



# Mountain Meadows Elementary

October 2016

Volume 2

*At Mountain Meadows Elementary School we strive, as a community of teachers, parents and students, to promote social responsibility, lifelong learning and academic success in a safe and caring environment.*

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## Well into the swing of things ...



We have had an excellent school start up over the course of the first 1.5 months of this school year. Many school-wide events have occurred, including our Multicultural Potluck luncheon, Terry Fox Run, choral inservice with Norman Foote and our inaugural Workout Wednesday. Many other initiatives are planned

and/or being considered, including Hip Hop week, a community garden and a communal mural.. Intramural sports at lunch-time for grade 4&5 students, clubs and extra-curricular programing options now exist and we are excited to see children step up to take on a variety of leadership jobs in and around the school.

We are now well into the swing of things at Mountain Meadows, and we find ourselves only wishing there were more hours in the day to do absolutely everything we'd like to.

Last week your children brought home their interim report cards. I encourage you to spend time chatting with your kids about their many strengths and successes. There will invariably be areas that all students can work on. Please look upon these not as areas of concern, but instead as opportunities for growth. At Mountain Meadows we consider ourselves an extension of home and we look forward to working with you!

K.McMeiken

## Workout Wednesdays – please join us!

We had our first Workout Wednesday last week, and were delighted with the energy that permeated the gym while our student community, including teachers, support staff and many parents, caregivers and younger siblings worked out together, led by Mrs. Record, Ms. Conway and our student workout leaders. Our hope is to use this weekly gathering, first thing Wednesday mornings, to role model

healthy living, to work out together in taught routines we all practice, and to have the opportunity to discuss as a school community wellness tips, including the importance of regular exercise, nutritional eating, proper sleep habits, and alternatives to screen time. Please come to the gym on Wednesdays after dropping off your children at their morning line ups.



*The Mountain Meadows Action Plan for Learning (APL)*



*Our focus for this school year is on Social Emotional Learning. It is our goal to improve student learning by encouraging students to become self-aware and resilient community members.*

*We are committed to ...*

**BUILDING COMMUNITY!!**



*Remember to **tweet** others the way you want to be **tweeted**.*



## Norman Foote Visits Mountain Meadows

Our Mountain Meadows community was fortunate to welcome Juno award-winning singer and song-writer, Norman Foote, to the school for three days in early October, during which time each of our nine classes was taught some of Norman's songs. Our students also were taught about the song-writing process, and they contributed to the collaborative writing of a school song for Mountain Meadows. Inviting Norman Foote to MME was made possible by the hard work of MME music teacher, Mrs. Read, not to mention by the generosity of the school's Parent Advisory Council, that financed the three-day choral inservice.

### Mountain Meadows School Song

**Chorus:**  
*Up on the Mountain there is a school,  
 Where we go to learn and play.  
 We are one big community,  
 That's the Mountain Meadows way,  
 That's the Mountain Meadows way.*

**Verse 1:**  
*We make new friends and we work real hard,  
 With a positive attitude.  
 We listen to each other with respect in mind,  
 We try our best, to never be rude.  
 We're in a good mood.*

**Chorus**

**Verse 2:**  
*We're kind to nature when we go outside,  
 We share our space with the deer and the bears.  
 We learn about the trees and the plants and the bees,  
 We help all the animals because we care.  
 Because we care.*

**Bridge:**  
*Every day there's something new,  
 So much to learn, so much to do.  
 We love our school, yes it's true,  
 Mountain Meadows for me and you.*

**Chorus**



### Juno winner teaches songwriting at Port Moody school

Children's entertainer Norman Foote was back at Port Moody's Mountain Meadows elementary this week to teach students about songwriting and performance.

Jess Warren | Tri-City News  
 October 6, 2016 @ 11:00am



Norman Foote at Port Moody's Mountain Meadows elementary in Port Moody. Photograph by JESS WARREN

Children's entertainer Norman Foote was back at Port Moody's Mountain Meadows elementary this week to teach students about songwriting and performance.

Last October, the Juno-award-winning musician worked with the school choir for his hit-making Hour show at the Blegden Culture to Coquitlam, which also featured the Heritage Mountain elementary ensemble.

This year, parents and music teacher Carol Reed asked Foote to return for a three-day inservice.

"I was really happy to come here and be with Carol and the kids again," he told The Tri-City News on Thursday before he students sang school songs they had written with him, at an assembly.

On a large piece of paper in his music room, Reed listed down themes from Foote's choral and songwriting instruction. And among the messages were the importance of melody and rhythm. Foote was considered writing a song to getting a picture, using colour and text. Principal Kate Ingham said the students benefited from Foote's presence. "He has been such a joy to have around," she said. "They were so happy to meet him."

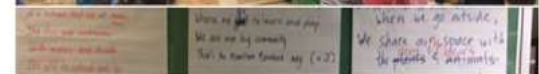
\* Norman Foote will appear at the A21 in Maple Ridge on Oct. 20. His website is <http://www.normanfoote.com>. His email is [nfoote@normanfoote.com](mailto:nfoote@normanfoote.com). His phone is 604-291-1111. His address is 11111 111th Street, Surrey, BC V3R 1K1.

joewar@tricitynews.com

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School District 43 - Coquitlam added 2 new photos.  
 October 7 at 11:43am

All classes at Mountain Meadows Elementary were treated to a three-day inservice provided by Juno Award-winning singer and songwriter, Norman Foote. Mr. Foote met each class twice over the course of three days to teach some of his songs, but also to teach kids about the songwriting process. Students were able to contribute their own ideas to create a collaboratively-written school song which was showcased at a concert the third afternoon in front of the entire school community, including an audience of parents and caregivers. This experience will go a long way towards supporting the school's year-long focus of "building community."



# School Fees

## Online Payment Update

We are very pleased with the high percentage of families who have joined [sd43.schoolcashonline.com](http://sd43.schoolcashonline.com) and are enjoying the convenience and security of paying school items on line. If any families are having trouble registering, please email Mrs. Poland at [spoland@sd43.bc.ca](mailto:spoland@sd43.bc.ca) with your issue and she will attempt to help you get your account set up. The following items have been posted on line and electronic reminders of outstanding fees are being sent to registered families this weekend.



For those not registered on line, please either register and pay on line, or send your payment in school planners (exact change if paying cash, or a cheque made out to Mountain Meadows Elementary) as soon as possible.

If payment of fees presents a hardship for your family, please contact Mrs. McMeiken to arrange a fee waiver.

### Planners:

Gr.1-5 \$10.00

### School Supplies:

Kindergarten, Gr.1, Gr.2 \$45.00

### Laity Pumpkin Patch Field Trip:

Div.8 & 9 students \$7.00

### Emergency Prep Fee:

Kindergarten & Gr.1 \$15.00

Gr.2 & 3 \$10.00

Gr.4 & 5 \$5.00

# Safety at School

## Using Crosswalks

Thank you very much for reiterating to your children the importance of using the crosswalk when crossing Noons Creek Drive. Unfortunately drivers have been known to speed up and down Noons Creek. Crossing in the designated cross walk is critical to student safety. The Port Moody Police have been parked across from our school catching motorists who run the stop sign. I would like to thank our local law enforcement for their help with this.



## Rainwear

With fall upon us, and with the likelihood of inclement weather more and more, please ensure that your children have proper rainwear (coats and boots). Fleece jackets are like sponges in the rain. A coat that has some form of water resistance would be ideal, as students do go outside to play for recess and lunch rain or shine.

## Gym wear

Please ensure that your children have proper footwear at the school for gym (runners) and not cros, sandals, boots or other footwear not specifically designed for use in a gymnasium. Children cannot play sports safely in the gym without proper running shoes.

## Emergency Drills

In an effort to prepare our staff and students for the potential of an emergency occurring during school hours, we practice a number of different drills throughout the course of the school year as mandated by our District.. These include fire drills (6), earthquake drills (3), a hold & secure drill – formerly Code Yellow (1), Code Red lockdown (1). Our school will participate in the Great B.C. Shakeout earthquake drill this coming Thursday, October 20<sup>th</sup>. Please be sure to speak to your children about how things went during the drill.

### **It is imperative that Emergency Release Forms stay current for all MME families.**

Reminders and replacement forms have been sent home to families whose forms have not yet been received back. Please let our office know via email if the data (contact numbers, email addresses, authorized people to release children to during a major emergency) changes during the school year.

Subscribing to our school's twitter account (@mmeadowssd43) is recommended, as this is the easiest and quickest way to receive updates during an emergency.



## Counselling Corner

Hello! My name is David Eng and I'm beginning my eighth year as the counsellor at Mountain Meadows. I wanted to take this opportunity to answer some commonly asked questions and clarify my role as a counsellor in the school setting, and how I may be able to assist your child(ren) and family.

### Commonly Asked Questions

#### What sort of qualifications and background do you have?

Counsellors in the Coquitlam School District first need to be certified teachers with previous teaching experience that have completed a master's degree in Counselling Psychology from an accredited university. Before becoming a counsellor I worked as classroom, resource, and skill development teacher.

#### What exactly do you do?

As counsellors, we have a multi-faceted role to play in the school as mental health professionals. We're here to support all students succeed academically, personally, and socially in school. Students and families often benefit from the support of the counsellor for a variety of concerns including but not limited to friendship challenges and conflicts, illness or death in a family including pets, family concerns including separation and divorce, anxiousness, improving organizational skills, effective parenting support for behavioural challenges, and other social, emotional, and academic concerns that may arise.

#### Don't be afraid...I'm here to help!

In my experience, it's not uncommon for individuals and families to feel a little hesitant in approaching the school for counselling help. My role is to simply provide support regarding common concerns that happen to healthy, happy families in our busy day-to-day lives.

#### How do I know if my child or family needs your help?

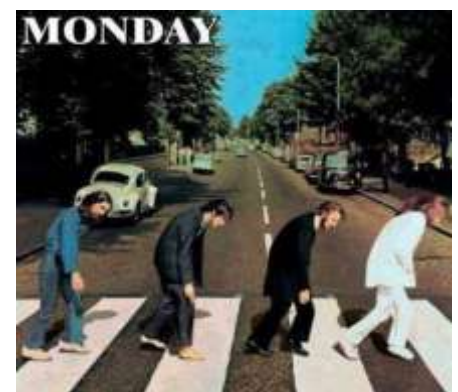
If you feel your child is not thriving in school, a good place to start is to have a conversation with your child's teacher. Your teacher will often then make a referral to me if they feel we can be of assistance. Having said that, please don't hesitate to enlist my help if you have any questions or concerns regarding your child(ren).

#### How do I contact you?

I'm at the school on Mondays and Thursdays, so please feel free to drop in on those days to speak with me regarding any concerns you may have about your child(ren). You can always call the school at (604) 469-2238 and leave a message with our secretary, Mrs. Shirley Poland, and I'll follow up promptly. I can also be reached by email at [deng@sd43.bc.ca](mailto:deng@sd43.bc.ca). And as I mentioned above, you can speak to your child's teacher, and he/she can put in a referral for me to speak with you.

Take care, and I look forward to helping students and families thrive in our learning community!

David Eng



Ensuring your child gets enough sleep is critical.



"You feel empty inside. How long has this been a problem?"

## Good Times at the Pumpkin Patch – Divisions 8 & 9

The students from Mrs. Billy / Mrs. Moffatt and Mrs. Record's classes enjoyed a full day trip to the Laity Pumpkin Patch in Maple Ridge on Friday, October 7<sup>th</sup>. They travelled on this field trip by school bus, paid for through the generosity of our Mountain Meadows PAC. Children learned about harvests, they explored the interactive area, and they each chose a pumpkin from the pumpkin patch to bring home.

Enjoy the photo evidence!



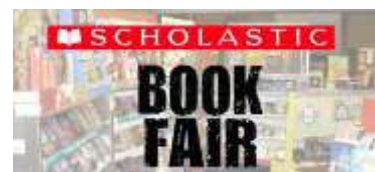
## Photo Retakes with Lifetouch – November 9<sup>th</sup>

Retake Picture Day is coming! Mark your calendar for Wednesday, November 9<sup>th</sup>, 2016. This is an opportunity for students who missed the October sitting to have their picture taken. It is also an opportunity for students who didn't love their picture to have it retaken. **For those students having their picture picture retaken, simply return the Proof Portrait Sheet and Order Form (scheduled to arrive at MME next week) to the Lifetouch photographer on photo retake day.**



## The Scholastic Book Fair is Coming!!

The always much-anticipated Scholastic Book Fair is coming to Mountain Meadows for three days from November 2-4. It will take place in our school's Multi-Purpose Room, with multiple opportunities before school and after for families to visit and purchase books, posters and other items from Scholastic. Consider getting some early holiday shopping done. More details about the shopping schedule will come out soon. Thank you to parent Jamie McMurray, for organizing this year's book fair.



## Communicating Student Learning At Mountain Meadows

The students at Mountain Meadows Elementary will receive five reports in all, three of which are formal report cards (in December, March and June), and two of which are informal.

### Informal Reports

1. Interim Report: home in planners Friday, October 14<sup>th</sup> ... please sign and return to your child's classroom teacher.
2. Student-Led Conferences: Thursday, March 2<sup>nd</sup>, early dismissal at 1:50pm.

### Formal Reports

1. Term 1 Report Card: Friday, December 2<sup>nd</sup>.  
Parent/Teacher Communication: Thursday, December 8<sup>th</sup>, early dismissal at 1:50pm
2. Term 2 Report Card: Monday, March 6<sup>th</sup>  
Parent/Teacher Communication: Thursday, March 9<sup>th</sup>, early dismissal at 1:50pm
3. Term 3 Report Card: Thursday, June 29<sup>th</sup> (last day of school)

### **How does the new revised and redesigned curriculum affect reporting at Mountain Meadows?**

The Ministry of Education issued an interim reporting order for this school year. During the 2016-2017 school year, we will continue using our revised table-format report card templates from last year, adding a student self-assessment component before the end of the school year. Students will be completing self-assessments on the Core Competencies of the redesigned curriculum: Communication, Creative Thinking, Critical Thinking, Positive Personal & Cultural Identity, Personal Awareness and Responsibility, Social Responsibility. We are in the process of determining when this will occur and how it will look. Please stay tuned.

## Non-Perishable Food Drive

As part of our ongoing desire to build community at Mountain Meadows, and in an effort to show thanks for what we have, our school will be running a two-week non-perishable food drive starting on Monday, October 17<sup>th</sup> and lasting until October 28<sup>th</sup>. Boxes for canned food and other non-perishable food items will be placed in the front foyer of the school. Families are encouraged to send their children with donations of these items (please check expiration dates of items prior to sending). Attendees of our October 28<sup>th</sup> hip hop performance (see beside) are asked to bring a non-perishable food item as their entrance into the performance. Thank you in advance for your generosity.



## Hip Hop Week is Fast Approaching!

We are so pleased to have the opportunity to host popular hip hop dance instructor, Sue Cejalvo-Howse, again this October, the week of Oct.24-28. Sue will teach each of our nine classes a hop hop routine over the course of five instructional days, culminating in a colourful, energetic and highly entertaining performance for parents and caregivers, scheduled after lunch on Friday, October 28<sup>th</sup>. An exact time for the performance will be shared with our community once determined together with Sue. If it is your wish to attend, we anticipate the performance starting around 1:00 or 1:15pm. Thank you to our PAC for financing this wonderful opportunity for our school community.





## Tips for a Safe Halloween



words and other costume props stay at home



void trick or treating alone



asten reflective tape to costumes and bags



xamine all treats carefully



old a flashlight so you can see well



lways test costume make-up before wearing it



ook both ways before crossing the street



itter is not a good thing. Put candy wrappers in the garbage



nly walk on sidewalks



ear well-fitting masks and costumes



at only the treats that your parents say are okay



njoy yourself and have fun!



ever forget to share your chocolate with your teacher

**Look for a letter from our school early next week regarding guidelines around Halloween costumes.**



999 Noons Creek Drive  
Port Moody, B.C. V3H 4N3

PHONE:  
(604) 469-2238

E-MAIL:  
mountainmeadows@sd43.bc.ca

We're on the Web and on  
Twitter !

See us at:

[www.sd43.bc.ca/School/mountainmeadows/Pages/default.aspx](http://www.sd43.bc.ca/School/mountainmeadows/Pages/default.aspx)

or



@mmeadowssd43

## Calendar for Late October, November & December

Non-Perishable Food Drive	Oct.17-28
Great B.C. Shake Out (Earthquake Drill)	Oct.20
ProD Day- no school for students	Oct.21
PAC Meeting (Library)	Oct.24, 7:00pm
Hip Hop Week	Oct.24-28
Hip Hop Performance	Oct.28 (after lunch, exact time TBA)
Halloween Parade	Oct.31 (after lunch, exact time TBA)
Scholastic Book Fair	Nov.2-4
PAC Hot Lunch	Nov.4
LIFETOUCH Photo Retakes	Nov.9
Remembrance Day Service	Nov.10 (10:45am)
Remembrance Day, no school	Nov.11
Curriculum Implementation Day, no school for students	Nov.14
1 <sup>st</sup> Term Report Cards Home	Dec.2
Early Dismissal / Parent Teacher Communication	Dec.8 (early dismissal 1:50)
PAC Hot Lunch	Dec.9
Winter Concerts	Dec.13 (1:15 & 6:30pm)
Holiday Market (Gym)	Dec.15
Last Day of School Before Winter Break	Dec.16
First Day of School After Winter Break	Jan.3

### Holiday Market – December 15<sup>th</sup>

December is just around the corner and that means our annual Holiday Market is starting to gear up. A group of MME parents is organizing this year's market again. For those of you new to MME, Items are donated from peoples' homes, collected in the PAC kitchen and put on sale for our MME students to purchase as reasonably-priced gifts for family members the day of the Market. If you have items ready to donate already, please label them and drop them off at the PAC kitchen. More details will be shared by the parent organizers closer to the time. For now, please mark the date of Thursday, December 15<sup>th</sup> on your calendars and begin looking through your home for items to donate to the Holiday Market. Thank you very much.

