



November 14th, 2025

Hi everyone,

Looking back over these first few months in Anmore, a highlight has certainly been discovering the shared joy that music brings to the community. Whether in the raucous singalongs of the Halloween dance numbers, to the Rising Stars lunchtime sessions, classroom singalongs and especially our family campfire jam at this year's Open House, I have been excited to explore music here and considering how best to set out on this journey.

Enter what I have so far been referring to as the **Anmore Songs Project**, a community inquiry into what music means to us here in Anmore.

Formally, the project is intended to support the goals outlined in our [Action Plan for Learning](#) (APL): in particular our Human and Social Development intentions to foster social emotional learning and demonstrate care for ourselves, others, and this place. There are also strong connections to the Core Competencies of Communication, Creative and Critical Thinking, and Personal and Social Awareness. Additionally, the *Songs* project will create collaborative time for Anmore teachers to connect around our Intellectual goal to further embed the [First Peoples Principles of Learning](#) in our mathematics instruction.

To begin, starting next week classes will be discussing songs that are meaningful to us and considering why they are. While we will be formally asking for parent and community input into the *Songs* project soon enough, if you would like to support next week's discussions by talking with your children about some of your own or your family's memorable songs – songs sung to children in cribs, soundtracks to legendary road trips, wedding first dances, or wherever else they come from.

In the longer view of the project, after considering our own favourite songs, and what makes them tick, we will be looking to delve into the process of crafting some of our own Anmore Anthems to take into the summer campfire season.

If you have any questions or suggestions for the direction of this inquiry into music, meaning, and community, I would love to hear from you! Feel free to catch me during drop off/pickup, or here in the office/email/phone anytime.

Wishing you a restful weekend, as ever,

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



Reminders

- **Pickleball Unit Payment is available on School Cash Online.**
- With the atmospheric rivers lining up to feed our forests with rain, please be sure your children are coming to school with **rain gear** and **spare clothes** (especially socks) as we will continue to be outside for recesses and lunches.
- **A note on fees for Guest Presenters (Pickleball, Plant Walk, etc):** Similar to field trips, these enrichment opportunities often carry a cost which is supported by student payment (along with school and PAC funds, in many cases). If any of these opportunities present your family with financial hardship, please let me know, as we do like for all children to be included in these events.

Need to Know?

[Frequently Asked Questions](#)

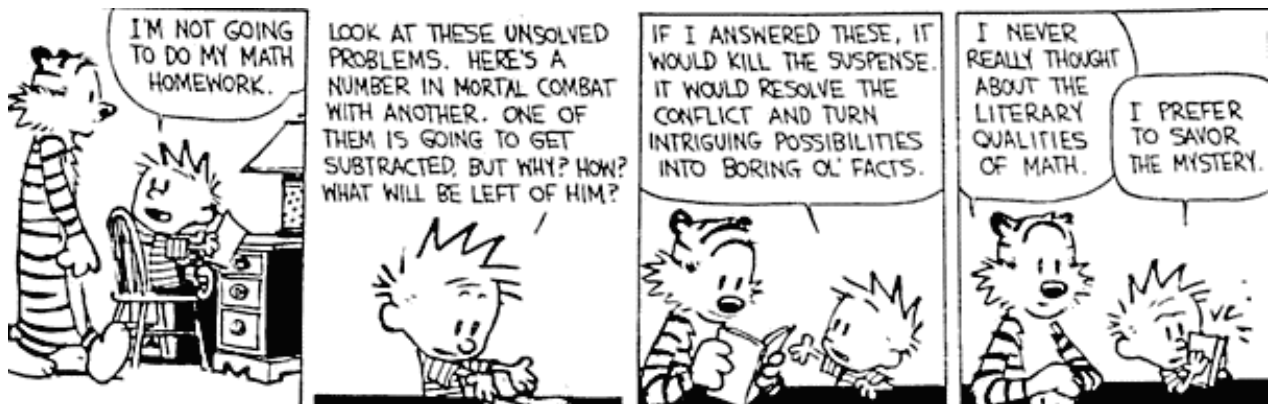
[Absence Report](#)

[Parent Forms](#)

Free to a good home: There are two wooden pallets by the gym doors that are yours if you want them!

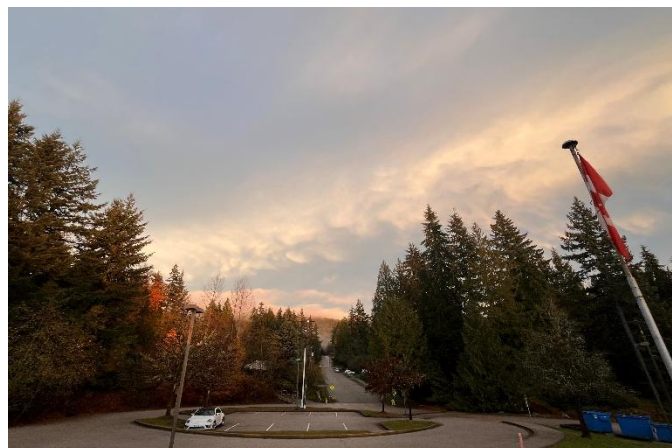
On the Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
November 17 th After School Piano	18 th Rising Stars (Lunchtime)	19 th After School Soccer & Arts/Crafts	20 th Rising Stars (Lunchtime)	21 st
24 th After School Piano	25 th Rising Stars Preview Performance 2:15pm	26 th Mossom Creek Hatchery comes to Div 4/5 Entrepreneur Market 2pm – 4pm After School Soccer & Arts/Crafts	27 th Rising Stars (Lunchtime)	28 th



Anmore Moments

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





SD43Education
FOUNDATION



SD43 Education Foundation Online Auction LIVE November 8 - 25, 2025

Make a Difference in Your Community

The SD43 Education Foundation Online Auction raises funds to support students and programs across Coquitlam, Port Coquitlam, Port Moody, Anmore, and Belcarra.

Last year, the following schools benefitted from sharing **\$51,120** in grants:

Birchland Elementary	Cape Horn Elementary	Castle Park Elementary
Centennial Secondary	Como Lake Middle	Gleneagle Secondary
Hampton Park Elementary	Heritage Woods Secondary	Inquiry Hub
Kilmer Elementary	Meadowbrook Elementary	Montgomery Middle
Mundy Road Elementary	Parkland Elementary	Pinetree Secondary
Port Moody Secondary	RC Macdonald Elementary	Suwa'ikh School
	CABE Secondary	

Amazing Items and Experiences

Bid on vacations, hotel stays, dining experiences, local gift certificates, hockey and sports tickets, golf packages, technology, and more exciting items for everyone.

Visit, Bid and Share: www.32auctions.com/SD43foundation

Direct Link to Auction Site: <https://www.32auctions.com/SD43foundation?r=1&t=all>

In-Person Event

Connect & Learn

In-Person Event for Parents and Caregivers

Raising Children With ADHD: Finding Calm in Emotional Unpredictability

Come and Learn With Us

While strategies for managing challenging behaviour, whatever our child's neurotype, can be helpful, they're difficult to use when you're burnt out, overwhelmed, or caught up in your child's emotional state. Even though you can't control it, you're not powerless. In this session, we'll explore how shifting your own responses during difficult moments can ease tension and help you feel calmer and more confident as a caregiver.



Join FamilySmart and Rebecca Van Der Hijde, a Family Therapist and a Board Certified Behaviour Analyst. She has over 15 years of experience working with families raising children with autism, ADHD, and/or developmental disabilities. With a focus on calm, connection, and empowerment, Rebecca is passionate about helping caregivers understand their child's behaviour (and their own behaviour too)! Registration is limited.

DATE: Tuesday, November 18, 2025

TIME: 6:30 — 8:00pm (Pacific Time)

LOCATION: Executive Plaza & Suites
405 North Road, Coquitlam - Aspen Room

PARKING: Free.

Please make sure to register your vehicle number at the reception desk. ***This step is essential to avoid any parking-related issues.**

COST: Free

For more information, go to:
familysmart.ca/events

With gratitude, FamilySmart would like to acknowledge the generosity of the Ministry of Children and Family Development for sponsoring this event.



Register online at
familysmart.ca/events



FamilySmart
Together-Centred