



# Coghlan Fundamental Elementary School

4452 -256<sup>TH</sup> STREET, ALDERGROVE, BC V4W 1J3

[HTTP://COGLAN.SD35.BC.CA](http://COGLAN.SD35.BC.CA)

PHONE: 604-856-8539

FAX: 604-856-4309

PRINCIPAL: MRS. ISABELLA LAM

ADMIN. ASSISTANT: MRS. NAOMI LAYCOCK

---

## **Rocky Raccoon Weekly Update** **April 8 - 19, 2024**

Monday, April 8:	Pokémon Club. 12:00 pm @Library
Tuesday, April 9:	Talent Show Sign-Up. 12:00 pm @Ms. Witzke's Portable
Wednesday, April 10:	Vancouver Football Club Visit for Div. 9 & 10. 1:30 to 2:30 pm
Friday, April 12:	Coding Club. 12:00 pm @Library
Monday, April 15:	In-class Hub Cycling Gr. 3 & 6
Wednesday, April 17:	Vancouver Football Club Visit for Div. 3 & 4. 1:30 to 2:30 pm
Friday, April 19:	Outside Hub Cycling Gr. 3 & 6

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

### **BBQ Firefighters Lunch**



Before spring break, our students were treated to a BBQ lunch supplied and served by our local firefighters! The lunch was a recognition for our school for collecting the most clothes on a pound-per-student basis. It was the perfect day for it, with warm and sunny weather, and we had a blast! Students learned about the roles of our firefighters, toured a couple of fire trucks, and even had an opportunity to check out some neat tools that they use for emergency situations. Thank you to our whole school community for making this happen for our students, and thank you to our Township of Langley Firefighters for organizing this memorable event for us! Here is a short video that showcased our learning and experiences for that day: [https://www.youtube.com/watch?v=ddn\\_bpp1bLs](https://www.youtube.com/watch?v=ddn_bpp1bLs)

### **Vancouver Football Club Visits**

We are pleased to have our Vancouver Football Club Players visiting our school after spring break. Each class has been paired with their grade group classes, and have an opportunity to meet and engage with the Vancouver FC Players! Players will be teaching students soccer skills/drills, playing mini-games and offering Q/A sessions for our students. We enjoyed our first visit on Wednesday for our Division 5 & 6 students, and we're looking forward to meeting more players in the next 4 weeks!

### **Coghlan's Annual Talent Show**

We are excited for our annual Talent Show at Coghlan this spring! This year, we have set the date for Friday, May 24th. If your child is interested in signing up for the Talent Show auditions this year, please remind them to meet Ms. Witzke in her portable at lunch time on Tuesday, April 9th. From there, Ms. Witzke will assign an audition time for your child at a later date, and your child will have a slip of paper to take home to remind them of their audition date/time. We will also be reminding students about the auditions over the announcements. Please stay tuned for more information.

### **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!

### **Solar Eclipse Awareness**

A partial solar eclipse will take place on Monday, April 8, from 10:43 am until approximately 12:20 pm. This is a relatively rare event, with people likely curious and wanting to witness the event first hand. Looking at the sun directly during an eclipse can cause severe eye injury, as some of the protective mechanisms that would make us turn away from the sun may be less effective due to low light levels, according to Vancouver Coastal Health. While the forecast is for clouds and light showers in the morning on Monday, the possibility exists that we will be able to witness this event. Please ensure that children and youth are aware of the dangers of looking directly at the sun. **If skies clear on Monday morning, Vancouver Coastal Health is recommending that students, especially young children, are kept inside during this time.** For those who would like to witness this event, NASA is offering an opportunity to watch the solar eclipse live [online](#).

### **Outside Play – Fraser Health**

Health, safety, and wellness continue to be a priority in our schools. To help support our students and families, we are sharing important information from our community partner Fraser Health about outside play. Please see below for helpful reminders to support your child.

### **Get Outside and Play!**

Physical activity is a necessary requirement for optimal health – and the benefits are even greater if you can do it outdoors.

Regular physical activity in childhood helps to develop cardiovascular fitness, muscle strength and bone density, and being outdoors is known to improve mental health.

There are many benefits to unstructured, outside play. When children spend time outside, they:

1. **Sit less, move more and play longer** – key to cardiovascular health and fitness.
2. **Have healthier eyes** – 10+ hours a week outside reduces nearsightedness risks.
3. **Sleep better** – sunlight helps regulate melatonin and sleep patterns.
4. **Enjoy improved mood** – exercise reduces symptoms of anxiety and depression.
5. **Feel more connected to nature** – experience calm and develop mindfulness.

Planning active outings doesn't have to be challenging or costly. Here are some ideas that you can try this week:

- **Go for a walk or hike** – try these [10 hikes to take your kids on this summer](#).
- **Play in a forest or park** – try a new [regional park](#) every day for a week.
- **Climb a tree** – this [Vancouver climbing tree](#) is inspiring, but start smaller!
- **Explore a local stream** – check these [beautiful watershed walks](#) in the region.
- **Play hopscotch or jump rope** – try teaching these [six fun jump rope games](#).
- **Swim at the pool, waterpark or beach** – check [beach safety conditions](#) first.
- **Ride a bike or scooter** – find [easy, family-friendly cycling routes](#).
- **Visit farms, fish hatcheries and bird sanctuaries** – this [local family fun guide](#) has unique ideas.

Find more ideas to keep your kids active through the year on Fraser Health's website: <https://ow.ly/lrmm50PezbK>