



Bramblewood Elementary School

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Ms. Britt Walton, Principal

NEWSLETTER # 7

March 1, 2022

Dear Parents and Students:

Real Acts of Caring: February was a busy month with our real acts of caring week, pink shirt day and celebrating Black History Month. Students shared their own real acts of caring by designing and creating cards for both students and staff to acknowledge the appreciation they have for one another. We had morning announcements that reminded us of the importance of being kind and those that recognized the important contributions Black Canadians have made and continue to make in Canada. It is our hope that we all continue to be kind and recognize the important contributions of everyone every day. Additionally, it is especially important this year, to remember what we are grateful and thankful for. We also would like to take the opportunity to wish our families a Happy Nowruz/Persian New Year wish is celebrated later this month.

COVID Update: Thank you for your continued efforts to ensure all our students (your children) and our staff are safe and healthy. As you know, some of the restrictions are beginning to lift in our community and we are all hopeful we will begin to see some reflection of this in the school setting moving forward. On the March 1st, our play zones will open up. This will be exciting for the children to see others and re-establish friendships with those who are not in their class/zone. Our Kindergarten children will remain in the “tot lot” playground as per usual. Please remind your children that we still require them to be mindful of personal space and to use our large school grounds to spread out when they are playing. There will also be a **virtual assembly** to review playground expectations and the changes on **Tuesday, March 1st @ 9am.**

Thank you to the PAC for supporting new play equipment for our children and we look forward to the seeing the children engaged in meaningful, fair and kind play. Here is a short film by Pixar called [“LOU”](#) that is a particularly delightful one about “a pile of lost and found items coming together to teach a toy-stealing schoolyard bully a valuable lesson.” Feel free to view it with your children as another opportunity to spark some great conversation about what it means to be kind, to be a friend, to care about others, and to treat others with respect. *(It is recommended that you preview it prior to viewing it with your child it as there are adds embedded within the link.)*

Eco Challenge: We are pleased to have a group of committed Grade 5 Leadership students form Team Bramblewood for the Coquitlam School District’s Eco-Challenge Competition during the week of February 28th through March 4th. The goal of this Challenge is to inspire and empower students (their peers) and teachers to think about sustainability and energy conservation in their schools. Students have designed 5 events that will run throughout the week, and they will be collecting data to reflect how their small contributions can make a difference in regards to, both energy conservation and the sustainability of energy. We hope our families will also participate with our children.

We would like to wish all of our families a wonderful and safe Spring Break.

Sincerely,
Britt Walton



Next Meeting...

Wednesday,
Apr 20, 2022
at 7:30 pm via
Teams

Please contact
Bramblewoodparent2@gmail.com
for link.

CALENDAR

Spring Break
March 14-25,
2022

Students
Do Not
Attend School

Bramblewood Parent Advisory Council Meeting (BPAC)



Next PAC meeting is virtual (MS Teams) – Wednesday, April 20, 2022. Please email Bramblewoodparents2@gmail.com for more information or to get a link to the meeting. **Note: there is no March meeting being held**

Spring Spirit Wear is coming. Keep an eye out for the chance to order t-shirts, shorts, and embroidered baseball caps.

Thank-you for supporting our ongoing fundraisers:

- **RETURN-IT BOTTLE DRIVE:** Bring your recyclables to Return-it Depot and quote this number 7788632891. Super easy!
- **COBS BREAD:** Visit the Sunwood Square location (3025 Lougheed, Coquitlam), tell them you're with Bramblewood Elementary and a percentage of your purchase will go to the PAC
- **MABEL'S LABELS:** Kids losing things? Use Mabel's Labels! Go to www.mabelslabels.ca, click "choose a fundraiser" and type in "Bramblewood Elementary" and 20% will go to PAC.
- **FLIPGIVE:** Doing online shopping? Use Flipgive and have your shopping done while helping your PAC! Go to <https://flipgive.app.link/teams/join?joincode=WR3LGN>.

Join us on **Facebook** at Bramblewood PAC and/or follow us on **Instagram** at [bramblewood_pac](https://www.instagram.com/bramblewood_pac).

Daily Health Check & Rapid Tests

Please ensure that you and your child/children complete the Daily Health Check found on our [school webpage](#). Parents are expected to review the health check each day before they send their child(ren) to school. Additionally, your child/children should have received a box of 5 rapid tests last week. The Ministry has provided information for their use [here](#).

MyEd – Parent Portal

IMPORTANT for accessing your child's report card. YOU MUST LOG IN THIS WEEK TO VIEW REPORT CARDS NEXT WEEK.

You have received important information regarding the **MyEd Parent Portal; your username and password**. MyEducation BC (MyEdBC) is a secure web-based portal for parents, students and teachers to communicate student information. The Parent Portal will allow you to access your child's/childrens' report card as well as, review other important information throughout their schooling including:

- ✓ Demographics, address & photo
- ✓ Contact names and phone numbers
- ✓ Daily and class attendance
- ✓ Transcripts, credit summary and credit graduation summary
- ✓ Assessments such as FSAs and provincial exams
- ✓ Current class schedule
- ✓ Membership/Groups
- ✓ Transactions and documents (work in progress)
- ✓ Email notifications
- ✓ Calendar that may include due date reminders for assignments, activities, and events

Term 2 Report Cards are issued March 10th, therefore you must sign into your MyEd account before then to view. If you have not received your password or are having difficulty, it could be one of the following reasons:

1. Your username/password may be sitting in your junk folder; OR
2. You may have an older child attending a school that is already on the portal. If this is the case, you have already been assigned an account and you can see all of your children's report cards with that access; OR
3. You have attempted to access the portal three times and it has now locked you out. If this is the case, you will need your account reset and you will need to contact me for such a reset; OR
4. When you log into the portal for the first time, you will be prompted to change your temporary password. You **MUST** ensure that you follow the prompts that are provided and include the required components for a new password or you will experience difficulties; OR

5. You are trying to log in to the portal for the first time with an ipad or smartphone- this is not recommended. Please use a desktop computer to log in for the first time.

Should you still experience difficulty OR have not received your username and password, please contact me asap for this information as we expect everyone to have logged in prior to March 10th, 2022.

Wildlife

As most of our families know, we share our grounds with wildlife and it is about this time when the bears are waking up and other animals are out and about. Please know that the school has a wildlife protocol should wild animals be seen in and around the school or neighbourhood. Also, if children and families are walking to school, everyone should be reminded to:

- use well lit busier roads and walkways
- walk noisily in groups
- avoid forest paths and walking alone

Finally, if you are aware of wildlife near the school, please call the school and the conservation office as soon as possible.

On The Calendar



As always, please remember to check our ecalendar for a complete list of events. Events on this list are subject to change – changes will be made immediately on the online calendar: Bramblewood eCalendar – Link: [Bramblewood eCalendar](#)

MARCH 2022	
Monday, Feb 28 – Friday, Mar 4th	Grade 5 Leadership Students promoting SD43 – Eco Challenge
Wednesday, Mar 9	PAC Meeting via Teams @ 7:30 pm (email Bramblewoodparents2@gmail.com for code/link
Thursday, Mar 10	Report Cards (Term 2) – go home. Make sure to sign up for online report cards as no more paper
March 14-25	Spring Break (no school)
Sunday, March 20	Nowruz – Persian New Year
Monday, Mar 28	School re-opens after Spring Break
APRIL 2022	
Friday, Apr 15	Good Friday (statutory holiday, no school)
Monday, Apr 18	Easter Monday (statutory holiday, no school)
Friday, April 22	Pro D Day (no school)

Counselling Corner

CALM DOWN WITH TAKE 5 BREATHING

How do you feel now? Are you calm or would you like to take another 5 breaths?

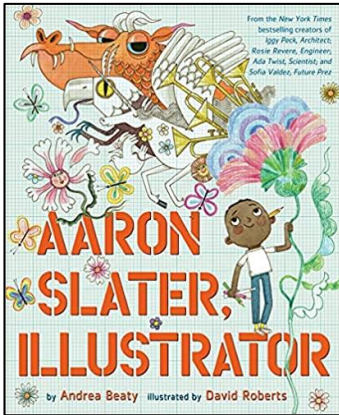
1. Stretch your hand out like a star.
2. Get the pointer finger of your other hand ready to trace your fingers up and down.
3. Slide up each finger slowly – slide down the other side.
4. Breathe in through your nose – out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.

Keep going until you have finished tracing your hand.

© childhood101.com

Take 5 Breathing Exercise is a wonderful way to switch off the stress response. It brings the body back into balance, slowing and deepening the breath and slowing down the heart rate, while harnessing the need to move with an action that requires focus and provides sensory feedback to our brains. Best of all, Take 5 Breathing is simple, enjoyable, free, and you can use it anywhere, anytime.

Taken from: <https://childhood101.com/>



Aaron Slater, illustrator by Andrea Beaty

Aaron Slater loves listening to stories and dreams of one day writing them himself. But when it comes to reading, the letters just look like squiggles to him, and it soon becomes clear he struggles more than his peers. When his teacher asks each child in the class to write a story, Aaron can't get a single word down. He is sure his dream of being a storyteller is out of reach . . . until inspiration strikes, and Aaron finds a way to spin a tale in a way that is uniquely his.

Printed with a dyslexia-friendly font, *Aaron Slater, Illustrator* tells the empowering story of a boy with dyslexia who discovers that his learning disability may inform who he is, but it does not define who he is, and that there are many ways to be a gifted communicator.

Numeracy Activity

Everyone has heard of Wordle....but have you heard of Nerdle?

People were craving a numerical version of the runaway hit game Wordle are delighting in the latest brainteaser called Nerdle. Nerdle is suitable for older children and adults. It was created by British data scientist, Richard Mann, from London, when he launched the numbers version of the viral puzzle game after his 14-year-old daughter said she wished there was a Wordle equivalent for those who love math. Please see the link [here](#) to give it a try daily!

The Nerdle's rules are:

1. There are eight "letters"
2. A "letter" is one of 0123456789+* / =
3. A "word" must be a calculation that is mathematically correct so must have one "="
4. The number to the right of the "=" is just a number
5. Standard order of operations applies, so calculate * and / before + and -
6. Order matters. If the answer is $10+20=30$, then $20+10=30$ isn't close enough.

Spring Break

Bramblewood Staff wishes all of our students and families a fun and safe Spring Break. Last day of class before Spring Break is **Friday March 11th, 2022** and students return to school on **Monday, March 28, 2022**.



Spring Break Camps- PoMo Arts

On behalf of PoMo Arts, please find below spring break camps they wanted to share with you. Any questions, please do not contact the school, please contact Rachel Warwick (PoMo Arts) at email: Office@pomoadarts.ca



Spring Break Camps Children 6 - 11

Intro to Web Design
with **Hillina Ghulam-Nabi**

Creative Clay Camp
with **Mickey Verscera**

Handbuilding Clay Art
with **Ratna Ghandi**

Family Clay Camp

Spring Break Art Fun
with **Gayle Hunter**

Life in Full Colour
with **Nilou Aran**

Register at PoMoArts.ca

2425 St Johns St.
Port Moody



Creative Digital Art
with **Hillina Ghulam-Nabi**

Mixed Media for Teens
with **Christy Dunsmore**

Art and Architecture
with **Christy Dunsmore**

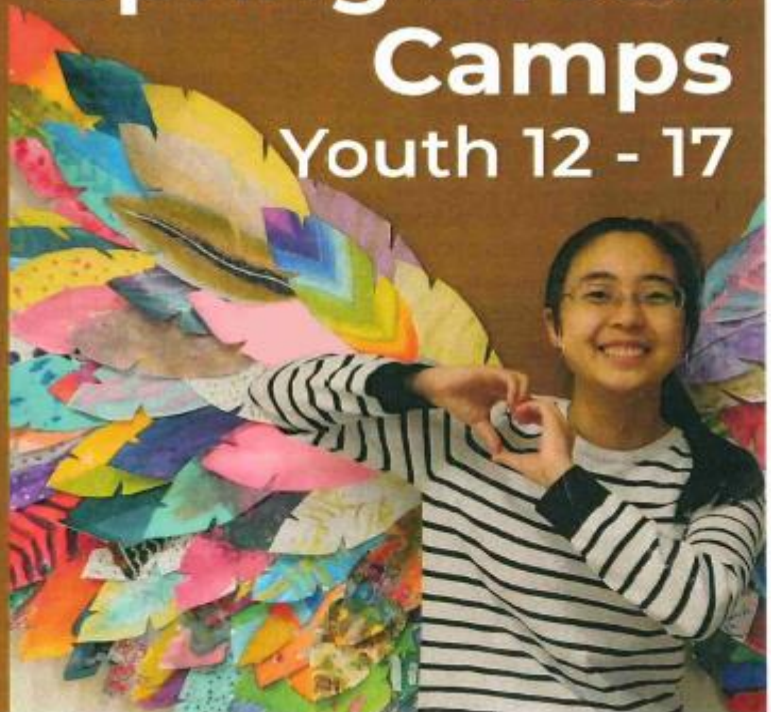
Teen Design Challenge
with **Christy Dunsmore**

Register at PoMoArts.ca

2425 St Johns St.
Port Moody



Spring Break Camps Youth 12 - 17





FASD CAREGIVER CONNECTION SERIES

IN COLLABORATION WITH SD43 AND KINSIGHT

SD43 and the FASD Research Action Project welcomes parents and caregivers to this exciting education and connection series. Join Natascha Lawrence, MA, RCC, BCRPT, a BIPOC neurodivergent clinician, educator, author, and parent of a child who has FASD in learning how to navigate systems and empower your child through an FASD Lens. Online modules will cover topics such as demystifying FASD, how to talk about FASD with service providers, educators and your child, myths, and misconceptions, FASD as a whole-body diagnosis, sensory processing, interoception, connection, communication, and memory strategies, how to build structure and routine, online safety, and planning for the future. Live Share and Care sessions provide opportunity to questions and connect to other families. Please email Tara Marinkovic, Inclusion Support Teacher & POPFASD District Partner, at tmarinkovic@sd43.bc.ca for more information or to sign up.

Open to parents and caregivers of SD43 students diagnosed or suspected to have FASD

Virtual Modules – learn at your own pace. Access to the course from March 1st to June 30th, 2022

Modules include short videos, supplemental reading materials, and handouts

Four Virtual Share and Care Sessions
Mondays 6:30-8:00pm

Share and Care Sessions:
April 4th – Health and FASD
April 11th – Sensory Strategies
April 25th – Communication
May 4th – Safety and the Future

Kinsight



Optional Workshops, Coquitlam Library etc...

From time to time the SD43 district office receive requests to distribute material that may be of interest to the families in our communities or school staff, so we thought we would share if it's of interest.

SD43 Elementary/Middle Schools

Coquitlam Public Library is once again offering a Science Expo for Tri-City students between grades 4 – 12. Science Expo 2022 is split into two categories with prizes for the winners. Please visit www.coqlibrary.ca/programs/teens/science-expo for more information.

Coquitlam Elementary/Middle Schools

Coquitlam Minor Softball Association offers fun and exciting programs for girls and boys of all ages! Registration is open and we welcome new players as well as familiar faces from previous years! Visit www.coquitlamsoftball.com to register

Community Opportunities (virtual) for Schools and Classroom Teachers

Burnaby Art Gallery is offering a virtual tour of new acquisitions and studio activity! More info at www.burnaby.ca/recreation-and-arts/arts-and-culture-facilities/burnaby-art-gallery/school-programs

Outreach Workshops (K-7):

- Coastal Waters, Fridays, Grades 2-7. Curriculum Tie-ins Art Education, Earth Science, Indigenous Studies
- Collection Discovery, Tuesdays and Thursdays, Grades K-7. Curriculum Tie-ins: Indigenous Studies, Ecology/Environment, Art
- Structures & Cities Wednesdays, Grades K-7. Curriculum Tie-ins: Art Education, Social Science, Geography, Math
- New! Forest For The Trees, Mondays, Grades 2-7. Curriculum Tie-ins: Art Education, Ecology, Indigenous Studies

Virtual Gallery Tours & studio (K-12)

- Dan Starling: Unsettled Histories February 4-April 17, 2022 Tour Bookings: Wednesday and Thursday Curriculum Tie-ins: Art Education, History, Science
- ARTS ALIVE & ARTIST APPRENTICESHIP 2022 April 29-June 5, 2022 Tour Bookings: Wednesday and Thursday Curriculum Tie-ins: Art Education, Social Studies

BAG in BOX (K-7) - take us out for two weeks!

- Anna's Press: Find inspiration and explore artistic techniques, subjects and themes featured in the works of Chinese Canadian master printmaker, Anna Wong
- The Printmaker's Pets: Discover relief printmaking techniques, drawing and mixed-media, while exploring how printmakers portray cats, dogs, birds, and more.
- Cultural Portraits: Investigate how an artist's expression reflects their identity and culture and the role visual art plays in reflecting or challenging traditions.
- My Place: Learn about narrative and depth in landscape, representing nature through collage, palette knife painting, colour and pattern to portray Canada's special places.