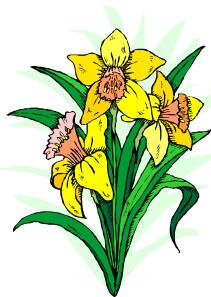
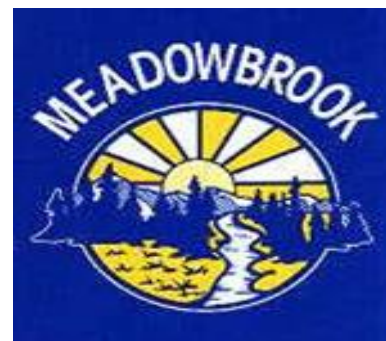


Meadowbrook News

(Scent Free School)

April 2011



Dear Parents/Guardians

With the long rainy winter, everyone was ready for the Spring Break, and we trust that everyone had a relaxing vacation. With the promise of better spring weather just around the corner, it's easy to see that our long winter has left us all feeling restless and ready for new challenges. At Meadowbrook, this is reflected in the number of students participating in the Como Lake Relay, soccer games and skipping activities outside. It is exciting to see our students so committed to daily physical activity and helping others out.



Jump Rope for Heart

What an amazing community! Meadowbrook raised over 1200 dollars for the Heart and Stroke Foundation – a remarkable total given the size our school. We are a small school with a very big heart. Thank you!

In addition, SHARE picked up our food drive donations – we collected over 280 pounds of food to support our community. Wow!



HIP HOP!

Thanks to the generosity of our PAC, students at Meadowbrook will have a week of Hip hop lessons, culminating in a performance for parents on the 15th of April (time to be announced later). Mark it on your calendar!

District Professional Development Day

Thursday, April 21st is a District Professional Development Day. **Please note that students do not attend school on this day.** Teachers across the district will be involved in professional development activities.

Meadowbrook PAC Meeting

The next PAC meeting is Monday, **April 11th at 7:00 p.m.** It is especially important that we have some new faces to help us continue to even have a PAC elections will be in May and if we don't have parents to volunteer for key positions (treasurer, Co-chair and Fund

Raising) we won't have a PAC. And if we don't have a PAC, we will not have many of the wonderful activities provided by PAC support for your children. We strongly encourage parents to attend PAC meetings whenever possible.

MEADOWBROOK PAC



We'd like to thank our PAC for their many contributions to school life here at

Meadowbrook. We are so

fortunate to have parents willing to give of their time. Events like our Hot Lunches, Movie Nights, Penny Drive, and other fundraising initiatives are coordinated and run by our PAC. Funds raised in these events are used in a variety of ways at our school – purchasing special equipment, Hip Hop instruction, assisting teachers with classroom purchases, offsetting costs associated with field trips and transportation, just to name a few.

Late French Immersion

Pitt Meadows Middle is still accepting applications for the Late French Immersion program. Please contact Todd Clerkson at 604 942-0267.

Parent Information Meeting at Hillcrest

All parents of students going to Hillcrest Middle School next year are invited to an Open House in the Hillcrest gymnasium on **Wednesday, April 27th**

at 7:00 pm This is a great opportunity to find out more about the school your child will attend and to meet some of the school staff.

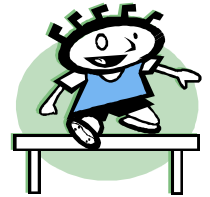


Como Lake Relays

Once again the annual Como Lake Relays will be held for elementary students. Our relay teams will be participating on **Tuesday, April 19th**. Como Lake is located just south of Como Lake Road on Gatsensbury, in Coquitlam. Thanks go to Mrs. Boss and Ms. Berner for coordinating our Como Lake relay practices.

Track and Field Season

Our Grade 3 - 5s will be participating in Track Attack in the coming weeks shortly after the Como Lake Relays. Several of our teachers will be coaching students during TRACK ATTACK practices in preparation for track and field events. In order to participate **Tuesday, May 25th** at Town Centre Stadium students must qualify by meeting required set standards for each event.



September 2011 Start date

School starts again after summer holidays on **Tuesday, September 6th**. If you know you will be on holidays and returning after this date, the office needs to know this so that your child will be counted in our enrolment numbers. If your child will be attending Hillcrest Middle School, Pitt River Middle or Citadel Middle (or any other school) and they will be returning to school after September 6th, you will need to contact the office at the school you wish them to attend in the fall. If your family will be moving away to another place/school in the summer, please let us know.

Dates to Remember

- PAC meeting – April 11 – 7:00 pm
- Hillcrest Playday –April 13 –
3:30 – 5:30 pm grade five
- NED Yoyo assembly - April 19 at
9:30 am
- Como Lake Relays – April 19
- Pro-D day - April 21 – school closed
- Hillcrest informational Meeting -
April 27 – 7:00 pm
- Track and field -
- Hot Lunch - April 29

Community Information

KEEP THE KIDS ACTIVE OVER SUMMER WITH AQUATIC SPORTS.

Coquitlam Sharks Aquatic club offers swimming, diving, water polo and synchronized swimming.

The club caters to a variety of skill and experience levels in all four disciplines for kids aged 5 to 18. There are competitions throughout the summer with clubs in the Simon Fraser region, culminating in the Regional and Provincial championships in August. Last year the Coquitlam Sharks placed 1st in the Province for diving and 3rd for swimming. Further details are available at the club website

www.coquitlamsharks.ca.

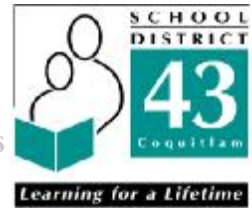
The season starts May 2nd. Registration for all disciplines will be at the Poirier Recreational Center (Pool Lobby) on April 23 from 9am to 12pm. Email vice_president@coquitlamsharks.ca for enquiries.



Sodium & Kids

Most kids eat more sodium (salt) than they need. Consuming too much sodium is linked to health problems such as increased blood pressure. This condition is typically diagnosed in adults but many doctors are starting to see high blood pressure in children. Eating too much salt can also increase a child's thirst, leading to increased cravings for sweet drinks which are often high in calories. The majority of salt we eat is hidden in processed foods such as canned goods, salty snack foods, fast foods and cured deli meats. Hot dogs and pizza, the favourites of many children, are high sodium culprits. To increase your awareness on sodium intake pay attention to labels on packaged foods and choose those lower in sodium. Adults are recommended to have no more than 2300mg per day and for children aged 6 -13 years, 1900 - 2200mg per day is maximum. Getting into the habit of tasting food before reaching for the salt shaker helps to reduce the amount of salt added to cooking or at the table. Alternatives such as herbs, spices and lemon add wonderful flavour without the sodium. Think "fresh, fresh, fresh!" One of the best ways to minimize the sodium content is to prepare fresh foods at home as much as possible.

Eat Well...Be Active...Live Tobacco Free.



Connecting Job Seekers to Employers

TRI-CITIES JOB FAIR

Thursday, April 21st, 2011

10:00 a.m. – 3:00 p.m.

Port Moody Secondary School

300 Albert Street

Port Moody, BC

@ Gym



Admission is Free

Meet employers from a wide range of sectors, including financial services, business, and the service industries of food, retail and janitorial.

Some employers attending include:

- **Safeway**
- **Aquinas**
- **T&T Supermarket**
- **Dairy Queen**
- **Orange Julius**
- **Denny's Restaurant**
- **Money Mart**
- **Royal Bank of Canada**
- **Salvation Army**
- **Hon's Coquitlam**
- **Professional Warehouse Demonstrations**
- **Alpine Building Maintenance**
- ... and more

Check these employers before you come to meet them. Bring your resume and be prepared for on-site interviews.

*** Child minding is provided and free parking is available. ***

For more information, contact Immigrant Services Society of BC (ISSo/BC) at 604-684-2504 or Settlement Workers in Schools (SWIS) SD43 Soheila Soudy at 604-619-6273 or Lecia Funes at 604-454-7392

親子講座 (國語/普通話)

高貴林教育局移民安頓輔導部與中僑互助會聯合舉辦

日期：二零一一年四月十三日 (星期三)

Date: April 13, 2011 (Wednesday)

時間：下午一點至三點

Time: 1:00 to 3:00 p.m.

地點：Scott Creek Middle School 圖書館

Venue: 1240 Lansdowne Dr. Coquitlam V3E 3E7

主講人：中僑青少年服務部資深輔導員 Mary Kam



如何指導孩子安全使用網絡

如何指導孩子安全使用網絡 Internet Safety & Addiction

查詢及報名(Enquiries and Registration):

MEADOWBROOK SURVEY

We would like Meadowbrook Elementary to be the best it can be. Please let us know what we are doing well, what we could do differently and what we else we could be doing to make our school even better.

Please circle one:

I am a parent/guardian. I am a staff member. I am a student.

1. What do you really like about Meadowbrook Elementary?

2. What do you think we need to change at Meadowbrook?

3. What should Meadowbrook consider adding ?

Comments:

Friday April 29 and Sunday May 1, 2011 BCCPAC will host its annual Spring Conference at the Hilton Airport Hotel in Richmond, BC. [The Parent Voice: Connecting for the Future](#) is a great opportunity for learning and networking.

BCCPAC is offering a varied program of interest. Below find some of the session highlights:

Friday April 29

- A Canada that Works for All Generations with [Dr. Paul Kershaw](#)
- Personalized Learning in BC Public Schools with Jeff Hopkins, School District 64 – *are you wondering what the new Personalized Learning the BC Ministry of Education is developing? This is the workshop for you.*
- Ethics & Parenting with Wendy Lee – *based on the work of Rushworth Kidder and his new book – Good Kids, Tough Choices: How Parents Can Help Their Children Do the Right Thing.*

Sunday May 1

- Managing Conflict with Your Child's Brain in Mind with Raj Dhasi – *This session focuses on conflict management strategies and skills that take into consideration the development of a child's brain. A must for any parent.*
- [Honourable George Abbott, Minister of Education](#) – *come hear the Minister of Education speak to parents and answer questions on issues and concerns.*
- Emergency Preparedness with Bernadette Woit – *is your home and school prepared? Make sure your parents and school staff know what they need to do!*

For more information and to register click

http://www.bccpac.bc.ca/index/event_calendar/2011springagm/2011springconf.aspx