at 604.945.4211 to book an advising appointment – You might be closer to graduation than you think. We have **tuition-free** courses for non-graduates\*.

### Need a Course or Want to Upgrade a Mark?

Class-room based and self-paced courses are available: Accounting 11/12, Biology 11/12, Communications 11/12, Chemistry 11/12, English 11/12, Geography 12, History 12, Math 11/12 (all) Physics 11/12, Planning 12, Social Studies 11 and more!

High School course registration opens online on December 15<sup>th</sup> for February classes. Registration for self-paced classes is on-going. Visit [www.ce43.com](http://www.ce43.com) for account creation and registration information.

### Want to Learn English?

We have free\* Foundations classes to support you. Language Assessment is required prior to registration. Visit Montgomery Centre Thursday nights from 3:30 p.m. to 6:30 p.m. Visit [www.ce43.com](http://www.ce43.com) for documentation requirements.

### Are you New to Canada?

We have Language Instruction for Newcomers to Canada (LINC) classes to help improve English Language skills (beginner to intermediate) and provide settlement information and support. These are free classes funded by the Canadian Government through a grant provided by Immigration, Refugees and Citizenship Canada. Daytime and evening classes are available, and child-minding is available for daytime classes.



### Looking for a New Career or Want to Improve Your Skills?

We offer **Continuing Studies Courses**: Accounting, Bookkeeping, Business Communications, Computerized Accounting, Digital Photography, Employment Preparation, Keyboarding, Microsoft Office, Payroll, Photoshop, Records & File Management, Special Effects Make-up & Beauty Make-up, Ten Key Number Pad, How to Get Better Grades in School, Introduction to Medical Terminology for ESL, and Spanish.



We also offer **Diploma & Certificate Programs**: Administrative Assistant, Building Service Worker, Computerized Accounting, Community Support Worker, Dental Receptionist, Games Studies, Health Care Assistant, Medical Office Assistant, and Beauty & Special Effects Make-up. Visit [www.vocationalprograms](http://www.vocationalprograms) for more information.

Visit [www.ce43.com](http://www.ce43.com) for locations and more information on all of our programs.

\*Subject to Canadian status and BC residency requirements.

