



Panorama Heights Newsletter

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Newsletter 12

Apr. 14, 2022

Upcoming Calendar Events

Monday	Tuesday	Wednesday	Thursday	Friday
18 Easter Monday <i>No School</i> 	19	20	21	22 District Pro-D-Day 
25	26	27	28 Jump Rope For Heart Campaign Wrap Up	29

Principally Speaking

Long Weekend!

4 days affords enough time for families to do some things they might not normally do on a weekend; stay up late on Thursday night, stay up late on Sunday night. I hope the extra time this weekend allows you and your family to do something special. I'd also like to mention that this weekend may provide a good opportunity for your child to lobby family to support them in our Jump Rope For Heart campaign and practice their skipping!

Have a great long weekend!

Perry Muxworthy

Covid Update:

Below are reminders of our current enhanced Covid safety protocols:

1. **Daily Health Check:** Please be diligent about completing your DHC. If your child has any symptoms please keep them at home and follow the directions on the website. Below is the link to the Daily Health Check:
 - a. <https://www.k12dailycheck.gov.bc.ca/healthcheck?execution=e1s1>

2. **Frequent Handwashing and Sanitizing**
3. **If you test positive or are a close contact to someone positive:** Please follow the guidelines.

Counsellor's Corner

The topic that comes up the most often with parents and students is anxiety. Sometimes what children are experiencing is anxiety but often it is worry or a response to normal everyday stress. When speaking with your child it is important to normalize their worried feelings and pay attention to the language that we use with children. I am often in the classrooms talking to students about their stress response and what happens in our bodies when our stress response is activated. Giving them the "why" and explaining that this is our bodies normal response can be very reassuring for children. If you want to learn more or suspect your child has anxiety, the Anxiety Canada website is a great place to start. They have added a new set of videos to their Youtube channel

<https://www.youtube.com/c/AnxietyCanada>. You can also read an article about these videos here <https://bc.ctvnews.ca/new-care-toons-aim-to-help-parents-teachers-talk-to-teens-about-anxiety-1.5765732>

Allison Hanson – School Counsellor
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<p>Upcoming events:</p> <p>NEW! - Sibling Group - Monday, March 7th, 2022, 6:30 - 8:00pm VIRTUAL</p> <p>Kinsight's new Sibling Group is based on the <u>Sibshop</u> model, which promotes opportunities for siblings of children with special health and developmental needs to obtain peer support and education within a low-pressure, recreational context.</p> <p>Date: Monday, March 7th, 2022 Time: 6:30-8:00pm Location: Zoom (Virtual - Link will be sent to those who register) Requirements: Completed consents (forms will be sent to those who register) and an interest!</p> <ul style="list-style-type: none"> • Ages: 8-12 years old 	<p>Community Mental Health Resources:</p> <ul style="list-style-type: none"> • CYMH Tri-Cities Intake Clinic (No appointment necessary) Tues/Thurs 9:00-3:30 • FamilySmart www.familysmart.ca • START (Short Term Assessment Response Team) Crisis Intervention
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Community News



Port Moody After School Soccer Program

Port Moody Soccer is offering their after school soccer program here at Panorama on Thursdays beginning next Thursday Apr. 14.

Registration is now open:

[https://www.dwul.io/page/detail/433?type=program#Panorama-\(Thurs\):%20Port%20Moody%20%20Soccer%20powered%20by%20Moresports%20BC](https://www.dwul.io/page/detail/433?type=program#Panorama-(Thurs):%20Port%20Moody%20%20Soccer%20powered%20by%20Moresports%20BC)

Coquitlam Public Library

Coquitlam Public Library is once again offering a Science Expo for Tri-City students between grades 4 – 12. Science Expo 2022 is split into two categories with prizes for the winners. Please visit www.coqlibrary.ca/programs/teens/science-expo for more information.

Coquitlam Minor Softball Association

Coquitlam Minor Softball Association offers fun and exciting programs for girls and boys of all ages! Registration is open and we welcome new players as well as familiar faces from previous years! Visit www.coquitlamsoftball.com to register

PAC News

Parents Facebook group

The PAC has set up a private Facebook group for parents to join. This is a place for information, updates and a place to create a parent community. We are hoping to strengthen our parent community and support parents in every way possible. Please click on the link below to join:

<https://www.facebook.com/groups/3163749997203723/?ref=share>

Thank you, The PAC

