



A caring, creative, intelligent school!

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

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



Report Cards

Our report cards go home on March 4th. We have been working on changing our format to make them more visual to parents. We did a test run last reporting period with some grade one, two and three classrooms. Based on the feedback we have included student reflections, and worked on defining our rating scales. Many of the students have set their own learning goals for the coming term.

Parent/Teacher Interviews

Tuesday, March 3rd is early dismissal at 1:45 to enable teachers to meet with parents about student progress. These meetings will happen based on teacher or parent requests. If you had an interview in the fall you may not have one this term unless it is requested.

To Unsubscribe:

Please email: sfiset@sd43.bc.ca



Mat Velvet and Charlie Show

Thank you to the PAC and Artstarts for providing Blakeburn Elementary with the very humorous and acrobatic **Mat Velvet and Charlie Show**. They delivered a message about finding your individual passion and through dedication and hard work you can achieve your goals. We saw Mini Charlie learning to be an acrobat like her Mom and Dad. Our students laughed at the funny commentary and costumes and squealed with excitement as Charlie worked with the German Wheel to show us her talents.



Pink Shirt Day



We had a sea of pink shirts at Blakeburn over the week. So many positive messages about acceptance, strength and kindness.

Where is Love?



Some messages of love from our Kindergartens. Love is in :

- Nature,
- My house,
- Your brain,
- The Moon and Sun,
- Your tent,
- Your heart,

And it sometimes spreads to your tummy.

Building Bridges

Students have an opportunity to enter the APEGBC **Bridge Building Competition**. Let us know if you want to register your child. We can support you with the application.

For those who want to do it, **Brian Chapell will meet with parents and students in the library on Thursday, March 5 at 2:45-3:30** to register students and discuss the event.

SPCA Fundraiser



One of our grade three girls has organized a fundraiser for the SPCA. She will be presenting her challenge to Blakeburn on Monday at Bounce. Any donations can be dropped off in the office. Thank you for supporting our young leaders and the SPCA.

Anxiety Information from the Pro-D Day

Dr. Buhr started her session by reminding us that anxiety is a normal, necessary and adaptive system. She pointed out that without some anxiety within each of us we would not survive for very long as we need anxiety to protect us from danger. Anxiety brings about our "Flight-Flight-Freeze" response and can give us an adrenaline rush. When we experience healthy anxiety there are three things that happen:

- Psychological - body prepares to deal with the threat (increased heartbeat, faster breathing, tension)
- Cognitive - focus on the threat and escape / safety
- Behavioural - avoidance, aggression, freeze

When anxiety becomes an issue is when this system kicks into action in the absence of real danger. Dr. Buhr likened this to an overly sensitive smoke alarm. If the smoke alarm goes off all the time (whenever you cook, boil water, etc.) it can become annoying and frustrating, just like anxiety becomes when it kicks in at times it shouldn't.

Just like many things in this world she sees anxiety on a continuum, with it becoming more problematic when it increases in frequency and intensity, creates distress for the individual and/or starts to interfere with their life. Not surprisingly anxiety is the most commonly diagnosed mental health condition with an incidence of 6 - 20% in children and youth.

AnxietyBC Website - www.anxietybc.com

- Anxiety 101
- Facing Fears
- Common Problems
- There are also several videos available on the Anxiety BC website. We have a few at the school for loan and they have proven very helpful to other families in the past.

MindShift - Available on the AppStore for Apple and Android

- App based on Cognitive Behaviour Therapy strategies aimed at helping youth and young adults manage anxiety and cope with challenging situations.
- Has several components to help children identify their anxiety and create plans to help work through it.

(taken with permission from Frank Pearse's newsletter at Birchland, 2015)



March 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Early Dismissal 1:45 P/T Interviews	4 Report Cards Home	5	6	7
Spring Break March 9-20, 2015 First Day Back March 23 rd . Enjoy!						
22	23 First Day Back	24	25	26	27 PAC Hot Lunch/ Movie Night	28
29	30	31	1	2	3 Good Friday (No School)	4

Photos

At the beginning of the year parent/guardians fill in a form that reads:

In accordance with the Freedom of Information and Protection of Privacy Act, School District No. 43 (Coquitlam) requires consent to use personal information for purposes unrelated to educational programs. Release of Student Photographs/Names. The school district requests permission to use photographs/videos/names of individual students and groups of students in a variety of publications to promote the school district. This could include newsletters, brochures, newspapers, magazines, reports, the SD43 website, radio, videos or television. This would also include permission for your child to be photographed by the media (tv or newspaper) for school related events.

Most parents/guardians give permission and some do not. In the upcoming weeks if you marked “no” we will be contacting you to ensure that we can use your child’s image in the yearbook and the grade five leaving video.

News from the PAC

Website: www.blakeburnpac.org

Find us on Facebook: “Blakeburn Elementary PAC”

Upcoming PAC events

Take note of these upcoming PAC-led events or come be part of them!

- March 27 **Movie Night: Big Hero 6** - watch for more details about this fun, family event.

Check out the PAC Calendar for more dates: <http://www.blakeburnpac.org/calendar.html>

Join the Carnival Committee

Email Andrea at fundraising@blakeburnpac.org

BEYOND THE BELL Blakeburn

On line at www.Experienceit.ca or call 604-927-PLAY (7529)

Drop-ins Available \$12/Class

Kids in the Garden Wednesday May 13 – June 17 2:50 – 3:50pm 7255 \$37/6

Please ensure class is running by calling and paying through 604.927.PLAY.

Paper or email Receipt of payment needs to be presented to Recreation Leaders at Beyond the Bell.

Jump Start Funding Sponsorship is available please contact Cierra Grisewood Recreation Program Assistant - Adult and Access Services 604.927.7974 or grisewoodc@portcoquitlam.ca.

Customer Service Attendants: 604.927-PLAY

Program Support: Janis Dancs Program Coordinator – Children Services 604.927-5182 or dancsj@portcoquitlam.ca

Sarina Mawji Recreation Program Assistant – Children Services 604.927.5292 or mawjis@portcoquitlam.ca

Brought to you by: SD43 and Port Coquitlam's Children Services Team

District 43 Spring Break Camps 2015

The School of “Wonderstanding” Day Camp:

Tuesday, March 17th – 20th

We are very excited to again offer **School of “Wonderstanding”** Day Camps for students **Kindergarten - Grade 5** at the schools listed below. School District 43 is offering these camps in partnership with Simon Fraser University's Professional Development Program (PDP). These unique and very popular 4 day camps are staffed by student teachers. They run from 9 am - 2:45pm, Tuesday to Friday. The cost per child for the 4 days is \$60. Fun is guaranteed! Spaces are limited so please register early to avoid disappointment. Please note that this year we are offering, for the first time, a **French Language Experience Camp at James Park**.

To Register online please refer to the appropriate home page below:

Central Community School Camp: www.sd43.bc.ca/elementary/central

James Park Elementary School - *French Language Camp*: www.sd43.bc.ca/middle/minnehada

Seaview Community School Camp: www.sd43.bc.ca/elementary/seaview

Miller Park Community School Camp: www.sd43.bc.ca/elementary/millierpark

The School of “Wonderstanding” Camps: March 17 - 20

For more information please contact:

1) For the Central Community School Camp

- contact Heather or Dasha at 604 464-0207 or dbelskaya@sd43.bc.ca

2) For the Miller Park Community School Camp

- contact Heather or Dasha at 604 464-0207 or dbelskaya@sd43.bc.ca

3) For the James Park Elementary School - *French Language Experience Camp*

- contact Steve at 604 230-1233 or sbrown-john@sd43.bc.ca

4) For the Seaview Community School Camp

- contact Steve at 604 230-1233 or sbrown-john@sd43.bc.ca

Spring Break Lego® Camps

Are you looking for some great ways to entertain your children for Spring Break? Please view the variety of Lego® Camps and activities that we are offering for Spring Break and more at: www.bricks4kidz.com/coquitlam

Bricks 4 Kidz is a SD43 Community Schools Community Partner.

Also thank you for helping us get the word out to parents regarding our Spring Break - School of 'Wonderstanding' day camps. There are now no more spots available. If parents have inquiries regarding the camps please have them contact me: sbrown-john@sd43.bc.ca or Dasha: dbelskaya@sd43.bc.ca.

Bounce, Build, & Boulder Camp

3 GREAT SPRING BREAK CAMPS UNDER 1 ROOF

Camps March 9th-13th & 16th-20th Monday-Friday • 9am-3:30pm • Open to Boys & Girls • Ages 6-14

Located @ 98 Brigantine Drive, Coquitlam \$250/ week including tax

Register at www.bricks4kidz.com/coquitlam

Club Aviva

www.clubaviva.ca

(604) 526-4464

Bricks4Kidz

www.bricks4kidz.com

(604) 715-2429

Climb Base5

www.climbbase5.com

(604) 526-2402

Bounce, Build, & Boulder Camp

3 GREAT SPRING BREAK CAMPS UNDER 1 ROOF

Bounce - Gymnastics Camp

Our camp features a daily gymnastics class, gym games, and free explorative play in the gym! Our certified coaches are eager and excited to teach your children in a fun and safe environment! Make sure you bring gym clothes, running shoes, two snacks, and a lunch!

Build - Lego® Camp

Form a team to face the challenge of our extreme expedition Lego® camp. A new mission each day takes us around the globe in our Lego® world. With robotics builds we will encounter worst case scenario survival challenges, face forces of nature, and construct transportation equipment to bring your team together from around the globe. Do you have what it takes to face extreme brick adventures?

Boulder - Climbing Camp

Experience exponential growth in your climbing development with our climbing camps. Our friendly and knowledgeable staff provides focused instruction to instill the fundamentals of safety and movement, while incorporating climbing games to build on activity components. Join us for this week-long adventure in indoor rock climbing!

Lunch is supervised by our staff •

Please send your child with peanut free lunch and snacks

Register Online Now at

www.bricks4kidz.com/coquitlam

Program A

9am - 12pm

Climbing Camp

12pm - 3:30pm

Gymnastics Camp

Program B

9am - 12pm

Lego® Camp

12pm - 3:30pm

Climbing Camp

Program C

9am - 12pm

Gymnastics Camp

12pm - 3:30pm

Lego® Camp



March 30 June 30 2015 is
Softball Season!

www.pocominorsoftball.com

Online Registration is now open for the 2015 season!

PCMSA is thrilled to start the 2015 season with extremely experienced and devoted Executive Members! We are fortunate to have Bob Buchan returning for his 27th year as the President of PCMSA!

FREE U8 CLINICS ON TUESDAYS

U8 girls come out to free training sessions held Tuesday nights at Citadel Middle School. If you are not sure whether or not you want to play softball come and try it in the gym. Girls will learn the basics of throwing, fielding and hitting so they are ready to head out to the park in April. If you are interested please email Alison at pastwinpics@hotmail.com

PCMSA is hosting its FUN FAIR at Hyde Creek Feb 8/15 from 10:00 am - Noon. Come and try the game with our U18 Raven.

We have teams available for Girls born from 2009-1996 and Boys born in 2008 & 2009.

Mark your calendars!! Our 2015 Ice Breaker Tournament will be from April 10th – 12th for all U6 – U19 team!

2015 PCMSA Registration Fees include a Lifetime Membership to Softball BC as well as a seasonal membership to the Port Coquitlam Sport Alliance.

How to Register

- 1.) [Register Online Now](#)
- 2.) *Log In to your Pointstreak Account*
- 3.) *Follow the online directions and click "Add to Registration List"*
- 4.) *"Check Out" choose to pay Online using your credit card, or in person by cash or cheque! The pay in person option is also available for those who will be applying for Kidsport Funding.*



Have Questions?! Email PCMSAs Registrar
registrar@pocominorsoftball.com

PCMSA Box 78016 Northside RPO
(Pharmasave-) Port Coquitlam, BC
V3B 7H5

[Register Online Now!](http://www.pocominorsoftball.com) www.pocominorsoftball.com



PCMSA is thrilled to be welcoming Boys to our Learn to Play Program which will run on Tuesdays and

Thursdays at McLean Park!

Registration for both **boys** and **girls** who were born in 2008 & 2009 in the LTP U6 Program is \$105 which includes a **Tim**

Horton "Timbit" Learn to play T-Shirt!

