



3700 Hastings Street, Port Coquitlam, B.C. V3B 5K7
Telephone: (604) 464-8581 Fax: (604) 461-7832

Hello Maple Creek Community,

This past week we enjoyed our first PAC sponsored cultural presentation. The amazing [D.O. Gibson](#) shared his music and inspirational message with us all. The staff and students seemed to have a great time but hopefully they learned something as well. Check out the link (click on his name above) to see some of his work. The positive messages from people like D.O. (which stands for Defy the Odds) are important for our students to hear, especially when they are bombarded with so much negativity on social media. I hope your child came home and mentioned the presentation, if not, ask them what they remembered (and ask them again and again when they shrug their shoulders and say they don't know!).

Speaking of positive messages, during our first few weeks back after winter break, I have noticed an increase (if that is possible) in how negative social media posts are affecting our students. It is rare for a day to go by that I do not talk to a student that has been harmed by someone that has posted something mean (or shared something mean they have read). One of the most challenging things is the fact many students have multiple accounts (spam accounts) that they use to hide their identity – and of course, hide their activity. I believe all students (and adults) have the capacity to be kind and caring, and yes, even remorseful when the pain they have caused is uncovered. I hope we are able to turn these events into learning experiences, but unless we help our students understand that we are responsible for our actions, whether carried out virtually or in the real world, I am worried these events will just keep happening.

I often say – we build connections and friendship in two ways – either through common goals, interests, and values or through common enemies and dislikes. I have not been able to find many young adolescents that have developed positive, meaningful, and lasting friendships through online gaming, group chats or social media posts so please set screen limits for your child (the more they protest, the more they need them!) and help provide opportunities for them to experience new things and develop healthy habits and hobbies.

I am so proud of the extra-curricular activities we offer at Maple Creek to encourage involvement and positive connections – hopefully all students choose to get involved in something. Did you know we have the following going on right now: chess club, fashion club, basketball (all grades), wrestling (all grades), yearbook, leadership, intramurals, choir, band, anime club, D&D club and Minecraft club (and others I might have missed?). These opportunities are offered because the staff knows these activities make a difference to students, and allow them to build connection through common interests. Please encourage your child to participate and explore hobbies and interests beyond scrolling through YouTube videos and social media posts!

As always, if there is ever anything we can do to help, please contact me at dmacmillan@sd43.bc.ca or by calling the school.

Darren
Principal – Maple Creek

Upcoming Events:

Monday, Jan. 23:	French Immersion Field Trip
Thursday, Jan. 26:	PAC Hot Lunch – order deadline Wed, Jan 18 th !
Friday, Jan. 27:	Grade 8 High School Visits
Monday, Jan. 30:	Pro-D Day – No School
Tuesday, Feb. 6:	PAC Meeting!
Monday, Feb. 20	BC Family Day
Wednesday, Feb 22	Pink Shirt Day
Thursday, Feb 23	PAC Hot Lunch
Friday, Feb 24	District Pro-D Day

Extra-Curricular Activities:

Does your child know about the whiteboard outside the office that lists all the activities (and meeting times) in the school. Encourage them to walk by and take a look...and get involved!

As mentioned above, we have started our basketball and wrestling season. Practices are being held during the week, depending on the sport and grade level. Thanks to all of our coaches for supporting these activities!

Also, not mentioned above, preparations are underway for our **Maple Creek's Got Talent Show**, coming after Spring Break! More info to come including performance dates!

Breakfast and Lunch Program at Maple Creek:

These are certainly challenging times with interest rates high, and grocery prices (and everything) going up daily. Please know, the school is here to help everyone through these challenges. We can provide food for students before school and at lunch if that helps. Students are able to check in at the Hub, which is opened daily before school and at lunch. If you would like to connect with Debby Murillo (our amazing Youth Worker) or myself about this, please email or call. dmurillo@sd43.bc.ca or myself dmacmillan@sd43.bc.ca.

Thank-you to BC EGGS!

Speaking of our breakfast and lunch program...we would like to thank and acknowledge BC EGGS for donation to our Breakfast and Lunch program for the past 3 years. BC EGGS has been responsible for providing free eggs so that we can feed many of our students in our school community. As a school we are very grateful for their support over the past few years. Thanks BC EGGS!

PAC Meeting:

Our next PAC meeting will be held Tuesday, Feb 6th at 7pm. For this next PAC meeting we are going to try to host a hybrid meeting. This will mean we will meet in person in the school library, but also invite parents to join the meeting through Zoom as well. Look for a link in the coming weeks. Hopefully this will help more families join in!

Darren Macmillan
Principal