



ON THE CALENDAR

December

- Dec. 2: PAC Hot Lunch
- Dec. 3, 10, 17: Moody T-shirt Day
- Dec. 6-15: Donation Collection for SHARE (p. 4)
- Dec. 15: Virtual Christmas Concert; Pyjama Day; Term 1 report cards
- Dec. 17: First day before Winter Break

Looking ahead: Jan. 4th, 2022- First Day back; Jan. 24th Pro-D

Principal’s Message

Hello, Moody Families!

It is hard to believe we are approaching Winter Break in a few short weeks. There are so many things to be grateful for while being mindful of the many conditions impacting our world, region and community. We are thinking of all the families recently affected by the floods in BC and are thankful for the work of so many to help with these efforts. At times like these, our students can see the importance of kindness and cooperation: Ms. Duprey’s class wrote messages of hope to those in Abbotsford (see photo).

We are also aware that the pandemic has been difficult financially for many families. Ms. Bolzan’s class is organizing food donations for the SHARE society to distribute to local families. If your family can contribute, please see list of foods needed on p. 4.

Lastly, from all of us here at Moody Elementary, we are wishing you and your families a wonderful, relaxing holiday and all the best in 2022!

Sheila Rawnsley



Daily Health Check: Thank you for continuing to do the daily health check every morning with your children. Please also see the information on International travel within the daily health check. Also, information about vaccines below.

- <https://www.k12dailycheck.gov.bc.ca/healthcheck?execution=e1s1>
- <https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register>

TRAFFIC REMINDERS:

We appreciate your cooperation in following the traffic regulations around our busy school site.

Please remember:

- On St. George St, you must pull over in order to drop off or pick up your child; please do not stop in the road or double park
- There is no drop off or pick up in our staff parking lot off Moody St
- Please do not do U-turns
- Please ensure you are stopping at the 4 way stops

Our Port Moody liaison police officers have been on site to help with traffic. We all want everyone to be safe!



WINTER WEATHER ALERT

In the event of extreme weather conditions:

Check the district website at www.sd43.bc.ca beginning shortly after 6:00 a.m. or tune in to CKWX 1130 AM, CKNW 980 AM or CBC 690 AM.

Be sure to hit refresh when returning to the district website. The district website posting is official – there is no need to call the school or the Board office after viewing.



WEATHER REMINDERS:

Living on the West Coast, we can expect a lot of rain during these months. This past month has clearly been more than expected. We are still trying to have students get outside as much as possible for fresh air and unstructured play time. They are loving playing in puddles which is great! Please send your children with rain gear & boots, as well as an extra pair of socks and pants if possible.





REMEMBRANCE DAY



We believe it's important to acknowledge Remembrance Day at school. All classes discussed peace and addressed this day in different ways. We all wore poppies on November 10th and watched a virtual district assembly which recognized the sacrifices made by war veterans. There was also a special part focused on the important role of Indigenous veterans.

Mr. Egelstad's class also did a small in class ceremony which was very meaningful.





Thank you for supporting your community!

SHARE Food Bank is in need of:

Canned Fruit

Cooking Oil (1L or under)

Juice (1L or under)

Granola Bars/Cookies/Crackers

Lentils and Beans (canned or dried)

Rice (900g or under)

Canned Meats

Tomato Paste and Sauce

Canned Pasta with Sauce

Honey/Tahini/Jam (500g or under)

For safety reasons, we are unable to distribute items that are open, damaged, or past the best before date

Starting Monday, December 6th (until Dec 15), we'll be collecting items to share with local families. If your child can bring something in to share, Ms. Bolzan's students will be collecting at the beginning of each day. Thank you for supporting this initiative!

Also accepting: diapers, formula (minimum 6 month best before date) and baby food.

“Be Kinder Than Necessary”

This has been the motto at Moody for many years. We are always reminding students to be patient and kind with each other, even when feeling tired or frustrated. These are skills we are working on through helping them identify emotions and teaching calming strategies. Last year Mr. Agabob put together a Pink Shirt Day virtual assembly video and one of the family members in our community asked to use some of our students’ inspiring messages in a Canadian “Stories of Kindness” series. If you click on the link below and select “Episodes”, our school’s contribution is at the beginning of Episode 2.

<https://storiesofkindness.ca/>

Assessment and Reporting

There is so much learning happening all the time in our classrooms. Teachers are always assessing how students are doing and their progress each day. They observe, give feedback and teach students in order for them to learn and improve their skills. Teachers communicate with parents in a variety of ways through conferences, emails or phone calls, as well as on online platforms. Report cards are a snapshot of your child’s progress in relation to the learning standards in the curriculum. On December 15th you will receive your child’s first term report which will include: their perspective on their learning; comments on their social & emotional development; Strengths and Stretches; Subject Sections with Proficiency Scale (emerging, developing, proficient, extending) for each area; Collaborative Goals & Next Steps.

When you receive the report card, please take the time to go over it with your child and celebrate their successes, as well as discuss their goal areas for Term 2.

Counsellor's Corner:

Many parents and caregivers are wondering what to do during the holidays. Nobody wants to disappoint their kids, especially in the midst of these challenging times. So how can we prepare for the holiday?

Check out the ideas below from Dr. Ashley Miller, Child and Adolescent Psychiatrist, for inspiration about making the most of the holidays this year.

Make a plan. Sit down together as a family and decide how to celebrate and connect with relatives and other loved ones safely, taking into account that some connecting may need to be done online. The plan shouldn't be driven by fears of upsetting kids or extended family members. Older kids and teens can be included in family decision-making. If they are part of solving the problem, they are more likely to feel helpful and want to join in the festivities.

Embrace the mixed feelings. Even with the best planning, many kids and parents may feel some sense of loss this year. If you are struggling financially more than ever before, concerned for loved ones' health or finding it hard to light any kind of spark, then so be it. If you can't see your grandma or friends or play hockey and think it's the pits, you're absolutely right. Pressuring yourself to feel merry when you feel miserable only adds to the pain. Take the stance that nobody can "ruin the holidays" this year. In 2021, we can drop the idea of the "perfect holidays" altogether, and maybe we'll never want that idea back.

Talk with kids and teens about their feelings. Many of us will want our kids to "see the silver linings", but before shining a light on the positive, parents can acknowledge that kids might be feeling sad or disappointed or angry about the pandemic wreaking havoc on holiday plans and traditions. We can listen non-judgmentally and show our acceptance. Other kids may be as excited as ever about the holidays, and we can share in their joy. Every family member may feel a little different.

Remember that less is more. Pushing ourselves to spend money we don't have isn't likely to make our kids happier. They can understand that everything is a little different right now. Children don't need much to be happy. They may enjoy simple activities like decorating, baking, crafting or playing in the park just as much as any exotic travel. Less is also more when it comes to obligations. Many of us may be holding in our stress at school and work for weeks, and the holidays can be an important time to reset. We need to go back to basics of caring for our mental health and wellbeing, like making sure we're getting enough sleep and time outdoors in nature. We need deep rest and play. The usual to-do lists, cards and cooking may be restful for some, but others might need to pause and spend time just cuddling pets, walking outdoors with a friend or wrapped in a blanket with a warm mug of tea. There is no one right way to rest and replenish. We all have different ways to fill our cups.

Balance needs for connection and space. Family connection can be very nurturing and supportive, yet as families may be spending many more hours together again in close quarters, we also need to allow each member of the family at least some of the space they need. Parents and caregivers can map out a way to get some mental rest for themselves, even if only 3 minutes at a time, especially if we're starting to get overwhelmed or overly irritated. And for those caring for a child or teen with significant needs or young children, even a 3-minute break isn't always possible. In these situations, having someone to call on for emotional support may be a lifeline. It's also normal that teens need their physical and mental space. Talk with them about their needs ahead of time, so there's a way to balance their involvement in family life with their alone and social time. This will lead to far less conflict.

Practice kindness and gratitude. Families can think of ways to help others in the community, like donating to charities and checking on vulnerable neighbours. Those in self-isolation need our phone calls and drop-offs and to know they aren't alone. New traditions may be formed, maybe some that are even more in line with our deeper values. We can list what we do still have in our lives, and what we're each grateful for. We can tap kids' natural creativity to brighten things up. Some families have hung lights early, while others are making their own songs and videos and games. Celebration can happen even during the darkest of days, as many of our traditions teach us. When all is said and done, our kids may even develop a greater appreciation for what they have, and greater resilience for the future.

Reach out for support when needed. We know that many youth and families may struggle during the holidays and throughout the winter. If you are noticing consistent and worrisome changes in your child's mood or behavior, then don't hesitate to reach out for support. BC Children's Kelty Mental Health Resource Centre (www.keltymentalhealth.ca) are available to provide guidance and help you find resources. Family doctors' offices are usually open on all but statutory holidays and so are local Child and Youth Mental Health Intake Clinics. Crisis Lines and Emergency Rooms are staffed 24-7.

Stay hopeful. We know this pandemic will end one day, hopefully in the not-too-distant future. We can hold onto the hope for our kids, share family stories of good times past and overcoming obstacles and imagine together what we can all look forward to in the future. One day, our kids will be the ones telling the story of how they got through COVID-19 and the holiday season of 2021. It will undoubtedly be the time spent with their families they remember most of all.

Enjoy your holiday

As always, please contact me if you would like to talk about your child's social-emotional development.



Maureen Armstrong



marmstrong@sd43.bc.ca



MOODY ELEMENTARY



HOT LUNCH



New to Munch a Lunch?

HERE'S HOW TO REGISTER:

- 1) Go to: <https://munchalunch.com/schools/MOODY/>
- 2) Click on **Register Here** button and follow the steps.
- 3) After adding your child/ren, click **Order Lunch**
- 4) Ensure you follow through and complete payment for selected food items.

HOT LUNCH DATES 2021/2022

- November 18, 2021
- December 2, 2021
- January 13, 2022
- January 27, 2022
- February 10, 2022
- February 24, 2022
- March 10, 2022
- March 31, 2022
- April 14, 2022
- April 28, 2022
- May 12, 2022
- May 26, 2022
- June 9, 2022

ORDERING DETAILS:

- Orders must be paid at the time of ordering via Munchalunch
- Orders can be placed all at once and encouraged to minimize fees incurred by PAC.

<https://www.facebook.com/moodyelementary>
moodyhotlunch@gmail.com



Afterschool Club

The City of Port Moody's **Community Services** and **School District 43** are excited to team up to offer great programs! Meet new friends, stay active and have fun.

For children in grades K-5.

Moody
Elementary

Registration
begins Tuesday,
Dec. 7 at 8am

Junior Kickers

For children in grades K-5. Your child will be introduced to both fundamental movement and soccer specific skills such as kicking, running, balancing and dribbling.

24212 Tue, Jan. 11-Mar. 8 2:50-4:20pm

Junior Ballers

For children in grades K-5. Your child will be introduced to both fundamental movement and basketball specific skills such as shooting, dribbling, running and jumping.

24213 Thu, Jan. 13-Mar. 10 2:50-4:20pm

portmoody.ca/signmeup | 604.469.4556



PORT MOODY
CITY OF THE ARTS