

## *Happenings – Hillcrest Middle Newsletter*

Monday, September 9<sup>th</sup>, 2019

### THIS WEEK AT HILLCREST: (see repeating events below)

Monday, Sept. 9 <sup>th</sup>	· Beginner and Advanced Band Begins 7:45am · SPC Cards available for purchase 3:00pm Spirit Bear
Tuesday, Sept 10 <sup>th</sup>	· Boys Choir Begins 7:45am · SPC Cards available for purchase lunch/3:00pm Spirit Bear
Wednesday, Sept. 11 <sup>th</sup>	· SPC Cards available for purchase 3:00pm Spirit Bear
Thursday, Sept. 12 <sup>th</sup>	· Girl Choir Begins 7:45am · SPC Cards available for purchase lunch/3:00pm Spirit Bear
Friday, Sept 13 <sup>th</sup>	·

Please see our school calendar on our website: [www.sd43.bc.ca/hillcrest](http://www.sd43.bc.ca/hillcrest)

### Upcoming Events:

- September 16 Muffin Mingle 8:00am – for Gr. 6 and new Hillcrest Students
- September 17 September PAC Mtg. 7:00pm in Library
- September 19 Beginner Band Rental Night 6:00pm in MPR
- September 19 Meet the Teacher Night 6:30pm
- September 20 District Non-Instructional Day**
- September 25 Gr. 6 Immunization Day #1
- September 26 Gr. 6 Immunization Day #2
- September 27 Individual Photo Day

### Repeating Events:

#### **Athletics (see games in calendar above):**

- Intramurals/Open Gym - lunch: Monday/Wednesday
- Teams and Activities are all TBA

#### **Music (starts week of September 9 – Beginner Band in Music Room this week):**

- Boys' Choir: Tuesday - Dramus Room 7:45am
- Girls' Choir: Thursday - Dramus Room 7:45am
- Advanced Band: Monday/Wednesday - MPR 7:45am
- Beginning Band: Mon/Wed– **Music Rm 101** 7:45am

---

### Inside this Issue:

#### McFaul's Chat & Chew:

- Heady Stuff about the Head

#### School Happenings:

- Musical Fine Arts Begins
- Amazing Race Success
- Early Morning Responsibilities
- Hillcrest Meet the Teachers
- Community Road Upgrades
- School Cash Online Payment Info

- Messages from SD43 Board of Education
- #### PAC News:

- PAC Notes & Requests

#### Community News:

- Student Accident Insurance
- Links to Coquitlam Wide City Events
- Noon Hour Supervisor Job Ad
- District Vandal Watch
- UBC Engineering – STEM Events

### McFaul's Chat and Chew: Heady Stuff About the Head

On Friday afternoon we met with our whole school community for our first assembly to introduce and review the key topics and school wide expectations for all in order to have a challenging, safe and friendly start to their new school year. One of the topics we shared with our students was the concept of neuroplasticity, its meaning and how it plays out in a school setting. A big scientific word; however, a word that connects to so much in the life of a tween-aged student as they need to see how this one physiological act has great impact upon their lives.

Neuroplasticity is best defined as the ability of the brain to form and reorganize synaptic connections, especially in response to learning or experience or following injury. Neuroplasticity refers to the brain's ability to change and adapt as a result of experience. Neuro refers to neurons, the nerve cells that are the building blocks of the brain and nervous system. Plasticity refers to the brain's malleability. Heady stuff for young minds; but we do not want to underestimate the ability of our students in comprehending this concept and how they can change their mindset to be consciously aware of trying new experiences. We shared with them a video of a man who changed the way his bike steering mechanism works and how his brain was not be able to adapt to this change without constant practice. Yet when he did the same bike riding experience with his own 7-year old son, it only took the child a few tries, and he was able to adapt his neuro pathways to have success riding the bike. Please see the link here: <http://www.dailyliked.net/BACKWARDS-BRAIN-BICYCLE/>

The point of this topic sharing with our students, is that they all have the challenge to develop a growth mindset that allows them to continue to persevere and show determination at the most challenging and daunting activities. They must be prepared to forge new connections in friendships and in cognitive thinking skills that do not simply come easy. They need to learn how to fail! To make errors and mistakes and see different ways in which to solve a problem and show that they can use other strategies still unknown to them to build new solutions. They need to see the world through multiple-perspectives and know that their viewpoint is just one of many and that others have legitimate ideas and solutions slightly divergent of their own. It is through failure and practice, through trial and error that the brain shows its ability to develop new connections – whether it be learning a new language, a new musical instrument, playing a new sport, seeing patterns in numerical algorithms or developing new social interactions with people from different life experiences. The brain is malleable and through experiences it can be shaped to form new pathways to manage new situations and changes to their environment. The environment of school is one that should be and does change frequently and how your child is prepared and understands how the brain is ready to try and take on these new experiences, allows them a better chance of success knowing that the brain is a working muscle that is being exercised by them with new challenges.

---

## School Happenings: **Events and Activities.**

**Musical Fine Arts Begins** – Our schedule starts this week with both of our bands and our two choir programs. Those students who are already registered for Advanced Band and Beginner Band are expected to be in attendance on Monday and Wednesday mornings at 7:45 – Advanced Band in the MPR and Beginner Band in the Gym. For students new to our building and who have not registered for these two courses we ask that you attend the correct session and our Band Leaders - Advanced Band – Mrs. Gallelo and Beginner Band – Ms. Yeates will be able to direct you and get you placed at the appropriate level for your skill.

Both Girls and Boys choir are available for students to come out and join on Tuesday for Boys and Thursday for Girls. The more students who love to sing and share new musical experiences is our goal and these two opportunities are excellent venues for building new relationships and sharing in their passion for singing.

**Beginner Band Rental evening** has been changed and it will now happen on **Thursday Sept 19<sup>th</sup> @ 6:00 – 7:00** the same evening as our **Meet the Teacher Event**. Tom Lee Rentals will be here in the Music Room to provide rental information, sign contracts and provide the instrument equipment for your child to begin their musical journey. More information will be forthcoming with exact details on the instrument rental process.

Our Beginner Band Instrument Petting Zoo gave all of our Gr. 6's and new students to Hillcrest a chance to come down and make some noise and learn how to create sound with their mouths, that for many will turn into the sweet tones of familiar tunes, after lots of practice.

**Amazing Race Success** – Thanks to Mrs. Hampton for her creative energies in designing our Opening Week Activity for Building Healthy Relationships with all students participating in the Hillcrest Amazing Race. Students were challenged to practice some geography, solve numeracy type tasks, learn and create new ways to tie a formal Windsor knot in a Tie and work together in small teams to discover clues and solve puzzles. At our assembly on Friday we shared their photo montage of them working, laughing and smiling as they persevered through the weird and wacky tasks of completing the Amazing Race. Activities like these are where students have an opportunity to showcase their individual talents and experiment with their communication skills as they are challenged by new social situations. Forging new pathways in their brains to learn ways to adapt to their changing environments. They did it and from the pictures shared they all enjoyed working with new people in new situations.

**Early Morning Responsibilities** – This is an important notice about the parental and school responsibility for families that have early morning challenges with dropping off their child early before school starts. The following are our key expectations that parent/ guardians must ensure they follow for the safety of our children:

- Students who are attending early morning Band/Choir or Athletic Team practices will arrive just before their scheduled start time
- Students not participating in the above activities should not be dropped off at school before 8:00AM
- Staff are not present before this time and thus there is no SUPERVISION to be offered in case of an emergency.
- Parent/ Guardians needing to drop off their child before this time **MUST have a conversation with Mr. McFaul** to ensure safety procedures are in place for all.
- Most students arrive at school usually between the time of 8:15 – 8:35 at the Welcoming Bell
- Please respect the protocols in place for the safety of your child and that of our staff

**Hillcrest Parent Open House** – An early reminder to set aside the evening of Thursday Sept. 19<sup>th</sup> @ 6:30 for our annual Meet the Teacher Open House Night.

**Community Upgrades** – Please make note and show special care and attention to the construction sites working on the new sidewalks on Regan Ave. that are still under construction and do impact our southside parking lot drop-off area. The sidewalks along Como Lake Ave. are near completion. **DRIVE CAREFULLY!**

- Thermal Drive is now complete and open to all traffic
- Work is due to start next week on Como Lake Avenue from the east side of Thermal Drive to Montrose Street, this means lane closures will be in place with no left turn onto Montrose Street if heading West, the work is due to complete at the end of September.
- Como Lake Avenue between Thermal Drive and Charles Best Secondary School is almost complete and due to reopen by Labour Day.
- Work continues between Custer Court and Montrose Street, we anticipate this section being completed by end of September.
- Updated project information can be found at our dedicated website [here](#).

## Messages from the Coquitlam Board of Education:

### Welcome Back Letters

Minister of Education Rob Fleming wishes all students and their families all the best for the year ahead. Read more [here](#).

SD43 Superintendent of Schools Patricia Gartland welcomes all students back to school. Read more [here](#).

### Vaccination Status Reporting Regulation

Government has approved the Vaccination Status Reporting Regulation requiring parents or guardians to report the vaccination status of their school-age children. This regulation comes into force on July 1 and public health units will begin implementation of the regulation in September of 2019. Read more [here](#).


### Vaping Products Information for Families

Superintendent Patricia Gartland's letter to parents about vaping products and cannabis may be found [here](#).

The use of vaping products by youth is becoming increasingly common. There are some misconceptions about the aerosol (vapour or cloud) produced, and currently the long-term health effects are unknown. As caregivers, you can connect and discuss issues around vaping products with your child. Read more [here](#).

## Important Notice for School Payments:

Please sign up for School Cash Online (if you haven't already). The school Permissions and Policies are ONLY available online, and all fieldtrips etc. will be posted online for payment. The account will serve families through high school years. Please see the registration information below.



Make online payments with  
SchoolCashOnline


Become a SchoolCashOnline member today and see why so many parents have joined!

- ✓ Pay for your child's school fees online. Anytime, anywhere.
- ✓ Stop sending money with your child to school.
- ✓ Get automatic email notifications about BACK TO SCHOOL fees.
- ✓ Help us reduce the amount of cash coming through school doors.

Register today at:  
<https://sd43.schoolcashonline.com>

School Cash Online is our school's PREFERRED method of payment.

» Fast    ✓ Safe    👍 Convenient



**Policies & Permissions and Student Fees** – Start off right and ensure that you have completed the Policies and Permission Forms online and some paper copies as it is critical that we have every student complete a Policies and Permissions form and make payment of Student Activity Fees.

When forms are not completed, or payments not made then students miss out on:

- Walking field trips in the forest for social emotional management
- Activity Days and Field Trips

Both the School Policies and Permissions form and your Student Activity Fee can be completed through [School Cash Online](#). This account will serve your student through high school.

We look forward to your full cooperation and ensuring that you have done all your homework for your child's best and safest start at Hillcrest.

## PAC News and Events:

The FIRST PAC meeting of the year is Tuesday, Sept. 17<sup>th</sup> in the library at 7 pm. All parents/guardians are welcome and encouraged to attend.

**The PAC is on Facebook – join us at Hillcrest Middle School Parents (Coquitlam)**  
**PLEASE JOIN US FOR THE FIRST PAC MEETING SET FOR: TUESDAY SEPT. 17TH @ 7:00 in the library**

### Meet the Teacher Night

The PAC will be hosting a coffee and tea service in the Library during Meet the Teacher Night on Thursday September 19 at 6:30 – please stop by and introduce yourself.

**PAC MEMBERS NEEDED** – Our PAC Executive need people interested and willing to volunteer to support our school community. You would be working with a very dedicated team of parent volunteers in helping with the organization, support and administration of many school and district initiatives. We have an immediate need for someone to help with fundraising. You would work alongside our current Fundraising Coordinator Joanne Gaska. We ask that you contact our PAC Leaders: ANNIKA MOUNTAIN [annika@wilmount.ca](mailto:annika@wilmount.ca) and/or JENNIFER BELL-IRVING [jennilynns49@gmail.com](mailto:jennilynns49@gmail.com) if you are able to help. We do not need a large time commitment in order for you to make a difference!

**FUNDRAISING** - If you have specific questions about fundraising please contact Joanne Gaska at [coq.hms.fundraising@gmail.com](mailto:coq.hms.fundraising@gmail.com).  
**Pizza Lunch Fundraisers:** The Hillcrest PAC organizes pizza lunches for purchase throughout the year. Coordinators for this year are Michelle Morrison and Amber Tarling. We may be reached at [hmsshotlunch@gmail.com](mailto:hmsshotlunch@gmail.com).  
All orders and payments will be through the MunchaLunch system, which is up and running now. Please read the attached instructions before registering and ordering. You will also find a list of hot lunch dates for the year beginning October 1<sup>st</sup> (for green and red teams). Two teams are included at each hot lunch and teams rotate throughout the school year.

**PIZZA LUNCH VOLUNTEERS NEEDED** – If you are able to donate your gift of time on some Tuesday lunch hours for approximately 30-40 minutes to help with the organizing of our student Pizza Lunches your time would be well spent and greatly appreciated. Please contact Michelle Morrison at [hmsshotlunch@gmail.com](mailto:hmsshotlunch@gmail.com) or sign up as a volunteer via our MunchaLunch system online (see attachment to this newsletter). It takes a minimum of 16 volunteers to serve each lunch. Time commitment is just 40 minutes on lunch days from 12:05 to 12:45 pm.

**Fundraising by Donation:** If you would like to support Hillcrest by providing a donation please see the attached PAC donation letter/form. Alternatively, you can make your donation through the School Cash Online (KEV) system. No other fundraiser has a 100 percent profit margin and for donations of \$25 or more you will receive a tax receipt from SD43.

## Community News:

### Change to Student Accident Insurance

For some time now, School District 43 has been offering our families the opportunity to voluntarily purchase student accident insurance thru the Kids Plus Accident Insurance program, underwritten by Industrial Alliance Insurance and Financial Services Inc.

We were recently notified by the provider that they will be discontinuing the Kids Plus Accident Insurance program and will be replacing it with the Family Accident Reimbursement Plan. The new product is called Accifamily and offers comprehensive insurance coverage for the whole family.

The cost of this policy depends on whether you select Basic Coverage or Enhanced Coverage, as well as the number of family members to be covered.

For more information on this new accident insurance, please visit the Accifamily website at:

<https://ia.ca/individuals/insurance/accifamily>

... or call their toll free number to speak to a customer support representative. That number is :

1-888-266-2224



## **ATTENTION NEIGHBOURS OF HILLCREST MIDDLE SCHOOL**

### **You can help stop vandalism on school grounds**

#### **What You Can Do**

Parks, schools and public spaces are most vulnerable at night. Keep your eyes and ears open for suspicious activities. Everything you see and hear helps. Note the physical characteristics and clothing of individuals. If you see automobiles, jot down license plate numbers.

#### **Report All Suspicious Activities to the Vandal Watch Tip Line**

**604-927-7600**

***Call immediately when something raises your suspicions.***

***Do not wait for the damage to be done.***

**Your Call is Anonymous and Confidential**

No one will ask for your name or phone number. Security personnel will be alerted and will investigate. They will take direct action or involve the police. **Do not get involved in a confrontation yourself.** The Tip Line is available 24 hours a day.

***KEEP THE TIP LINE PHONE NUMBER HANDY. MAKE SURE IT IS GIVEN ONLY TO RESPONSIBLE ADULTS.***

#### **Coquitlam Open Learning Opportunities:**

Please see the various links below for: [Continuing Education](#).

### **Casual Noon Hour Supervisors**

School District #43 Coquitlam is looking for Casual Noon Hour Assistants to be available on an On-Call basis to supervise students indoors and outdoors during lunch break (one hour per day) at various schools throughout the District in Coquitlam, Port Coquitlam, Port Moody and Anmore.

Previous experience working with groups of children is an asset. Successful candidates will be available over the lunch hour Monday – Friday, 5 days per week while school is in session and be willing to accept callouts to all schools in our District. We offer \$21.43 per hour plus 16% in lieu of benefits.

To apply, please click on the following link and create a user account/profile. <https://ejp.sd43.bc.ca/postings/Account/Login> Once you have completed your profile you will have access to the job postings.

## **UBC Engineering – STEM Events for the Fall**

*Take a peek at some of our programs below!*



**Engineering Explorations - Girls Only!**

This is an exciting opportunity for girls\* to visit UBC Engineering and learn about engineering. Enjoy a full day of fun, hands-on activities led by current university students and meet inspiring mentors.

### **Who & When?**

Gr. 12 Girls on October 19, 2019

Gr. 9 Girls on November 30, 2019

\* We have an inclusive view of the word “girl” and we welcome trans, genderqueer, and non-binary folks interested in these workshops.

**[Register](#)**





## Let's Talk Tech

Each half-day, co-ed workshop shows the exciting possibilities of the tech industry and develops your digital skills!

### **Who is Let's Talk Tech for?**

Gr. 4-5 in the Morning Workshop  
Gr. 6-7 in the Afternoon Workshop

**When?** Saturday, October 5, 2019

[Register](#)



## Clubs

Our year-round after-school clubs are a mix of science and engineering through hands-on projects, demos, design challenges, and lab tours!

### **Who are Clubs for?**

Students anywhere from Gr. 1-12

**When?** All year-round!

[Register](#)



## STEM Ed: Pro-D Program

Designed for educators, our Pro-D programs are focused on integrating STEM activities into your classroom!  
We focus on activities related to the ADST and Science Curriculum.

Hillcrest Middle 2161 Regan Ave. Coquitlam, B.C. V3J 3C5  
Phone: 604-936-4237 Fax: 604-937-6878 Web: [www.sd43.bc.ca/hillcrest](http://www.sd43.bc.ca/hillcrest)  
Principal: Mr. Rob McFaul Vice-Principal: Mr. Tony Romano

### **What programs are offered?**

Engineering for Your Classroom for Gr. 4-7 teachers

Tech Night for Teachers for Gr. 4-9 teachers

**When?** Throughout the school year!

[\*\*Learn More\*\*](#)

Our events have helped inspire and motivate countless students in the past and enabled them to find out more about STEM fields and UBC Engineering!