





School District No. 43 (Coquitlam)
Heritage Mountain Elementary School
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www.sd43.bc.ca/school/hertagemountain

We acknowledge we are on the unceded traditional territory of the Kwikwetlem First Nation, which lies within the shared territories of the Tseil-Waututh, Katzie, Musqueam, Qayqayt, Squamish, and Sto':lo Nations.

MARCH 2022

Newsletter #8

February 25, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Feb 28	1	2	3	4
PAC lunch				
7	8	9	10	11
PAC pizza lunch				
14	15	16	17	18
.....	
21	22	23	24	25
.....	
28	29	30	31	April 1
Back to School! PAC Sushi/Burger lunch				



February 24, 2022

This past week we celebrated Pink Shirt Day, and I can tell you that Heritage Mountain is most definitely a kind and caring place to work, play, and learn!

Thank you to all the parents who have reached out by email and in conversations outside to share your thoughts and give feedback about your child's lives and routines at school. Something I have a strong belief in, is that together we are stronger!



The COVID landscape is changing, and this will require continued clear communication between us. In the next few days, your child will be bringing home a box of 5 rapid antigen tests. These have been sent from the provincial government. Attached is some information about the tests with instructions of "how" and "when" to administer. This will give families the ability to get immediate results for COVID symptoms and make informed decisions.

We may have grown accustomed to all the rules and how things are with increased protocols and measures; however, as things have continued to change and evolve, it has also been somewhat draining. We aren't quite to the finish line yet, but this next stage of the journey will provide a better road map for us to navigate the challenges together. So, even though rapid tests are just now becoming available, we are looking forward to some opportunities to ease on our COVID restrictions and allow students to connect more with their peers and have some choice about where they play. This will be done in strategic stages, and we will reassess as necessary when we received updates from the school district. The PHO has also advised that they will review safety protocols again in March and April and therefore we anticipate more possible changes in the next few months.

For the immediate future, here is what you can expect:

- Recess/Lunch – there will be increased opportunities for students to play with other similar grade groupings of students, especially in outside areas. For example, classes on the field can mix but continue to maintain safe spacing.
- Gym/Library Learning Commons – teachers can begin planning to provide opportunities for classes to join for collaborative activities.
- Staggered start and end times – we are planning to remove the staggered schedule after Spring Break to improve the learning opportunities and transitions for students and families.
- Teachers will be communicating about the entry/exit routines as there will be some adjustments needed over the next couple of weeks. What is still important is that parents remain at a safe distance, and students and staff will still be wearing masks and sanitizing and washing hands when entering the building.
- Visitors – we still need to limit who comes into the school by having visitors checking in at the office and minimizing their movement to the spaces that they need to be in and following all safety protocols. For example, we have begun our PAC lunch routine again with limited volunteers.

All of these changes will take some time to get used to and require us all to have patience and adapt, but this is something I think we have all been looking forward to. Please continue to let me know if you have any questions or comments.

Sincerely,

Mr. Sclater



What's Happening at Heritage Mountain Elementary

Gym Sense

Thank you again to the PAC for sponsoring Gym Sense for all students. The sessions will be ending March 10.



Kilometer Club

Kilometer Club training begins after Spring Break!

Thank you to our PAC for providing incentive ribbons again this year!

PAC Fundraising News and Information

Neufelds Feb fundraiser: \$7,437 was purchased with a profit of \$1,246 going to PAC. June 2nd is the next Neufelds delivery date.

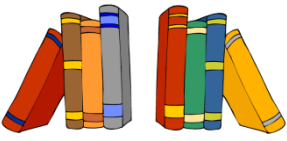
FARM FRESH FUNDRAISER Meridian Meats & Seafood GIFT CARDS: now until March 24th (for distribution a couple of weeks before Easter)

The store is celebrating their 30th anniversary by offering a simple & profitable fundraiser. **30% of the proceeds of gift cards will go to HME PAC** (the cards never expire & can be used at any location). We are thinking most people would use the gift card for their own grocery shopping instead of actually gifting the card. Our closest location is in the Oxford Market along the Loughheed Hwy (stop in on your way to Costco!).

Visit Meridianfarmmarket.ca to view their store.

This butcher shop specializes in 100% grass-fed beef, free-run poultry, local pork, sustainable seafood & plant-based protein. Also, fresh fruits and veg, artisan deli, fresh baked breads and grocery essentials. Butcher bundles and free-range turkey are also available.

If you would like to buy a gift card, email Sherry at sherylbot@gmail.com for more details.



March Library Corner

February, our “Love of Reading Month”, flew by and now we are chatting about the buds on the trees and new growth in the glorious world around us. I have said this before, but reading is like new growth in nature, because each time we read we are growing our vocabulary, our understanding, our stamina, and our love of learning. It does not matter what we read, it just matters that we ARE reading. Your children have been engaged in many conversations over this past month about great books, and we have a library covered in kiddo created promotional posters, so I hope they are delving into some new book love and unearthing new passions.

WHAT’S COMING UP? “The Eco Challenge” is coming up for the week of Feb 28-March 4th. We have partnered with Eagle Mountain Middle and Heritage Woods to build a super team to save our planet one small move at a time! Please look for the Eco Challenge info in this newsletter. (Think: great convos, ugly sweaters, Planet loving kiddos). Lessons and exploration during LLC time will revolve around our planet and moves we can make in our daily lives to show our love for Mother Earth.

SPRING BREAK IDEA: Some of you may have heard of my small obsession with quirky and fun facts. Yep, I often proclaim "Fun Fact" to the kiddos and then spout a random fact from a book. Occasionally I jot the fact down for the school to soak in. My point? If your kiddo comes across a "fun fact" please have them share it with me when we come back together at the end of March. I like giving them credit for cool things.

LATE BOOKS: Please encourage your child/children to bring their library books back each week. If they would like to renew, they may do so, of course, but we do like to assure that the books are available for circulation rather than tucked under a bed (eeker, middle schoolers still owe me some books).

Happy Reading and happy family time!

Love, Mrs. Khan

School District No. 43 (Coquitlam) Heritage Mountain Elementary School School Calendar 2021-2022

Schools close for Spring vacation (last day in session)	Friday, Mar 11
Spring vacation period	Monday, Mar 14 – Friday, Mar 25
Schools re-open after Spring vacation	Monday, Mar 28
Good Friday	Friday, Apr 15
Easter Monday	Monday, Apr 18
Pro D Day	Friday, Apr 22
Victoria Day	Monday, May 23
School Based Pro-D	Monday June 6
Last day of school for all students	Wednesday, Jun 29
Administrative day	Thursday, June 30

Early Dismissals one hour earlier than normal dismissal:

Tuesday April 12
Thursday May 12

SD43 ECO CHALLENGE 2022

Monday, February 28- Friday, March 4th

HME has partnered with Eagle Mountain Middle and Heritage Woods Secondary for a chance to win \$500 for each school.

Will you participate? Please do!

Monday/Day One: Lights Off Lunch (*save electricity*)

- This will happen in each classroom, can this be done at home as well?

Tuesday/Day Two: Sweater Day (*gas reduction*)

- Wear an ugly sweater or school colours or something cozy as the heat will be lower at school today!

Wednesday/Day Three: Walk-Bike-Bus-Scoot-Skate to School Day (*reduce emissions*)

- When possible, we would love to see this happen (lets hope for sunshine and warmth)

Thursday/Day Four: Litter less Lunch (*waste reduction*)

- Try for a lunch without waste

Friday/Day Five: “Why We Love Our Planet Day” (setting a declaration for our planet)

- Have a discussion about ways we can continue to love and protect our planet at home and at school.

See Mrs. Khan or a Planet Lover for more information



Rapid antigen at-home test instructions

K-12 Students



Each student in public, independent and First Nations K-12 schools is being provided with a box of five Artron rapid antigen at-home tests distributed through their school .

The information below on when and how to use the tests is summarized from [BCCDC](#).

When to Use the Test

These tests are intended for students in K-12 schools. They should only be used when the student has [symptoms of COVID-19](#)

If a person in your household finds it hard to breathe, has chest pain, can't drink anything, feels very sick, and/or feel confused, contact your health care provider right away, or go to your local emergency department or call 9-1-1.

Do not give your child a rapid COVID-19 test if they do not have symptoms of illness.

Test instructions are included in the box, and also [here](#). Test instructions are available online in [ASL](#), [Arabic](#), [Simplified Chinese](#), [Traditional Chinese](#), [Farsi](#), [French](#), [Korean](#), [Punjabi](#), [Spanish](#), [Vietnamese](#) and [Tigrinya](#).

Test Results

If the result is positive, it means your child likely has COVID-19.

Use information from BCCDC to [understand the test results](#), including what actions your child should take. [Complete an online form to report their test result](#) to public health and notify your school that their absence is due to illness.

If the result is negative, your child may return to school when they feel well enough to return to regular activities. Notify your school that their absence is due to illness.

Visit [BCCDC](#) for up-to-date information on COVID-19.