

# What's New on the Ridge

January 16, 2025



**Grade 5 Basketball:** Practices started on Tuesday, January 13th. Please return permission forms as soon as possible if this has not been done yet. A big thank you to Mr. Drake, Ms. Patrick, Ms. Salary and Ms. Martin for helping coach our Grade 5 team! Practices will be on Tuesdays and Thursdays before school at 8:15 am.



**Backwards Day:** Students are invited to their clothes backwards to school on Friday, January 23<sup>rd</sup> to show off their Eagle Ridge spirit!

**Family Literacy Week:** Eagle Ridge will be celebrating Family Literacy Week, from January 25<sup>th</sup> to February 1st. This year's theme is 'Make Mealtime Family Learning Time'. At school, in addition to classroom literacy focused activities, we have three special school wide events planned.

**-Wednesday, January 28th, will be 'Tops With Text' Day.** Students and staff are invited to wear a top with writing on it.

**-Thursday, January 29th will be 'Dress up as Your Favourite Literary Character Day'.** Students and staff are invited to dress up as or simply bring or wear a prop or t-shirt that references their character.

Each day, students and staff will have to have a book with them at all times when they're inside the building. Once a day, a surprise announcement will be made to 'Drop Everything and Read'. To learn more about BC Literacy Week and check out family resources, please follow the link below.

<https://decoda.ca/literacy-calendar/family-literacy-week-2026/>



**Music Performance:** On Thursday, January 8<sup>th</sup> we had a group of talented musicians, "Blues Rock" put on an entertaining show and along the way taught us about the history of their music. Thank you to the PAC for supporting this performance!



## After School Programs:

Wednesdays	2:43-4:00	Gym	Grades 2-3	Port Moody Soccer	Jan 14 – Mar 4
Wednesdays	2:43-4:00	Lab	Grades 4-5	Robotics	Jan 14 – Mar 12
Thursdays	2:43-4:00	Library	Grades 1-4	Robotics	Jan 15 – Mar 12
Thursdays	2:43-3:45	Gym	Grades 4-5	Gleneagle Leadership Sports Exploration	Jan 15 – Feb 19

### **Kindergarten Registration 2026**

Kindergarten registration takes place online from February 2 – February 5.

If you have a child currently attending Eagle Ridge and are planning on registering a sibling born in 2021 for Kindergarten starting September 2026 please email

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

Students must register at their catchment school, go to [www.sd43.bc.ca](http://www.sd43.bc.ca) for more information. Please pass on this information to friends and neighbours who have children born in 2021!!

### **Cross Catchment Application for September 2026**

Friday, February 6th 9:00 am Cross Catchment online application opens. The application process closes on Wednesday, February 11<sup>th</sup> at 4:00 pm.

### **REMINDERS**

#### **Westcoast Lunch and Recess We Are Going Outside to Play:**

Students should be prepared to be outside each day at lunch and recess. We will only stay inside if it is extremely inclement weather. Proper boots, water-resistant jackets with hoods, and optionally umbrellas will help keep children warm and dry. Please send your child with a full change of clothing to be left at school. Students should also have an inside pair of running shoes. Please dress your child appropriately for the weather conditions. **We cannot call home for extra clothes.**



#### **Student Drop-Off and Pick-Up:**

- Staff Lots - Please **do not** use the staff upper or lower parking lot at **any time** as parking is required for Eagle Ridge staff and other District staff who arrive at varying times throughout the school day.
- Please drop-off and pick-up students along Falcon, Coquitlam Crunch parking area or on neighbouring streets.
- The area in front of the school is for quick drop-off / pick-up only. Please do not park and leave your car, as enforcement officers will ticket and fine you should they come by. Also, be aware that RCMP and City Bylaw Enforcement Officers are increasing traffic enforcement around Eagle Ridge Elementary with random patrols.
- During snowy / icy conditions, Falcon Drive can be extremely slippery and dangerous for vehicles. At those times, it would be better to avoid drop-off / pick-up by vehicle in front of the school.



Eagle Ridge Elementary is on Facebook and Instagram.

We post ongoing Eagle Ridge information for parents/guardians on these social media platforms. It's @eagleridgeSD43 for both – please follow, like, and share.

## **School Calendar**

<b>Date</b>	<b>Activities and Events</b>
<i>Monday, January 19</i>	<i>Divisions 1,4,5 fieldtrip</i>
<i>Tuesday, January 20</i>	<i>Grade 5 Basketball practice 8:15 am</i>
<i>Thursday, January 22</i>	<i>Grade 5 Basketball practice 8:15 am</i>
<i>Friday, January 23</i>	<i>Backwards Day</i>
<i>Monday, January 26</i>	<i>PRO D-DAY Family Literacy Week</i>
<i>Tuesday, January 27</i>	<i>Grade 5 Basketball practice 8:15 am</i>
<i>Wednesday, January 28</i>	<i>Tops with Text Spirit Day</i>
<i>Thursday, January 29</i>	<i>Grade 5 Basketball practice 8:15 am Core Competency Assembly (Raven) 11:30 am Dress As Your Favorite Literary Character Day</i>
<i>Friday, January 30</i>	<i>PAC Hot Lunch-Sushi Mori</i>

## **Inclusive Calendar**

Cultural	05-Jan	<b>Birthday of Guru Gobind Singh</b> A Sikh festival to celebrate the 10th Guru of the Sikhs.
Cultural	14-Jan	<b>Black Excellence Day</b> Created the <u>Ninandotoo</u> Society to rejoice and learn about the stories, art, and history of Black people.
Cultural	14-Jan	<b>Makar Sankranti or Maghi</b> A Hindu celebration of the harvest.
Anti-racism	17-Jan	<b>Raoul Wallenberg Day</b> A day to recognize Raoul Wallenberg for his work in saving tens of thousands of Hungarian Jews during the Holocaust.
2SLGBTQIA+	Mid Jan	<b>No Name Calling Week</b> A week to end name-calling and bullying in schools. Focuses primarily on removing 2SLGBTQ+ insults.
Anti-racism	21-Jan	<b>Lincoln Alexander Day</b> A day to pay tribute to Canada's first Black Member of Parliament, Cabinet minister, and Lieutenant-Governor of Ontario.
Cultural	24-Jan	<b>World Day for African and <u>Afrodescendant</u> Culture</b> A day to celebrate and highlight the contributions of the many vibrant cultures of the African continent and the African people around the world, as well as their role in driving sustainable development, dialogue, and peace.
Anti-racism	27-Jan	<b>International Holocaust Remembrance Day</b> A day to pay tribute to the memory of the victims of the Holocaust and reaffirm a stand to counter antisemitism, racism, and other forms of intolerance.
Anti-racism	29-Jan	<b>National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia</b> A day to pay tribute to the memory of the 6 victims s of the Quebec City Mosque Attack and to reaffirm a stand against Islamophobia in all of its forms.
Health	Changes Annually	<b>Bell Let's Talk Day</b> A day to encourage people to have important and open conversations about mental health.
Cultural	Changes Annually	<b>Mahayana New Year</b> A Buddhist celebration.

# NEWS FROM THE PAC

## What's New with the PAC:

*Join our monthly meetings to hear updates from the principal and voice any feedback.*

*All parents and guardians are welcome and encouraged to attend.*

*The agenda will be posted on our website a week in advance. If you would like to add an agenda item, please contact us 10 days prior to the meeting.*

*Our next PAC Meeting is scheduled for **Tuesday, January 20th @ 6:30 (school library)** If you would like to volunteer, join a committee, or have any questions please contact us at [eagleridgepac@gmail.com](mailto:eagleridgepac@gmail.com)*

*Stay connected:*

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

[www.facebook.com/EagleRidgeElementarySchoolPAC/](https://www.facebook.com/EagleRidgeElementarySchoolPAC/)

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

*Happy New Year, Eagle Ridge community!*

*Thank you to all the families who took part in our Parent Education Survey. Based on your feedback, we're excited to share that we have a presentation booked. Please save the date!*

*When: Tuesday, February 10, 2026, from 6:00–7:00pm*

*Where: Zoom*

*Presenter: Dr. Susan Rai, RCC, Psy.D., North Shore CBT*

*Topics will include:*

- *Understanding neurodivergence*
- *Identifying neurodiversity, including types of testing and assessments*
- *How to advocate and support your child (IEPs, home strategies, school and community resources)*
- *How to talk with your child about neurodiversity*
- *Q&A session*

*We hope you can join us!*

*PAC PIZZA Lunch*

*January 30<sup>th</sup> Sushi Mori*

Order on <https://munchalunch.com/home.html> by January 23rd

*(late orders not accepted)*

# NEURODIVERSITY

## FREE PARENT EDUCATION SESSION

by Dr Susan Rai, RCC, PsyD, North Shore CBT

**TUESDAY, FEBRUARY 10**

**6-7PM VIA ZOOM**

### TOPICS COVERED:

- understanding neurodivergence
- identifying neurodiversity, including types of testing and assessments
- how to advocate for and support your child (IEPs, home strategies, school and community resources)
- how to talk to your child about neurodiversity
- Q & A session





# **Talking to your Kids**

## **Emotion Coaching Workshop**

Learn practical tips for positive conversations  
when emotions are intense.



Free PAC Event  
February 5, 2026  
6:00-8:00 PM  
Library at Scott Creek Middle School

REGISTER:  
[bit.ly/49W4jGG](https://bit.ly/49W4jGG)