



April 2nd, 2026

Hello everyone, and welcome back!

It has been a short but eventful week here at Anmore Elementary, with classes reunited, playground games resumed, and the preparation for the rites of spring gaining momentum. We have hit the ground running – quite literally – as preparations for the **Como Lake Relays** and **Terry Fox Run** are both taking shape, and field trips and special program-planning are in their final stages. Division One is off to Victoria soon, Division Two will be visiting Squamish, and Divisions Four and Five are looking to visit the Vancouver Children’s Festival shortly as well. **Momentum Movement Academy** will be visiting the school in May, too, presenting students with the exciting opportunity to learn the fundamentals of parkour, climbing, tumbling, and more.



We also continue to move forward with our musical journey at Anmore, with more and more data coming from our Community Survey, and new songs going into rotation in classes at an even more rapid clip. In May, with support from a grant through the SD43 Foundation, we will be visited by singer-songwriter Luke Wallace, who will be helping us put some of our own musical ideas into action as our own songs. We are so excited to be closer to sharing the fruits of this adventure with the community, as well, both online and in person as the spring continues, but in the meantime, I did want to highlight something that came through loud and clear in people’s sharing with the survey.

In analyzing the stories, songs, and memories that made their way into the survey, it is clear that music plays a larger role than merely *soundtrack* to people’s lives here. In Anmore and Belcarra, Music is a time machine, transporting us to meaningful places and memories; it is medicine, clearing our heads and setting us on a better course; and it is the fabric of so many of our relationships. Music creates harmony between generations, and a bridge between elders and children, an heirloom we are passing down and that is held precious by the kids.

With more still to come, I have attached a few more of the themes found in the survey after the *Anmore Moments* pictures in the newsletter. Thank you again for all that you supplied in stories and songs to this ongoing project!

Wishing you a happy and healthy long weekend, in the meantime,

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

Reminders & Notes

- **Code of Conduct Review** – Each year, schools look to update and amend their Codes of Conduct for the new school year. Please have a look over our [existing document \(here\)](#), and if you would like to share some ideas or feedback, please feel free to add your thoughts in [this survey here](#).
- **See After School Program Offerings** Beginning in April at the end of the Weekender, [or here](#).

Need to Know?

[Frequently Asked Questions](#)

[Absence Report](#)

[Parent Forms](#)

[Anmore Songs Playlist](#)

[Community Music Survey Playlist](#)

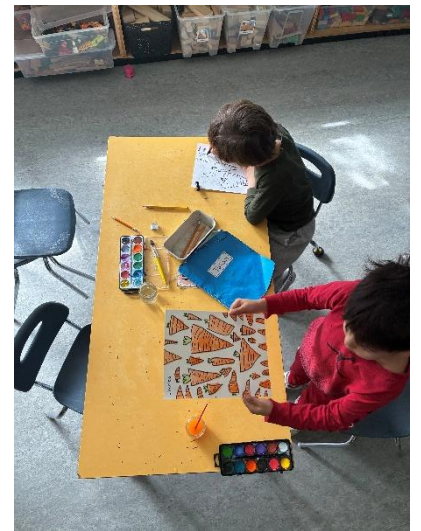
On the Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Monday April 7 th Easter Monday No School	7 th After School Program: Mountain Biking (2:55pm – 5pm)	8 th PAC Meeting (6:30pm – Library)	9 th After School Program: Basketball (3pm – 4pm)	10 th Ms. Hassan's Last Day (Student Teacher in Division 1)
13 th Como Lake Relays Practice @ Como Lake	14 th Division 1 – Field Trip to Victoria	15 th Como Lake Relays After School Program: Soccer (3pm-4pm), Freestyle Dance (3pm-4pm)	16 th Terry Fox Run w/ Special Guest Fred Fox (11am – 12pm)	17 th



Anmore Moments

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



Qualitative Reasoning

The qualitative responses from the Anmore community offer a beautiful and intimate look at how music functions as more than just entertainment—it is a shared emotional language.

1. The "Time Machine" (Nostalgia & Freedom)

For many neighbors, music isn't just a sound; it's a place.

2. Personal Connections (The Fabric of Relationships)

Music serves as the "glue" for Anmore's most important relationships.

3. Music as Medicine (The "Headspace" Shifter)

The community views music as a functional tool for mental well-being.



Music as Time Machine

For many neighbors, music isn't just a sound; *it's a place.*

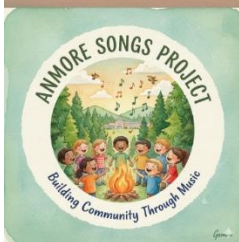
- **The Golden Years:** A dominant theme is the return to teenage years (specifically ages 15–16) and college. Songs like “Chattahoochee” or “I Gotta Feeling” act as instant triggers for memories of "summer nights," "freedom," and "bonfires by the water."
- **Family Foundations:** Nostalgia is often anchored in childhood show-and-tell or parents’ musical tastes. Mentions of Dad playing the piano to Rocket Man or a first cassette tape of Paul McCartney show that many musical roots were planted in the family home.
- **Sensory Details:** Responses were vivid, mentioning the "smell of smoke," "humid air," and "radio cranked" while cruising.



Music as the Glue

This theme highlights how songs aren't just background noise; they are the 'fabric' that binds people together, often acting as a bridge between generations or a landmark for a shared life:

- **Parent-Child Harmony:** Many responses focused on the intimate ritual of bedtime and early childhood.
 - "Singing 'You and Me' every night has become our secret language; it's how we close the day and make sure they feel safe."
- **The Shared Soundtrack:** Music acts as a container for shared history, especially during major milestones.
 - "Every time I hear 'Love is a Verb,' I'm transported back to our wedding day. It's not just a song anymore; it's the sound of the commitment we made."
- **A Multi-Generational Bridge:** There is a strong sense that music is passed down like an heirloom, connecting the music of a parent's youth to their child's current world.



Music as Medicine

- **Emotional Regulation:** Music is used as a deliberate tool to interrupt negative thought patterns or stress.
 - "When the day feels like it's collapsing, I put on my 'reset' playlist. It literally pulls me out of the spiral and puts my feet back on the ground."
- **Catharsis and Release:** For many, high-energy or aggressive music serves as a healthy outlet for frustration.
 - "Sometimes you just need to blast rock music to work out the frustrations of a long week. It's a physical release that words can't quite manage."
- **Focus and Resilience:** Music is often used to create a "bubble" of productivity or to find the mental strength to push through difficult tasks.
 - "It's my armor. When I put my headphones on, the world gets quieter and I can actually find the focus to be the person I need to be."



Anmore: Afterschool Programs (Spring 2026)

Go to www.DWUL.io, search "SD43 Anmore" or "Anmore" or click below.

- [Mountain Biking \(Tuesdays\)](#)
- [Soccer \(Wednesdays\)](#)
- [Freestyle Dance \(Wednesdays\)](#)
- [Basketball \(Thursdays\)](#)

How to register: See the [Support Document](#), [60-second Video](#), or [Online Guide](#).

Programs are brought to you by different community organizations.

DWUL (Do What U Luv) provides registration support.

Note: If the links are not opening due to browser/firewall issues, go to www.DWUL.io first.

Then, search "SD43 Anmore" or "Anmore" for direct access.

Anmore (Tues): Mountain Bike Skills And Trail Building

Sports



Tri-Cities Offroad Cycling Association

REGISTER

SHARE

I'M INTERESTED

CA\$272

City: Anmore

Location: We'll stay around the School property

Place Name: Anmore

Street Address: 30 Elementary Rd, Anmore, BC V3H 5M6

Room: Gravel Parking Lot

Capacity: 8 (7 seats remaining) | Total Sessions: 8

Category Tags: In-Person Program

Regular Dates :

Apr 07, 2026

Apr 14, 2026

Apr 21, 2026

Apr 28, 2026

May 05, 2026

May 12, 2026

May 19, 2026

May 26, 2026

Regular start time: 02:55 pm

Regular end time: 05:00 pm

Anmore (Wed)-SOCCER

Soccer After school life Sports Multisport Afterschool Programs



 After School Life

REGISTER SHARE I'M INTERESTED

CA\$135

- 🌐 City: Anmore, Port Moody, Tri-Cities, Coquitlam
- 📍 Location: GYM
- 📍 Place Name: For Anmore Elementary Students only
- 📍 Street Address: 30 Elementary Rd, Anmore, BC V3H 5M6
- 📍 Room: GYM
- 👤 Capacity: 20 (20 seats remaining) | ⌘ Total Sessions: 9
- 🏷️ Category Tags: In-Person Program
- 📅 Regular Dates :
 - Apr 15, 2026
 - Apr 22, 2026
 - May 06, 2026
 - May 13, 2026
 - May 20, 2026
 - May 27, 2026
 - Jun 03, 2026
 - Jun 10, 2026
 - Jun 17, 2026
- 🕒 Regular start time: 03:00 pm
- 🕒 Regular end time: 04:00 pm

Anmore (Wed)-FREESTYLE DANCE

Dance After school life Hip Hop Dance Afterschool Programs



 After School Life

REGISTER SHARE I'M INTERESTED

CA\$135

- 🌐 City: Anmore, Port Moody, tri Cities
- 📍 Location: MPR
- 📍 Place Name: For Anmore Elementary Students only
- 📍 Street Address: 30 Elementary Rd, Anmore, BC V3H 5M6
- 📍 Room: Multi-Purpose Room
- 👤 Capacity: 20 (20 seats remaining) | ⌘ Total Sessions: 9
- 🏷️ Category Tags: In-Person Program
- 📅 Regular Dates :
 - Apr 15, 2026
 - Apr 22, 2026
 - May 06, 2026
 - May 13, 2026
 - May 20, 2026
 - May 27, 2026
 - Jun 03, 2026
 - Jun 10, 2026
 - Jun 17, 2026
- 🕒 Regular start time: 03:00 pm
- 🕒 Regular end time: 04:00 pm

Anmore Elementary (Thursday) - R1ZE BASKETBALL K-5

Sports basketball

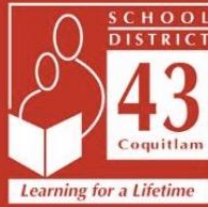


R1ZE Athletic Academy

REGISTER SHARE I'M INTERESTED

CA\$129

- City: Anmore
- Location: Gym
- Place Name: Anmore Elementary School
- Street Address: 30 Elementary Rd, Anmore, BC V3H 5M6
- Room: School Gym
- Capacity: 24 (24 seats remaining) | Total Sessions: 8
- Category Tags: In-Person Program
- Regular Dates :
 - Apr 09, 2026
 - Apr 16, 2026
 - Apr 23, 2026
 - Apr 30, 2026
 - May 07, 2026
 - May 14, 2026
 - May 21, 2026
 - May 28, 2026
- Regular start time: 02:50 pm
- Regular end time: 03:50 pm



SAVE THE DATE



SD43 READY

Prepared Today. Ready Tomorrow.

**MAY
14
THURSDAY**



EMERGENCY RELEASE DAY

[SD43.BC.CA/SD43READY](https://sd43.bc.ca/sd43ready)



NEW REGISTRATION PROCESS:

Summer Learning registration will be by lottery to ensure fair access for all students. Visit the SD43SummerLearning.ca for more information about the lottery, registration, courses and locations.

ELEMENTARY

July 7 – July 24, 9:00am - 12:00pm, 8 locations

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!

Lottery Registration: April 2 – 8, 2026 (Lottery Draw: Thursday, April 16, 2026)

MIDDLE

July 7 – July 24, 8:45am - 11:45am, 3 locations

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!

Lottery Registration: April 2 – 8, 2026 (Lottery Draw: Thursday, April 16, 2026)

SECONDARY SKILL BUILDING

July 7 – July 24, 8:30am - 11:30am & 12:00pm - 3:00pm, 2 locations

Non-Credit Face-to-Face classes: English, English for Beginners, IB Math & Science, Jazz & Concert Band, Science, Home Ec, Sewing, 2D Animation, Metal & 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 & Math is only available by school referral.

Lottery Registration: April 28 – May 4, 2026 (Lottery Draw: Friday, May 8, 2026)

SECONDARY FULL CREDIT

July 2 – August 6, 8:00am - 11:30am & 12:00pm - 3:30pm, 2 locations

Face-to-Face or Online Blended Fast Track: 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.

Lottery Registration: April 28 – May 4, 2026 (Lottery Draw: Friday, May 8, 2026)



SD43SummerLearning.ca / 604-936-4261 / summerlearninginfo@sd43.bc.ca

Free to all BC residents, SD43 Residency requirements apply. Courses and locations are subject to change.