



School District No. 43 (Coquitlam)
Heritage Mountain Elementary School
 125 Ravine Dr., Port Moody, B.C. V3H 4Z1 ☎604-469-6407 📠604-937-8017
www.sd43.bc.ca/school/hertagemountain

MARCH 2020

Newsletter #8

February 27, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Gr. 4/5 Ski Day	4 Author Visit	5 Author Visit Grade 2 Hearing Screening	6 Class Photos
9 Sushi/Subway Como Lake Relay Practices begin	10	11	12 Final Day of Gym Sense	13 Last Day of School 11:00 – 12:00 School Assembly
16	17	18 	19	20
23	24	25	26	27
30 School Reopens	31	April 1	2	3

Important Information

Ms. Katherine Munro is Retiring!!

Ms. Katherine Munro has been Heritage Mountain Elementary School's Speech Language Pathologist for the past 18 years. After 29 years of exceptional service to our school district, she has decided to retire this March. Her last day at HME will be Friday, March 13th.

Ms. Munro has served many students with her exceptional professionalism and kind and supportive nature. She has provided excellent insight, wisdom and support to our entire staff team in regards to how to best support students with various needs. Her warm smile and kind nature will be missed by all students and staff alike.

All of us at HME wish Ms. Munro much happiness during her well deserved retirement.

Student Learning Survey 2019/2020 – For Grade 4 Students and their Parents

The Provincial Student Learning Survey is unique in its scope, size and usefulness to schools. It gathers information from parents, teachers and students on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective.

The Student Learning Survey will be administered to students in grades 4, their parents, and all school staff in the upcoming weeks. We encourage parents to participate in this survey, as the results are important in identifying and celebrating current strengths, as well as determining where the school needs to focus improvement. The surveys contain standard questions for the Province.

The survey can be completed electronically and can be accessed on the Internet at http://www.bced.gov.bc.ca/sat_survey. Any computer with an Internet connection can be used, and access to the e-survey is simple and secure. The survey can be accessed through the link and the *Direct access* section of the log in page by selecting the school district and school name where your child attends school. Provincial, District and School Reports for previous years can be viewed at the same site under the *Results* section.

School Supplies – for next year!

Please watch for Creative Children school supply order forms to come home with all students. These supplies will be for the 2020/2021 school year. You have the option of purchasing a school supply kit through Creative Children or purchasing your own school supplies. Generic school supply lists will be posted on our HME website and will be available for pick up in the office. Grade 5's going to grade 6? The middle schools will send out their supply lists before the end of June – please contact the middle school your child will be attending for more information.

Applying for a Criminal Record Check (now called “Police Information Check”) process has changed for Port Moody Residents

Parent volunteers in SD43 must now apply online through the Port Moody Police Department.

<https://portmoodypolice.ca/public-info/police-information-checks/>

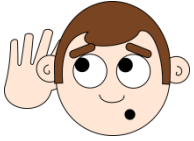
Online Police Information Check – click on “Apply Now” button

At the bottom of the page under “Police Vulnerable Sector” are buttons – choose “Volunteer in SD43” (it has a \$10 charge-plus tax).

What's Happening at Heritage Mountain Elementary

March 5 - Hearing Screening for Grade Two Students

The Audiology Department from SD43 will be here on March 5 to conduct their annual Grade 2 Hearing-Screening Program. All Grade 2 students AND students new to SD43 and those identified by teachers will have their hearing tested.



Author Visit - March 4th & 5th

On March 4th and 5th we will be welcoming author Dan Bar-el to our school. A huge thank you to Julie Meares for organizing this PAC funded event. Mr. Bar-el has age appropriate presentations planned for each grade grouping including story telling, discussions, and writing workshops!

Class Photos - March 6th

Mountainwest Studios will be at our school on Friday March 6th to take class photos! Please try to avoid making appointments for your child on this morning, as it is wonderful to have the entire class in the photo.

Como Lake Relays & Kilometer Club

Como Lake Relays and Kilometer Club training begins Monday March 9th!

Como Lake Relays training starts Monday March 9th at 8am and continues every morning for grade 4 & 5 students. The training goes RAIN or SHINE! Many thanks to the teachers for coming out to support the students on these early mornings. Our school will go to the Como Lake Relays on Wednesday April 15th.



Gym Sense

Thank you again to the PAC for sponsoring Gym Sense for all students. The sessions will be ending March 12. Please contact your child's classroom teacher regarding "Parent Visit" dates if you would like to watch your children "in action" at Gym Sense!



Library Corner

Happy March everyone!

On March 4th and 5th we will be welcoming author Dan Bar-el to our school. A huge thank you to Julie Meares for organizing this PAC funded event. Thank you from the bottom of our hearts. Mr. Bar-el has age appropriate presentations planned for each grade grouping including story telling, discussions, and writing workshops! We are PUMPED!

As we leave behind our "I Love Reading" month, I encourage families to talk about what each member of the family is reading. I see such value in this discussion as we all have such different taste in what we read and opening up this chatter may lend itself to your child being open to trying something new.

Late Books: Please encourage your 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 (*yes, I have found one or two under beds at our house, shhhh*).

March Literacy Corner

Listening to stories on Audio Books is a fantastic way to expose kiddos to new vocabulary and genres. What seems daunting or perhaps lame in the library or book store may end up being fabulous on an audio book. Give it a try and let me know how it works. We will be listening to Treasure Hunters and perhaps a David Walliams (super silly) audio book over the break.

Happy Reading,
Mrs. Khan

Counsellor's Corner

Dear Readers:

Someone forwarded this article to me which was based on an interview with Dr. Tim Elmore and I thought that it was worthy of featuring in our school newsletter. This column is intended to offer some helpful advice, encouragement and insight from experts on a variety of topics on parenting which can be tough, and sadly the job does not come with a guidebook. Here is the article.

7 PARENTING TRAPS TO AVOID

1. In order to raise independent resilient children. We overprotect our kids and don't allow them to experience risk. If a child experiences a 2 ft fall, they will quickly learn where the boundaries are and avoid the 10 ft fall next time.
2. We rescue too quickly and rush to solve problems for our kids rather than teach them how to solve their own problems.
3. We heap false praise on our kids when it's not always warranted. By constantly telling our children they are amazing they may be facing some harsh realities outside the comforts of home.
4. We are afraid to say "no" because we want our kids to like us. It is normal and natural for children to be angry at their parents, this feeling will pass and they will soon learn that in life you can't always get your own way.
5. We don't share our past mistakes. It is good to share how you dealt with challenges at their age, what you learned and how they can make better choices.
6. We confuse intelligence for maturity. Even the brightest children will lack skills in certain areas of their life. Watch and compare your child to other children of the same age to decide what they are ready for.
7. We don't practice what we preach. We need to model what it means to be a good person if we want our children to do the same.

Please contact me if you have any questions or concerns about your child in terms of their social or emotional development at 604 469-6407 or hchang@sd43.bc.ca

School District No. 43 (Coquitlam)
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School Calendar 2019-2020

DESIGNATION	
Schools close for Spring vacation (last day in session)	Friday, Mar. 13
Spring vacation period	Mar. 16 – 27
Schools reopen after Spring vacation	Monday, Mar. 30
Good Friday	Friday, Apr. 10
Easter Monday	Monday, Apr. 13
Pro D Day	Friday, Apr. 17
Victoria Day	Monday, May 18
Pro-D Day-School Based	Monday, June 01
Last day of school for all students	Thursday, June 25
Administrative Day	Friday, June 26

Early Dismissals for 2019/2020: Monday April 20 @ 1:50pm and Thursday May 7 @ 1:50pm

Parenting Wisely Course



Parenting Wisely is a free course about managing the behaviour of elementary school children. Topics include waiting patiently until conversations or phone calls are over, morning and bedtime routines, cooperating with friends and siblings, behaving in public and schoolwork challenges. A Parenting Wisely course is being presented by Stan Simister and Porter Street Elementary School.

The course starts **Tuesday April 14, 2020, from 9:30am to 11:30am**. This course will run for 7 consecutive Tuesdays and ends on May 26, 2020.

The course will be held at **Porter Street Elementary School, 728 Porter St., Coquitlam**. You need to attend the first class to take the course. **Please register with the school office, between Monday March 30, 2020 and Thursday April 9, 2020, at telephone # 604-936-4296**. If you are unable to attend the first class you will not be able to take this course, but you are welcome to register for the Parenting Wisely course that will be offered again in October of 2020.

Please sign in with the school office prior to going to the multipurpose room to attend the course. Participants with children under age 5 will need to make their own child minding arrangements.



Welcome to Summer
2020

Please visit our website for details:
www.summerlearningcoquitlam.ca
Phone: 604-936-4261



Looking for worthwhile summer experiences for your child?

Engaging academic and enrichment opportunities await your child this summer! All courses are taught by fully **qualified teachers in a safe and friendly school environment.**

Parents' comments from Summer 2019:

"My kids loved their summer learning experience. We will most certainly register again!"

"My daughter loved her class"

"My child's teacher was excellent. He made the learning experience fun"

Registration begins in late April.

Were you a student in Summer 2019? Watch for emails in March for registration instructions.

Will you be a new student to Summer Learning this year? Check our website for instructions in March.

Elementary Summer Classes July 7-24 9am-12pm

K to 1 transition, Fine arts, French Immersion, Intergrated studies, Montessori, Math, Reading & Writing, Coding (Info tech), Outdoor Science, STEAM, and more!



Middle Summer Classes July 7-24 8:45am - 11:45am

Art, Band, Guitar, Creative Writing, Drama/Improv, Guitar, Home Ec/Culinary, Integrated studies, Language Arts, Mathematics, PE/Leadership, Coding (Info Tech), Science Grade 6/7 (Ecology/Outdoor focus), Tech Ed.

COQUITLAM
CONTINUING
EDUCATION



12 Elementary and Middle
School locations throughout
the Tri-Cities!



@SummerLrngCoq

