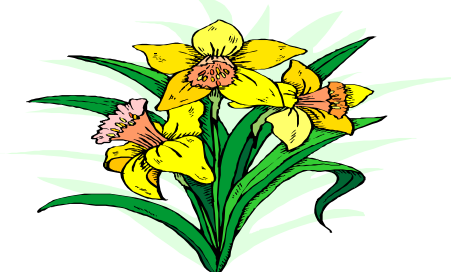
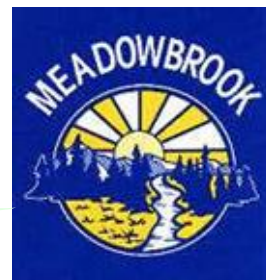


# Meadowbrook News

## APRIL 2013



### Dear Meadowbrook families

With the long rainy winter, everyone was ready for the Spring Break, and I am sure you all agree that it was wonderful to see the sun again! I hope that everyone had a relaxing vacation. It was very exciting to see the new playground ready on our return and the students are fully engaged over recess and lunch, exploring the new landscape. We are still waiting for a hillside slide to be installed and will let you know when it will be added.



### Jump Rope for Heart

On April 16, we will be having our kick off assembly for the Jump Rope for Heart event. We will be working on our jump rope skills, improving fitness, coordination and awareness of heart health. Fund raising envelopes with more information will be sent home later this month.



### HIP HOP!

Thanks to the generosity of our PAC, students at Meadowbrook will have a week

of Hip hop lessons, starting May 6<sup>th</sup> and culminating in a performance for parents on the 10th of May (time to be announced later). Mark it on your calendar!

### District Professional Development Day

Friday, April 19th 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 8th at 7:00 p.m. We strongly encourage parents to attend PAC meetings whenever possible.



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.

## 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 24th at 7:00 pm – tours will be offered at 6:30. 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 Thursday April 18th. Como Lake is located just south of Como Lake Road on Gatsensbury, in Coquitlam. Thanks go to Mr. Nicoll for coordinating our Como Lake relay practices.



## September 2013 Start date

School starts again after summer holidays on

Tuesday, September 3th. 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 middle school and will be returning to school after September 3th, 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

April 4: at 1:55 in the gym – Band and Choir concert put on by the Brocklehurst Middle School
April 5 : PAC movie night ( movie TBA)
April 8: 11:00 – 12:30 – Hillcrest leadership students here to make a paper quilt with grade five students.
April 8: Hearing Screening for Grade 2's
April 9: Division 1 & 2 to Terry Fox Secondary to watch theatre production about Bullying ( thanks Parent drivers!)
April 11 – Dental screening for Kindergarten students
April 12: at 1:00 in the gym – the 60 Minute Kids Club assembly to recognize our participating students
April 16: Jump Rope for Heart kick off assembly 10:45 in gym.
April 18: Como Lake Relay (thank you Mr. Nicoll)
April 23: Mother Goose program begins in strong start room
April 23: JUMP OFF - jump rope event in the gym ( show off your talents)
April 24: Hillcrest parent evening for grade 5 students – 6:30
April 25: Hot lunch

## 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.**

#### **COMMUNITY CORNER**

Once again, two different parenting programs will be offered this term. As this is only offered in one make sure you register quickly to assure a space.

#### Sibling Rivalry

6 Week program begins Tuesday. April 16 and ends on May 28th at

Alderson Elementary:

Time: 7 – 9 PM

Book cost: \$20.00 (payable first class)

6 week program begins on Tuesday April 16 and ends May 28th at

Alderson Elementary:

Time: **9:30-11:00 AM.**

Book Cost \$20.00 (payable first class)

Facilitated by: Marna Omichinski / Youth Worker

To Register: Email: [momichinski@sd43.bc.ca](mailto:momichinski@sd43.bc.ca)

Phone: 604-313-8902

#### SUMMER LEARNING COQUITLAM

The website below has all the information students and parents will need (Registration dates, course offerings, descriptions, etc.)

[www.summerlearningcoquitlam.ca](http://www.summerlearningcoquitlam.ca)

#### Royal Soccer Club Camps 2013

- July and August weeks
- Boys and girls aged 5 to 13
- Full day, morning and afternoon sessions
- Call 1-800-427-0536 for more information or email [www.royalsoccer.com](http://www.royalsoccer.com)

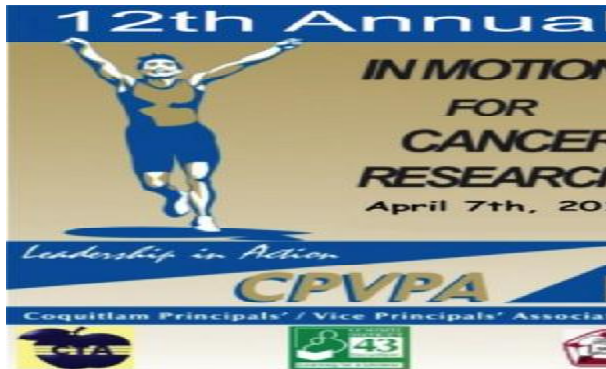
#### Programs

Place des Arts spring session class registration now open

Spring Session runs April 7 – June 15, 2013

Make a masterpiece, create a character or get your toes tapping! Register now for a spring art, dance or drama class at Place des Arts and get set to have fun. Place des Arts knows how to inspire the artist in you! Call 604.664.1636 or visit [www.placedesarts.ca](http://www.placedesarts.ca) for more information and to register. Space is limited.

## Coquitlam Principal's and Vice-Principal's Association 12th Annual *In Motion* Event for Cancer Research



The Coquitlam Principals and Vice Principals Association 12th Annual *In Motion* for Cancer Research event will be held **Sunday, April 7, 2013 at 9:00 am at Terry Fox Secondary School**. There are three routes for participants: 2km, 5km, and 10 km - come run, walk, ride or roll with us!

This 12th anniversary year's event will be the best yet, with individuals and teams participating on behalf of members of the School District 43 family who have been affected by cancer. We have always enjoyed good staff and student participation and are hoping for another large turnout this year. In 11 years we have contributed over \$94 000 to the Canadian Cancer Society.

Individual registration forms will be available soon at any school site or board office.

Donations received at the door or online will be matched by Scotiabank up to \$5000!

Online donations can be made at:

<http://cancerevents.kintera.org/cpvpa>

Feel free to join a school team or for more information about forming your own team contact. Darlene Proulx by e-mail at [dproulx@sd43.bc.ca](mailto:dproulx@sd43.bc.ca) or by phone at 604-941-3408

*For 75 years, the Canadian Cancer Society has been with Canadians in the fight for life. We have been relentless in our commitment to prevent cancer, fund research and support Canadians touched by cancer. From this foundation, we will work with Canadians to change cancer forever so fewer Canadians are*

