



# ÉCOLE GLENAYRE ELEMENTARY SCHOOL

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Newsletter # 23

February 22, 2024

## Upcoming Calendar Events

Fri, Feb 23 – Pro D Day

Wed, Feb 28 – Pink Shirt Day

Thurs, Feb 29 – Glenayre Wear Day  
Hot Lunch – Subway

Fri, March 1 – Trivia Night

Mon, March 4 – Staff Meeting

Tues, March 5 – Donut Day

Thurs, March 7 – Theatrix Lunch Box  
Performance 1:45pm

Wed, March 13 – Theatrix Spotlight  
Performance 3:15pm

Thurs, March 14 – Hot Lunch – A&W

Fri, March 15 – Glenayre Wear Day  
Term 2 Learning Updates on MyEd  
Last Day Before Spring Break

Mon, April 1 – Easter Monday

Tues, April 2 – School Re-opens

## Principally Speaking

... stay tuned



## COUNSELLOR'S CORNER

Welcome to Counsellor's Corner, your place for resources, upcoming events/workshops, and weekly mindful moments (short activities to do at home to foster better mental health).

### Mindful Moment

#### *Random Acts of Caring*

This month's theme is Random Actings of Caring (RAC). RAC are nice things we do without the expectation of getting anything in return. Each week this month there will be a new challenge to complete.

This week's challenge is to do a chore you don't usually do.

## Workshops

### Family Smart Workshops

For Families: A Conversation About Eating Disorders - Various Dates and Times in February

Click [Here](#) to Register for Above Sessions

Matters of the Mind: Top 10 Strategies for Caregivers Supporting a Child with Anxiety- March 6<sup>th</sup>

6:00pm

Click [Here](#) to Register

Questions? Comments? Concerns? Observations? Do not hesitate to contact me.

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### QUICK LOOK 📄

*Don't miss out on the many exciting upcoming PAC events!*

*For details, please continue reading below or visit: <https://glenayrepac.wordpress.com/>*

**\*\*Reminder- Please direct all hot lunch and PAC related emails to [glenayrepac@gmail.com](mailto:glenayrepac@gmail.com) and do not reply directly to Mrs. Gormann.\*\***

TODAY        New PAC executive volunteers needed- Contact us today!  
                 Subway hot lunch order deadline

UP NEXT      Feb 24- Black history month celebration at Makin house

UPCOMING    Feb 26- Art Card orders open online  
                 March 1- Trivia Night- **Join us as a Volunteer!**

### URGENTLY NEEDED - VACANT PAC EXEC ROLES FOR 2024-25

We are in URGENT NEED of new PAC executives for the new school year. THE TIME IS NOW! Vacant roles include President & Vice-president and typically serve a two-year term. We need these roles secured by April/May and the sooner we have volunteers to step into these vital positions, the more time there is to support the transition (help us help you!).



Without a PAC executive team, our PAC will be forced to dissolve and we will lose all the PAC initiated events/activities as well as funding. So, what do we ALL really stand to lose?

- Hot lunches
- Theatrix
- Young Actors subsidy
- Saleema Noon Sexual health education subsidy
- Fun events like the PANCAKE BREAKFAST, CARNIVAL, MOVIE NIGHTS, DANCES, THE READ A THON, TRIVIA NIGHT, THE BOOK FAIR and more!
- Our annual gaming grant (thousands of dollars put toward supplemental education programs and field trip transportation and programs like the tennis program)

Each year our PAC fundraises to also provides financial support to the school for:

- teacher discretionary fund
- KM club supplies
- technical support (student ipads)
- music supplies for Mme Low
- a large portion of the Grade 5 Sasmat camp trip.

- NO EXPERIENCE NECESSARY. There is a lot of support available through previous and current volunteers as well as thorough documentation. **Remember, the executive team and PAC volunteers decide how many events take place. Do as much or as little as you feel you can take on and make the position your own!**

- Read more about responsibilities of the PAC and view positions here: [glenayrepac.wordpress.com/your-pac/](https://glenayrepac.wordpress.com/your-pac/)

- Want to chat? Email Erica, current PAC President, at [glenayrepac@gmail.com](mailto:glenayrepac@gmail.com)

### **ART CARDS**

Teachers have completed their art projects with the students. On Monday, Feb 26th, every child will be sent home with a free, usable, professionally printed greeting card and families will have an opportunity to order greeting cards and gifts. This is an amazing fundraising initiative for our school as we receive 20% back on all orders. **Orders open Feb 26th** at [www.TheCardProject.ca](http://www.TheCardProject.ca) and finished products will be delivered to the school in April. Thank you to our PAC parent volunteer Kristin Morrison for facilitating this beloved initiative!

### **HOT LUNCH**

Subway hot lunch is Feb 29th. Be sure to get your order in before our deadline today!

Reminders:

- 1) All hot lunch orders close 1 week prior to the hot lunch date. Ordering instructions can be found on our PAC website at <https://glenayrepac.wordpress.com/>
- 2) Please direct all hot lunch and PAC related emails to [glenayrepaclunch@gmail.com](mailto:glenayrepaclunch@gmail.com) and do not reply directly to Mrs. Gormann.
- 3) Hot lunch Volunteers positions are posted on Lotsa Helping Hands.

### **TRIVIA NIGHT 2024 - WE HAVE A FULL HOUSE!**

**Friday, March 1st, 2024 from 6:30-11:30pm in the school gym**

We are so excited to see so many amazing teams signed up! Thank you for everyone's support in getting your registrations in early! If you were hoping to join in the fun but don't have your team yet, we still have an urgent need for volunteers.

**VOLUNTEERS NEEDED** - Volunteering at Trivia night is just as fun as participating. We cannot make this event happen without the help of our amazing volunteer crew. Please be sure to check out the coveted "Judges" positions and be prepared for some serious food related bribery! Sign up today on [Lots Helping Hands](#).

### **TRI CITIES BLACK HISTORY MONTH CELEBRATION**

Looking for a fun family day event? Celebrate the dynamic and varied cultures of the African diaspora in Coquitlam. Come dance, craft, visit with neighbours, and enjoy amazing foods together in community. Listen to bands representing a variety of African musical traditions and styles, visit booths from community partners, enjoy African inspired treats, face painting, balloon animals, and even take selfies with a princess!

When: February 24, 2024

Time: 12pm-3pm

Where: Mackin House  
Address: 1116 Brunette Avenue, Coquitlam



<https://www.coquitlamheritage.ca/events/black-history-month-celebration>

## YEAR LONG OPPORTUNITIES TO SUPPORT THE GLENAYRE PAC

### DOLLARS & CENTS STORE

We're pleased to share a fundraiser available all school-year long through Dollars and Cents Stores! When you mention the "Glenayre PAC" account, 20% of sales will be donated to our school PAC. Dollars and Cents is a fun, well-stocked "dollar store" located in Westwood Plateau near David Ave and Johnson St in Coquitlam. <http://www.dollarsandcentsstores.com/>

### PORT MOODY LIQUOR STORE FUNDRAISING REBATE

 Thank you for your support! Our YTD rebate is at **\$645!** Please share this fundraiser with your friends and family as a way to continue supporting Glenayre Elementary! 

Year round fundraising opportunity available through Port Moody Liquor Store on St. John's Street. Simply mention "**Glenayre Elementary**" at checkout, and 5% of your purchases will go toward the Glenayre PAC. Please share this with your friends and family as a way to continue supporting Glenayre throughout the summer and beyond.

### MABEL'S LABELS

A quick and easy way to support the PAC is by ordering Mabel's Labels online. Our PAC receives 20% back on all orders. These labels are durable, laundry safe, dishwasher safe and a great way to avoid your child losing items. There are lots of fun holiday themed labels and return address labels online now. Go to [https://mabelslabels.ca/en\\_CA/fundraising/support/](https://mabelslabels.ca/en_CA/fundraising/support/) and search **Glenayre** as your school to support.

### FIRST AID HERO BABYSITTING, STAY SAFE & MY SAFE LIFE COURSES

First Aid Hero is a Canadian Red Cross Training Partner and all instructors are certified youth leaders. Their courses help kids learn the skills necessary to keep them safe. Courses offered are My safe life (ages 7-10), Home alone Stay safe (ages 9-13) and Babysitting Course (ages 11-15). Be sure to use our promo code at check out for both in-person or online courses and our PAC will receive \$5 per registration. <https://firstaidhero.com/> **PROMOCODE: glenayre.**

### SOCIAL MEDIA

Best way to stay up-to-date with PAC information is to follow us on social media:

- 1) Like and follow on **Facebook** at <https://www.facebook.com/glenayrepac>
- 2) On **INSTAGRAM** follow us at: [@glenayrepac](https://www.instagram.com/glenayrepac)
- 3) Or bookmark & subscribe to the Glenayre PAC website: <https://glenayrepac.wordpress.com/>

# Attachments:

## 23.1 – City of Port Moody afterschool Programs

### Free information sessions: how to co-exist safely with coyotes

Sign up to attend a free information session to learn how to co-exist safely with urban coyotes.

Coquitlam and Port Moody are collaborating with the Stanley Park Ecology Society for the second year to provide information on common misconceptions about urban coyotes, as well as tips to help keep your family and pets safe.

**Register to attend one of two free information sessions**

Coyote breeding season is underway now through April, which means they will be more active as they secure and protect territory. Residents may hear coyotes howling and yipping more often as they communicate with each other and establish their territories and may even come across coyotes while the animals are active and seeking mates. Minimizing conflicts between coyotes, humans, and pets is important in protecting the safety of our community, and our urban wildlife. Coyotes have a vital role to play in the urban ecosystem as they help control the population of rodents and other wildlife.

Presented by Dezirae Barreto from the Stanley Park Ecology Society, each one-hour session will provide information about coyote breeding season, common misconceptions about urban coyotes, what to do if you encounter a coyote, and ways to manage attractants. All ages are welcome to attend.

#### Port Moody

Register at [portmoody.ca/SignMeUp](https://portmoody.ca/SignMeUp) or call 604-469-4556.

- **Date:** Friday, February 23, 2024
- **Time:** 7-8pm
- **Location:** Glenayre Community Centre, 492 Glencoe Drive
- **Course ID#:** 00039004

#### Coquitlam

Details at [coquitlam.ca/UrbanWildlife](https://coquitlam.ca/UrbanWildlife) and register by email at: [UrbanWildlife@coquitlam.ca](mailto:UrbanWildlife@coquitlam.ca).

- **Date:** Saturday, March 16
- **Time:** 1-2pm
- **Location:** Room 2/3 at Poirier Sport & Leisure Complex, 633 Poirier Street

#### About the Stanley Park Ecology Society

[Stanley Park Ecology Society](#) – a registered charity since 1988 – began as the Stanley Park Zoological Society.

Following the closure of the Park's petting zoo in 1995, the society revised its name but continued with its aims of education, conservation, and outreach programs.