

THIS WEEK AT KILMER

October 2, 2020

PRINCIPAL'S MESSAGE

Dear Parents,

Amazing, September is over and we are already into October. Thanks so much to our entire community for your support as we put into place the protocols and procedures for Stage 2 return to school.

Some of the new routines have been modified or changed already. This is part of our new experience. There will be changes as we go.

Social Distancing, and the wearing of masks by the adults in the building are key strategies to prevent transmission of the virus. Masks for students are optional.

Helping children to understand social distancing and the difference between home bubbles and school learning team bubbles is critical to ensuring the health and wellbeing of our community.

At the beginning and the end of the day, we ask that parents practice social distances with children and parents who are not in their family bubbles.

Please leave room around classroom doors and entries for easy movement for students.

We would respectfully ask that parents and caregivers who are gathered together waiting for their children to wear masks.

Regards,

Laurie

Laurie Birnie, Principal
lbrinie@sd43.bc.ca

IMPORTANT DATES ON OUR CALENDAR

Thursday, October 8 th	-Individual Student Photos -Terry Fox School Run
Monday, October 12 th	Thanksgiving – SCHOOL NOT IN SESSION
Friday, October 23 rd	Provincial Professional Development Day SCHOOL NOT IN SESSION

PHOTOS FOR SCHOOL BASED TRANSITION STUDENTS

School Based Gradual Transition Students are welcome to come to school at 10:40 am to have their individual pictures taken by the photographer. We ask that you fill out the photo day consent form in advance and send into the office.

TRAFFIC CONCERNS AT KILMER

There have been concerns raised about traffic at pick up and drop off times. The problems seem to be more concerning along Knappen where parents and caregivers are stopping in a no stopping zone. The school has been in touch with the bylaw officers and we can expect that they will be on site some time in the next week monitoring. It is possible that drivers who are violating parking rules will be given a ticket or a warning.

As this area is also currently a construction zone, drivers need to follow the parking rules for the safety and wellbeing of the children as they make their way to school.

FSA POSTPONED

The Ministry of Education has announced that the annual Foundational Skills Assessment for grades 4 and 7 will be postponed until the new year.

RECHARGING OUR BATTERIES

These are challenging times for children and families. **DASH BC** has some ideas to help you nurture your wellbeing as you transition to the weekend.

- **Make physical activity a priority** – It's a proven stress reducer. Go for a walk, run, dance, ski or whatever else you like to do.
- **Be grateful** – Research has shown that gratitude helps your brain produce chemicals that can lower your stress levels. Stop for a moment each day and think of three positive things you're thankful for. They don't have to be major events, just moments when you felt content.
- **Laugh** – Laughing increases blood flow by more than 20%, about the same amount as aerobic activity. This lowers the effects of stress and raises levels of endorphins, which have pain-relieving properties.
- **Express yourself** – Keep a journal or write poems, stories or songs. Expressing yourself can help you organize your thoughts and feelings, gain perspective and release tension.
- **Take a break** – Use quiet time to slow down your body and mind. Try things like mindful breathing, visualization exercises, going for a walk, taking a bath or listening to calm music.

QUICK LINKS

- [Kilmer Website](#)
- [Online Absence Report](#)
- [School Cash Online/KEV](#)
- [Parent EForms](#)
- [Subscribe to our Calendar](#)
- [Kilmer's Terry Fox Run Donations](#)
- [Daily Health Check](#)
- [Care of Cloth Masks](#)
- [COVID-19 Self Assessment Tool](#)

A MESSAGE FROM KPAC

October 2nd, 2020

Dear Kilmer Parents!

Thank you so much to everyone who attended our first PAC meeting Monday night (and for your patience as we worked out the technical kinks!). We are still in need of volunteers for the following committees and positions:

- *Hot Lunch*
- *Canadian Parents for French*
- *Fundraising*
- *Emergency Prep*

We are also looking for a wonderful parent to fill the position of **PAC Vice President!** The role of Vice President involves the following duties:

- *shall assume the responsibilities of the President, as per Bylaw Section X, Section A, in the President's absence or upon request*
- *shall assist the President in the performance of his/her duties*
- *may be a signing authority on behalf of the Council*
- *may organize volunteer committees*

Come on out, have some fun, and join a great team!

If you have any questions about the above positions, please email **031-pac@sd43.bc.ca**.

On behalf of your PAC, thank you so much.

STUDENT ABSENCES

If your child is going to be away, you're running late or they require an early dismissal please submit a Daily Absence Report Online, before 8am. [Report your Student's Absence Online](#) kilmer spirit wear

KILMER SPIRIT WEAR

KPAC has organized the sale of Spirit Wear, available to purchase through School Cash Online/KEV. Due to COVID-19, we will not have size samples available at the school. Please refer to the [size charts](#), posted to the Kilmer Website. Orders Due-Oct 15!

PLEASE NOTE, THERE WILL BE A SEPARATE ORDER SENT OUT FOR GRADE 5 STUDENTS.

OFFICE HOURS

Kilmer Elementary

1575 Knappen St
Port Coquitlam, BC V3C 2P8

604-941-3401

kilmer@sd43.bc.ca

www.sd43.bc.ca/school/kilmer

The doors to the school remain locked, please call the office at 604-941-3401 between 8:15-3:15 if you require assistance, or email the school at Kilmer@sd43.bc.ca.



THIS WEEK AT KILMER

KILMER ELEMENTARY STAFF 2020-2021

Laurie Birnie	Principal
Jane Chabot	Division 1
Nina Togno	Division 2
Lori Niguma	Division 3
Micheline Pharaon	Division 4
Sharon Craig	Division 5
Valerie James	Division 6
Bob Comartin	Division 7
Alexi Hewitt	Division 8
Layla Shivji	Division 9
Celeste Wong	Division 10
Natalie Malakoff	Division 11
Elaina Huggon	Division 12
Lucille Bouvier	Division 13
Julia Watson	Division 12
Pauline Li	Division 2, 3 & Student Services
Greg Van Sickle	Library & Music
Shannon Messam	Music
Laurie Brookbank	Student Services
Wendy Hyatt	Student Services
Andrea Gal	Student Services
Jen McClarty	Counsellor
Susanne Mansfield	Speech & Language Pathologist
Brittany Leavold	Secretary
Nico Biteng	Custodian
Ken Vuong	Custodian
Scott Lindsay	Custodian <i>(temporary)</i>
Donna Collier	Education Assistant
Morgan Tang	Education Assistant
Bukky Eniade	Education Assistant
Sophia Novack	Education Assistant <i>(temporary)</i>
Andrea Tavernard Pasricha	Education Assistant <i>(temporary)</i>
Pegah Akbari	Noon Hour Assistant
Catherine Austen	Noon Hour Assistant
Paula Rossetti	Noon Hour Assistant
Taryn Hatch	Indigenous Youth Worker