

## MUNDY ROAD ELEMENTARY

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SCHOOL DISTRICT NO. 43 (COQUITLAM)  
2200 Austin Avenue, Coquitlam, B.C. V3K 3S1  
Telephone: (604) 936-4271 Fax: (604) 936-9627



### February 2013

Tomorrow is a day that we all recognize in Canadian schools - Anti-Bullying Day. We are encouraging everyone to wear something pink in support of this day. You will see all staff members in the t-shirts designed by Terry Fox Secondary students - because we really do believe in supporting one another and being a respectful community.

As part of the Anti-Bullying initiative, we have booked renowned author Cindi Seddon, who is one of the leading experts on anti-bullying. Her two books have been very big sellers, she is seen on 'Breakfast Television', Global TV and is a member of our District's ERASE committee. She will be with us on **THURSDAY, FEBRUARY 28<sup>th</sup>, from 7 pm to 8:30 pm.** Babysitting is available and if you are able to attend please RSVP to Mrs. Hein at (604) 936-4271.

The day long in-service attended by all administrators and counselors is 'ERASE' program. ERASE stands for 'Expect Respect and A Safe Education'. The day was informative, educational and thought provoking. All schools across the province, from elementary to secondary, will be attending these workshops. Parents are the biggest role models, and we are all part of the solution. From ensuring our children are not playing violent video games to being aware of the far-reaching arms of cyber bullying...and there is a lot that parents, school, and students can do to take on bullying.

Children will experience conflict with peers at school, in sports, in fine arts, even at social and family gatherings. We hope that working towards understanding on how we can disagree, respectfully will make children understand that they can still make their opinions and ideas heard without exclusion. We want to teach children how to manage the emotions of anger or hurt by seeking out adults who can guide them to resolution. It is a joint effort by home and school and we thank you for your support and communication with us.

On March 15<sup>th</sup> your child's 2<sup>nd</sup> term report cards will be coming home. It is a time to celebrate their progress and if you have any concerns, please make sure you contact your child's teacher.

Mundy Road Teachers would like to like the PAC Executive and the all the members of the PAC (all our parents) as we will have a SMARTBoard added to a classroom. We also have new early readers arriving, which we were in dire need of. The document cameras are a fabulous addition to the classrooms - if you have not seen one in action, please stop by a classroom after school and ask to see a quick demonstration!

We are excited about the upcoming 'Jump Rope for Heart' event which starts on Friday and concludes on March 15<sup>th</sup>! Please watch for information coming home with your child.

Happy Skipping!

## KINDERGARTEN REGISTRATION FOR SEPTEMBER 2013

We appreciate the many kindergarten registration that we have received. If you know of anyone who has not yet registered for kindergarten and has a child who was born in 2008, please ask them to contact the school. The staffing that we have for September is based on our current enrollment. The following documentation will need to be provided to register:

• Proof of citizenship for parent (one of the following: a birth certificate; passport; PR Card; Canadian Citizenship Card) and

• Birth certificate or passport for your child.

- One of the following: Proof of BC Residence for parent (any of the following: rental contract; property purchase contract; income tax statement, property tax statement) and
- Two of the following: Utility Bill, BC Care Card, BC Driver's License; BC Vehicle Registration Canadian Social Insurance Number, Canadian Bank or Credit Card Statement, BC ID.



Please visit the district website at [www.sd43.bc.ca](http://www.sd43.bc.ca) for further information regarding Kindergarten Registration.

### Student File Documentation



We have been reviewing our student files to ensure that the Ministry of Education mandated documentation requirements have been met. As the requirements have changed in the last few years, our School Board has asked that we check and update the files. We have sent home notices requesting that any missing documentations be brought into the school office for photocopying and placing in the student file. That you for attending to this extremely important request.

### Pink Shirt Day - February 27<sup>th</sup>

Students across Canada are joining in the campaign to put a stop to bullying by wearing a pink top on this day. This is a great way to show our unity as a school that we will not allow bullying to take place at our school. We encourage all our students to participate in this very worthwhile endeavor.



## What Parents need to know about bullying

Cindi Seddon takes the issue of bullying seriously. She has co-authored two books on the subject, and has been interviewed many times on national TV and radio talk show programs. Cindi's expertise on bullying is both research and practically based.

She earned her master's degree in education studying children's interactions. She has an extensive background in the public education system having taught grades one to ten, and she has been an administrator in both middle and elementary schools.

Cindi conducts many seminars on this important topic for teachers, parents, administrators, police, healthcare workers and students. Currently, Cindi is principal of a middle school. At home she has two young daughters and a very supportive husband

**Ms. Seddon will be at Mundy Road on February 28<sup>th</sup> at 7:00 pm in the Library. Please RSVP to me at 604 936 4271 if you would like to join us. Also please indicate if you need babysitting and what ages.**

### District Emergency Release Day

On May 8<sup>th</sup>, 2013, we will be conducting a district-wide Emergency Release day - elementary schools only. On the afternoon of May 8<sup>th</sup> we will have an earthquake drill and evacuate to the field. Once teachers have accounted for all of the students in their class, they will begin to release them to their parents or assigned alternate as listed on their emergency release forms. Please ensure that you have submitted an updated form (forms are available online at [www.sd43.gbc.ca/mundyroad](http://www.sd43.gbc.ca/mundyroad)). Please contact Mrs. Hein at the office if you have any questions or are unsure if you have a current release form on file.



## SCHOOL WIDE CALENDAR

<b>FEBRUARY</b>	
27 <sup>th</sup>	6 <sup>th</sup> Annual Pink Shirt Anti-Bullying Day –all students encouraged to wear a pink shirt. (any shade of pink) to support Anti-Bullying
28 <sup>th</sup>	" <i>What Parents Can Do About Bullying</i> " presented by Cindi Seddon, author of 2 anti-bullying books. RSVP to the school (604) 936-4271 – Babysitting available
<b>MARCH</b>	
1 <sup>th</sup>	Kick off assembly for 'Jump Rope for Heart'
13 <sup>th</sup>	Fine & Performing Arts Group 'Fizzical Fizzicks' 9:15 am
15 <sup>th</sup>	Last Day of school before Spring Break – Report Cards issued
29 <sup>th</sup>	<i>Good Friday during the break</i>
<b>APRIL</b>	
1 <sup>st</sup>	<i>Easter Monday during the break</i>
2 <sup>nd</sup>	<b>School Reopens</b>
18 <sup>th</sup>	Como Lake Relays for Gr. 4s and 5s – 3:30 at Como Lake
19 <sup>th</sup>	Pro D Day – Non-Instructional Day for students
<b>MAY</b>	
12 <sup>th</sup>	Mother's Day
17 <sup>th</sup>	Pro D Day – Non-Instructional Day for students
20 <sup>th</sup>	Victoria Day Holiday
24 <sup>th</sup>	District Track Meet at Town Centre Stadium
<b>JUNE</b>	
16 <sup>th</sup>	Father's Day
21 <sup>st</sup>	Grade 5 Activity Day
27 <sup>th</sup>	Last Day of School for Students /Report Cards issued
28 <sup>th</sup>	Last Day of School for Teachers

# Lunch Suggestions



## LUNCHES TO GO:

### Cool Ideas for Nut/Peanut Aware Classrooms

*If your child is in a nut/peanut aware classroom, you may be asked to provide lunches and snacks without nuts/peanuts. Read labels to see that prepared foods do not contain nuts/peanuts. If you are not sure, choose something else.*

**Some foods must be kept cold**  
(See 'Pack a Safe Lunch')

#### Instead of Sandwiches

- Pancakes or waffles, fruit, plain yogurt
- Crisp bread, hard cheese, apple
- Bran muffin, yogurt, vegetable sticks
- Pasta salad, milk, peach
- Hard cooked egg, whole wheat crackers, red pepper strips
- Taco with bean dip, veggies
- Rolled up sliced meat, bread, orange
- Whole wheat hot dog bun, sliced lean meat, cheese, tomato, lettuce

#### Muffin-wiches

- Banana bran muffin, cheese
- Oatmeal apple muffin, cottage cheese
- Cornmeal muffin, BBQ chicken



fraserhealth

Adapted from: BC Ministry of Health "Lunches to Go"  
Public Health Nutrition Program - Fraser South

## Cheeeese, please!

- Cheddar or hard cheese
- Mix grated cheddar, cottage cheese, parmesan with plain yogurt and mayonnaise to dip or spread
- Carrot, celery or breadstick wrapped in Swiss cheese
- String cheese
- Cheese with chili bean or taco sauce dip or salsa
- Sliced ham or turkey rolled around cheese stick
- Cored apple filled with cheese chunk
- Mini cheese balls

## Pack a Safe Lunch

- ✓ Read labels to see that prepared foods do not contain nuts/peanuts.
- ✓ Use clean kitchen equipment to prepare lunches (e.g. don't use a knife that has been used to spread peanut butter).
- ✓ Fix lunches ahead and refrigerate.
- ✓ Use an insulated bag with a freezer pack or chilled thermos to keep food cool. Chill milk or freeze drinking water in plastic containers to keep food cool.
- ✓ Make sandwiches ahead and freeze (without vegetables or mayonnaise) to thaw for lunch.
- ✓ Wash all vegetables thoroughly, even those in packages labelled "pre-washed" or "triple washed".
- ✓ Wash lunch containers every night to keep bacteria from growing and, once a week, clean them with baking soda to get rid of odours.
- ✓ Choose a thermos and reusable plastic dishes; don't reuse plastic bags - they can harbour bacteria.
- ✓ Encourage your children to wash hands before and after eating.

## Fresh Fruit

- Melon balls
- Cherries
- Berries
- Kiwi fruit
- Grapes
- Pears
- Peaches
- Banana

## Bagel-wiches

- Cheese, lettuce, thinly sliced tomato
- Tuna, red pepper, thinly sliced cucumber
- Turkey or ham, drained coleslaw, mayonnaise

## Sesame Butter Buddies

- Banana in hot dog bun (banana dog)
- Raisins, grated carrot
- Crushed pineapple
- Sunflower or sesame seeds
- Crushed banana chips
- Unsweetened applesauce, grated cheese
- Chopped celery

## Cool Veggies

- Turnip sticks
- Carrot sticks or baby carrots
- Celery sticks
- Cauliflowerettes
- Broccoli or broccoflower trees
- Baby corn
- Radishes
- Zucchini sticks
- Peas in pod or snow pea pods
- Pepper strips (yellow, green, red, orange, purple)
- Cherry tomatoes

## Salads

- Pasta
- Green
- Curried rice
- Bulgur or cracked wheat
- Mixed beans
- Potato

## For a change from Bread

- Bagels or rolls
- English muffins
- Scones or biscuits
- Flat bread
- Pita bread
- Rice cakes
- Cracker Bread
- Melba toast
- Bread Sticks

N: School Age Lunches To Go July 04

## COMMUNITY INFORMATION

### Events

#### Place des Arts Spring Break Camp

Monday, March 18 to Friday, March 22, 8:45am – 3:45pm

Place des Arts Spring Break Camp is back! This art camp offers a wide array of exciting activities in the visual and performing arts for children in Kindergarten to Grade 5. Full-day, weeklong blocks contain six classes of activities. Optional after-hours care is available until 5pm for a nominal fee. To view the full time-table and class descriptions, visit [Place des Arts' website](#) or pick up the Spring Break brochure at the centre. Registration opens January 28 and may be done by phone at 604.664.1636, online at [www.placedesarts.ca](http://www.placedesarts.ca) or in person at 1120 Brunette Ave., Coquitlam.



## TRI CITY YOUTH BASKETBALL ASSOCIATION

Spring Basketball season is just around the corner for the Tri City Youth Basketball Association. We are in the process of setting up development (house) teams for Spring 2013 and are looking for parents who would like to coach. The divisions range from Grade 2 – 12 for both boys teams and girls teams. If you are interested in coaching, please contact the Association at [coach.coordinator@tcyba.org](mailto:coach.coordinator@tcyba.org).

Registration for new players will begin after Feb 16 and is done through our website at [www.tcyba.org](http://www.tcyba.org).

Thanks for your interest! See you on the court!

# KidSport™ Tri-Cities Spring Used Equipment Sale

KidSport™ Tri-Cities is holding their much anticipated Annual **Spring Used Sporting Goods Sale**,



**Presented by Westminster Savings:**

**Saturday, March 9th, from 10am until 2pm**

**2215 Reeve Street, Port Coquitlam**

**Admission is by donation or item for the food bank**

If you or your family is in to sports, **we will save you money!** A huge variety of quality used sporting goods at incredible prices. Everything from bikes and hockey gear to fitness equipment and wetsuits and everything in between. You can outfit a child for hockey (including skates and a helmet) for \$100. Lacrosse (including a stick and helmet) for \$90. Plus, there's no HST. All proceeds go to subsidize registration fees for kids from low income families.

To make this event a huge success **KidSport™ needs equipment!** Families are encouraged to donate and drop off their used sporting goods of any kind from February 27

**Port Coquitlam Rec Centre  
Port Moody Rec Centre  
Poirier Sport and Leisure Complex  
Thriftopolis – D-2579 Lougheed Hwy, Port Coquitlam**

If you have used equipment taking up space in your garage or basement, this is a great opportunity to free up some space, donate the equipment (including bikes) and make a great contribution to our community. Please remember to also come by the sale for some amazing deals

FOR MORE INFORMATION, CONTACT:

Chris Wilson,  
KidSport™ Tri-Cities  
Phone: 604-341-0241  
Email: [cwilson530@gmail.com](mailto:cwilson530@gmail.com)  
[www.kidsporttricity.ca](http://www.kidsporttricity.ca)

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# **FINE TUNE YOUR PARENTING SKILLS**

(for parents of children aged 5 to 11 years old)



**Once again, two different parenting programs will be offered this term. As this is only offered in one Zone– make sure you register quickly to assure a space.**

## **Sibling Rivalry**

**6 Week program begins Tuesday. April 16  
and ends on May 28th at**

**Alderson Elementary:**

**Time: 7 – 9 PM**

**Book cost: \$20.00 (payable first class)**

## **How to Talk so Kids will Listen.....**

**6 week program begins on Tuesday April 16  
and ends May 28th at**

**Alderson Elementary:**

**Time: 9:30-11:00 AM.**

**Book Cost \$20.00 (payable first class)**

**Facilitated by: Marna Omichinski / Youth Worker**

**To Register: Email: [momichinski@sd43.bc.ca](mailto:momichinski@sd43.bc.ca)**

**Phone: 604-313-8902**



## Celebrate Real Acts of Caring, Pink Shirt Day and Life on February 27<sup>th</sup> at Terry Fox Theatre!



Please come out and help support the efforts of some Terry Fox Secondary School students in their support of a family whose 15 year old daughter Kieran is fighting an aggressive form of cancer. This 15 year old young lady attends a secondary school in Maple Ridge but has danced with many District #43 students since she was 3 years old. Kieran's favourite colour is pink.

After insurance and medical costs the family still needs about \$2000 a month to support the cancer treatments.

To help raise money for her treatments, her friends at Terry Fox and **K & S Dance Studio** have asked all of the dancers in District 43 to participate in a **Dance Show** on **February 27<sup>th</sup>** at the **Terry Fox Theatre** at **7 p.m.** Dancers from 6 different dance studios in the tri city area will perform – never before have they come together for one cause – usually they only compete against each other.

**Goh Ballet Youth Company** in Vancouver is sending two principle dancers to dance as well.

Along with the Dance Show there is a **Silent Auction** with some fabulous items available to you.

**Tickets for the show are \$10 each and can be purchased by contacting the Terry Fox Office at 604-941-5401.** Email Heather Murphy at [hmurphy@sd43.bc.ca](mailto:hmurphy@sd43.bc.ca) if you require further information. If you can't make the show but would like to donate something to the cause we would be happy to hear from you as well. All proceeds will go towards her treatment.

# Fraser Region Ball Hockey Development Camp

Aboriginal Sport Recreation and Physical Activity Partners Council

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## Coquitlam School District Host

March 1, 2012

From 3-5pm

**Location:** Pitt River Middle School **Address:** 2070 Tyner Street Port Coquitlam

**Snack will be provided**

**To register for this camp please contact**

**Aboriginal Education: Malcolm Key**

**T: 604-600-9350 / E: [mkey@sd43.bc.ca](mailto:mkey@sd43.bc.ca)**

**Dianne Garner**

*Fraser Sport & Physical Activity Coordinator*

**T: 604 824 2684 / F: 604 858 4741 / E: [dgarner@bcaafc.com](mailto:dgarner@bcaafc.com)**

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## Fraser Region Registration Form



**PARTICIPANT INFORMATION**

<b>First Name</b>		<b>Gender</b>	<input type="checkbox"/> M <input type="checkbox"/> F
<b>Last Name</b>		<b>Date of Birth</b>	11/2/79
<b>Mailing Address</b>		<b>Home Phone</b>	
<b>City/Town</b>		<b>Mobile Phone</b>	
<b>Postal Code</b>		<b>Email</b>	
<b>Ancestry</b>	<input type="checkbox"/> First Nations <input type="checkbox"/> Métis <input type="checkbox"/> Inuit	<b>Affiliation</b>	

Please check the appropriate box to indicate which clinic(s) you plan to attend:

<input checked="" type="checkbox"/>	Date	Time	Clinic/Location	Deadline
	March 1 Ball Hockey (8-12 years)	3-5pm	Pitt River Gym	Feb. 28

**WAIVER & RELEASE OF LIABILITY**

In the consideration of the Aboriginal Sport, Recreation and Physical Activity Partners Council (Partners Council) accepting my registration and allowing me to participate in the Basketball and/or Soccer camp, I, myself, my heirs, executors, administrators and assigns hereby agree to:

1. **RELEASE** the BC Association of Aboriginal Friendship Centers (as the host organization of the Partners Council), host communities, facilitators, its partners, volunteers, servants, agents, employees and other participants of the event (all of whom are hereinafter collectively referred to as the "Releases"), from any and all claims, actions, costs, demands and expenses arising out of or in consequence of any loss, injury or damage to my person or personal property incurred while attending at or participating in the Camp/training, notwithstanding that any such loss, injury or damage may result from the negligence of the Releases. In addition, permission is granted to administer any medical treatment that may be required.

2. **WAIVE ANY AND ALL CLAIMS** that I, my heirs, executors, administrators, insurers, successors and assigns have or may have in the future against the Releases.

3. **GRANT** to the BC Association of Aboriginal Friendship Centers (as the host organization of the Partners Council), the right to use, without payment of any fee, charge or compensation of any kind, including royalties, and all written information, and/or any and all photographs, video tape or other visual media of myself taken during the Camp for non-commercial, promotional purposes, educational programs and I also agree to waive any right to approve such use.

I understand the rules and regulations are designed for the safety and protection of participants and hereby agree to abide by the rules, regulations set by the Partners Council and BC Association of Aboriginal Friendship Centers. I have read this release of liability and assumption of risk agreement, and fully understand its terms. I understand that I have given up substantial rights by signing it, and sign freely voluntarily, without an inducement.

<b>Participant Signature</b>	<b>Witness</b>
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**PARENT/LEGAL GUARDIAN** - For participants under the age of 19 the following must be completed by his/her parent or guardian

I, as the parent/legal guardian of the participant named above and herein, agree to assume the full responsibility to instruct my child of the risks involved, and to inform him/her of the importance of abiding by the rules and regulations of the Camp. I, as the parent/legal guardian of the participant named herein, hereby declare that I have read, understood and agree to the contents of this Waiver and Release of Liability in its entirety.

<b>Parent / Guardian Name</b>	<b>Signature</b>
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This information is being collected in accordance with the Municipal Government Act and is protected by the privacy provisions of the Freedom of Information & Protection of Privacy Act (R.S.A 2000 c. F 25). Any questions about the collection and use of information, please contact the Director of the Aboriginal Sport, Recreation and Physical Activity Partners Council at (250) 710-4604