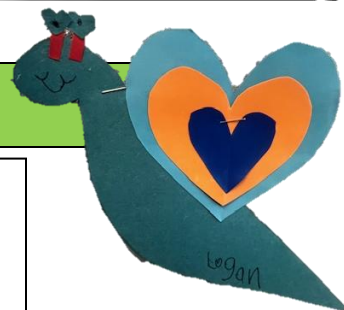




# Alderson Elementary News



825 Gauthier Avenue  
Coquitlam, BC V3K 7C4  
(604) 939-8301  
Website: [www.sd43.bc.ca/elementary/alderson](http://www.sd43.bc.ca/elementary/alderson)

February 6, 2025

Hi Alderson Families,

We had a great week full of **snow play** and **Student Led Conferences**! It was so nice to see so many of you visiting our classrooms and learning more about what your child is doing at school.

Thanks for your support in keeping sleds at home when our small sledding hill was no longer safe. This week the children were given a challenge to come up with activities in the snow that followed school expectations:



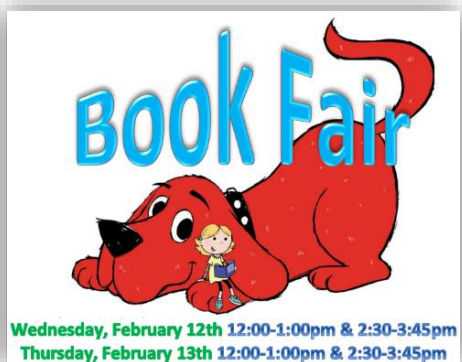
- We don't throw things at people – including snow – snowball fights are fun but they don't work well during the school day (including before and after school) since our grounds are crowded and people who don't want to get hit end up getting hit.
- We don't intentionally slide on the icy patches (skaters wear helmets for a reason!)
- We only use the snow hill when it is open, and we need a sled so that we are not putting holes into our snow clothing!

I took pictures of the interesting activities that the children came up with and will make a slideshow to show them at our assembly on Monday.

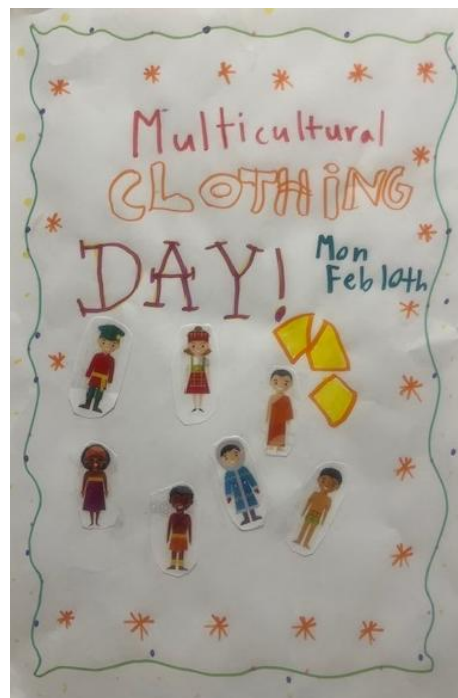
**Our assembly is on Monday at 11:20 – 12:00.** Parents are always welcome to attend assemblies!! I have added them to our online community calendar so you know when they are.

On Monday our Leadership students have planned a “**Multicultural Clothing Day**”. Your child is encouraged to wear clothing that represents their culture. We have an assembly on that day, and we are looking forward to seeing what the children will wear.

On **Wednesday and Thursday** this week we have our **Book Fair**!! If you send your child to school with some money to spend, they can visit the Book Fair during their Lunch Hour. You can also shop with your child after school on those days until 3:45.



And Friday is  
**Valentine's Day!!**





## Winter Weather Information

Please ensure you are aware of the procedures when snow happens. I have posted everything you need to know on our website here:

[Winter Weather Ahead](#)

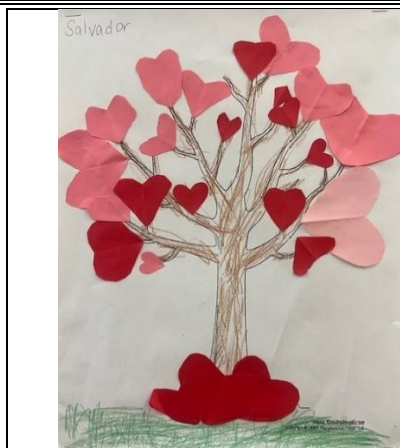


## Upcoming Events



For information about future events please check our online calendar. As information about each event becomes available, it will be added to the calendar item. Click on the item to read more.

[Alderson Online Calendar](#)



## Registration for the 2025-26 School Year

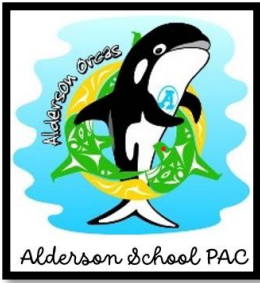
### Kindergarten Registration

**If your child was born in 2020 it is time to register for Kindergarten!!**

The official registration dates were February 4-6. You can still register for Kindergarten but please do so as soon as possible. Late registrations cannot always be accommodated if classroom space becomes filled. You can find out what documents we are required to collect here: [www.sd43.bc.ca/Schools/Registration](http://www.sd43.bc.ca/Schools/Registration)

### Cross Catchment Process - February 7<sup>th</sup> to 12<sup>th</sup>

If you would like your child to attend a school outside of your catchment you need to first register at the school within your catchment and then apply to be considered within our cross-catchment process. To find out about this process please click here: [Cross Catchment Process](#).



# Alderson PAC

(Parent Advisory Council)

A **HUGE** thank you to our PAC for the work they do to raise money for our school, and for running the special events that bring our community together. These events are a lot of work – please do your part. You can send them an email if you can help out.

If you have questions about a PAC initiative please email them at:

[AldersonSchoolPac@gmail.com](mailto:AldersonSchoolPac@gmail.com)



## Hot Lunch

Don't forget to put in an order so your child does not miss out!! If your child would like hot lunch but money is tight for you right now, please speak to Ms. Dryer, ([sdryer@sd43.bc.ca](mailto:sdryer@sd43.bc.ca))

## Munch-A-Lunch!

Lunch Date	Lunch Menu	<b>**Orders Due By**</b>	
Wednesday, February 26, 2025	<b>White Spot</b>	Tuesday, February 18, 2025	8:00 PM
Thursday, March 14, 2024	<b>TCBY - TREAT DAY</b>	Thursday, March 6, 2025	8:00 PM

**\*\*\* Late orders cannot be accepted due to vendor deadlines.\*\***



Anita Strang

Principal,  
Alderson Elementary

[www.sd43.bc.ca/school/aldersonastrang](http://www.sd43.bc.ca/school/aldersonastrang)

[@sd43.bc.ca](mailto:@sd43.bc.ca)

(604) 939-8301

SD#43 (Coquitlam)





# KidSport

So ALL Kids Can Play!

**Saturday  
March 8**

**10am–1pm**

## USED EQUIPMENT SALE



**RIVERSIDE SECONDARY** Admission by  
**2215 REEVE STREET** donation or non-perishable  
**PORT COQUITLAM** item to the **SHARE Food Bank**

### SAVE on your family's sports equipment!

The KidSport Used Equipment Sale has everything from bikes and hockey gear to fitness equipment, wetsuits, and more!

equipment for **ALL** kids and adults!

Outfit a child for lacrosse or hockey, including helmet, stick, and/or skates for approximately \$100!

### GIVE back! Donate your gently used\* equipment

From *February 22 – March 7*, donate your used equipment at the following locations:

- Port Moody Recreation Complex (main lobby)
- Poirier Sport & Leisure Complex (main lobby)
- Port Coquitlam Community Centre (lower arena lobby) [www.kidsporttricity.ca](http://www.kidsporttricity.ca)

\***gently used**  
equipment is:

- less than 6 years old
- in good condition
- wearable for league sports



# SUBSTANCE USE PREVENTION: MENTAL HEALTH & DECISION-MAKING

A **COMPLIMENTARY WEBINAR** FOR PARENTS, GUARDIANS & CAREGIVERS

Join leading **adolescent Clinical Psychologist Dr. Hayley Watson** for an online event that aims to help parents, guardians and caregivers gain a **deeper understanding** of substance use prevention and learn **practical tools** for supporting youth mental health.



## Key Takeaways:



Learn the factors that contribute to youth mental health/substance use



Understand the skills that youth need to overcome these needs



Acquire practical tools for empowering your child and youth to make positive choices



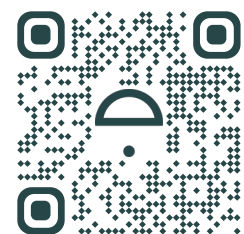
Increase your ability to support your own mental health

**Time:** 6–7:30pm PST

**Date:** 20th, 25th, 26th Feb 2025

**REGISTER NOW**

Scan the QR  
Code to Register



# Student-lead, free tutoring at Gleneagle Secondary



More info →



# ABOUT TALONS TUTORING



- Subjects: core subjects, musical instruments, and foreign languages
- When and Where: 4:00-5:15, Tuesdays - Fridays, March 4 - May 16
- Who it's for: students in grades 4-8

**SIGN UP!**





# SPRING BREAK CAMP

March 17 - 21, 2025

Central Community School  
2260 Central Avenue  
Lunch and snack provided

Grades K - 5  
Monday - Friday  
9:00 am drop off and 2:30 pm pick up

Register  
**\$250**

Scan QR code to register

Once registered, watch for an email from:  
[TCPrograms@Moresports.org](mailto:TCPrograms@Moresports.org)





# JAMES PARK COMMUNITY SCHOOL

## SPRING BREAK 2025 PROGRAMS



**Registration Dates: January 20th at 8am**

**Program Dates: March 17-21 & Mar 24-28, 2025 (see schedule)**

**\*Programs will NOT run on Holidays.**

### WEEK 1 OPTIONS:

#### BUILDING IMAGINATIONS FOR GR.K-GR3

Imagine, build, and play with Stellar Play's Imagination Playground. Children will work collaboratively to create structures and play facilitated games and challenges. With a emphasis on problem solving, focus, creativity, and fine & gross motor skills, children will be challenged to create and communicate!



Day	Grades	Time	Dates	# of days	Price	Rm.	Item #
Mon-Fri	K-Gr3	9am-12	Mar 17-21	5	\$140	Gym	1-1

#### DANCE & ART

We will be spending the day creating art in different mediums which may include: clay, acrylic painting, watercolor painting and more. Staff will introduce the students to different dance movements and styles. No experience is necessary.



Day	Grades	Time	# of sessions	# of days	Price	Rm.	Item #
Mon-Fri	Gr. K-5	9am-12	5 days	5	\$125	Rm202	1-2

#### MULTISPORTS

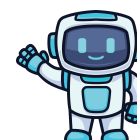
The Kids Multisports Program is an exciting, action-packed program for school students to explore a variety of sports in a fun and engaging environment. This program aims to promote physical fitness, teamwork, and sportsmanship while introducing children to the fundamentals of different athletic activities.



Day	Grades	Time	Dates	# of sessions	Price	Rm.	Item #
Mon-Fri	K-Gr5	12-3pm	Mar 17-21	5 days	\$125	Gym	1-3

#### ROBOTICS

Robotics develops both physical and mental abilities of a child. Combines disciplines such as mathematics, physics, computer science and logic, creative activity and communication with others. We offer creative activities in which children create robots using special Lego construction kits, which can be launched using a computer program.



Day	Grades	Time	Dates	# of sessions	Price	Rm.	Item #
Mon-Fri	K-Gr5	12-3pm	Mar 17-21	5 days	\$125	Rm.202	1-4

# James Park Community School SPRING BREAK PROGRAMS 2025

## WEEK 2 OPTIONS:

### SOCCERSHOTS

Led by a Soccer Shots coach, the Soccer Shots Premier program focuses on the development of individual skill, fitness and sportsmanship, providing an opportunity for children to be challenged through fun games and team interaction. Children will also be introduced to competition in a developmentally appropriate manner.



Day	Grades	Time	Dates	# of sessions	Price	Rm.	Item #
Mon-Fri	K-Gr5	9am-12	Mar 24-28	5 days	\$162	Gym	2-1

### MPOWERLIVES: BUILDING ESTEEM & CONFIDENCE

Discover your inner confidence at this mpowering spring fun camp! Build self-esteem, self-awareness, and inner strength. You will learn basic martial arts/self-defense techniques, yoga postures, craft-making, fun games, and activities. Learn how to regulate anger, fear, and anxiety with play, mindfulness, and physical activities! Feel MPowerED!



No experience is necessary. Wear comfortable clothing, bring water and a snack.

Day	Grades	Time	Dates	# of sessions	Price	Rm.	Item #
Mon-Fri	Gr 1-5	9am-12	Mar 24-28	5 days	\$130	Rm202	2-2

### NOOMA DANCE

Get ready to move with the beats! Campers will learn basic hip-hop moves and grooves, build routines together, and even craft their own unique choreography with their fellow dancers. Practice performances and friendly battles teach teamwork, empathy, and the art of expressing yourself. It's all about building confidence, connecting with others, and letting your personality shine!



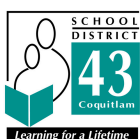
Day	Grades	Time	Dates	# of sessions	Price	Rm.	Item #
Mon-Fri	K-Gr5	12-3pm	Mar 24-28	5 days	\$155	Gym	2-3

### SEWING 101

This beginner sewing program is designed to introduce students to the essential skills and techniques required for successful sewing. Whether you're interested in creating your own clothes, home décor, or simply exploring a new hobby, this program will guide you through the foundational aspects of sewing.

Throughout the course, students will learn the basics of hand sewing and gain hands-on experience with a sewing machine.

Day	Grades	Time	Dates	# of sessions	Price	Rm.	Item #
Mon-Fri	K-Gr5	12-3pm	Mar 24-28	5 days	\$125	Rm 202	2-4



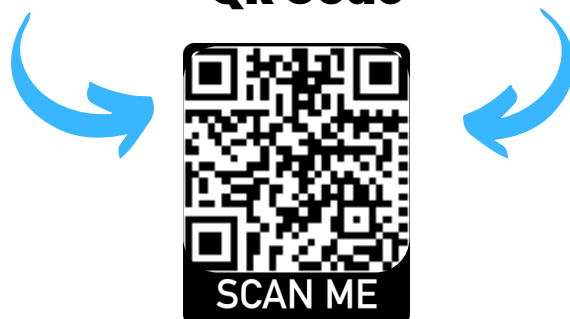
Programs could be cancelled due to low registration.  
All registrations are on first come, first serve basis.  
Students will go straight to the program at the bell.





**James Park Community School  
SPRING BREAK PROGRAMS 2025**

**Looking for more Community Information? Scan this  
QR Code**



**Registration:**

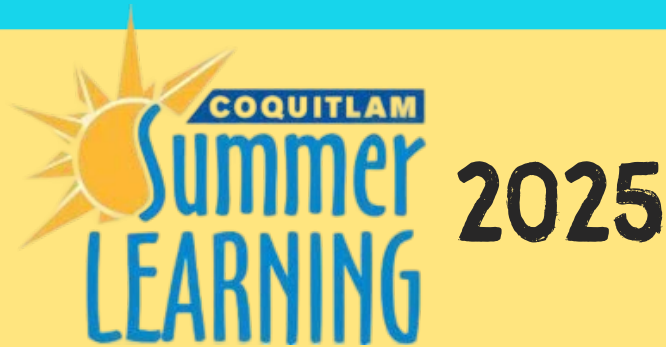
**Our Community School After School Program Registration is online and will accept payment using Visa; MasterCard or Interac/Debit from most major banks. You will require an email address in order to receive your confirmation number and to be able print out a receipt for your payment.**

**To access the registration website please:**



**If you are need assistance, please contact Silvia Jorge, Community Development Facilitator at [sjorge@sd43.bc.ca](mailto:sjorge@sd43.bc.ca).**

**Refund/Cancellation Policy: Refunds will only be available within the registration period. No refunds will be processed after the registration period ends. The school office does not assist with registration.**



# COQUITLAM Summer LEARNING 2025



## ELEMENTARY

July 8 – July 25, 9:00am - 12:00pm

8 LOCATIONS

Courses: K to 1 transition, English for Beginners, Visual & Performing Arts, French Immersion, Integrated Studies, Math, Reading & Writing, Coding (Info tech), Outdoor Science, STEAM, and more!

Free to all BC residents, SD43 Residency requirements apply.

04  
MAR

Registration  
6:00am

## MIDDLE

July 8 – July 25, 8:45am - 11:45am

3 LOCATIONS

Courses: Band, Guitar, Creative Writing, Drama/Improv, English for Beginners, Guitar, Home Ec/Culinary, Integrated Studies, English and French Immersion Language Arts, Mathematics, PE/Leadership, Coding (Info Tech), Outdoor Science, STEAM, Tech Ed, Visual & Performing Arts, and more!

Free to all BC residents, SD43 Residency requirements apply.

Registration  
6:00am

07  
MAR

## SECONDARY SKILL BUILDING

July 8 – July 25, 8:30am - 11:30am OR 12:00 - 3:00pm

2 LOCATIONS

Courses: English, English for Beginners, IB Math & Science, Jazz & Concert Band, Science, Home Ec, Sewing, 2D Animation, Metal and Wood Tech Ed, Math, Coding (Info Tech), Skills for Success. These non-credit courses may be taken to review previously covered course content OR preview a course. Academic Completion 9/10 for Science and Math is only available by school referral.

Free to all BC residents, SD43 Residency requirements apply.

07  
MAR

Registration  
6:00am

## SECONDARY FULL CREDIT

July 2 – August 7 (6 weeks)

8:00am – 11:30am OR 12:00pm – 3:30pm

2 LOCATIONS

Face-to-Face or Online Blended Fast Track

Courses: Life Science 11, Anatomy & Physiology 12; Career Life Education 10; Chemistry 11,12; EAL 10,11; English 10,11,12; English First Peoples 11,12; Mathematics 10,11,12; Physics 11,12; PHE 10; Socials 10,11, Science 10.

Free to all BC residents, SD43 Residency requirements apply.

Registration  
6:00am

06  
MAY



[www.sd43SummerLearning.ca](http://www.sd43SummerLearning.ca)/Phone 604-936-4261



# #ONETEAMONEDREAM



## REGISTRATION IS NOW OPEN!

Give your child the opportunity to learn, play, and grow in a fun and competitive environment. **REGISTER TODAY!**



**Season Starts:** April 2025



**Register:** [www.coquitlamlacrosse.com](http://www.coquitlamlacrosse.com)



**Email:** [registrar@coquitlamlacrosse.com](mailto:registrar@coquitlamlacrosse.com)



**Follow Us:** @CoquitlamAdanacs



**Don't wait** – sign up today and join the Adanac Lacrosse family!

## EQUIPMENT CHECKLIST

To participate in box lacrosse, players require the following equipment:

- **Helmet with Face Shield** (both items CSA or NOCSAE approved)
- **Mouth Guard**
- **Shoulder Pads**
- **Elbow Pads**
- **Lacrosse Gloves** (hockey gloves are okay)
- **Athletic Support** (boys must wear a “Jock” with plastic cup and girls must wear a “Jill”)
- **Basketball-Type Court Shoes** (a pair reserved for indoor use only recommended)
- **Lacrosse Stick** (minimum of 34” in length)

TYKE (Ages 7-8, add to list on left)

- **Back/kidney pads**
- **Upper arm pads and slash guards** (optional)

NOVICE (Ages 9-12, add to list on left)

- **Upper arm pads and slash guards** (mandatory)

BANTAM & 16U (Ages 13-16, add to list on left)

- **Lacrosse Stick** (Minimum of 40” in length)

## EQUIPMENT SUPPLIED BY THE ASSOCIATION

**Game jersey** (loaned to players), **Game shorts** (yours to keep) & **Goalie equipment, including stick**, (with the exception of: helmet, gloves or mouth guard).

**VISIT:** [www.coquitlamlacrosse.com](http://www.coquitlamlacrosse.com)

**EMAIL:** [registrar@coquitlamlacrosse.com](mailto:registrar@coquitlamlacrosse.com)



## JOIN COQUITLAM MINOR ADANACS BOX LACROSSE!

### WHAT IS BOX LACROSSE?

---

Box lacrosse is a **fast-paced, exciting indoor team sport** played in an arena with **six players per team** on the floor at a time. It combines the **speed of hockey**, and the **strategy of basketball**, making it an exhilarating and dynamic game!

The **Coquitlam Minor Adanacs** are a celebrated lacrosse club with a **rich history** in the community, dedicated to fostering skill development, teamwork, and a love for the game in **boys and girls of all ages and skill levels**.



### WHY CHOOSE

---

**FUN & EXCITING:** Fast-paced gameplay keeps players engaged.

**SKILL DEVELOPMENT:** Improve coordination, teamwork, & strategic thinking.

**COMMUNITY & CAMRADARIE:** Become part of a supportive lacrosse family.

**GREAT OPPORTUNITIES:** Compete in tournaments and develop towards higher levels of play.

### PROGRAM OVERVIEW

---

The Coquitlam Minor Adanacs offers programs for **boys and girls from ages 5-16**. Whether your child is new to lacrosse or has experience, we have a program for everyone!

## AGE GROUPS FOR 2025 SEASON:

**U7 (Mini-Tyke):** Born in 2019 or 2020

**U9 (Tyke):** Born in 2017 or 2018

**U11 (Novice):** Born in 2015 or 2016

**U13 (Peewee):** Born in 2013 or 2014

**U15 (Bantam):** Born in 2011 or 2012

**U17 (Midget):** Born in 2009 or 2010



## SPRING BREAK CAMPS

Active and educational programs for children & youth 6-14

Choose from writing,  
acting, art, coding &  
computers, basketball,  
outdoor soccer & more!

✉ [youthcamps@douglascollege.ca](mailto:youthcamps@douglascollege.ca)

Programs run from  
**March 17-28**

Use the QR code to register  
on Feb 10 at 12pm



## HOT LUNCH PROGRAM

### ATTENTION PARENTS!

For just **\$60 per week**, your child can enjoy a  
different hot lunch each day during Spring Break.

**Meat & vegetarian options available.**

For more information or to see the weekly  
menu, use click the QR code or email us.



[youthcamps@douglascollege.ca](mailto:youthcamps@douglascollege.ca)