



Panorama Heights Newsletter

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Newsletter 13

Apr. 22, 2022

Upcoming Calendar Events

Monday	Tuesday	Wednesday	Thursday	Friday
25 Virtual Book Fair begins this week! 	26 PAC Meeting! 7:00 pm 	27	28 Jump Rope for Heart event Wear red today! 	29
2 	3	4	5	6 Last day of the Virtual Book Fair!

Principally Speaking

Book Fair

One of the casualties of the pandemic has been the inability to run our **Scholastic Book Fair**. While we still can't run our "in-person" Book Fair we are running a virtual one over the next two weeks. This is typically an annual event in most elementary schools. Even as a kid growing up, I remember a version of the Book Fair at my elementary school. I was given \$5 by my parents to purchase a book or two. I'll admit that most of the excitement was the experience of "shopping" at school. The fact that I was shopping for a book didn't matter. I distinctly remember I bought "Bed Knobs and Broomsticks" which was a Disney movie at the time. I couldn't wait to get home and **read the book** that night which was not my regular routine. I usually was more interested in physical play with my brothers and friends then settling in with a book. The experience was one I keep of truly being absorbed in a book. I am not an avid reader but when I find a book I like I tend to get absorbed in it. In this day and age of digital media our kids have more distractions from books than ever. The wonderful thing about elementary age children is they still have a **natural curiosity and enjoyment of books**. Their sense of imagination and curiosity enable them to become absorbed sometimes more so then when they get older and their minds are governed by the literal rather than the imaginary. We teach our students

about the difference between reading for information and reading for pleasure. The **Book Fair** provides them with an opportunity to pick a book they want to read for pleasure. I also strongly believe that schools should not be commercialized trying to get money from parents. The reason I endorse the Book Fair is the books are reasonably priced, support local authors and it **raises funds for our school library**. If you are going to spend money on your children anyway over the next two weeks a good investment is to put it toward the Book Fair. While we still can't run our "in-person" Book Fair we are running a virtual one over the next two weeks. Below is a message from our librarian Mrs. Howard with more details about our virtual Book Fair:

Have a good weekend!

Perry Muxworthy

Panorama Virtual Book Fair

Our school will be having a Virtual Scholastic Book Fair from April 25 - May 6! It will have a fantastic selection of books for all our students to enjoy in both English and French! In order to view the Virtual Book Fair you will need to access this link:

Here is the link to your Virtual Book Fair: <https://virtualbookfairs.scholastic.ca/pages/5175432>

You cannot make purchases until April 25, however you can browse and get a sneak peek at what books will be available.

Here are some video trailers for you to sneak peek!

<https://www.scholastic.ca/bookfairs/resources/parents>

The exciting part of this Virtual Book Fair is that just like all the other Scholastic Book Fairs we have had in the past, our school will benefit with Book Fair Rewards that will be used towards purchasing new books for our school library!

If you have any questions, you can email me at showard@sd43.bc.ca

Thank you and enjoy browsing through our Virtual Fair!

Sincerely,

Mrs. Sylvia Howard

Teacher-Librarian

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

Have you ever asked your child what is a thought? It can be difficult for children to understand that thoughts are simply words that pass through their brain. Sitting still and breathing gives children an opportunity to start noticing their thoughts. Once they can start paying attention to their thoughts they can begin to notice the difference between helpful and unhelpful thinking. We have thousands of thoughts per day and if an unhelpful thought gets stuck and replayed over and over, it can lead to very uncomfortable feelings. Or sometimes we get too many thoughts in our head which can make us feel worried, tired, or even angry. This short YouTube video is a great way to bring a calm mindfulness moment to your child's day while teaching them how to notice their thoughts. Thought Bubbles! Mindfulness for Children. <https://youtu.be/70j3xyu7OGw>

Allison Hanson – School Counsellor
ahanson@sd43.bc.ca

Upcoming events:	Community Mental Health Resources:	Allison Hanson – School Counsellor
	<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	

ahanson@sd43.bc.ca



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

PAC Meeting! – Tues. Apr. 26th 7:00 pm – click on link below to join

[Click here to join the meeting](#)

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