



ANMORE

ELEMENTARY

January 23rd, 2026

Hello and Happy Friday, everyone,

What a difference the sun makes! We have had another busy week here at Anmore, with crisp mornings, warm lunch hours, and the chill creeping into the afternoon with lengthening shadows on our little hill. What a change from the deluge(s) that brought us back from our winter break! The children have been using the fresh air to the fullest, playing in the forest, on the playgrounds, and playing fields in t-shirts with rosy cheeks, and a lot of laughter.



Anmore students in the 1970s

Inside, the primary grades continue to develop their reading, writing and math, and their parents are no doubt seeing the evolution of story time before bed, with letters sounded out and more shared narration as these skills develop. Our older students are working on their own writing in preparation for public speaking in February, and continuing to develop their leadership skills around the building, taking on roles as Big Buddies, lunchtime monitors, office helpers, and representing our school on the basketball court.

While Divisions One and Two work to hone the questions for our upcoming Anmore Songs Survey (keep an eye out next week), we have been continuing to enjoy songs like the Beatles' "**Obla Di Obla Da**," Creedence Clearwater Revival's "**Proud Mary**," and Tom Petty and the Heartbreakers' "**Walls**," which have each become examples of catchy, memorable, and meaningful songs that the classes have dissected and discussed these last few weeks.

Looking ahead, we hope to include more diverse voices in our songwriter collection, and have begun to explore artists like Jewel, Chuck Berry, the Cranberries, and more. You can always check in with the songs we are talking about, listening to, and singing on the evolving [Anmore Songs Project playlist, on Spotify](#), and there is a standing invite to suggest songs by email, or anywhere you might see me around the school :)

Wishing you a sunny weekend out there, in the meantime!

Bryan Jackson
Principal | Anmore Elementary
brjackson@sd43.bc.ca

Reminders & Notes

- **GRADE FOUR FAMILIES:** Please see the *Middle Years Development Instrument* flier at the end of the newsletter, and in the attachments regarding this student survey that we will be participating in prior to Spring Break.

Need to Know?

[Frequently Asked Questions](#)

[Absence Report](#)

[Parent Forms](#)

On the Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
26 th School-Based Pro-D Day (No School)	27 th <i>After School Basketball</i> (3pm – 4pm)	28 th <i>Lunchbox Theatre Matilda</i> (Lunchtime) <i>Basketball Practice</i> (3pm) <i>After School Pop Song and Dance</i> (3pm-4:30pm)	29 th <i>Hot Lunch: Soup & Buns</i> <i>Social-Emotional Learning Recognition Assembly</i> (1:45pm) <i>Basketball Game</i> (Moody Elementary @ Anmore)	30 th <i>Crazy Hair Day</i>
2 nd <i>Kindergarten Registration Opens</i> 🤔 <i>Lunchbox Theatre Matilda</i> (Lunchtime)	3 rd <i>After School Basketball</i> (3pm – 4pm)	4 th <i>After School Pop Song and Dance</i> (3pm-4:30pm) <i>Basketball Practice</i> (3pm)	5 th <i>Hot Lunch: Sushi</i>	6 th <i>Cross Catchment Process Begins</i> (see SD43.bc.ca)



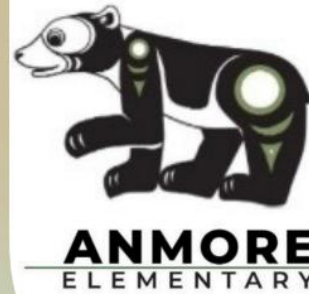
Anmore Moments

For more, follow us @ www.instagram.com/AnmoreSD43



☺

THANK YOU TO OUR LOCAL BUSINESSES!



Thank you for the generous donations that have allowed the PAC to continue to Operate.

● **Badua Cruises**

(Jacquie Badua)

<https://badua.ca/>

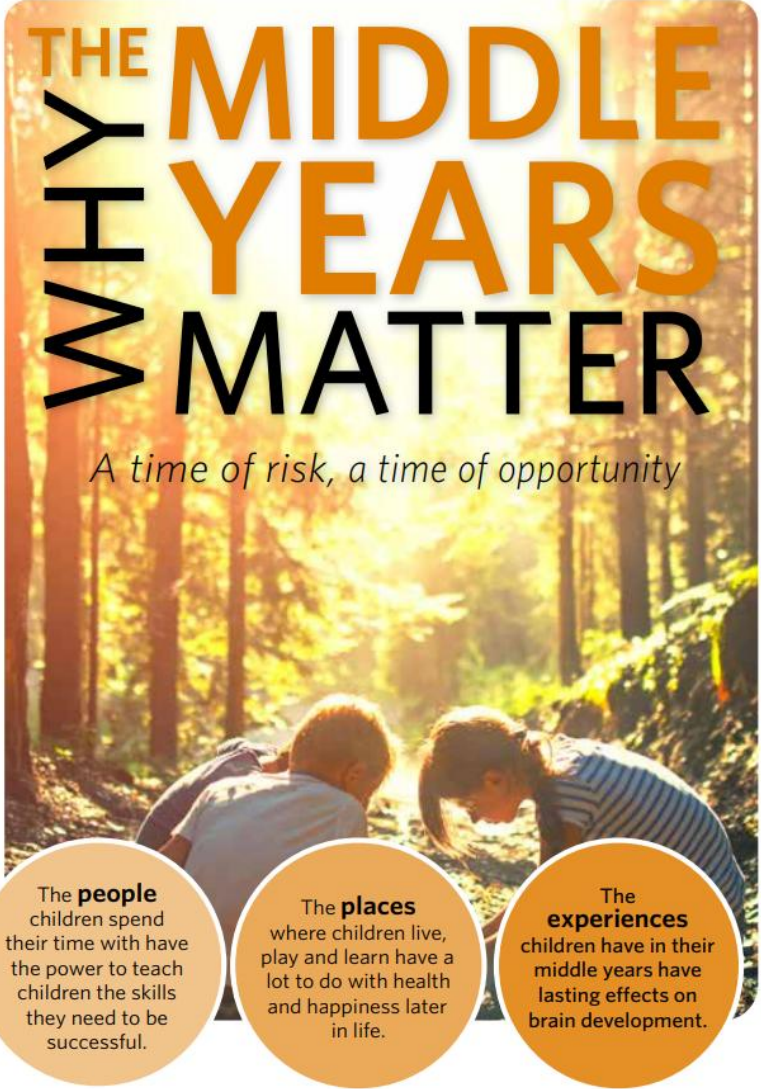
● **Wow Promotions**

(Julie Silvester)

● **Goodbye Graffiti**

(Jennifer Farley)

<https://goodbyegraffiti.com/>



The **people** children spend their time with have the power to teach children the skills they need to be successful.

The **places** where children live, play and learn have a lot to do with health and happiness later in life.

The **experiences** children have in their middle years have lasting effects on brain development.

The Human Early Learning Partnership (HELP) at UBC is using the Middle Years Development Instrument (MDI) to understand more about children's thoughts, feelings and experiences inside and outside of school. The MDI is a questionnaire that gives schools and communities valuable information about the strengths and needs of their children.



To find out more, read on about the MDI or visit earlylearning.ubc.ca/mdi

MIDDLE YEARS RESEARCH SHOWS:

- INCREASED >
 - Poverty
 - Stress
 - Bullying
 - Mental Illness
- DECREASED <
 - Self-confidence
 - Empathy
 - Optimism
 - Overall Health

WHAT MATTERS MOST?

- Caring Adults
- Happiness
- Sleep
- Friendships
- Nutrition
- Out-of-School Activities

SOCIAL-EMOTIONAL LEARNING teaches children how to:

- Control their emotions
- Manage their behaviour
- Feel self-confident
- Express their needs
- Show empathy
- Adapt to change
- Set goals
- Build strong friendships
- Cope with stress



The Middle Years Development Instrument

Hello Parents!

The Middle Years Development Instrument (MDI) is a questionnaire that asks children about their thoughts, feelings and experiences inside and outside of school. It is not a test for reading, writing or math. The MDI looks at children's points of view on:

- Social and Emotional Development**  Optimism, happiness, self-esteem, self-regulation, absence of sadness
- Connectedness**  Presence of supportive adults, sense of belonging with peers
- School Experiences**  Academic self-concept, school environment, bullying
- Physical Health and Well-being**  Health, nutrition, sleep
- Use of Out-of-School Time**  Time spent playing sports, video games and watching TV

The MDI is:

A questionnaire filled out by Grade 4 to Grade 8 students.

The MDI is not:

A tool for comparing individual children, teachers, classrooms or schools.

HOW DOES THE MDI WORK?



Participation is voluntary. Parents or students may withdraw at any time.



Students fill out the MDI during class time. Surveys are sent to a secure lab at the University of British Columbia.



Reports and maps are produced to help families, schools and communities understand what students have said.

HOW THE DATA ARE USED?



- The MDI helps us understand the “whole child” not just how they are doing in school.
- Schools and communities have information about the strengths, needs and wishes of children in their neighbourhoods and school districts.
- People can see neighbourhood differences in the number of children who are healthy and happy.
- Adults can start thinking about ways to build more and stronger relationships with the children in their homes, schools and communities.
- Better plans can be made about the kinds of out-of-school activities that should be offered to children.
- Better decisions can be made about how organizations provide services, spend money and share resources.
- Schools and communities can set goals for the future and can learn about how children are doing over time.

The MDI is administered by the Human Early Learning Partnership (HELP) at the University of British Columbia. For more information please contact:

The MDI Team
 mdi@help.ubc.ca
 1-888-908-4050 | 604-822-1310
earlylearning.ubc.ca/mdi





TRY LACROSSE

NO REGISTRATION NEEDED

**GIRLS ONLY:
SUNDAY, FEB 1
ALL AGES: 2-4PM**

**CO ED:
SATURDAY, JAN 31
& SATURDAY, FEB 7
U7 & U9: 12-1PM
U11 & U13: 1-2PM**

 **WESTHILL
SPORTS BOX**

***HELMET WITH CAGE
MANDATORY**



**QUESTIONS OR NEED GEAR?
REGISTRAR@PORTMOODYLACROSSE.ORG**



LOOKING FOR A TUTOR FOR YOUR CHILD?

Talons Tutoring Program, Gleneagle Secondary

FREE WEEKLY TUTORING

Exciting News! Gleneagle Secondary is offering this year's second round of Talons Tutoring, a **free tutoring service for children grades 4 to 8, taught by students grades 10 to 12**. This program will run afterschool from 4:00 to 5:15 pm, every Tuesday to Friday. Held on Gleneagle's campus, sessions provide a safe, supportive, and engaging environment for your child! If your child is accepted into the program, they will attend tutoring once a week for up to 10 weeks. To sign up and learn more, click on the link to the right and follow @talons_tutoring_ on instagram.

AVAILABLE SUBJECTS

- English
- Math
- Science
- Social Studies
- Languages (French, Mandarin)

Your child's assigned tutor can help with multiple subjects, but choosing one main subject is recommended.

DATES

Round 2 of Tutoring:

Sessions will take place from February 3rd to April 24th, every Tuesday - Friday

4:00 - 5:15pm

SIGN UP!

More information is listed here:

<https://forms.office.com/r/k1Ykuv5Y8d>



Sign up is first come, first serve!
Form closes on January 28th.

FOR ADDITIONAL QUESTIONS, PLEASE CONTACT TALONSTUTORING26@GMAIL.COM



JOIN THE TRI-CITY EAGLES FIELD HOCKEY CLUB - REGISTER NOW

U10 MINI & MITE FIELD HOCKEY

The U-10 Mini & Mites Field Hockey Program is open to girls and boys born between 2016 and 2021 and is a great way to learn, play, and have fun on the field.

The season fee is **\$155** — register before **February 1** and **save \$20** on your season fee! Registration for the Spring season closes **March 31**.

All games and practices are held at Cunnings Field at Town Centre in Coquitlam.

U11 - U18 JUNIORS

Girls born 2008-2015 can join U-11 to U-18 teams in the Greater Vancouver Junior Field Hockey League, playing a fun, exciting, and competitive season from late March to June.

Sign up before **February 1** and **save \$20** on the **\$190** season fee!

U11 - U14 BOYS

The Junior Boys Program is open to players born 2012 – 2015, while younger boys born 2016 - 2021 can join our Mini & Mite programs.

REGISTER NOW

REGISTER NOW AT TCFIELDHOCKEY.COM

Early Bird Pricing:

Save \$20 if you register by February 1, 2026

Regular Price:

\$155 for Minis/Mites and **\$190** for Juniors
Practices begin immediately following Spring Break

Don't wait – secure your spot and join the fun this season!





PORT MOODY **AQUARIANS**

JOIN THE PORT MOODY AQUARIANS SWIM CLUB!



Scan Me!

The Port Moody Aquarians Swim Club is a community youth program that provides opportunities to develop and improve athletic and social skills. Join a competitive summer swim club that is safe, healthy and FUN! **Registration opens**

January 25, 2026 @8AM

<https://portmoodyaquarians.ca/>



Aqua Splashers

SUMMER SWIMMING PROGRAM - AGES 3-4

- 3 practices/week, 30 minutes
- 12 week program: May - July
- Toddler pool at Westhill Park
- No experience required - ability to put face in water is an asset
- Comfortable entering the pool independently
- Registration Opens January 25, 2026 @8 AM
- <https://portmoodyaquarians.ca/>



Scan Me!



PORT MOODY
AQUARIANS



Anmore School X Sabai Thai Spa

50% OFF YOUR SPA DAY

Means More Support
for Anmore!

Avail this relaxing fundraising package:

FLOW AND GLOW SPA PACKAGE

For Only
\$159
(Reg. \$318)

**80 minutes of
pure relaxation**

Full Body Anti-Stress Massage
Express Facial with our Calm line
Aromatherapy Oil Enhancement

*For every
package bought,*

**\$35 goes
directly to
Anmore
Elementary
PAC.**



Scan Me

A Fundraiser Project With Sabai Thai Spa

Indulge in a rejuvenating spa experience designed to relax your body and refresh your skin for only \$159! (Reg.\$318)

SCAN QR CODE TO GET THE DISCOUNT

Help and Support Anmore School!

