



Lord Baden-Powell Elementary

450 Joyce St. Coquitlam, BC V3K 4G4

Phone: 604-936-1436 Fax: 604-937-8021

www.sd43.bc.ca/elementary/lordbadenpowell

"At Lord Baden-Powell Elementary our mission is to encourage a sense of community by providing opportunities that include and nurture all learners respecting their diversity."

February 1st, 2019

Newsletter

Good Afternoon from the Bear Den,

Today was a very busy day here at LBP. We were short a classroom teacher without a replacement available and Ms. Griffiths and I had to get creative with our coverage. We survived! Since our last newsletter, our two expectant mothers on staff have had their babies. Ms. Cikes has a baby girl and Ms. Johns had a boy that took his sweet time coming into this world. We look forward to an upcoming visit from our new moms in the near future.

Our basketball season is off to a roaring start. Our boys have played two road games at Parkland and Aspenwood Elementary. They must have special vitamins on the hill near Aspenwood because there were some incredibly tall grade 5s that were a challenge to stop. Our Girls team is still looking for grade 4s or 5s that are interested in being a part of our team. We play a lot of home games. Please send any interested participants to the office for a permission form.

There is only one week remaining in the Heart & Stroke Foundation fundraiser that has been organized by Ms. Clay. This experience has uncovered some incredible skippers that have been showcased at our recent assemblies. Please remember to return your forms or make donations online.

At today's assembly, I asked for the students help with some of the choices they are making recently. Students are not using kind words when they speak to one another and it has resulted in lots of hurt feelings and sad days. Students were reminded to tell people to STOP when they do not want to be called a particular name or when rude comments are made toward them. If their efforts are unsuccessful, they need to seek the help of an adult. Before students react to mean comments, they are reminded of one easy statement, "Will my actions make the situation worse or better?" Any conversations that you can have as a family about this topic during mealtime is greatly appreciated.

I hope to see you on Monday, February 4th at 7pm at the PAC meeting.

Have a great weekend and be ready for a little snow on Super Bowl Sunday.

Daren Fridge

Principal

Lord Baden-Powell Elementary


604-936-1436

dfridge@sd43.bc.ca

Lord Baden-Powell Elementary

450 Joyce St. Coquitlam, BC V3K 4G4
 Phone: 604-936-1436 Fax: 604-937-8021
www.sd43.bc.ca/elementary/lordbadenpowell

On the Calendar:

 February 2019	
Feb 4	<ul style="list-style-type: none"> Kindergarten Registration begins at 9:30am PAC Meeting at 7pm
Feb 7	<ul style="list-style-type: none"> Ready, Set, Learn at 9-11am Cross Catchment Application opens at 9am ONLINE www.sd43.bc.ca
Feb 8	<ul style="list-style-type: none"> Jump Rope for Heart Event at 1:30pm-2:30pm
Feb 13	<ul style="list-style-type: none"> Cross Catchment CLOSSES at 4pm
Feb 15	<ul style="list-style-type: none"> School not in Session
Feb 18	<ul style="list-style-type: none"> BC Family Day – School not in Session
Feb 20-21	<ul style="list-style-type: none"> Book Fair
Feb 21	<ul style="list-style-type: none"> Spirit Day – SUPERHEROES! STEM Party hosted by PAC at 7pm
Feb 22	<ul style="list-style-type: none"> Pro D Day – School not in Session
Feb 27	<ul style="list-style-type: none"> Pink Shirt Day
Feb 28	<ul style="list-style-type: none"> Div 7 & 9 to Science World

Lord Baden-Powell Elementary

450 Joyce St. Coquitlam, BC V3K 4G4
Phone: 604-936-1436 Fax: 604-937-8021
www.sd43.bc.ca/elementary/lordbadenpowell

Jump Rope for Heart News



Thank you for the amazing fundraising for this worthy cause!

Our school has fundraised over \$1,500 online already so far. Our school skip-a-thon will be Friday Feb. 8 from 1:30-2:30.

All fundraising envelopes will be due back to your child's teacher no later than Tuesday Feb. 12.

If our school raises over \$3,600, ALL students in the school will earn an extra recess!

Thanks again for your support,

Ms. Clay

Jump Rope for Heart Co-ordinator

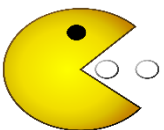


Read-a-thon



In conjunction with our next Book Fair, Feb 27th and 28th, Ms. Cocking, Mrs. Griffiths and Ms. Caspar have invited all students to participate in a Read-a-thon. Students who wish to participate will ask friends and family to pledge them and then commit to reading (or being read to) at least 20 minutes a day for two weeks starting this **Saturday, February 2nd**. (Feb 2-15). They will bring all money to school on Tuesday, Feb 19th and be given a certificate for 50% of their pledge money, as will their classroom teacher, to spend at the Book Fair. The more money spent at the Fair, the more books Scholastic gives to the library, as well. It's a win/win/win situation! All necessary paperwork (reading calendar, instructions etc.) will be sent home next week. **Students who don't wish to get pledges are encouraged to participate in the reading part and be entered in the many prize draws.**

Reminder:



PAC Meeting this Monday, February 4th at 7pm in the library.

We look forward to seeing you there! ☺

Lord Baden-Powell Elementary

450 Joyce St. Coquitlam, BC V3K 4G4

Phone: 604-936-1436 Fax: 604-937-8021

www.sd43.bc.ca/elementary/lordbadenpowell

School District 43

2019



FREE Ready, Set, Learn Event for Families & their 3-5 Year Olds

Children will participate in a variety of play-based learning activities, listen to stories and receive a gift for attending. Parents will be able to learn and play with their child as well as meet with early childhood education experts and local community agencies. Adding even more fun to the festivities, enjoy an award-winning show by children's entertainer Will Stroet. His performances will be at 10am and at 1:30pm.

It's all FREE! Drop into any one of the following events:

Morning Events:

Thursday, Feb. 7

9:00-11:00

Lord Baden Powell Elementary

Friday, Feb. 8

9:00-11:00

Central Elementary

Friday, March 1

9:00-11:00

Coquitlam River Elementary



Afternoon Events:

Thursday, Feb. 7

12:30-2:30

Meadowbrook Elementary

Friday, Feb. 8

12:30-2:30

Mountain Meadows Elementary

Thursday, Feb. 28

12:30-2:30

Birchland Elementary

Friday, March 1

12:30-2:30

Moody Elementary



The Ready, Set, Learn initiative, sponsored by the B.C. Ministry of Education provides families with an opportunity to make positive connections with the school system and local community agencies.

Lord Baden-Powell Elementary

450 Joyce St. Coquitlam, BC V3K 4G4

Phone: 604-936-1436 Fax: 604-937-8021

www.sd43.bc.ca/elementary/lordbadenpowell

Kindergarten Registration

For the 2019 – 2020 School Year

WHEN CAN MY CHILD START KINDERGARTEN?

Children who are five years old on or before December 31, 2019 may enter school in September 2019. You may defer your child's enrolment until September 2020.

WHEN SHOULD I REGISTER MY CHILD?

Kindergarten registration (except for Programs of Choice - Montessori, Mandarin Bilingual, Reggio and French Immersion) within School District No. 43 (Coquitlam) will be held from **February 4 to 6, 2019** in all elementary schools. If you are interested in registering your child in one of our Programs of Choice, visit www.sd43.bc.ca/programs for more information on application deadlines and parent information meeting locations.

All students must be registered for Kindergarten at their catchment area school. To determine your catchment school, use the [School Locator](#) on our website. If parents wish their child to attend an out-of-catchment school, they will be provided the opportunity to apply for a cross catchment transfer beginning on **February 7, 2019** with a deadline of **February 13, 2019** (visit our website for more information). Note: All Kindergarten students must be registered for Kindergarten at their catchment school before completing a Cross Catchment Application. If enrolment projections show that space is available, cross catchment transfer applications will be accepted in accordance with the following priorities: (i) catchment area child; (ii) non-catchment area child; and (iii) non-school district child.

Kindergarten students who have a sibling at a school outside their catchment will be accepted at the sibling's school (provided the sibling will still be in attendance the following school year) and are requested to register at the sibling's school. Therefore, parents do not need to fill out a cross catchment application verifying sibling status.

Can I use my childcare facility address to determine my child's school attendance area? No. According to the School Act, enrolment can only be based on the home address.

PLEASE BRING THE FOLLOWING DOCUMENTS

Proof of citizenship for parent and child (one of the following): <ul style="list-style-type: none">• Birth certificate• Passport• PR Card• Canadian Citizenship Card	Proof of B.C. residency for parent (one of the following): <ul style="list-style-type: none">• Rental contract• Property purchase contract• Income tax statement• Property tax statement• (And two of the following):<ul style="list-style-type: none">• Utility bill• B.C. driver's license• B.C. vehicle registration• Canadian bank or credit card statement• B.C. ID	Proof of Guardianship (if applicable): <p>Contact your neighbourhood school or refer to the 'Funding Eligibility Checklist' provided on the school's website</p>
---	---	---

NON-RESIDENTS

Contact the International Education Department at 604-936-5769 or visit 1100 Winslow Ave., Coquitlam. Bring along proof of citizenship for parent and student, proof of residency, and proof of guardianship (if applicable).



To learn more visit: www.sd43.bc.ca

Lord Baden-Powell Elementary

450 Joyce St. Coquitlam, BC V3K 4G4

Phone: 604-936-1436 Fax: 604-937-8021

www.sd43.bc.ca/elementary/lordbadenpowell



Learning for a Lifetime

350 Poirier Street, Coquitlam, BC Canada V3J 6A7 • Phone: 604-939-9201 • Fax: 604-939-7828

January 29, 2019

Dear Parents and Guardians,

Your assistance in supporting the health and safety of your children is greatly appreciated. Attached is information pertaining to vaping (in general terms) and cannabis use by youth or children. Please review the attached documents and included links to provide accurate and consistent information to your child(ren) with respect to each of these topics.

The legislation and district rules are clear in regards to both vaping and cannabis use.

Vaping

The Tobacco and Vapour Products Control Act and Regulation stipulates that it is illegal to sell or give these products to anyone under the age of 19. The Act further stipulates that use is not allowed by anyone on K-12 school sites in BC. As a result of the legislation and safety and health issues related to these items, the use and possession of all vapour products and e-cigarettes is prohibited in SD43.

For more information please go to these links: [Tobacco and Vapour Products Control Act and Regulation](#).

Cannabis:

The new legislation provides that a minor (anyone under the age of 19) must not possess, consume, produce, supply, sell, purchase or attempt to purchase cannabis. The legislation also prohibits minors from possessing cannabis accessories. The legislation is consistent with school rules both past and present, and as such all these acts are prohibited in SD43.

For more information please go to these links: [Cannabis Act](#) and [Cannabis Control and Licensing Act](#).

The School District website describes additional information about cannabis on [this page](#) and also includes the Superintendent's letter to parents of October 2018 re: [Cannabis Information](#).

It is important to note that all violations of the legislation and school and district codes of conduct by students will be dealt with under the authority of the School Act by school principals, vice-principals and/or district administrators.

Thank you for your continued support.

Sincerely,

Patricia Gartland, Superintendent/CEO
School District No. 43 (Coquitlam)

Serving the communities of Anmore, Belcarra, Coquitlam, Port Coquitlam and Port Moody

Lord Baden-Powell Elementary

450 Joyce St. Coquitlam, BC V3K 4G4

Phone: 604-936-1436 Fax: 604-937-8021

www.sd43.bc.ca/elementary/lordbadenpowell

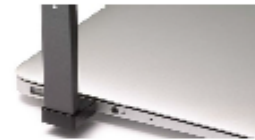
E-cigarettes, what are they and why you should be concerned?

One of the growing trends amongst young teenagers is the fad of e-cigarettes. The plume of vapour seen from afar is the first clue. As one gets closer the smell of Vanilla, Cotton Candy, Cinnamon Funnel Cake, Honey Dew Melon, or Berry Blast hits your nostrils. The scent lingers in the air and is extremely obvious to the casual observer. This fad among teenagers is quite prevalent and has the same addictive qualities as traditional cigarettes. E-juice is sold in the bottle and can range in volume and price. 15 ml will cost \$13 while the 60 ml can cost as much as \$60. Nicotine content can vary in e-juice but can be as high as 25%.



Vaporizers have been banned from schools; however, several are confiscated each month. They come in different shapes, sizes, and colours and can range in price from \$50 - \$300. Although mainly designed for nicotine products higher end models have the ability to handle Marijuana concentrates.

The Juul vaporizer looks like a USB flash drive. It even charges when plugged into a laptop. It is small enough to fit inside an enclosed hand. **One Juul pod contains as much nicotine as a pack of cigarettes**, and comes with flavors like crème brulee, mango and fruit medley.



The Aspire Breeze is another vaporizer that has been confiscated on school grounds and is small enough to fit into an enclosed hand. Both the Juul and the Breeze are easy to conceal and emit very little vapour. Lastly, students have been found in possession of the Nicorette Spray. The spray is dispensed

under the tongue providing students with an instant hit of nicotine. Students have reported that three blasts of the spray is the maximum dose. The spray can be purchased from most drug stores at a cost of approximately \$35.



Health Effects of Nicotine and E-cigarettes– New studies report that E-cigarette vapor contain dangerous levels of toxic metals including lead, chromium and manganese. These substances raise the risk of cancer, heart disease and brain damage. Nicotine found in the Vape Juice is **highly addictive** and adversely affects the heart, reproductive system, lungs and kidneys. Immediate effects are increase in pulse rate, blood pressure and increased rate of respiration.

Lord Baden-Powell Elementary

450 Joyce St. Coquitlam, BC V3K 4G4

Phone: 604-936-1436 Fax: 604-937-8021

www.sd43.bc.ca/elementary/lordbadenpowell

THE FACTS ON EDUCATION

Cannabis: What are the risks for students?

There are several unique risks that have emerged over the past few years associated with cannabis use among adolescents. As our understanding of the development of the human brain has increased, so too has the potency of THC – the main psychoactive component in cannabis – which has increased by up to 400% over the past fifty years. Science has explored how this increase in potency could potentially impact brain development among our student-aged population, which continues until their mid-twenties. Although rates of cannabis use among youth ages 15-24 in Canada continue to decrease, approximately 25% reported having used cannabis with the average age of initiation being 14 years-old. We cannot yet conclude how cannabis legalization for adults in Canada will impact youth consumption, but data from Washington and Colorado have not shown a significant increase in cannabis use among those under the U.S. legal age of 21.

Here are three major risks associated with adolescent cannabis use:

1. LOWER SCHOOL PERFORMANCE

Studies have shown that an individual's working memory is impacted by cannabis use, with the effects potentially lasting for several days. This could impact a student's academic performance and cause them to fall behind. As well, unlike alcohol, there is evidence that the effects of cannabis can persist over years of regular and continued use. These include the potential for a lowering of inhibition and reasoning skills, and a reduction in memory performance. Research has also shown that regular cannabis use could result in lower levels of educational attainment, including lowering high school graduation rates.

2. PSYCHOSIS

Cannabis use can result in psychotic episodes, where some youth lose touch with reality. These effects can last anywhere from a few hours to a few days, but do eventually resolve. However, in instances where heavy or frequent use is combined with beginning cannabis use at a younger age, there can be as much as a twofold increased risk of developing a chronic psychotic disorder, especially where there is a family history of schizophrenia.

3. CANNABIS USE DISORDER (CUD)

One-in-six youth who experiment with cannabis will go on to develop Cannabis Use Disorder (CUD). This can result in a reduction in grades, increased conflict at home, and changes within the student's social circle of friends – with these changes often occurring over the course of a single year's time. According to research, approximately 3% of older male high school students have CUD.

While cannabis has a long history of human use, recent scientific findings have discovered more about the developing adolescent brain and specific areas that are vulnerable to cannabis. For adolescents who use cannabis daily or weekly, studies have pinpointed functional brain deficits that require them to compensate by working harder than those who are not regular users. Fostering an open-door policy and being non-judgemental can help begin important conversations with students on these serious risks.

For online resources and references please visit:
www.edcan.ca/facts-on-education

About the Author
Dr. Christina Grant, Associate Professor and Associate Chair of Education, Department of Pediatrics, McMaster University

The Facts on Education Series is produced with a generous sponsorship from the Canadian School Boards Association and the Desjardins Foundation.

Copyright information: You are free to reproduce and distribute this material in any form provided that you reproduce the entire commentary and credit it to the EdCan Network and McMaster University.



Lord Baden-Powell Elementary

450 Joyce St. Coquitlam, BC V3K 4G4

Phone: 604-936-1436 Fax: 604-937-8021

www.sd43.bc.ca/elementary/lordbadenpowell

TALKING WITH YOUR TEEN ABOUT VAPING

A TIP SHEET FOR PARENTS



BEFORE THE TALK: GET THE FACTS

Vaping is not harmless

- > Vaping can increase your exposure to harmful chemicals.
- > Vaping can lead to nicotine addiction.
- > The long-term consequences of vaping are unknown.
- > It's rare, but defective batteries in vaping products have caused fires and explosions.

Risks of nicotine

Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative effects, as it is known to alter their brain development and can affect memory and concentration. It can also lead to addiction and physical dependence. Not all vaping products contain nicotine, but for those that do, the level of nicotine can vary widely. Some mixtures have very low levels, while others can contain more nicotine than in a typical cigarette. Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other harmful chemicals.

Vaping nicotine can alter teen brain development.

Vaping versus smoking

For smokers, vaping is less harmful than smoking. However, it is not safe for youth to use any nicotine products, including cigarettes and vaping products. If you suspect your child is addicted to nicotine, talk to your healthcare provider.

Vaping liquids

The ingredients typically found in vaping liquids include glycerol, flavours, propylene glycol and varying levels of nicotine. The long-term safety of inhaling these substances in vaping products is unknown and continues to be assessed.

There is no burning during vaping, instead, the liquid is heated. This process can cause reactions and create new chemicals, such as formaldehyde. Some contaminants, such as metals, might also get into the vaping products and then into the vapour.

Quick facts

- > Vaping is intended to help smokers quit tobacco. Vaping is not for youth and non-smokers.
- > Vaping is not harmless, yet Canadian teens are trying vaping products. Data from a recent Health Canada survey showed that 23% of students in grades 7–12 have tried an electronic cigarette.
- > There are characteristics that can make vaping products more difficult for you to recognize or detect: devices come in a variety of shapes and sizes, some resembling a USB flash drive; liquids can have high levels of nicotine and come in a variety of flavours; and vaping may not leave a lingering identifiable smell.
- > Vaping products have many names, such as: e-cigarettes, vape pens, vapes, mods, tanks, and e-hookahs. They may also be known by various brand names.



Health
Canada

Santé
Canada

Canada