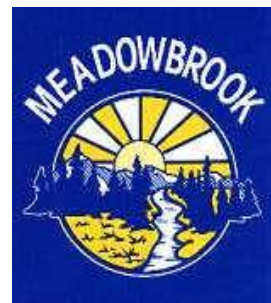


Meadowbrook News

January 2014



Dear Meadowbrook Families

Happy New Year! 2014 promises to be an exciting year here at Meadowbrook, and we're looking forward to it. As we settle back into our routines after the winter break, I'd like to remind everyone of the importance of getting enough sleep. Getting to school on time, ready to participate and learn, sets your child up for a successful day and **everyone** (adults and children alike ☺) is better able to learn and self-regulate when well rested.

In late November I attended a wonderful conference about restorative justice practices. Our school has had a Peace Squad for the last four years where students were trained to use restorative language to guide other students to solve their problems. In the office, when students are sent to me after having experience some conflict or problem, these are the questions I ask.

When things go wrong	When someone has been harmed
<ul style="list-style-type: none">• What happened• What were you thinking at the time?• What have you thought about since?• Who has been affected by what you have done? In what way?• What do you think you need to do to make things right?	<ul style="list-style-type: none">• What did you think when you realized what had happened?• What impact has this incident had on you and others?• What has been the hardest thing for you?• What do you think needs to happen to make things right?

The basis of restorative practices is relationship – it aims to restore the power imbalances that affect relationships by focusing on a problem-solving rather than a punishment model of discipline. Rather than simply punish, this approach teaches those responsible for harm to understand and accept responsibility for the impact their actions have on others while giving them the support they need to become involved with their community in a more positive way. At Meadowbrook, helping students develop and maintain positive relationships is a key element of social-emotional learning and our work in recognizing and responding to emotions is a natural fit.

“... Restorative programs reintegrate those responsible for the wrongdoing back into the school community so that they may become resilient and responsible members of that community, upholding its rules and values.

By recognizing the potential for healing, empowerment of individuals, bringing relationships back into balance and strengthening communities, schools have begun to adapt and to adopt restorative justice practices for dealing with conflicts. These practices are acknowledged as an important alternative to traditional systems of discipline within our schools.” (from www.law.berkeley.edu)

Winter Concert

I'd like to thank everyone for the great job done on our winter concert, just prior to the Christmas break. It was wonderful to see all our students on stage! Our Masters of Ceremonies – Ethan, Katina and Julian – kept everything moving smoothly – nice work! Thanks to Mr. McMitchell for teaching all of our students to sing December in Our Town and to our wonderful PAC for raising over \$2000 with great raffle prizes. Special thanks go out to Kalinda Napper, Michelle Stowell and Susan Rae and of course, the generous support of our Meadowbrook community. As well, on concert night, Janine Davies presented the PAC with a donation of \$250 from Westminster Savings!

After school snacks

Thanks to all the parents who have supported our after school goodie days by supplying baked goods to sell. Svetlana Gibson and Liz Loop have organized this fundraiser each month and I know that our students have enjoyed the delicious treats. Thank you!



Turkey Dinners, Candy Grams and Photos with Santa

The last week of December was action packed. Many of our families took advantage of the invitation to Christmas Dinner, put on by Leadership students at Charles Best Secondary. It was an amazing evening with crafts, face painting, cookie decorating and of course, an absolutely delicious turkey dinner. Everyone left with a goodie bag and full stomach! The photography Club from Charles Best came to visit our school the same day and took photos of every child with Santa – those were sent home early this week. The Ambassadors raised money for SHARE by selling candygrams that were delivered on the last day of school in 2013 – every child in the school received a candy cane with a heart attached. And of course, on that Friday, we had an interesting end to our day with the snow and power outage – a very memorable way to close out the year!

Kindergarten (Reggio Influenced) Registration

On January 15 at 6:45 in our school library there will be an information meeting for the Reggio Influenced program; the registration for new students opens at 9:00 on the 16th of January and runs until January 24th. If your child will be five years of age on or before December 31st of 2014 he/she is eligible to start kindergarten in September. Please pass the dates on to any neighbors with kindergarten-aged children. The registration package will be available through our office and at the information meeting on January 15. The School District will also make advertisements in the local newspaper about Kindergarten registration. Many questions parents have about registration are on line at: <http://www.sd43.bc.ca/>

Non Instructional Day - Friday January 31st

Friday, January 31st is a Non-Instructional Day and students do not attend school on this day. Our teachers will be attending a workshop with Miriam Miller about Social Emotional Learning and self regulation.

Miriam Miller presentation

You are invited to a parent information evening with Miriam Miller on Thursday, February 27th 7pm to 8:30pm in the Hillcrest Middle School Gym

Miriam Miller is an educational consultant working with educators and researchers and specializes in Social / Emotional Learning. Miriam works in several research labs: Social, Emotional and Educational Development lab (SEED), Kim Schonert-Reichl's lab (KSR lab) and Dr. Adele Diamond's developmental cognitive neuroscience lab.

She is working with our Hilltop Community and other schools in the district on the importance of Social / Emotional wellness and the impact it plays on student learning. We have found her information to be invaluable and would like to give you the opportunity to learn from her as well. Please plan to attend this valuable opportunity. Admission is a can of food for our Local Food Bank or a Toonie.

Scholastic Book Fair

Meadowbrook will be hosting a Scholastic Book Fair on February 3, 4 and 5th. If you would like to volunteer for this exciting event please talk to Michelle Stowell or contact her at 604 805-4758, or let the office know and we will pass on your information.

PAC General Meeting

The next Meadowbrook Parent Advisory Council general meeting will be Monday February 3rd at 7:00 p.m. Everyone is welcome.

Tennis BC

Many of our students have registered in the TennisBC after school program that starts next week. (Tuesdays for K-2 and Thursdays grades 3-5) If you haven't registered or would like more information, please call the office.

Place des Arts

Is once again offering after school programming – this term is a Musical Theatre class. Please contact Place des Arts if you are interested in registering. By Phone: 604 664-1636 or in person: 1120 Brunette Ave., Coquitlam.

Inclement Weather Policy

Once again we'd like to review the district policy for closure of schools for extreme weather conditions. Schools are not routinely closed due to snow or other weather conditions. All schools in the Coquitlam School District will remain OPEN, if at all possible, during winter weather, including snowfall. Some of our schools are in very different climate zones from one another and there may be the need for select closings within the district. If there is a partial closure of schools within the district, these individual schools will be identified. On occasion, full district or partial district closure is required. Extreme weather can also impact student bussing. School bus schedules may face significant changes or cancellations due to the weather conditions. Change and or cancellations of bus routes will be reported as we receive updated information from the school busing companies. On some occasions, school bus runs will need to be cancelled but the nearby schools will remain open. Any district-wide or partial closure will be decided by 6:30 a.m. at the latest and will be announced via **School District 43: website** www.sd43.bc.ca and CKNW AM 980 radio, CKWX 1130 radio and CBC (690) radio. For school bus route cancellation and changes, information will be updated on the School District website as it becomes available.

We encourage families to continuously check the School District 43 website for updates and changes. Parents seeking information on transit bus schedules need to consult the Translink website: <http://www.translink.ca/> If you decide that it is unsafe to bring your child to school because of the weather, or if you would like to bring them in later, please remember to call the school and let Mrs. Brito know. Thank you so much for your cooperation.

Foundation Skills Assessment

All grade four students across the province will write the provincial Foundation Skills Assessment tests during January and February. The purpose of the FSA tests is to provide a snapshot of how well students are doing in reading, writing and numeracy.

We'd like to remind everyone that, "Attempting to rank schools or districts based on FSA results invites misleading comparisons that ignore the particular circumstances that affect achievement in each school". (B.C. Ministry of Education).

Ready/Set/Learn for Three Year Olds

On Tuesday February 18 from 1:00 to 3:30 pm at Mundy Road Elementary, School District 43 is pleased to offer a free Ready, Set, Learn event for families and their three-year olds in the East Coquitlam neighborhood of schools. Children will be able to participate in a variety of play

based learning activities, listen to stories and have a healthy snack. Parents will be able to learn and play with their child as well as meet with local community agencies and school principals. Each child will receive a free age appropriate book. Parents are encouraged to take the time to read it with their child, talk about the illustrations and have fun spending time together. Parents will receive ideas for fun learning activities that promote the healthy development of young children, additional information regarding community services and neighbourhood schools. There will also be a fact sheet from the Ministry of Education website which includes a link to a parent booklet, *Ready, Set, Learn: Helping Your **Preschooler Get Ready for School***, which offers parents helpful tips for supporting their preschooler's learning and development. Translations of the booklet are also available in 12 languages. The **Ready, Set, Learn** initiative, sponsored by the B.C. Ministry of Education provides families with an opportunity to make positive connections with the school system and local community agencies.

January Math Corner

Setting the table and eating dinner can include a whole bunch of different math activities, especially skip counting (counting by 2, 3, 4...)

- How many plates are we going to need?
- How many knives, forks, spoons, glasses and so on?
- Have your child count out the cutlery that needs to be put on the table.
- Ask how many legs does the chair have, how many legs altogether, including the chairs and the table.
- If you have guests, have your child try to figure out how many plates and cutlery will be needed with the additional people.
- Ask how long it takes to eat dinner, perhaps even how long after they come home from school before he or she eats dinner, before he or she will go to bed. Count how long it takes for everyone to show up at the dinner table to eat.

Dates to Remember

January

15	6:45 p.m. Reggio Parent Information Meeting
16	Reggio registration begins
17	Movie Night
23	Hot Lunch – Hot Dogs
23	Hearing Screening for Grade 2's and new students
24	Reggio registration closes / Strong Start Closed
29	Fruit and Vegetable delivery
31	Professional Day – School Not in Session / Strong Start Closed

February

3	Kick off for Jump Rope for Heart
10	B.C. Family Day – School Not in Session
12	Vision, Dental and Hearing Screening for Kinders only
14	Jump Rope for Heart ends
20	Early Dismissal
21	Professional Day – School Not in Session
24	Gymnastic equipment arrives
26	Pink T-shirt Day

2014 SPRING JUNIOR FIELD HOCKEY PROGRAM

The **TRI-CITY EAGLES FIELD HOCKEY CLUB** has offered a field hockey program to younger players since 1991. The Spring program runs for approximately 10 weeks from April through until the end of June. There is a U-10 program for boys and girls that is divided into two age categories; "Mites" (2006 to 2008) and "Minis" (2004 and 2005), and a junior program U-11 to U-18 for those with 1996 to 2003 birth dates.

U-11 to U-18 teams compete in the Greater Vancouver Junior Field Hockey League and the program cost is \$125. The Club's Mini program is designed to introduce younger players to the sport and the rules and field size are modified. Season fee is \$100 per participant for the Mini program and space is limited. Our U10 Mini program is open to both boys and girls.

Registration deadline is February 1, 2014 (and February 22, 2014 for U-10's). Late registrants add \$10 late fee, if space is still available. More information on the Spring program is available through the Club's web site at www.tcfieldhockey.com or by contacting Brian Lewis at 604-619-4034.

Players must first register with Field Hockey BC to gain insurance coverage and a player membership number. U-13 to U-18 pay \$43, U11 & U12 players pay \$15 and U10 pay \$6. Without the player membership number, registration with our Club cannot be finalized.

The **TRI-CITY EAGLES FIELD HOCKEY CLUB** is hosting a no-cost Introduction to Field Hockey drop-in session for new players at **CUNNINGS FIELD** (Pinetree Way & David) in Coquitlam on **Saturday, Jan 18th** from **12:00 to 2:00 PM for BOYS ONLY** and **Saturday, Jan 25th** from **12:00 to 2:00 PM for BOYS and GIRLS**. Junior players new to field hockey will have a chance to pick up a stick and try it out before committing to register. Weather permitting so check the web site for any cancellation. Please dress appropriately. Sticks will be provided for this session, mouth guards \$3.

We hope to see your daughter/son on the field hockey pitch this Spring!