

# Coughlan Fundamental Elementary School

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## **Rocky Raccoon Weekly Update** **April 22 – May 3, 2024**

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Monday, April 22:	Happy Earth Day! Pokemon Club. 12:00 pm @Library
Wednesday, April 24:	Popcorn by pre-order on Munch a Lunch Vancouver FC Visits for Div. 1, 2 & 7. 1:30 pm
Thursday, April 25:	Noon – deadline to order Mothers Day plant fundraiser flowers
Friday, April 26:	"Anything but a backpack day" (see ideas below) Coding Club. 12:00 pm @Library Jump Rope for Heart event
Monday, April 29:	9:15 am buses leave with Students & Staff attending "Frozen" at LFMSS. If your child will be absent please call the school prior by 8 am.
Tuesday, April 30:	6 pm PAC Meeting in the library and through Skype
Wednesday, May 1:	Grade 6 immunizations Vancouver FC Visits for Div. 3, 4 & 8. 1:30 pm
Friday, May 3:	Hot lunch by pre-order on Munch A Lunch Star Wars Day. Dress up as your favourite Star Wars character. No weapons please.

**Are you wondering what events are happening at Coughlan to the end of the school year?** Check out "The Calendars" on the Coughlan website: <https://coughlan.sd35.bc.ca/news-events/>

**Munch A Lunch is now open and ready for spring hot lunch and popcorn orders!**

**Just a reminder** to please Call The Office if your child will be late or absent. Emailing the teacher is fine but if she is away the office won't know and then we need to phone you.

### **Student Inclusive Conference Anchor Documents**

Thank you to all parents/guardians for attending Coughlan's first Student Inclusive Conferences before spring break. We are pleased to share that the Student Inclusive Conference Anchor Documents have now been uploaded on MyEDBC. This is the document that captured the conversation shared between you, your child, and their teacher at the Conference. Please scroll down below for information on how to access the documents on MyEDBC, as it is a little different than the traditional report card. As well, please take a moment to fill out a short survey below to share your experience with the Student Inclusive Conferences. We value and appreciate your feedback. Thank you.

**Short Survey:** [Family Feedback Regarding Student Inclusive Conferences](#)

### **Coughlan's Annual Talent Show**

We are excited for our annual Talent Show at Coughlan on May 24th! Thank you to students who have signed up for the Talent Show auditions. We would like to thank Ms. Witzke, Mrs. Kirby, Ms. McDonald, and Ms. Gander for organizing the Talent Show at Coughlan this year!

### **Sports Equipment from Home**

As the weather is warming up, many of our students enjoy bringing sports equipment from home to use at recess and lunch time. A friendly reminder that at Coughlan, students are permitted to bring sports equipment from home, but it would be their responsibility to ensure it is used and taken care of properly at the school.

### **Healthy Food/Snacks – Feeding Futures**

At Coghlan, we have healthy snacks available and accessible throughout the day for all students. If your child is needing a breakfast and/or lunch, we would be happy to support and provide them with this as well. Please encourage them to speak with a trusted adult in the building, so we are made aware of their needs. Thank you.

### **Jump Rope for Heart**

This year's Jump Rope for Heart event is on Friday, April 26th. Jump Rope for Heart is an annual event schools participate in, put on by the Heart and Stroke Foundation. Students will discover fun ways to get active, practice healthy habits and learn about helping others. The Heart and Stroke Foundation raises money for research on heart disease and stroke research. Our school has a goal of raising \$2,000. As students fundraise, they will have the opportunity to earn incentive gifts offered by the heart and stroke foundation. These include gift cards to Toys R Us, Indigo, Amazon or Walmart. In addition to these incentives from the Heart and Stroke Foundation, the staff at the school have included some incentives for reaching certain fundraising goals. We are looking forward to our jump event and earning some of the school incentives! A big thank you to Mrs. Smith for organizing this exciting event ahead!

### **Summer Session 2024 – Elementary/Middle/Secondary**

Are you looking for skill-building or new learning opportunities for your child to keep them engaged during the summer? The District offers a variety of courses as part of Summer Session. Online registration begins on April 17 (Elementary/Middle) and April 18 (Secondary) at 10:00am for Langley School District students only. To register, you will need a student PEN (Personal Education Number). You can find your student's PEN in MyEDBC. If you are having trouble accessing your PEN, you can visit our **MyEDBC Portal Help Page** or contact your school. For dates, times, and courses available to grade 1-12 students, please visit our webpage **here**.

**One of our teachers is looking for the following items to use in her classroom for crafts (not for food):** Blender, pieces of wood 30cm x 30cm – ideally 24 + pieces, and 24+ hand towels. If you have any of these you are no longer using could you please bring it to the office? Thank you!

**The Ministry of Education and Child Care celebrates April 15-19 as Education Week.** Thank you to all teachers, administrators, education leaders, staff, trustees, and students and families for contributing to our system. Read more from the Ministry about what is being done to support educational excellence and student achievement across the system: **Minister's statement on Education Week | BC Gov News**

On April 16, the Ministry also made an announcement to help support students with literacy screening: **B.C. takes action to improve literacy for students | BC Gov News**



# COGHLAN elementary FUN FAIR SPONSORSHIP

## IT'S THAT TIME OF YEAR AGAIN!!!

We're gearing up for another awesome event this year BUT we need your help to make it even better! We're on the lookout for sponsors interested in helping make the experience extra special this year.

Your sponsorship dollars will directly contribute to the success of the fair, enabling us to provide exciting games, activities, and entertainment for everyone to enjoy. By becoming a sponsor, you will not only help create lasting memories for the students but also gain valuable exposure within our school community!

Whether you're a parent, local business owner, or community member, we welcome your support in any capacity.

## THE OPTIONS

GOLD - \$500+

SILVER - \$300+

BRONZE - \$100+

FRIENDS - \$100 & UNDER

All levels of sponsorship  
are greatly appreciated  
and welcome!



If you are interested in sponsoring the fun fair or just looking for more info please reach out to [coghlan.fun.pac@gmail.com](mailto:coghlan.fun.pac@gmail.com)

## **Mothers Day Plant Fundraiser**

Click on the link below for photos and pricing and to order.

[coghlanfundamental.growingsmilesfundraising.com](http://coghlanfundamental.growingsmilesfundraising.com)

**Order deadline: Thursday, April 25th @ 12 noon**

**Pick up date: Thursday, May 9th @ 2 pm (outside entrance to Coghlan - weather dependant)**

Many options for payment: Cash/cheque orders please send to the office or by credit card

Direct deposit to Coghlan PAC via e-transfer (click on the link provided)

Any questions - please contact Kirsten Pryor: Coghlan Fundraising <[coghlanfundraising@gmail.com](mailto:coghlanfundraising@gmail.com)>

## **Student Field Trip to see the live theatre play "Frozen Jr." on Monday, April 29**

All Coghlan students and staff will be transported by school bus to Langley Fundamental Middle/High School (LFMSS) on Monday, April 29th to see the live theatre play "Frozen". The PAC has covered the costs for students/staff and bussing. A big thank you to the PAC for providing us with a generous gift of musical theatre!

Buses will leave from Coghlan promptly at 9:15 am and will return at noon.

**There are still parents who have not completed the permission form. Please save Mrs. Laycock a phone call to you by doing this quickly! Thanks!** If your child will not attend please let the teacher AND the office know asap. All

staff are attending so there is plenty of supervision.



# VOLUNTEERS **NEEDED!**

A NOTICE WILL BE COMING HOME SOON  
OUTLINING VOLUNTEER REQUIREMENTS  
FOR THIS YEAR'S FUN FAIR!

**EVERY CLASS WILL HAVE A REQUIRED  
VOLUNTEER ROLE TO CONTRIBUTE AT  
THIS YEAR'S FAIR.**

**KEEP YOUR  
EYES PEELED  
FOR  
IMPORTANT  
INFO TO  
COME!!**



Student Inclusive Conference

# Anchor Document



To access Student Inclusive Conference Anchor Document:

- ⇒ Log in to MyEducationBC
- ⇒ Family Top Tab
- ⇒ Click into student
- ⇒ Documents Side Tab
- ⇒ Click floppy disk icon to download document



**Big Brothers Big Sisters Langley is offering a free after school program this Spring!** The Exploration Program is open for students in grades 4-6 and gives students a chance to explore different creative outlets & try new things! Such as arts & crafts, science experiments, drama and group games. Mentors provide a safe and fun atmosphere for students to try new things and build their skills!

### **Explorations at Aldergrove Community Secondary School**

- This program runs 2 days a week: Tuesdays & Wednesdays 3:15pm- 4:45pm (If you child can only attend one of the days, please note this when registering)
- Running April 23<sup>rd</sup> -June 5<sup>th</sup> 2024
- This program is for students in grades 4-6
- This program will be doing crafts, science experiments, drama & group games.

You can register here: <https://form.jotform.com/adminlangley/application-for-spring-2024-program>

### **Fun "Anything But A Backpack Day" Ideas for Friday, April 26th**

One of the most popular school [spirit week](#) days is "anything but a backpack day" (also known as "no backpack day"). It is a day where students can let their creativity and resourcefulness show by using an alternative to their backpack. It makes for a really fun and memorable school day for the students. However, it can be difficult to come up with fun anything but a backpack day ideas. We've gone ahead and put together a list of ideas for things you can use as a backpack.

#### **What is "anything but a backpack day"?**

"Anything but a backpack day" is a day when students can leave their backpacks at home and bring their school supplies in a different type of container, such as a reusable grocery bag, a tote bag, or a small suitcase. It also allows students to express their creativity and individuality by choosing a unique way to carry their school supplies.

#### **What are the rules for anything but a backpack day?**

While the possibilities for backpacks seem endless, there are some rules that must be followed. It is important to remember that the school's policies still apply. That being said, you should avoid bringing anything that would not be allowed such as alcohol containers or weapons. Before you bring your backpack alternative to school, think twice and make sure that it does not violate any existing policies.

### **Anything But A Backpack Day Ideas**

1. **Beach Bags:** Colorful and spacious beach bags can add a touch of summer to the school day.
2. **Guitar Cases:** Leave the guitar at home and take the case to school. It should have plenty of room to carry school supplies
3. **Plastic Milk Crates:** Carry around your books in a milk crate for a day!
4. **Bed Sheets:** A twin-sized bedsheet can be folded and tied to create a makeshift tote.
5. **Net Bags:** These mesh bags, often used for groceries, can be a trendy and lightweight option.
6. **Cooler:** Coolers can store large quantities of ice and drinks, so they're perfect to use as backpacks as well
7. **Wicker Baskets:** Wicker baskets with handles can give a rustic and charming vibe.
8. **Sling Bags:** Single-strap sling bags can offer a distinctive style while keeping essentials within reach.

9. **Wagon:** Pull your books around on a red wagon for the day.
10. **Large cooking pots:** If you have a large cooking pot at home, it could definitely be large enough to carry your supplies!
11. **Pizza box:** If you have an old pizza box laying around, you can probably fit all of your school stuff in it!
12. **Oversized Pockets:** Sew large pockets onto a jacket or pair of pants to carry small items.
13. **Plastic Watering Cans:** Empty watering cans can be transformed into quirky carrying containers.
14. **Traffic Cone:** Simply flip the cone upside down to use it to carry your school supplies. You might have to cover the hole at the tip!
15. **Trashbag:** Probably one of the easiest ideas on the list, you can simply use a new trash bag to carry your stuff!
16. **Drawers:** Remove a drawer from a dresser and add straps or handles for a whimsical look.
17. **Burlap Sacks:** Burlap sacks with handles can add a rustic and unique touch to the outfit.
18. **5 Gallon Bucket:** Chances are, you have a 5 gallon bucket somewhere in your garage. Simply put the school supplies in the bucket to use as a backpack.
19. **Shower Caddy:** Shower caddies with handles can be convenient for carrying smaller items.
20. **Toolboxes:** Toolboxes can be used as industrial backpacks
21. **Wooden Crates:** Attach straps or ropes to wooden crates for a rustic backpack alternative.
22. **Tote Bags:** Large tote bags can be a stylish and practical alternative for carrying books and supplies.
23. **Messenger Bags:** Messenger bags are designed to be worn across the body and are a popular choice for students who want a different look.
24. **Duffle Bags:** Small or medium-sized duffle bags can work well for carrying essentials, and they come in various colors and designs.
25. **Shopping Bags:** Reusable shopping bags, especially those made of sturdy material, can be repurposed as makeshift backpacks.
26. **Suitcases:** Small suitcases or rolling carry-on bags can be unconventional but practical for students with a lot to carry.
27. **Pillowcases:** Similar to trick-or-treating, you can use pillow cases to store your school supplies.
28. **Laundry Baskets:** A small laundry basket with handles can hold a lot of items and provide a humorous twist on the theme.
29. **Reusable Lunch Bags:** Lunch bags come in various sizes and can be a creative and eco-friendly choice for carrying school supplies.
30. **Fanny Packs:** Fanny packs worn around the waist have made a comeback in fashion and can be a trendy option for students.
31. **Tied Scarves or Bandanas:** Students can tie scarves or bandanas into knots and use them as makeshift bags for smaller items.
32. **Cardboard Boxes:** Decorate a cardboard box and add straps or handles to make it easier to carry.
33. **Plastic Storage Bins:** Small plastic storage bins with handles can be used to transport books and supplies in a unique way.
34. **Musical Instrument Cases:** Cases for instruments like the violin, trumpet, or saxophone can double as unconventional backpacks.
35. **Gym Bags:** Repurpose a gym bag, especially if it has an interesting design or logo.
36. **T-shirt Bags:** Tie the sleeves and neck hole of a t-shirt to make a bag.
37. **Purses and Handbags:** Girls may choose to use stylish purses or handbags as an alternative to backpacks.
38. **Baby Stroller:** If you have an old stroller lying around, you could use it to carry all of your school supplies
39. **Pet carrier:** If the family dog isn't using the pet carrier, you can borrow it to use as a backpack
40. **Planters:** If you have large empty planters, they make for great containers!
41. **Wheelbarrow:** Push around your school supplies in a wheel barrow. Be careful, as this will be quite large.
42. **Umbrella Holder:** Empty umbrella holders can double as unconventional carrying containers.
43. **Magazine Holders:** Large magazine holders can be repurposed as unique backpack alternatives.
44. **Plastic storage drawers:** Stackable plastic storage drawers can be used to transport books and supplies.
45. **Trash can:** A small trash can can be used as an unconventional backpack alternative. Just make sure it doesn't stink!

46. **Recycling Bin:** Decorate a small recycling bin and use it to carry your materials.
47. **Duct tape:** Use duct tape to create a makeshift bag.
48. **Shoe box:** Chances are, you have an old shoe box in your closet. Bring it in!
49. **Tackle Box:** For the fishing fans, tackle box with compartments can help you organize and carry your supplies in style.
50. **Tackle Vest:** A fishing tackle vest with multiple pockets can be a unique choice.
51. **Cube Storage Container:** The cubes that you put in cube shelves work great for carrying around school supplies
52. **Soccer Ball Bag:** Repurpose a soccer ball bag to carry your books and pencils.
53. **Picnic Blanket:** Fold up a picnic blanket with handles to carry your school necessities.
54. **Plant Hangers:** Empty plant hangers with handles can hold a surprising amount of items.
55. **Apron:** Wear an apron with a large pocket to hold your items.
56. **Collapsible Laundry Hamper:** A small collapsible laundry hamper can hold plenty of items.
57. **Tennis Racket Case:** If you play tennis, use the racket cover as a carrying bag.
58. **Cookie Tin:** Empty cookie tins can be turned into stylish and compact carrying containers.
59. **Bicycle Basket:** Attach a bicycle basket to your bike and carry your supplies that way.
60. **Inflatable Pool Float:** Fold up an inflatable pool float and use it as a playful backpack.
61. **Water cooler:** Large water coolers used for sports can be used to carry books.
62. **Motorcycle helmet:** Put all of your school supplies inside a motorcycle helmet
63. **Tool Belt:** Wear a tool belt with pockets to carry your school supplies.
64. **Tennis Ball Container:** Empty tennis ball containers can be used to store and transport smaller items.
65. **Camping Backpack:** Instead of a regular school backpack, opt for a camping backpack with extra compartments.
66. **Large Hat:** A wide-brimmed hat with a sturdy strap can be used to carry smaller items.
67. **Bucket Hat:** A bucket hat with a drawstring can double as a unique carrying container.
68. **Mailbox:** Decorate an old mailbox and use it to carry your materials.
69. **Yoga Mat Bag:** Repurpose a yoga mat bag to carry your books and supplies.
70. **Clipboard:** Clip your school supplies onto a clipboard and carry it under your arm.
71. **Picnic Basket:** A classic picnic basket can add a touch of elegance to your school day.
72. **Fishing Net:** A fishing net bag can be used to carry your supplies, giving a coastal vibe.
73. **Magazine Tote:** Roll up magazines and secure them with belts to create a tote bag.
74. **Mason Jar Holder:** Attach mason jars to a wooden holder and use them as carrying containers.
75. **Empty Paint Can:** Clean an empty paint can and use it to transport your school materials.
76. **Candy Bucket:** Repurpose a plastic candy bucket as a playful backpack alternative.
77. **Bungee Cords:** Bundle your supplies with colorful bungee cords and carry them like a bundle.
78. **Bicycle Pannier:** Attach a bicycle pannier bag to your bike rack and use it for school items.
79. **Skateboard Deck:** Strap your school supplies to a skateboard deck and roll them to class.
80. **Crochet Bag:** If you're crafty, crochet your own bag to carry your supplies.
81. **Carry-On Luggage:** Opt for a small carry-on suitcase with wheels for a unique and practical alternative.
82. **Tupperware Containers:** Stack your school supplies in colorful Tupperware containers with lids.
83. **Accordion File Folder:** Use an accordion file folder to organize and carry your papers and notebooks.
84. **Empty Coffee Canisters:** Clean and decorate empty coffee canisters to store/transport your supplies.
85. **Towel Tote:** Fold a beach towel in half and secure the edges to create a towel tote.
86. **Rubbermaid Storage Bin:** Small Rubbermaid storage bins with handles can serve as portable storage.
87. **Pencil Case Belt:** Attach a belt to a large pencil case and wear it around your waist.
88. **Empty Coffee Bags:** Sew together empty coffee bags to create a coffee-themed tote.
89. **Travel Pillow:** Fill a travel pillow with your supplies and carry it like a cushion.
90. **Shoe Organizer:** Hang a shoe organizer with pockets over your shoulder to store items.
91. **Empty Film Canisters:** Small film canisters can be used to store tiny school supplies.
92. **Pizza Delivery Bag:** If you can find one, repurpose a pizza delivery bag as a quirky backpack.
93. **Beach Umbrella:** Attach a strap to a beach umbrella and carry it like a parasol.
94. **Bread Box:** Do you have a bread box in your kitchen? Remove the bread and replace it with school supplies!
95. **Jeans:** Take a pair of jeans and tie the legs. This way, you can fill them up with your essentials.
96. **Toy Chest:** Take the toys out of a toy chest and you can use it as a backpack.



# NATIONAL CHILD & YOUTH MENTAL HEALTH DAY

**Online Event for Parents and Caring Adults**

**with Kim Barthel**

**CONNECTING WITH KIDS:** We know that having caring, connected conversations can significantly impact the mental health of children and youth. Join us to listen to Kim Barthel talk about having more self-compassion, self-awareness and knowledge about the art and science of relationships. Our kids mean so much to us, and yet disconnection, dissociation and even the potential for self-harm is very real. A holistic and engaging story-teller, Kim will introduce the basics of attunement, attachment theory, trauma-sensitive practice, sustainable self-care and above all the power of connection and inclusion.

Kim Barthel is a Canadian occupational therapist, speaker, multi-disciplinary teacher, mentor and best-selling author who is active in supporting people in many contexts globally. Kim is passionate about understanding mental health, complex behaviour, neurobiology, movement, trauma-sensitive practice, attachment, sensory processing and learning. [KimBarthel.ca](http://KimBarthel.ca).


**DATE:** Tuesday, May 7, 2024

**TIME:** 6:00pm - 8:00pm (PST)

**REGISTRATION REQUIRED:** [familysmart.ca/events](http://familysmart.ca/events)

This event is part of FamilySmart's National Child & Youth Mental Health Day celebrations, for more info and resources go to: [may7icare.ca](http://may7icare.ca)





# YOUTH WEEK



# BBQ

FREE DROP-IN FOR YOUTH IN GRADES  
6-12

FOOD & BEVERAGES  
GAMES & MORE!



**SATURDAY**

**4  
MAY**

**6-9:30PM**

**TIMMS COMMUNITY CENTRE  
20399 DOUGLAS CRESCENT, LANGLEY**

 **Langley City**  
THE PLACE TO BE

In partnership with



**· FOUNDRY ·**  
LANGLEY

# GIRLS SOCIAL

**Free for female  
identifying youth  
in grades  
6-12**

**HEY GIRLS! COME OUT FOR  
SOME FUN AND RELAXING  
GIRL TIME!**



**THURSDAY  
MAY 2ND**

**5:30 TO  
7:00PM**

**TIMMS COMMUNITY CENTRE  
20399 DOUGLAS CRES,  
LANGLEY**



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