

ÉCOLE RIVERSIDE SECONDARY



2215 Reeve Street, Port Coquitlam, B.C. V3C 6K8 604 941-6053 FAX 604 937-8058
Principal: Mr. Jon Bruneau; Vice Principals: Mrs. J. Della Vedova; Ms. T. Dissegna, Mr. D. Jones,
Access our Web page at www.sd43.bc.ca/secondary/riverside

JUNE 2024

UPCOMING IMPORTANT DATES

For the latest calendar updates
check out Riverside's [online calendar](#)

June 20 – Year End Music Concert (7-10pm)

June 21 – Last Day of Semester 2 classes

- Regular School Day for 9-11s
- short STREAM at 9am for locker clean-up and Yearbook Distribution
- 3:10 pm dismissal
Cafeteria closed for grades 9-11

June 21 – Grade 12 events:

- 9am STREAM and Periods 1 + 2
- Grad'24 BBQ (12:45 -1:30pm); Cafeteria open to Grades 12s from 11:45am to gather + sign yearbooks
- Cap and Gown Distribution
- Commencement Rehearsal (1:30-2:30pm)
Attendance Mandatory

June 23 – Commencement Ceremony - SFU
(11am - 1:30pm; students arrive at 10am)

June 24 – FRIM Gr. 12 Grad Celebration
(7-9pm) at Riverside

June 24-27 – Customized Learning Days
Students attend by teacher invitation

June 27 – Last day of school

Next School Year 2024-2025

Aug 29 – Grade 9 Welcome Day (10am)

Sept. 3 – First day of school

Sept. 6 – School Photos

Sept. 20 – District Pro D – no school

Sept. 25 – Senior Sail

A message from the Riverside Office and Administration

Dear Riverside Community,

It's been another great year at Riverside. Students are completing their studies and are very ready for a well-earned vacation. Good luck to our Graduating students of the class of 2024! You will be missed. Students in Grades 8-11, we will see you next September, rested and ready for another school year. Enjoy the summer! A few announcements as we head into July:

Congratulations to retiring teachers and staff members:

- Marjan Darbari, Teena Della, Claudia Durand, Michelle Kendal, Bonnie Mattu, Sherrill Berg

Farewell to these staff members heading to different adventures:

- Ms. Nielson, Ms. Hutcheon, Mr. Ram, Ms. Gi, Ms. Smith, Ms. Sears, Ms. Halpert-Scanderbeg, Brenne Braun, Ronak Pahlevanlu, Mr. Brett, Mme. Birk, Ms. Birsan, and Mr. Robinson

Welcome new teaching staff members

- Counselling - Mr. Curt Dewolff
- Home Economics/Media Arts – Ms. Hailey Schoenhals
- Science – Ms. Jill Gorsic
- Italian/French – Ms. Lisa Di Marco
- Spanish/French – Ms. Liana Missori
- Student Services – Ms. Kelly Lammie
- English – Ms. Maxine Jackson
- Science/COL – Mr. Travis Cornwall
- Tech Ed – Mr. Jeremy Chatt
- FRIMM/FSL - Ms. Diandra Price

Wishing everyone in the Riverside Community a safe and fun summer.

Warm regards,

-- The Riverside Admin

- **Locker cleanout:** Students should clean out lockers by June 21st. Everything should be out by the end of the day June 21st. On the morning of the last day of classes, Friday, June 21st, we have STREAM class and students will be asked to attach a tag to their lock, remove it, and bring to the STREAM teacher at 9:00am that day.
- **Lost and Found:** Will be on display starting now until June 21st. Please have your child check the table in the main foyer. Unclaimed items will be sent to a charity following June 21st.
- **Grade 12 Students:** Friday, June 21st will be an altered schedule for Grade 12s. Following a short 9 am STREAM class for locker clean-out and yearbook distribution, Grade 12s will attend periods 1 and 2 as scheduled. From 11:45 am – 12:30 pm the Cafeteria will be reserved for Grade 12s to gather and sign yearbooks. A BBQ lunch will follow from 12:30 – 1:30 pm. After lunch, Grade 12s will move to the Gym for the mandatory Commencement Rehearsal which is scheduled to end at 2:30 pm. Grade 12s will be dismissed at the conclusion of the rehearsal. Caps and Gowns and Commencement tickets that were not collected on June 19th will be available for pick-up in the gym immediately following the rehearsal.

Yearbooks:

- A limited number of yearbooks are available for purchase. Please see Mrs. Gaucher in the office right away! Reminder that all other fees must be paid before you can purchase.
- Yearbooks will be handed out on June 21st during STREAM.

Information for Incoming Grade 9's:

- There will be an email coming out near the end of June with information about the start of the next school year. Stay tuned! We also post information to our website in case you worry that you're not receiving emails or that they might be heading to your spam folder.
- Important Dates:
 - **Grade 9 Welcome Day:** Thursday, August 29th from 10 am - 12 pm (an email will be sent out with details)
 - **First Day of School – Tuesday, Sept 3rd, 2024:** **Grade 9s** will attend for a 2 ½ hour session in the morning. (start time to be confirmed). **Grade 10-12s** will attend STREAM for a brief registration check-in at 1 pm (check website in August for updated times).

What supplies do I need for the start of the school year?

- All students are expected to have a binder with some loose-leaf paper (section dividers are a good idea) and some basic writing utensils (pen, pencil, and eraser). Some courses may require more specific supplies. Teachers will inform students of any course specific supplies.
- **As a Bring Your Own Device (BYOD) School, it is imperative that students come prepared with an appropriate electronic device at the start of the school year.** Please refer to the following page for frequently asked questions and information on suggested device specifications. The school has a limited number of devices available for loan, based on demonstrated need. Students are asked to see their counsellor for an application form, should they need to borrow a laptop.

What kind of device will my child need?

The device your child brings will need to have a minimum of a 10-inch screen, as well as a keyboard. While we can support a variety of devices, we have some recommendations below:

1. We do not recommend iPads or Minis. The screens are too small, even with a keyboard. In addition, smart phones and data enabled watches are also not suitable devices for this program.
2. The district discourages Chrome Books and android tablets. They are unable/not optimized to run some of the software we use in the classroom.
3. Think about the size and weight of the device, as students will need to carry it to and from school each day. Protective cases are highly recommended.
4. Battery Life - we encourage you to think about devices that have a longer battery life.
5. You do not need to buy a high-end device, but you may want to think about how many years you plan for your child to use this device. We have noticed an issue with devices that have limited Hard Drive Space.
6. Students in the district all get Office 365 for free. You do not need to purchase any software.
7. We highly recommend students bring a mouse when bringing in a laptop.
8. We are a Windows 10 district, and many students have greater success on Windows 10 or 11 devices.

Device recommendations:

- Keyboard
- Minimum 10-inch screen
- SSD Hard Drive storage 128 GB or more
- Built in camera, microphone, and headphone jack
- 8 GB RAM or more
- Protective case
- OPTIONAL: stylus, touchscreen, extra charging cord

2024-2025 BELL SCHEDULE AND CALENDAR

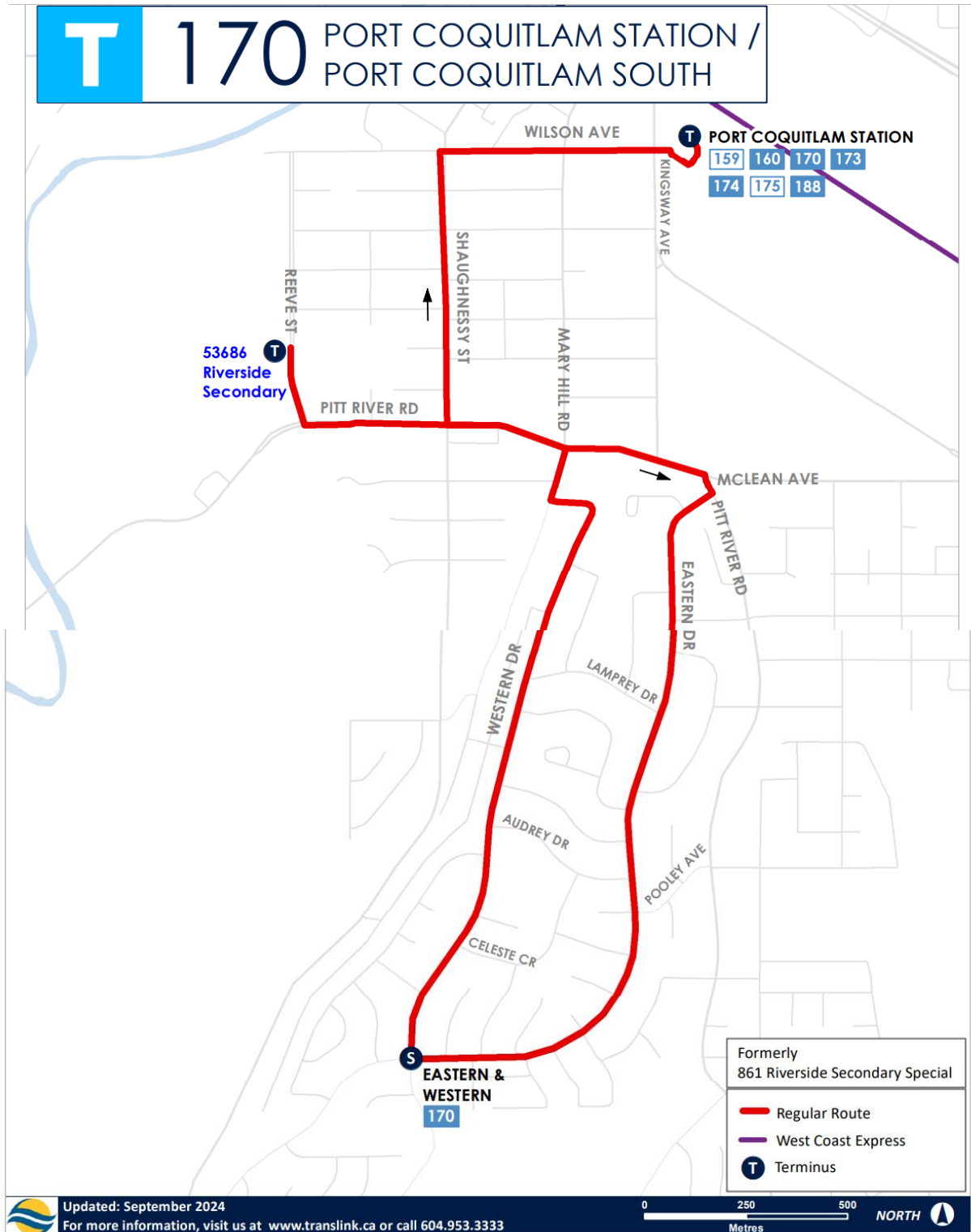
Consult the [Ecole Riverside Secondary website](#) for important reminders, the bell schedule and up to date calendar of events.

NOTICE OF CHANGE IN BUS SERVICES FOR FALL 2024

Coast Mountain Bus Company (CMBC) has advised that bus service will be changing slightly, effective **Tuesday September 3rd, 2024**.

The current **861 "Special"** serving Riverside Secondary will be renumbered **"180 Port Coquitlam South via Reeve"**.

There will be no schedule change, though the routing will change slightly as shown in the image below.



2024-2025 STUDENT COURSE SCHEDULES

Student Schedules for next year will be published to the MyEd portal the last week of June. **You will receive an email to advise you to check the currently scheduled courses and complete a course change request form for any of the following issues – listed in order of priority that counsellors will address and work through to make changes:**

- Grade 12 students with missing or incorrect courses required for graduation (i.e. minimum of 7 courses + CLC)
- Grade 12 students with missing or incorrect courses required for post-secondary admissions
- Grades 9-11 students with incomplete or incorrect courses
 - Grades 10 and 11 students - minimum of 8 courses
 - Grade 9 students - minimum of 8 courses + Applications of Digital Literacy 10
- Grades 9-11 students with imbalanced timetables (i.e. all academic courses scheduled in one semester)

Schedules will be published to MyEd again at the end of August. Remaining issues will be addressed starting the week of August 26th when counsellors return, including course changes due to completion of coursework at summer school.

The only way to request a change is through the course change request form. Do not email counsellors for course changes. The link for the form will be included in the email that you will receive notifying you that the schedule has been published in MyEd.

CAREER CENTRE

See Ms. David's website (Riverside homepage > Programs and Services > Career Centre:

[Welcome to the Riverside Career Centre! - École Riverside Secondary School \(sd43.bc.ca\)](https://www.sd43.bc.ca/Welcome-to-the-Riverside-Career-Centre!-%E9%99%A2cole-Riverside-Secondary-School)

and IG account @riversidepostsecondaryadvising for more information about post-secondary, scholarships, volunteer opportunities, job opportunities and more.

SD43 TRADES PROGRAMS

Interested in learning about the Skilled Trades Training available to SD43 students? Check out the [SD43 Career and Trades website](#) for more information.

INFORMATION FOR 2024 GRADUATES

Grade 12 Marks and Post-Secondary Admissions

The Ministry sends official copies of student's final marks in July to post-secondary institutions in order to complete the admissions process. The Ministry can send marks information only if a student has given them permission to do so. Students are required to complete the "Student Transcripts Service" on-line on the Ministry website. Many students have done this already in early spring. For those who have not, counsellors can provide instructions to students and parents, but instructions are also available on the Career Centre web site. **Students must make sure that they have completed this process prior to June 30th.** Only students applying for a September 2024 entry need to complete the on-line STS form.



After Graduation

Your **Dogwood (Graduation) Certificate** will be sent directly to the school sometime during August. Dogwoods and transcripts are issued in your "legal" name by the Ministry. You will receive an email from the school when they are ready to be picked up – the school office is open throughout the summer. We **DO NOT** mail these out to you.

Transcripts: one copy is mailed to the school for retention with your records, and one directly from the Ministry of Education to your home. You should keep your official copy for yourself; do not give it to any post-secondary institutions you are applying to - instead have them make a photocopy of it. As well, the school will be able to provide an official copy on your request. You can also update the BC Transcript Service with your updated permissions for institutions to view your records.

It is very important that your mailing address, contact, and phone information is up to date at school not only while attending but also afterwards, so that documents can be mailed to the correct address. Please check your MyEd Portal to confirm that we have the correct information. If changes are necessary, please email lcourcoran@sd43.bc.ca or see Mrs. Corcoran in the office. It is particularly important for International Students and any students leaving the country or province to leave a forwarding address with the school office and/or International Education.

Invitation to Riverside 2024 Graduates who previously attended CASTLE PARK ELEMENTARY

From Principal Corbould: Grads who are former Castle Park students are invited to visit our school between 11am and noon on Monday June 24th. Last year Grads came in their cap and gowns and walked the hallways, visited with staff and walked down memory lane. It was great for our students to see and enjoyed by the grads and teachers alike.

ATHLETICS

Dragon Boat

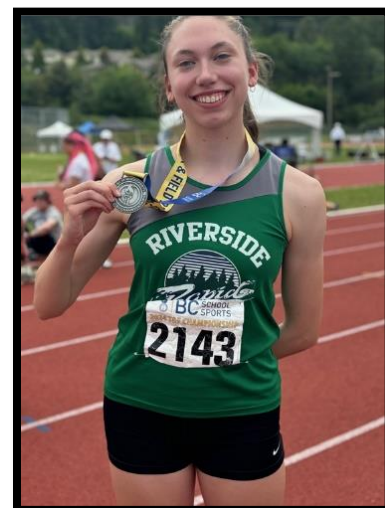
On Saturday, June 1st on the waters of False Creek, the Rapid Eagles dragon boat team raced their way to a silver medal in the Competitive E division with one of their fastest times ever of 2:23 over 500M. At this regatta they were racing against mixed crews of all ages, rather than just Junior crews. They finished in the top half of the mixed crews. Every race was close with often less than a second between 1st and 5th place finishers. This was one of our strongest teams ever, posting times of under 2:30 in all 3 races over the regatta.



Track and Field

Congratulations to Mitchell Olding and Jaedyn McLaughlin who participated this past week at the BCSS Track and Field Provincials in Nanaimo.

Jaedyn McLaughlin brought home Silver having placed 2nd in the 200m final.



NATIONAL INDIGENOUS HISTORY MONTH

On Wednesday, June 5th, Riverside hosted their second National Indigenous History Month assembly. We welcomed the Wild Moccasin Dancers and the three dancers shared different styles of powwow fancy dancing that blended traditional with contemporary. The dancers inspired students to share their gifts and get involved.



INDIGENOUS HONOURING CEREMONY FOR GRADS

On June 3rd, SD43's Indigenous students celebrated their Grade 12 Honouring Ceremony. 63 Indigenous students walked across the stage at the Port Coquitlam Recreation Centre and were honoured with drumming, singing and dancing.



Quinn Parizeau



Quinn Taylor



Ava Dickson



Hannah Fedge

RIVERSIDE ACADEMIC AWARDS NIGHT 2024

On the evening of June 10th in the Rivers Edge Theatre, 50 students and their parents gathered to celebrate outstanding academic achievements from the year. Numerous students were awarded the district scholarships along with two memorial scholarships that are handed out each year. Recognition was then given to senior students who excelled in each of the subject areas along with top academic students per grades. The evening finished off with the awarding of the Student of the Year awards, students who combined both top academic results along with contribution and involvement in the Riverside school community through the arts, athletics or volunteerism. The evening was marked by a feeling of splendor and achievement. Heartfelt congratulations are extended to all recipients of the 2023-24 scholarship and awards the Riverside staff extend their sincerest wishes for your continued success in all their future endeavors!

Your 2023/2024 Award Winners:

Business Education – Aiden Starr
Culinary – Nathan Donnelly
English – Aidan Starr and Melissa Tabrizi Kazem
French Immersion – Carrick Buena
Home Economics - Erin Millar
Languages – Carrick Buena
Leadership – Charlize Jacobsen
Mathematics – Ben Zavieh
Media Arts – Braeden Yu
Music – Santokh Farmer and Rain Lam
PE – Olivia Wheatley and Avery Sussex
Science – Gabby Sol
Social Studies – Carrick Buena
Technology Education – Alex and Maury Gonzalez-Ponce de Leon
Theatre – Emma Schultz
Visual Arts – Kirsten Nettles and Jiwon Eom

Top Academics

Grade 10 – Maliyah Chung

Grade 11 – Mollie Faraguna

Grade 12 – Harry Lee

Students of the Year

Grade 9 – Zachary Wong

Grade 10 – Dylan Bett

Grade 11 – Zander Pope

Grade 12 – Scarlett Stratton

SPOKEN WORD FINALS

Congratulations to all the poets who participated in the Spoken Word finals last week. Once again, we are so impressed with the talent in this school.

Here are the results:

Grade 9

1st place - Sofia Feigelstock
2nd place - Presley Finlay

Grade 10

1st place - Olivia Arvisais
2nd place - Ella Lingham and Sabrina Stratopoulos

Grade 11

1st place - Myles Smith
2nd place - Evangeline Fontana

Grade 12

1st place - Jimmy Sam and Martin Zylka
2nd place - Sarah Shariff

The People's Choice awards went to:

- Simone Richard
- Nam Phuong (Audrey) Luu
- Sofia Feigelstock
- Shiven Panchal

Thank you to the four MC's: Gui Mendez Buriel, Divine Edosomwan, Warren Boone and Riley Walker.



ORANGE SHIRT DAY – September 2024

Do you or your child need an orange shirt or hoodie to acknowledge Truth and Reconciliation/Orange Shirt Day for 2024? Support an island based Indigenous run company and designer. Scan the QR code or fill out the form here, <https://forms.office.com/r/bTZMDvSD7W>. Please check the size chart for sizing.

Due date for ordering is Friday, June 21st. Payment is not due until September - details to follow in September.

ORANGE SHIRT DAY SIZE CHART

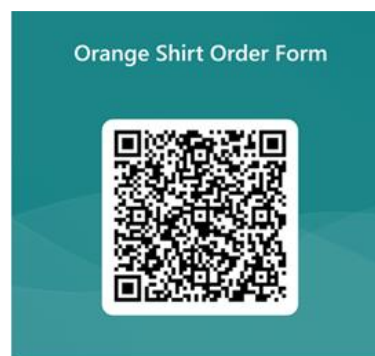
Sleeves measured overarm from center-back neck • Sizes are flat measurements in inches

Adult Tee							
	S	M	L	XL	2XL	3XL	4XL
Body Width	19 ½	21	23	25	27	29	31
Body Length	28 ½	29	29 ¾	30 ½	32	32	33 ½
Sleeve Length	17 ¾	18 ½	19 ¼	20	20 ¾	21 ½	22 ¼

Adult Hoodie							
	S	M	L	XL	2XL	3XL	4XL
Body Width	20	22	24	26	28	30	32
Body Length	28 ½	29	29 ¾	30 ½	32	33	34
Sleeve Length	34 ¼	35	35 ¾	36 ½	37 ¼	38	38 ¾

Youth Tee				
	S	M	L	XL
Body Width	14 ½	15 ½	17	19
Body Length	19 ½	22	23 ½	25 ½
Sleeve Length	13	14 ¼	15 ¼	16 ½

Youth Hoodie				
	S	M	L	XL
Body Width	14 ½	16	17 ½	19 ½
Body Length	19	22	23 ½	25 ½
Sleeve Length	24	26	29	32



MAKERSPACE – Looking for donations

Do you have any wool laying around your house not being used? Any kind of wool, cotton, acrylic or natural wool will all be helpful for a weaving activity we'd like to do in the Makerspace. Please drop off your donations at the office or library.



TRADES PROGRAM

Donation Request

Our Trades Exploration Program is looking for donations of:

- Tile
- Drywall Screws
- Roofing Shingles

Any support that you could provide would be greatly appreciated. Please contact dromani@sd43.bc.ca should you be able support this cause or just require further clarification.

RIVER'S EDGE THEATRE

Year End Drama Showcase!

On Thursday, June 13th semester 2 Drama 9/10 and Directing/Script Development 11/12 students collaborated and presented a fantastically entertaining night of one act plays and short films.



Looking Ahead At River's Edge Theatre!

Student actors, keep your ears open for the announcements in September about Theatre Company. This curricular opportunity (run off timetable) will be by audition, with the goal of performing an excellent play at the PoCo Festival of Short Shorts (Nov. 21/22 at Riverside) and at the District Theatre Festival, METFest (Nov. 28, 29, 30 at Heritage Woods). Casting is already complete for next year's big musical, "Into the Woods", running Jan. 30 - Feb. 7, 2025!

MUSIC

Come join us for our end of year show:



Special Coffee Table Looking for a New Home

This is a very cool 'Vancouver Canucks' coffee style table we made years ago, but don't have room for it anymore. It's made of oak with a few scratches, but the kids say it's 'super cool!'.

We are trying to find a good home for this table... maybe someone's 'man cave'? It's yours for the taking, but has to be out of here by the end of June. It was valued at over a \$1000 and is a 'one of kind'. No one else has one!

Length – 63" Width – 53" Height – 26.5"



PAC

YOU BELONG IN PAC

UNITE

SPEAK

ADVOCATE

CHAMPION

CONNECT

INVEST

Welcome to Riverside Secondary School! We want to formally invite you to our last PAC meeting of the year.

All parents & guardians are members of the PAC. Working together, we can make amazing things happen!

Value 1: Our PAC Creates Connections



Want to stay "in the know"? Don't lose touch with your kids and school, be a part of your kids' lives.



Value 2: Our PAC Supports Your Child

Want to support your child? Steer events and decision to benefit your values.

Value 3: Our PAC Amplifies Your Voice



Want to affect policies and practices? Have an impact on education, safety, and the well-being of your children.

Join us June 19th @ 7pm school library or online.

Please RSVP Ecoleriversidepac@gmail.com

AFTER GRAD 2025

Attention After Grad 2025 Families!

Fundraising efforts are already underway for next year's event. *After Grad 2025* will be an enormous success with everyone's help, and we thank you in advance.

Over the summer, if you happen to be cleaning out, please consider saving clothes for donation, as well as empty return-it bottles. More information will arrive in September about how these bags will be collected – stay tuned!

Feel free to also spread the word to friends and family about collecting clothes and bottles for donation to this awesome and worthy event.

Thank you!

Meanwhile, mark your calendars for more fun things to come; see the attached flyers regarding a Winter Market, Pub Night, Krispy Kreme sale, and more!

For general questions about After Grad and the events being offered, please email **Riverside Grad 2025** riversidegrad2025@gmail.com

If you are on Facebook or Instagram, consider connecting via:

<https://www.facebook.com/groups/1101319464286773/>

https://www.instagram.com/rss_aftergrad2025/?utm_source=ig_web_button_share_sheet

Are you a business owner and interested in helping to sponsor After Grad or provide a donation?

If so, please contact Tracy MacRae, Sponsorship Coordinator (and proud Riverside parent)

Riversideaftergradsponsor@gmail.com or 778-828-7229

Fundraising

Krispy Kreme Sale – Thursday, June 20th
Main Foyer at Riverside



Clothing & Bottles

Riverside
Secondary
After Grad



**Clean out your closets for
Riverside Secondary After
Grad Fundraiser.
Bottle Drive Donations**

We are Collecting



Men's women's, children's clothes,
coats, shoes, scarves, handbags,
wallets, fashion accessories, belts,
backpacks, etc.

Bedding, comforters, blankets,
sheets, towels, linen, tablecloths,
curtains, pillows, etc.



Kitchen items, home decorative
items, knick-kacks, toys, games,
small electronics.

Bottle Drive. ANY and ALL
bottles, cans, cartons available
for refundable deposit amount!

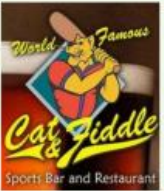




Contact: Dese Fulljames
desefulljames@gmail.com
778-866-3373



Krispy Kreme Sale – July 1st


Pub Night – Friday, September 20th – **SAVE THE DATE!**







RIVERSIDE SECONDARY

G25 Fundraising

Pub Night

 **Event starts at 2pm**
20 September, 2024

 **For more information**
Cat & Fiddle 604.716.3331
1979 Brown Street Port Coquitlam

 **Tickets: \$25 for 18 and below \$30 for adults**
Includes your choice of Burger, Side & Drink
(Soda, Beer, or Highball)

There will be 50/50, Toonie Toss, Games & Prozes
CALL FOR TICKETS OR PURCHASE FROM SCHOOL CASH ACCOUNT



Riverside After Grad Winter Market 10am -4pm SATURDAY, NOVEMBER 16, 2024

2215 REEVE ST, POCO – \$3 ENTRY FEE

130 VENDOR TABLES BOOKED

- CONCESSION • SNACKS •
- BAKED GOODS • ARTISANS •
- CRAFTERS • JEWELLERY •
- ONE OF A KIND GIFTS •
- RAFFLES & MORE!

STAY TUNED FOR MORE INFO



VOLUNTEER OPPORTUNITY

The Coquitlam River Watershed is looking for students interested in one or more weekly shifts to water the Rain Garden at Lions Park over the summer months.



Coquitlam River Watershed Roundtable

*Kwikwetlem, known as "Red fish up the river."
A living river that reveals its spirit.*

Demonstration Rain Garden

What is a Rain Garden?

Rain gardens are a beautiful and natural strategy to improve water quality in the lower Coquitlam River watershed by reducing the impact of stormwater runoff. Stormwater runoff in developed areas can introduce toxins, degrade water quality, and alter nutrient levels of water flowing to the Coquitlam River.



Demonstration Rain Garden at Lions Park, Port Coquitlam

Rain gardens mitigate these effects by:

- temporarily storing stormwater runoff during heavy rain and flood events
- removing and filtering pollutants from run-off
- providing habitat for native plants, birds and beneficial insects
- replenishing groundwater and returning clean water to streams and rivers

In 2021 the Coquitlam River Watershed Roundtable volunteers installed a demonstration rain garden in Lions Park, Port Coquitlam. While the rain garden will eventually become self-sustaining, during its first several years, plants will require watering over the summer months.

How can you help?



Spend a pleasant summer morning or evening watering the plants in the rain garden at Lions Park. Instructions and watering equipment are available to volunteers who sign up [here](#).



Consider installing your own rain garden! More information and a how-to video can be found [here](#).

The Lions Park demonstration rain garden was created with in-kind and financial support from Kwikwetlem First Nation, Coquitlam River Watershed Roundtable volunteers, the City of Port Coquitlam, Vancity Savings, Jack Cewe Construction Ltd., and Fisheries and Oceans Canada.

SUMMER LEARNING 2024

Visit www.sd43summerlearning.ca for information on course offerings and registration.

- [Middle and Secondary Skill Building](#)
- [Secondary Full Credit Courses](#)
- [Grade 9/10 Academic Completion Courses](#): By referral only. Counsellors and admin have been reaching out to families throughout May and June regarding grade 9 or 10 students who are being recommended for participation in these courses.



Phone 604-936-4261 for assistance with any registration questions.

The demand for summer learning classes far exceeds the available seats. No waitlists are kept. If you do not get into the class that is your first choice, please consider:

- trying another class
- trying another location
- continue to check the website for availability (there are sometimes cancellations after the original registration period)

SUMMER CHILD & YOUTH PASSES

Summer Child & Youth Passes

The Summer Child & Youth Pass returns this summer! Here's the scoop—the pass is only \$25 (taxes included) and is valid from **June 14 to September 2, 2024.**

It's available for children **0 – 18 years old** for unlimited access to Coquitlam's drop-in activities, including:

- [Indoor](#) and [outdoor](#) pools;
- [Drop-in sports](#), including basketball, badminton and volleyball;
- [Drop-in skating](#); and
- [Fitness centre and drop-in fitness classes](#) (available only to youth 13 – 18 years old). Teens 13 – 15 years old must complete a [fitness orientation](#) before participating in the fitness centres and drop-in fitness classes.

How to Purchase

Passes go on sale Tuesday, May 21. Purchase the pass by phone at 604-927-4386 or in person at these locations (proof of age is required):

- [City Centre Aquatic Complex](#), 1210 Pinetree Way
- [Dogwood Pavilion](#), 1655 Winslow Avenue
- [Glen Pine Pavilion](#), 1200 Glen Pine Court
- [Maillardville Community Centre](#), 1200 Cartier Avenue
- [Pinetree Community Centre](#), 1260 Pinetree Way
- [Town Centre Park Community Centre](#), 1207 Pinetree Way
- [Poirier Sport & Leisure Complex](#), 633 Poirier Street



**TEENS 14-19
WORK OUT**

FREE

ALL SUMMER

JUNE 1ST – AUGUST 31ST

SIGN UP TODAY AT

[PLANETFITNESS.CA/SUMMERPASS](https://planetfitness.ca/summerpass)

OR THE FRONT DESK

Under 18? Sign up with a parent/guardian
(online or in-club)

Locations independently owned and operated.
See club for details. ©2024 Planet Fitness Franchising LLC.





March 11th, 2024

Did your child receive the MMR vaccine?

Measles cases are being reported in many places internationally. In Canada and in B.C. We would like to remind you to check your child's vaccination records before travelling during Spring Break to ensure they are protected.

Measles is a serious illness caused by the measles virus. It is very contagious. It can spread easily through air.

Symptoms of measles include fever, cough, runny nose, and inflamed eyes that are often sensitive to light. These symptoms are followed by a rash, which starts on the face and neck and spreads to the chest, arms and legs.

Measles can cause complications like inflammation of the brain (encephalitis), which can lead to seizures, deafness or brain damage. Other complications can include ear infection, diarrhea, pneumonia and death. This is why protection by vaccination is so important.

Getting your child vaccinated on schedule is the best way to protect them from this preventable infection. **The MMR vaccine is recommended for all children and is provided free in B.C.**

In B.C., measles vaccine is given as a series of 2 doses.

- First dose is given as the measles, mumps and rubella (MMR) vaccine on a child's first birthday.
- Second dose is given around the time of starting school (at 4 to 6 years) as the measles, mumps, rubella and varicella (MMRV) vaccine.

All school-age children and teens who have not been vaccinated should get 2 doses.

If you plan on travelling internationally:

- Babies between 6 months and 1 year should get vaccinated against measles before travelling internationally. This dose is not included in the routine two doses but will add to protection against measles while travelling.
- Children between 1 and 4 years can also get their second dose early if they are travelling internationally before they are due at age 4.

Make sure your child's immunization records are up-to-date

Check your child's immunization records by

- Scanning the QR code to Health Gateway
- Going online to healthgateway.gov.bc.ca
- Using the Health Gateway app



* Records for children under 12 years old are included on their parent's account.

If your child's online record shows their vaccines are not up-to-date but they did get vaccines from a health care provider outside of public health, please:

- Contact the health care provider who immunized your child and ask for a copy of the immunization record.
- Report these immunizations to Public Health online by either scanning this QR code or going online to fraserhealth.ca/immunizationform. This will prevent children from missing school in the event of a measles case.



If your child has not yet had their vaccines, please make an appointment with a public health unit, family doctor or nurse practitioner. Children 4 years or older, as well as adults, can also be vaccinated in pharmacies. Not all family doctors, nurse practitioners, or pharmacies offer vaccines, so make sure to call ahead and check.

To make an immunization appointment at a public health unit, call:

- 604-702-4906 (residents of Mission, Abbotsford, Chilliwack, Agassiz and Hope)
- 604-476-7087 (residents in all other areas of Fraser Health)

For more information, please contact your local public health unit or visit our website at: fraserhealth.ca/immunizations.