

The Apex News

Your Digital Newsletter



Important Upcoming Events

Final Wednesday Class - Nov.22

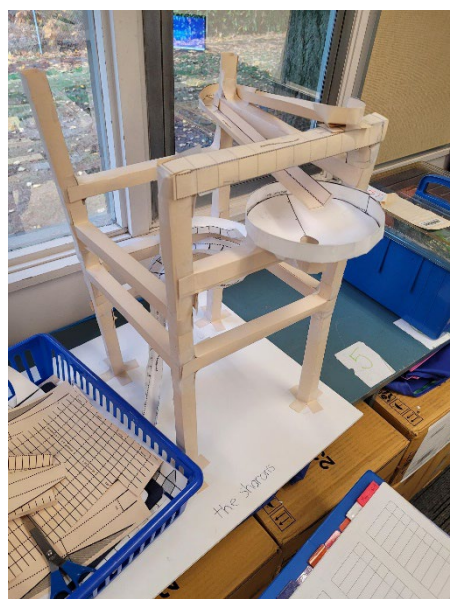
----- JEREMY BAERG

It was amazing to see the students participate in Social-Emotional Learning through Music, Physical & Health Education, and for our older students Applied Design Skills & Technology this term.

Students created rhythms, strummed ukuleles, did a variety of movement skills, learned about how to be healthy, built paper rollercoasters alongside meeting new friends.

Thank you to those of you who responded to our survey to help us continue to provide the best program we can on Wednesdays.

Term 2 classes will begin on [January 17](#). More details below.



Breaking news

Term 1 is over soon!

----- LISA DUBÉ

What an incredible start-up to the year! It's hard to believe the end of Term 1 is only a couple weeks away. As we wrap-up Term 1 (ends on Dec.8), please remember that Term 2 starts on Dec.11 and that meetings are ongoing until Dec.22 as normally scheduled. It might be tempting to "feel finished" at the end of the term and coast into the Winter Break, but we encourage you to continue your regular routines until Dec.22 so that you don't lose these 2 weeks of academics.

Report cards will be published on the [Parent Portal](#) on Dec.19. If you haven't already, please logon to the portal to ensure you have access.

We are excited to welcome Alexi Lederer as our Indigenous Youth Worker. She will be here on Wednesdays for the remainder of the year.

If I don't see you in the building prior, I wish you and your family a wonderful Winter Break!

Office contact info:

Lisa Dubé – Principal
lidube@sd43.bc.ca

Office Secretary –
ApexHeadSecretary@sd43.bc.ca
604-945-7311

[Apex website](#)



Apex Clubs

Stitch Club and Kilometre Club will be taking a break until the new year. Thank you to all of you who so exuberantly participated! It was fun to do laps with students before classes started and to see the amazing creativity come through with the felting and needlework during the lunch break.

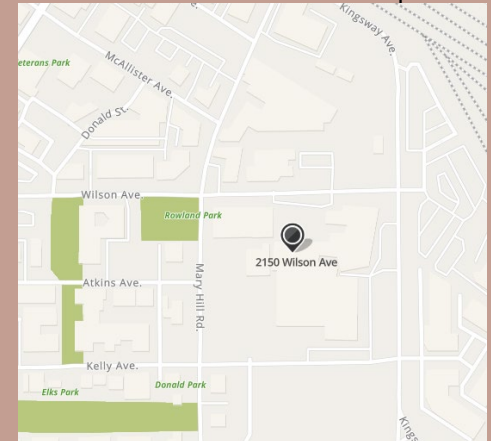


Apex Skating Field Trip

Many of you have already sent back permission slips for our **Wednesday, Dec.6 FREE** skating field trip to the Port Coquitlam Rec Centre. If you haven't had the chance to let us know you are coming, please do complete the permission form and return it to David (dramalho@sd43.bc.ca) as soon as you can.

Students and parents are invited to arrive between 12:50-1:15pm. We have the ice time until 2:15pm. Skates and helmets are provided for all skaters. Parents will be invited to be on the ice dependent on the number of students participating.

PoCo Community Centre – 2150 Wilson Ave. (Arena 3 – Purple)



More events

Grade 8/9 Student & Parent Info Night – Tuesday, January 9 @ 6pm

----- JEREMY BAERG

We are inviting all Gr.8/9 parents and their students to an information evening about transitioning to your next school. Some of you will be leaving us to go to high school for Gr.9, while others will be leaving to Gr.10. In both situations, we want you to be informed about your next steps and the different pathways available to you on your way up to your apex.



This evening session is done at this time of the year specifically to make you aware of the different opportunities the district offers early in 2024 that if missed, will limit some of your child's choices for Gr.9/10.



Please join us from 6-7pm on this day here at Vanier Centre. Snacks will be served!

Wednesday Classes for Term 2

Please let your teacher know if you are planning to participate



----- JEREMY BAERG

We are looking forward to having our students back on campus again beginning **Wednesday, January 17** and ending on **March 6**. In Term 2, the K-5 (morning) and the 6-9 (afternoon) schedule will stay the same as Term 1.

Our K-5 students are encouraged to start the morning with Kilometre Club (optional) on the back soccer field. One of our Apex teachers will be ready to meet students at 9:10am on the field and will encourage movement and participation until 9:25am.

The morning schedule will be as follows for our K-5's.

- 9:10-9:25am – KM Club (optional)
- 9:30-10:30am – Fine Arts or ADST
- 10:30-10:50am – Recess break
- 10:50-11:50am – ADST or Fine Arts
- 11:50-12:25pm – Stitch Club (optional)

The afternoon schedule will be as follows for our 6-9's.

- 11:50-12:25 – Stitch Club (optional)
- 12:30-1:15pm – Fine Arts or ADST
- 1:15-2:00pm – Fine Arts or ADST
- 2:00-2:20 – Recess break
- 2:20-3:00 – PHE for all

The groups are as follows:

- Birch – K-2 students
- Maple – Gr.3-5 students
- Pine – Gr.6-7 students
- Cedar – Gr.8-9 students

Come join us on January 17th for some Hot Cocoa between 11:50-12:25!



INVITATION for a community connect before Winter Break! Theatre Prospero: *Enchanted Antlers - Furget Me Knot*

We are excited to be participating in a virtual theatre production on **Wednesday, December 20, 2023**. We invite all K-9 students and their families to come to the Vanier Gym from **8:45am-10:30am** with your favourite blanket and pillow to watch this amazing theatre “live” on the big screen. The show starts at 9am.

WHAT IT IS: An inclusive, interactive, virtual holiday production. Join Elk, Moose, Deer, Beaver, Bear, and Pronghorn as they share stories in preparation for the most important hooved holiday: All Ungulates Eve!

HOW LONG: The performance is 45 minutes long with the option of a Question & Antler period after the show!

It will be an early show, but it is a live show, so come join us for a “Popcorn” breakfast! If you are interested in learning more about this event prior to the show, check out their website [here](#).

There will be an opportunity to view the show from home for those of you who cannot attend in person, but we would love to have you here to enjoy the show together.



PAC Corner

Welcome to our new PAC Executive

----- LISA DUBÉ

We had our first PAC meeting of the year in early November and are excited to welcome Sarah Dixon, Andrew Hartline and Kelly Plaetner to the PAC and look forward to correspondence from them throughout the year on how you can get involved.

----- SARAH & KELLY

Dear Apex Families,

We hope that the first term is going well for everyone at Apex! We would like to share some information about ongoing PAC fundraising efforts. There are a few options, all easy.

Donations (all year)

The simplest way to support the PAC! A tax receipt will be issued on cheques as gifts of \$25+ in February.

Bottle and Can Drive (all year)

Drop off your bottles cans, cartons and jugs at the Return-It in Coquitlam at 511 Blue Mountain St, and mention it is for the Apex-Encompass K-9 account or provide the school phone number: 604-945-7311.

Scholastic.ca Book Club: (all year)

Scholastic book sales are processed online, and orders are shipped directly to Apex families' homes. Just use Class Code **RC675249** when placing an order at bookclubs.scholastic.ca, and Apex will earn 20% of the value of the order in reward.

From your PAC members: Sarah Dixon, Andrew Hartline, and Kelly Plaetner



Counselor Corner

Happy November all!

Wow, I can't believe how quickly October and November have passed. It's been great connecting with and getting to know many of your children this term. I am looking forward to seeing families at our skating field trip on December 6. I sincerely wish you and your families a wonderful winter break and look forward to seeing you all in 2024! Here is a link to another great online event hosted by Family Smart. This is a huge topic of interest to me so maybe I will "see" you there.

ADHD The Real Deal:

Join us in watching a video by Dr. Duncan, who will dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis, and treatment. He will explain how and why the ADHD brain works the way it does.

Come together with other families to watch this video presentation and stay for a facilitated discussion by a FamilySmart Parent Peer Support Worker.

There are 4 different dates/times to register in early - mid December.

[Monthly Events - FamilySmart](#)

Warmly,

Melissa Silver

