

# Coghlan Fundamental Elementary School

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## **Rocky Raccoon Weekly Update**

### **April 29 – May 10, 2024**

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 to 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.
Monday, May 6:	Pokémon Club. 12:00 pm Langley Children's Choir Performance @Gym. 10-10:25 am
Tuesday, May 7:	IDEA Summit Div. 1, 2, 3 & 4 @LEC. 9:30 am to 12:30 pm
Wednesday, May 8:	Popcorn
Thursday, May 9:	Agriculture Kids Program – all classes participate in the library <i>Complimentary locally grown, farm-fresh food pick up for each family from 7:30-9:00 am and 2:00-4:00 pm at school parking lot (more info below)</i> 2 pm – pick up Mothers Day plants
Friday, May 10:	PAC Fun Fair. 5-8 pm

**Parents – Please remind your child(ren) NOT to play in the back of the school anywhere after school.** There is no supervision at the back of the school at the 2:30 pm dismissal. Students have been advised by Ms. Lam of this safety expectation. If you or your designated caregiver are watching over them directly, they may stay and play but otherwise, they must stay at the front of the school waiting for pick up. We do have supervision at the front of the school until 2:45 pm. Thank you for your cooperation with this matter.

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

**Buses will leave from Coghlan promptly at 9:15 am and will return at noon. Please ensure your child arrives on time! If your child will not attend please let the teacher AND the office know asap. The doors will be locked while students and staff attend this event.**

**A big thank you to the PAC for providing us with a generous gift of musical theatre! --- your fundraising \$\$ at work 😊**

## **May Informal Learning Update**

During the week of May 6-10, your child will receive a paper record of the second informal learning update as part of the requirements within the Ministry of Education and Childcare's newly revised Reporting Order.

This Elementary Learning Update serves as a record of communication, which can include (but is not limited to) past email communication, meeting, digital student portfolio or written communication, to serve as an update to families on student learning progress since the Term 2 Student Inclusive Conferences. Parents/Caregivers will be able to see the method of communication at the top of the paper Learning Update.

If you have further questions on your child's learning progress, please contact your child's classroom teacher.

## **Message from Agri-Kids Program – Venechuk Farms**

Howdy CFES families,

With Spring in the air, I trust you're looking forward to the warmer weather. We are very excited to bring the Agri-Kids program to the Coghlan student body and their families.

The Agri-Kids program, established over 10 years ago, aims to foster a connection between children in the Langley area and the origins of their food. Over the years, we have offered various programs, including our Innovative Farming Techniques program, which has been successfully running in select district schools for the past six years. Through this program, we've educated both children and adults about urban farming methods of the future like vertical farming, now widely adopted on a commercial scale worldwide.

Earlier this year we announced the launch of a new Agri-Kids program in SD #35, and we're grateful to Coghlan for the opportunity to work with all of you. This monthly program will provide "themed" sessions, lasting 20 minutes each, for every grade level. Sessions will be held in the gym or outside at Coghlan, with the first seminar scheduled for Thursday, May 9, 2024.

During these sessions, the children will explore a variety of locally grown, farm-fresh foods. Each child will receive a duotang containing a colouring sheet, a history / nutrition infographic, a recipe, and a worksheet related to the featured produce. This duotang will be theirs to keep and add to over the next two months.

**On Thursday May 9, 2024, we'll be stationed at Coghlan's main parking lot with our Sprinter Van from 7:30am-9:00am and from 2:00pm-4:00pm.** We're pleased to offer each parent one retail-sized portion of each showcased food item per child, free of charge. All items provided are sourced from local farmers right here in BC. We encourage you to stop by to say hello and collect your complimentary items. Your child will have learned about these food items during our seminars and will be eager to experience trying them at home with you.

If you have any questions or concerns, please feel free to email [info@venechukfarmsltd.com](mailto:info@venechukfarmsltd.com) and I will be happy to help.

### **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 staff member in the building, so we are made aware of their needs.

**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!

### **Grade 6/7 Band for September 2024**

Mark Follett from DW Poppy Secondary is coming to Coghlan in the next few weeks to introduce the instruments and what we do, and to do instrument testing with the kids to help ensure they are successful next year.

Here is the link current grade 5 parents need to get info and registered:

<http://dwpoppymusic.com/elementaryband/>

### **Save the Date!**

We are doing the final Band Concert of the year for all our schools outside (we hope) at DW Poppy on the evening of Thursday, June 13 (with food trucks!) to celebrate the end of the year. We'll have more details soon, but save the date!

### **4<sup>th</sup> Annual I.D.E.A. Summit – May 7<sup>th</sup> at the Langley Events Centre**

Come see entrepreneurship and creativity in action at the I.D.E.A. Summit!

I.D.E.A. stands for Innovation, Design, Entrepreneurship and Altruism.

Students across the District will be participating and competing throughout the day in the Market Showcases, Thinkology and Design Challenges, Pitch Challenges, and the I.D.E.A Summit Finale. The finishers will be awarded prizes which have been generously donated by the local business community.

Join us at the Langley Events Centre (Building B-Fieldhouse) located at 7888 200<sup>th</sup> Street in Langley on **May 7, 2024 from 9:1 am – 3:00pm**. For more information and to view the schedule, click [here](#).

### **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](#).

### **Mothers Day Plant Fundraiser**

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

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

### **Yearbooks**

Yearbooks are for sale on Munch A Lunch until May 16<sup>th</sup>. Cost is \$24.50. Be sure to get one for your child before the order deadline. *NO yearbooks will be available to purchase later on.*

### **PAC Meeting – Tuesday, April 30<sup>th</sup>**

We hope all parents will participate in the Tuesday, April 30<sup>th</sup> PAC Meeting.

6:00 pm – in the Library and via zoom.

Here's the PAC agenda for the meeting on April 30

Skype link

<https://join.skype.com/U69NQ2tXWq1f>

Hello everyone,

## Volunteer opportunities for "Family Fun Night 2024" are now open.

Please click on the following web link (or copy it into your web browser if clicking doesn't work) to go to the signup sheet:

[volunteersignup.org/DQP8R](https://volunteersignup.org/DQP8R)

To sign up, just follow the instructions on the page. It only takes a few seconds to do.

Thank you for volunteering!

Mel Hébert

[babes\\_177@hotmail.com](mailto:babes_177@hotmail.com)

## DPAC Meeting Minutes

Please click on the Coghlan website for minutes from the monthly DPAC meetings. The March DPAC monthly meeting minutes regarding the Langley District budget have just been uploaded.

<https://coghlan.sd35.bc.ca/wp-content/uploads/sites/16/2024/04/Langley-DPAC-General-Mar-14-2024.pdf>

## Track and Field Meet – May 31st

We are very excited for our upcoming Track and Field Meet on Friday, May 31<sup>st</sup> at McLeod Athletic Park! Only qualified students will participate. Detailed information will be coming home for those students. A school bus is not available so parent drivers will be needed. If you can drive your child and others please send Mrs. Laycock an email ([nlaycock@sd35.bc.ca](mailto:nlaycock@sd35.bc.ca)). The office requires 2 forms completed along with a current drivers abstract and criminal records check and a copy of your drivers license and insurance papers. These documents all must be approved at least 2 days prior to the event. Please see Mrs. Laycock at the office to complete this process. Thank you!

**Please see below for our Track Rotations schedule which is when students will be trying out for the Track & Field Events. Please note that we do have a make-up day on Thursday, May 16th (for those students who may be away for specific try-out dates). Our Track Meet is on Friday, May 17th.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*First event is from 1:45-2:05; second event is from 2:10-2:30 *Running @ nook *Ball throw @ baseball fence *High jump @ gym *Long jump @ sand pit	Running- Keller, McDonald  High Jump- Hunter, Jdi  Ball Throw- Smith, Dary  Long Jump- Witzke, Bricco	1	May 2 <b>GR4 Running (1:45)</b> <i>GR4 High jump (2:10)</i> <b>GR5 High jump (1:45)</b> <i>GR5 Running (2:10)</i> <b>GR6 Long Jump (1:45)</b> <i>GR6 Ball Throw (2:10)</i> <b>GR7 Ball Throw (1:45)</b> <i>GR7 Long Jump (2:10)</i>	3
6 <b>GR4 Running (1:45)</b> <i>GR4 High jump (2:10)</i> <b>GR5 High jump (1:45)</b> <i>GR5 Running (2:10)</i> <b>GR6 Long Jump (1:45)</b> <i>GR6 Ball Throw (2:10)</i> <b>GR7 Ball Throw (1:45)</b> <i>GR7 Long Jump (2:10)</i>	7	8 <b>GR4 Running (1:45)</b> <i>GR4 High jump (2:10)</i> <b>GR5 High jump (1:45)</b> <i>GR5 Running (2:10)</i> <b>GR6 Long Jump (1:45)</b> <i>GR6 Ball Throw (2:10)</i> <b>GR7 Ball Throw (1:45)</b> <i>GR7 Long Jump (2:10)</i>	9 <b>GR4 Running (1:45)</b> <i>GR4 High jump (2:10)</i> <b>GR5 High jump (1:45)</b> <i>GR5 Running (2:10)</i> <b>GR6 Long Jump (1:45)</b> <i>GR6 Ball Throw (2:10)</i> <b>GR7 Ball Throw (1:45)</b> <i>GR7 Long Jump (2:10)</i>	10 <b>GR4 Ball Throw (1:45)</b> <i>GR4 Long Jump (2:10)</i> <b>GR5 Long Jump (1:45)</b> <i>GR5 Ball Throw (2:10)</i> <b>GR6 Running (1:45)</b> <i>GR6 High Jump (2:10)</i> <b>GR7 High Jump (1:45)</b> <i>GR7 Running (2:10)</i>
13 <b>GR4 Ball Throw (1:45)</b> <i>GR4 Long Jump (2:10)</i> <b>GR5 Long Jump (1:45)</b> <i>GR5 Ball Throw (2:10)</i> <b>GR6 Running (1:45)</b> <i>GR6 High Jump (2:10)</i> <b>GR7 High Jump (1:45)</b> <i>GR7 Running (2:10)</i>	14 <b>GR4 Ball Throw (1:45)</b> <i>GR4 Long Jump (2:10)</i> <b>GR5 Long Jump (1:45)</b> <i>GR5 Ball Throw (2:10)</i> <b>GR6 Running (1:45)</b> <i>GR6 High Jump (2:10)</i> <b>GR7 High Jump (1:45)</b> <i>GR7 Running (2:10)</i>	15 <b>GR4 Ball Throw (1:45)</b> <i>GR4 Long Jump (2:10)</i> <b>GR5 Long Jump (1:45)</b> <i>GR5 Ball Throw (2:10)</i> <b>GR6 Running (1:45)</b> <i>GR6 High Jump (2:10)</i> <b>GR7 High Jump (1:45)</b> <i>GR7 Running (2:10)</i>	16 <b>Catch up day for absences (can only catch up on 2 events)</b>	17  TRACK MEET IS MAY 31





# 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)



# 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!!**







# 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

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