

3 December 2020

It's beginning to look a lot like...well, you know!

Some themed reminders...

Tomorrow, *Friday* is **RED & GREEN Day**. To help us get into the holiday season, all of our students and staff are invited to wear their *reddest* and/or *greenest* clothes for the day! Our *candy in the jar* guessing contest closes as well.



Next week, we begin our door decorating contest. I've heard the head judge is open to bribery.

And on Friday, we'll ask everyone to dress as someone from the North Pole!

Food Hamper Drive Continues

What an amazing start to our Christmas Food Hamper Drive at Coquitlam River! Our *Incredibles* team is collecting and sorting the donations so they can be delivered to families in need in the Coquitlam River and neighbouring communities. We will continue to gratefully accept your donations until next Friday, December 11th.

Suggested food donations include:

- Pastas/macaroni and cheese, pasta sauces
- Rice/barley/quinoa
- Canned soups, beans, fruit, vegetables, meat and fish
- Coffee/tea/hot chocolate
- Cookies/biscuits/crackers
- Peanut butter/Jams/Honey
- Pancake batter/syrup
- Gravy mix
- Baby formula/food
- Kleenex/toilet paper/napkins
- Dish/laundry soap
- Special Christmas treats (chocolates, cookies, etc.)
- Gift cards for grocery stores, department stores, etc.

Please do not send home made treats, baking, etc., as our COVID protocols prevent us from distributing non commercially packaged food. Please do not send alcohol products.

School District 43 'Directions 2025 Strategic Plan'

The Board of Education would like to thank all stakeholders for their contributions to the creation of **Directions 2025** and for continually striving to make SD43 a leader among school districts in BC and across Canada. **Directions 2025** is available to view at the following link:

<http://www.sd43.bc.ca/Board/Vision/Documents/Directions2025.pdf>

SD43 Foundation

Late in 2019 the SD43 Education Foundation was established. The purpose is to provide a more formal ability to raise funds to support initiatives to supplement our educational mandate. This includes supporting vulnerable students, mental health supports, before and after school programs, meals for those in need and scholarships and bursaries – to name but a few initiatives. Unfortunately, COVID-19 negatively delayed the ability to put into operation a formal launch, which we are now undertaking. Please see the attached letter with further information.

Out of School Education Connections SD43

Middle Childhood Matters and Do What U Luv Foundation have teamed up to build a resource guide for things to do for kids this Covid December. Please see the attached brochure.

DPAC43 is inviting you to a scheduled Zoom Parent Education Night on Tuesday, December 8, 2020 starting at 7:00 p.m.

Please see the attachment for all of the details regarding Mindshift™ CBT (Cognitive Behavioural Therapy) App and the guest speaker for the evening is Mark Antczak.

Mark Antczak is Anxiety Canada's in-house Registered Clinical Counsellor and Clinical Educator. His primary role is facilitating the online Mindshift Anxiety Groups. He brings a decade of experience working with mental health in various environments and populations by providing individual and group counselling, mental health education programming, and conducting research while completing his Bachelor of Arts in Psychology and Master of Arts in Counselling Psychology at the University of British Columbia. He's found great fulfillment providing support and treatment over the years to University students, youth in Vancouver's DTES, first responders, and cancer survivors.

Mark's other work that informs his expertise includes his four years of practice as a Behavioural Assistant and Registered Clinical Counsellor in private practice at the Vancouver CBT Centre. He specializes in providing Cognitive Behavioural Therapy (CBT) to adults with anxiety spectrum disorders.

Topic: DPAC43 Parent Education

Time: Dec 8, 2020 07:00 PM Vancouver

Join Zoom Meeting

<https://ca01web.zoom.us/j/66293700852?pwd=NXc2M2NHYjY1dCtldkp1UHIPR1lQZz09>

Meeting ID: 662 9370 0852

Passcode: 3Pw1^@Bp

From the PAC

Looking for ways your online shopping can support Coquitlam River's PAC fundraising? Sign up for Flipgive – shop at top stores and earn fundraising dollars for the school! See attached flyer for details.

Season Treats, Toys, Cards and Protocols

Please remember that due to our COVID-19 safety protocols, we are not able to share holiday treats in classes. We also ask that you do not send Christmas cards or gifts to be shared with classmates this year, which is a total bummer, I know! If you're feeling so inclined, please consider sending e-cards, or make donations in a class' name to a local charity such as the Food Bank. Thank you for your support.

David