

THIS WEEK AT ILMER

April 9th, 2021

IMPORTANT DATES ON OUR CALENDAR

Monday, April 12th

KPAC Meeting 7:00pm via Zoom

Wednesday, April 21st

Kindergarten Orientation for Incoming K parents

Friday, April 23rd

District-Wide Non-Instructional Day

Friday, April 30

Spirit Day- Jersey/Sports Team Day

Friday, May 21st

School-based Non-Instructional Day

Monday, May 24th

Victoria Day – school not in session

Friday, May 28

Spirit Day- Backwards Day

Tuesday, June 2nd

Early Dismissal @ 1:40 pm

Friday, June 18

Spirit Day- Tropical Day

Tuesday, June 29th

Last Day of School for All Students

Wednesday, June 30th

Administrative Day – school not in session

PRINCIPAL'S MESSAGE

I hope that everyone was able to rest and re energize over the spring break. We are in the 3rd term of the school year, the last stretch before summer. Here are some ideas from DASH BC to keep us going.

Recharging Our Batteries: Here are some quick tips to help you reduce your stress and nurture your wellbeing.

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.

FLAGS AT HALF MAST

Starting today, Friday, April 9, 2021 the Provincial Government is requesting that flags be flown at half-mast from now until sunset on the day of the funeral and memorial service (to be determined) on the death of His Royal Highness the Duke of Edinburgh, Prince Philip. Please advise your parent community, and fly flags at half-mast at all district work sites accordingly.

Next Week flags will be at half mast on Wednesday, April 14th from sunrise to sunset at the request of the provincial government to acknowledge the five year anniversary of the opioid Overdose crisis being declared a public Health Emergency and in memory of all the british columbians whose lives have been lost due to this crisis.

NEW STAFF MEMBER AT KILMER!

Welcome to Ms Plant who is in for Mrs. McClarty who is now on Maternity leave. We wish Mrs. McClarty and her family all the best at this exciting time.

COMMUNICATING WITH THE SCHOOL

If your child is going to be late or absent from school, please notify the office. We are happy to receive the information in advance or first thing in the morning before 8:40 am.

[Report your Student's Absence Online](#)

Please inform the office if you are deviating from your usual pick up routine. When changes are made sometimes, we forget to notify everyone involved. The office staff is often responsible for sharing such information. Thank you.



OUR WATER FOUNTAINS ARE CLOSED

Please ensure your student arrives to school each day with a filled water bottle.

Some families are choosing to keep an additional water bottle in the bottom of the backpack



Due to COVID-19 protocols, we can not facilitate Early Dismissals during the Lunch Hour or Recess Break. Early Dismissals and late arrivals are executed from the exterior classroom doors with prior communication to the office.

THIS WEEK AT ILMER

ZOOM KINDERGARTEN ORIENTATION MEETING for Incoming K parents Wednesday, April 21st @ 7pm



You are invited to attend a Kindergarten orientation meeting. The meeting will give you an opportunity to meet other kindergarten parents, meet the kindergarten teachers, the school principal and vice principal, and a representative from our Parents' Advisory Council. There will be a presentation followed by an opportunity to ask questions.

We will be discussing full day kindergarten, play based curriculum, school routines, protocols, for communication as well as information about our school community.

When parents have the opportunity to take an active role in their children's education, children have a greater prospect for success. Parents learn valuable ways to help their children by reinforcing skills taught at school. Teachers and school staff have an opportunity to get to know the new kindergarten students and their families.

A link will be sent out to parents closer to the date of the meeting

ILLNESS POLICY- **The Daily Health Check has changed.**

All students, staff and visitors must perform a Daily Health Check before coming to school and stay home when sick.

The Daily Health Check for students has been updated to reflect the new information provided by the Ministry of Education and the BCCDC. For convenience, the Ministry of Education has also provided a link to the new App for the Daily Health Check.

To download the mobile app go to: [K-12 Health Check \(gov.bc.ca\)](https://www2.gov.bc.ca/gov/content/education-training/k-12/covid-19-safe-schools)

If a child starts showing or indicates any symptom as listed above while at school, they will be instructed to put on a mask and moved to the Isolation Room.

Parents will be contacted and must plan arrangements to have their student picked up right away.

Please visit <https://www2.gov.bc.ca/gov/content/education-training/k-12/covid-19-safe-schools> to learn more about Provincial COVID-19 Health & Safety Guidelines for K-12 Settings

We are seeing a surge in local cases due to community spread and we need everyone to continue to make the effort to abide by the [current guidelines](#). We are reminding families that on school days from 8:20am-3:15pm, while on school grounds children must remain in their learning groups.

VANDAL WATCH- HELP REDUCE VANDALISM ON SCHOOL PROPERTY



If you see vandalism or other suspicious activity call the tip line below. When you provide a tip, security personnel will be dispatched to investigate and if necessary, involve the police. Please call as soon as you suspect there might be a problem. Do not get in a confrontation yourself.

Tip Line: 604-927-7600

The Tip Line is available 24 hours a day.

All Vandal Watch tips are anonymous and confidential. When you provide a tip, no one will ask you for your name or phone number.

DOGS ON THE SCHOOLGROUNDS

Students have noticed an increase of dog poo left in their play areas, ultimately ruining their outdoor activity. We are happy to welcome family dogs on the playground before and after school. All dogs must remain on a leash. **Please clean up after your dog.**



THIS WEEK AT ILMER

KPAC IS FUNDRAISING! 031-pac@sd43.bc.ca

Cobs Fundraiser

Visit COBS Bread at Oxford Marker (2020 Oxford Connector, Port Coquitlam) and mention 'Kilmer Elementary School' and COBS Bread will donate 5% of the purchase to the school.



Return It Express Fundraiser!

École Kilmer Elementary School is now registered with Return It Express Recycling in BC.

Our return it code is: **604-941-3401**



Neufeld Farms Fundraiser – closing April 25th



It's BBQ Season and KPAC is fundraising with Neufeld Farms! All orders must be made online through [Munchalunch](https://munchalunch.com). Please reach out to KPAC President, Krista Ramirez at kilmerpac@gmail.com should you have any questions or require assistance with the ordering process.



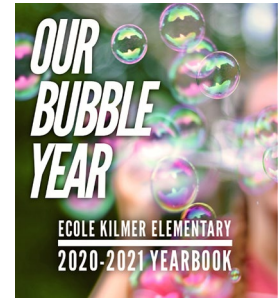
Orders will close on April 25th at 3:00 pm, and we will have delivery to the school on May 5th at 2:30 pm.

2020-2021 KILMER YEARBOOK

KPAC & Kilmer Teachers are actively preparing for the 2020-2021 Yearbook, and copies are available for purchase via [SCHOOL CASH ONLINE](#).

In the meantime, please ensure you have completed the permission form for your child's photo and name to be used in the yearbook.

The permission slip can be found on School Cash Online



Kilmer Elementary

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www.sd43.bc.ca/school/kilmer

OFFICE HOURS

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. We ask that your child arrives prepared for their day.

