



## École Coquitlam River Elementary

4250 Shaughnessy Street, Port Coquitlam, B.C. V3E 3E5

Telephone: (604)942-0241

Email: [CoquitlamRiver@sd43.bc.ca](mailto:CoquitlamRiver@sd43.bc.ca) Web: [www.sd43.bc.ca/school/coquitlamriver](http://www.sd43.bc.ca/school/coquitlamriver)

Follow us on Instagram: @CoquitlamRiver

Principal: Mr. D. Mushens

September 28, 2023

### **On the Calendar**

Friday, September 29

Monday, October 2

Wednesday, October 4

Friday, October 6

Monday, October 9

Orange Shirt Day – see below

School Closed in Recognition of National Truth and Reconciliation Day

PAC Meeting – 7:00 pm in the library

School Photo Day – see below

PAC/TCBY – Frozen Yogurt

School Closed for Thanksgiving Day Holiday

Please regularly check the [calendar](#) on the [school website](#) for updates and information.

### **Orange Shirt Day – Friday, June 29**

Tomorrow, Friday, Coquitlam River Elementary students and staff will focus on lessons that continue to build on our learning about the history of residential schools and our movement to meaningful reconciliation. School-wide activities will culminate in an assembly and ceremony at the outdoor classroom at the front of our school. Students from each class will be planting bulbs in a special planter that was made specially for our school to honour Orange Shirt Day. The bulbs will rest all winter and bloom in the spring as symbols of survival and hope.

Students and staff are encouraged to wear orange in honour of this important day.

Parents are welcome to attend the ceremony that will begin at 1:15 and are asked to stand on the sidewalk if they choose to be witness to this event.



Note that the school is closed on Monday, October 2<sup>nd</sup>, in recognition of the National Day for Truth and Reconciliation.



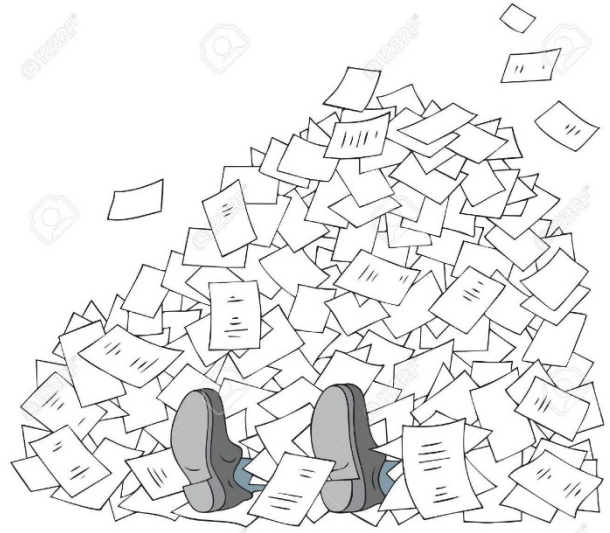
### **School Photos – Next Friday October 6**

It's that time of year when we pose our little 'uns for individual school pictures. Edge Imaging will be in the school to capture this year's commemorative photo. There is no obligation to purchase photos, however, we do ask that all students have photos taken, as they are used as identifiers in our internal database and would be used in the event of an emergency.

You can visit [www.edgeimaging.ca](http://www.edgeimaging.ca) for more information, which is also where you will place orders after photo day if you wish to do so.

### **School Supply fees & Required Forms**

You will have received a couple of recent emails from your [School Cash online](#) account informing you of new items, including required forms that need to be digitally signed, as well as fees for the bulk purchase of school supplies that came out today. I ask that you pay your school supplies as soon as possible as our school supplies. *If your school supply fees pose a challenge, please reach out confidentially to myself or Jo Kopf at [dmushens@sd43.bc.ca](mailto:dmushens@sd43.bc.ca) or [jkopf@sd43.bc.ca](mailto:jkopf@sd43.bc.ca)*



Also please note the [Parent E-forms section](#) of the school website. Again, the *School Policies* form is submitted via your [School Cash Online](#). The **Emergency Release** form must be completed each year and can be downloaded, filled out, printed, and sent back to the school with your child (I have attached a copy to this email as well). Alternatively, if you do not have access to a printer, you can save the document, and email it as an attachment to [CoquitlamRiver@sd43.bc.ca](mailto:CoquitlamRiver@sd43.bc.ca)

You will also find on this page optional forms such as Volunteer Applications and how to apply for a driver's abstract and Criminal Record Check.

Confused? What fun would a government bureaucracy be if it wasn't at least a *little* confusing! If you have questions or difficulties with any of these processes, please don't hesitate to get in touch.

### **Budding Musician?**

A local community member who offers piano lessons is taking on new students. If you're interested, see the attached flyer.



### **Get your kicks from karate?**

If martial arts are more your thing – or in addition to the performing arts – see the attached brochure from Westwood Goju-Ryu, now accepting new students for its fall classes.

### **Got a fridge you're looking to re-home?**

We are currently looking for an additional refrigerator in good condition to help us as we ramp up our *feeding futures* program at the school that aims to ensure food security for children and families in our community. If you have a refrigerator in good working condition you would consider donating to the school, please contact me at [dmushens@sd43.bc.ca](mailto:dmushens@sd43.bc.ca)

### Family Bowling Night fundraiser

Mark your calendar for Friday, November 17<sup>th</sup> – Family Bowling Night Fundraiser, in support of the grade 5 year end celebrations.



### Helpful resources from our Strong Start Coordinator

West Coast Family Centres is offering two free upcoming programs to parents.

#### **Parenting Neurodiverse Kids**

Learning or suspecting that your child may have a cognitive challenge can be confusing and stressful. You're not alone! Neurodiverse Parenting is a support group for parents with neurodiverse children (ages 2-14). Neurological differences may include:

- ADHD
- ADD
- Autism Spectrum Disorder (ASD)
- FASD
- Dyspraxia
- Dyslexia

- Brain damage from accident, injury or trauma
- Fetal Alcohol Syndrome (FAS)
- Learning Difficulties

**Your child does not need to have a diagnosis for you to participate in the group.**

Neurodiverse Parenting focuses on bringing parents together to feel supported and part of a community, to know they are not isolated or alone in the challenges they may be experiencing. Together we will explore common challenges, share ideas, and celebrate success while supporting one another!

**WFC Parent Educator Kristy will provide information relating to:**

1. Understating neurodiversity
2. Tools and strategies that can support their child to function in day to day life
3. Being an effective advocate for their child
4. Appreciating the impact of neurodiversity on the whole family and how to support themselves, their other children and their relationship.
5. Linking the group to support services within the community.

#### **SCHEDULE:**

- **Every Friday, September 29 - November 10, 2023, (excluding October 20)**
  - You will be automatically registered for every session.
- **12:00 - 1:30 PM**
- Free, online group (using Zoom)

**If you have any questions, email [communications@westcoastfamily.org](mailto:communications@westcoastfamily.org).**

#### **Successful Co-Parenting**

Successful Co-Parenting is a free, comprehensive 6-week program for parents experiencing separation and/or divorce. Parents will obtain skills, strategies, resources, and support for effective co-parenting to help their children through this transition.

**\*We ask that only one parent from each family register at a time for each Successful Co-Parenting group.**

#### **Schedule:**

- Now running every **Tuesday, October 3 - November 7, 2023** from **6:00PM - 8:00PM**
- Online via Zoom
- Registration closes after the first session

If you have any questions, please email us at [communications@westcoastfamily.org](mailto:communications@westcoastfamily.org)