





School District No. 43 (Coquitlam)
Heritage Mountain Elementary School
 125 Ravine Dr., Port Moody, B.C. V3H 4Z1 ☎604-469-6407 📠 604-937-8017
www.sd43.bc.ca/heritagemtn

We acknowledge we are on the unceded traditional territory of the Kwikwetlem First Nation, which lies within the shared territories of the Tsleil-Waututh, Katzie, Musqueam, Qayqayt, Squamish, and Sto':lo Nations.

OCTOBER 2023

Newsletter #1

Sept 29, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School Stat for Truth & Reconciliation Day	3	4 Pick up Neufeld Farms orders 6pm	5	6
9-Thanksgiving No School 	10	11	12 PAC Meeting 7pm	13 Interim Reports go home
16 Wear your coyote shirt!	17	18 9am Performance "Visions of Turtle Island"	19 Photo Retake Day	20 Pro-D Day Province wide
23	24	25	26	27 PAC Fall Event
30	31 Hallowe'en Activities Parade @1:30 	Nov 1 PJ Day	Nov 2	Nov 3



Friday Sept 29th - Recognizing Orange Shirt Day

We kindly request that staff and students wear orange to school on Sept 29th - one day before "Truth & Reconciliation" Day - as we do our best to honour Residential School Survivors, their families and communities and we discuss meaningful Reconciliation. At HME, we are taking action to learn, share and celebrate, and do our part to build a better country together!

Saturday Sept 30th - Truth and Reconciliation Day

Schools in BC will be closed on Monday October 2nd

to honour Truth and Reconciliation Day in Canada and demonstrate our commitment to reconciliation.

PRINCIPAL'S PERSPECTIVE

Mr. Jonathan Sclater



Hello HME Families,

September is always a blur as we adjust to the many changes in our schedules and work hard to establish calm in our new routines. No matter how busy it has been though, the energy in our school community has been so amazing! Struggling through my own temporary battle with sciatica has been challenging and I am taking it day-by-day; but what has truly really kept me going are the connections here with students, parents, and staff. I am so thankful for all the positive messages I have received, and I thank you for your tremendous support and encouragement.

It was so great to see so many of you out for Our Open House and BBQ recently. It was a real highlight and joy for me, and I hope it was for you as well! I want to thank the PAC Executive for their support of this event, and I want to specifically thank Tracy Lindberg and Ladawne Shelstad and their crew of parent volunteers who gave so much time behind the scenes and for their efforts on the day of our event to run all the special activities to create a real atmosphere of fun and community. Thanks to my grilling buddy Ajay Shah – who helped me flip approx 250 hamburgers and an equal number of hot dogs!



AT HME WE ARE ALL CONNECTED AND WE ALL BELONG

WHAT'S HAPPENING AT H.M.E.



Mon Oct 9th – Thanksgiving Statutory Holiday

School will be closed for this Canadian Statutory Holiday

Friday Oct 20 – Professional Development Day

There is no school for students. On this day, teachers will engage in on-line professional development with provincial organizations.

IMPORTANT INFORMATION

FSA's (Foundational Skills Assessment) – Grade 4

All grade 4's will be writing the FSA's in October and early November this year. A separate letter with details from our school superintendent was emailed to all grade 4 families from Mr. Sclater on Sept 22nd. For exact dates of this assessment, please do not hesitate to contact your child's Grade 4 teacher.

Need to email your teacher?

If you are unsure of a teacher's email address please go to the Heritage Mountain website www.sd43.bc.ca/school/HeritageMountain and click on "Staff Directory". There you will find email addresses for all teachers and the principal.

Heritage Mountain Elementary School
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Programs & Services Staff Parents Intranet Pu

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Staff Directory

Staff List

Parent Portal – MyEd

The Parent Portal is being used for more and more information on your student. Please ensure you have LOGGED IN to your Myed account and reset your password – passwords expire every 90 days.

www.myeducation.gov.bc.ca/aspen/logon.do

If you can't remember your password hit the "I forgot my password" button and you will get an email with a temporary password for you to change.

If you have not already done so, please log into your Myed account and check the parent portal for the Student Verification Form – please check over this form and if there are any changes to addresses, phone numbers, emails, please print the form, make the corrections and send to the office.

REPORT CARDS – Please ensure that you are viewing your child's report card through the parent portal as soon as they are published. You will not be able to view report cards from June in September. It is your responsibility to view the report cards and save or print. Requests for report cards to be printed will be done as time permits – this is a time consuming process for the office and you may experience a delay in being able to accommodate this request.

Reporting Absences

The best way to report an absence is to use the online "Absence Report". You will find this on the school website under "Quick Links" on the RH side of the page. Once submitted, this report goes to the Secretary and the Principal and is entered into the computer system. Of course, it is also helpful if you let your teacher know by email. Using the absence report is the preferred method of communicating an absence, as it ensures the school office is aware. If staff are absent, and you have sent an email to them personally, it does not automatically get forwarded to the office.

Go to the school website www.sd43.bc.ca/school/heritagemountain

Scroll down.....and on the RH side of the page you will see:

Quick Links



Absence Report



Absence Report

Fill in all required fields and click on Submit

Select School:* *

Please make sure you select the correct school.

Student Last Name:

Student First Name:

Please fill in the absence report and submit!

Reminders from the office

Students leaving early for appointments must come to the office to sign out – Mrs. Godin will sign the student out in the office and indicate whether they will return to school or not. Parents should come to the office for their child. **Please allow EXTRA TIME when picking up your child** – classes move around during the day and they will not always be in their classroom. It is very helpful if you try to pick up children around natural “breaks” in the day – at the start or end of recess (10:25 or 10:40) or the start or end of lunch (12:10 or 1:00). It is very difficult to track down students once they have gone outside for lunch and it will take much longer for you to retrieve them.

Parents – please communicate with your Daycare provider if your child is not attending daycare on a certain day. It saves MUCH confusion at the school if you relay this information prior to the school day starting.

Parking – there are 3 designated “disabled parking” spots. Only vehicles displaying the disabled parking decal or have spoken directly with Mr. Sclater, should be in these spots. Please respect those people that require these spots.

Please try to make after school arrangements prior to the start of the school day. Send a note in your child’s planner if you have made different arrangements for after school pick up. Try to email the teacher before the school day starts to let them know of early dismissal for appointments. Once the school day starts it can be difficult to get messages through to teachers and classes.



Checklist of forms due to the office

If you have not done so already, please send the following to school immediately:

- Emergency Release Form (Yellow)
- Student Verification Form – available through MyEd Parent Portal- if changes are required please print out the form, make corrections and return to the office

HAVE YOU COMPLETED YOUR ONLINE SCHOOL POLICY FORM?

It is *required* that parents complete this form *every year*, for each of their children. If you have not already done so, please go to the **KEV School Cash Online System** and complete the **School Policy Form**.



Appropriate Outdoor Wear for Westcoast Recess

Children will be playing outside at recess and lunchtime, rain or shine! Please send your children with appropriate outdoor wear (including footwear) for the weather. Rain boots, rain pants, hats and umbrellas can help children enjoy their outdoor time even more! A change of clothes would also be helpful for some students. Even on rainy days and snowy days, the fresh air break is very beneficial for children’s physical and mental health. Due to Covid 19 health suggestions – classes will be held outside more than past years. Thank you for your support.

Severe Allergy Alert

Some of our students may have a severe allergic reaction to even small traces of peanuts or nuts of any kind. To ensure a safe environment for all students, we ask that parents do not send any food containing nuts, including peanut butter and Nutella, to school. Because we share door handles, stair railings, fountain taps, etc., it is important we keep all our children safe. If your son or daughter has a severe allergy, please make sure to send in the medical alert form and inform the office.



FOUND!

Are these your child's glasses? They are navy blue with some orange. Please claim at the office!

Have you SEEN our Lost and Found??? At any given time we have at least 10 jackets/sweatshirts hanging there and often as many as 20! Please label your child's clothing, waterbottles, etc. It makes it much easier for us to return items to students if their belongings are labelled! Thank you. Please feel free to come and view the Lost and Found located just inside the main doors of the school if your child has lost something.



Please help Heritage Mountain Elementary be a good neighbour and keep our children safe!

Here are some parking reminders to help keep our neighbourhood safe for everyone:

- If you drop off/or pick up your child in the drop off area, in front of the school, please make sure to not stay in that area. Please do not come too early. If your child is not waiting there for you, you will need to drive through and safely re-enter the drop off area again.
- Please be aware of parking and stopping regulations on the streets around our school. Never double park.
- Allow 3 meters between your car and house driveways so that residents can safely exit and enter their own homes.
- Park at least 6 meters away from stop signs.
- Please do not wait in the parking lot, unless you are in a parking space. The traffic congestion causes unsafe situations.

VOLUNTEERING

Frequently Asked Questions

What do I need to do to volunteer and/or to be a volunteer driver?

Parents volunteering in the classroom need to complete a volunteer application – once completed this is good for the duration of time your child attends HME.

You must also apply for a Police Information Check (Criminal Record Check) if you will be alone (unsupervised) with students (driving, field trips)

*For parents driving, **every year** you need to submit a new volunteer driver application and a new drivers abstract from ICBC (apply online choose “personal driving record option”). You must also have a Police Information Check/Criminal Record Check on file*

What about the Police Information Check aka Criminal Record Check – how does that work?

Your PIC/CRC is good for 5 years. Port Moody residents apply online and there is a small fee that you pay – you need to get a letter signed by the principal from the secretary (Mrs. Godin) to attach to your online application.

Coquitlam residents need to apply in person to the RCMP detachment with a letter signed by the principal from the secretary (Mrs. Godin). There is no charge.

So how many forms do I need to submit every year to be a volunteer driver? The answer is FOUR (4)

You need to have a current PIC/CRC on file with the school

If you haven't already done so, complete the online volunteer application form (through KEV School cash online no cost) – this is good the entire time your child attends HME

You need to get a new Drivers Abstract from ICBC every year

You need to complete a Volunteer Drivers form through KEV School cash online no cost every year

Is the volunteer application different than the volunteer driver application?

Yes, the volunteer driver application pertains to your make, model of vehicle, number of seatbelts and your 3rd party liability

When you say every year – is it a calendar year?

No, the year is September – June. So even if you get your ICBC abstract done in June, you will need to submit a new one for the next school year.

I have two kids – do I have to fill out volunteer application and volunteer driver form for each child?

No, you only need to complete one form per family.



Learn when and how to have your

child's eyes, ears and oral health checked.



October – Child health screenings: vision, hearing and dental

Make dental, hearing and vision checks part of a healthy routine

Health screenings help find issues early which can make treatment easier and more effective. It's important for your child to have regular eye exams and routine dental checkups. It is also important to recognize any hearing loss early as this is essential for speech and language development. Read on to learn when and how to access services for your child.

Dental

Tooth decay is the most common, but preventable, childhood chronic disease. It is important to establish good oral hygiene at a young age and have children's teeth checked by a dentist regularly. To find a local dentist near you who is accepting new patients, visit the BC Dental Association's [Find a Dentist database](#). If you are a member of a low-income family and you do not have extended health coverage, there are several programs that can help you access [affordable dentistry for your children](#). You can also contact the dental program at your [local public health unit](#) and ask about resources available in your community.

Vision

[BC Doctors of Optometry](#) recommends children receive their first eye exam when they are six to nine months old with a follow up exam at least once between the ages of two and five and then yearly once they enter school. You can find an optometrist accepting new patients near you at the College of Optometrists of British Columbia's [Find an Optometrist database](#). In B.C., basic eye exams, one per year, are free up to the age of 18. Some optometrists may charge a small user fee of about \$35 per visit so be sure to ask about any fees before you make an appointment.

Hearing

Good hearing is essential for speech and language development and plays an important part in a child's social and emotional growth. It is important to recognize hearing loss early and seek out testing and treatment if needed. Fraser Health's Public Health community audiologists provide hearing services for children from birth to 19 years of age. If you have a concern about your child's hearing, referrals can be made by a parent or caregiver, a health care provider or education professional to your [local public health audiology \(hearing\) clinic](#).

Find more information on child health screenings and how to access free vision, hearing and dental exams on Fraser Health's website: <https://ow.ly/oK9z50PegZB>