

COGHLAN FUNDAMENTAL ELEMENTARY SCHOOL

4452 -256th Street, Aldergrove, BC V4W 1J3

<http://coghlansd35.bc.ca>

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Rocky Raccoon Weekly Update

February 10 - 24, 2025

Monday, February 10:	District Pro-D Day (No School)
Tuesday, February 11:	Pokémon Club. 12:00 pm @Library Gr. 7 Candy Grams @Lunch Gr. 6/7 Boys Basketball Game: Team #1 Home VS Fort Langley; Team #2 Away @Wix Brown PAC Popcorn
Wednesday, February 12:	Gr. 6/7 Girls Basketball Game: Away @Fort Langley 1:15 pm Green Thumbs Theatre Performance 500 Words.
Thursday, February 13:	Valentine's Day
Friday, February 14:	Family Day STATUTORY HOLIDAY. School Closed.
Monday, February 17:	Gr. 6/7 Boys Basketball Game: Team #1 Away @Fort Langley; Team #2 Home VS North Otter
Tuesday, February 18:	Jump Rope for Heart Event
Wednesday, February 19:	Spirit Day – Careers Day!
Thursday, February 20:	Dress up as your favourite professional person!
Friday, February 21:	Intermediate Skating at Twin Rinks PAC Hot Lunch PAC Movie Night
Monday, February 24:	Design & Assessment Day. Students DO NOT Attend.



What to do if your child is absent?

Please **CALL the office** *before 8 am* and leave a message if your child will be late or absent. It's vital that you call early. It's ok to email the teacher but you Must Call the Office. If your child will be away for more than one day you can tell us that too. Remember sick students need to be "symptom free" for 24 to 48 hours before returning to school, this avoids sharing germs with other students and staff. Thank you!

Intermediate Student Ice Skating

Friday, February 21st. Students will leave Coghlan by school bus at 11:15 and return at approximately 1:15 pm. Further details are coming home this week with payment via Cash Online.

Staffing Announcement/Update

It is with mixed feelings that we announce that our School Counsellor, Ms. Leanne Fleming will be leaving Coghlan, and the District next week. Leanne has been appointed Vice-Principal in the Abbotsford School District, and her last day with us will be on Tuesday, Feb. 11. We wish her all the best in her new role, and appreciate all of the many gifts that she has brought with her to our school community. Currently, the District is actively looking for a replacement for our School Counsellor position, and we will update families once we have a successful candidate. Please reach out to Ms. Lam directly with any questions/concerns: ilam@sd35.bc.ca

Coghlan Fundamental is a NUT AWARE School

A friendly reminder that Coghlan Fundamental is a nut aware school. We have several community members who have life threatening allergies to many types of nuts, and it is an expectation that we, collectively, make every reasonable effort to ensure that there are no nuts brought to school. To clarify, the reason why we are nut "aware", and not nut "free" is because we cannot always guarantee that every food product brought to school has not been contaminated or have traces of nuts in it, but we encourage everyone to make best efforts to avoid bringing nuts to school. Thank you for your care and support for the members of our school community.

Communicating Student Learning (CSL) - Elementary School

Learning is a journey for all students that requires the support of teachers, staff, and families. Parent/guardian involvement is always a contributing factor to a student's success. But how does a parent/guardian know how their child is doing? The District is sharing information about the different ways of [Communicating Student Learning \(CSL\)](#) to help support families. On this webpage you will find information about student inclusive conferences, proficiency scales, and self-reflection on the core competencies. These resources are aimed to help support your child. Read more [here](#).

Term 2 Student Inclusive Conferences (SICs)

Our Term 1 Student Inclusive Conferences are taking place between February 24th, 2025, to March 7th, 2025. Please see the handout below for further information on what the SICs entail. Parents can start to make teacher appointments this afternoon and the last day to make appointments is Sunday, February 16th at 9 pm.

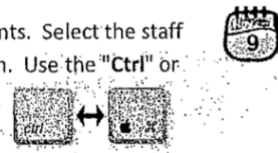
Here is the link to your appointment and parent instructions below on creating an account:

<https://coghlant.parentteacherconferences.net/admin/>



School Appointments - Parent Instructions

1. Go to our school appointments web site for your school.
2. Register for an account by clicking the "REGISTER" menu tab and filling in the on-line form. Choose a user id and password for yourself and then click the "Register Now" button.
3. Add your children into the system by clicking the "Add a Student" button. Click "Insert New" button to add more children.
4. Click the "date" icon beside each child's name to schedule appointments. Select the staff you wish to book appointments with and the "View Calendars" button. Use the "Ctrl" or "Command" key to select multiple staff to view at the same time.
5. Click on available time slots to book your appointments to make your bookings.



STUDENT INCLUSIVE CONFERENCES IN LANGLEY SCHOOLS

PARENT-GUARDIAN RESOURCE
NOVEMBER 2024

What is the Family's Role?

You play a key part in your child's learning and your active participation and engagement during the conference is appreciated.

Please sign-up online for a conference timeslot within the 1-2 week window. There will be a variety of conference times available to choose from including: before school, during school, after school, and in the evening.

Take time to consider your thoughts around the Family Reflection Sheet. This will be sent home in the days prior to your conference.

During the conference, you will have the opportunity to listen to your child, ask questions, and collaborate on setting new learning goals.

Thank you for your participation and support.

Why are things Changing?

Our BC Curriculum has been redesigned to reflect how, and what, students should learn in the 21st century.

We are designing a way to communicate student learning that is focused on a meaningful, strength-based and student-inclusive process.

We know that student success increases when families have a clear understanding of their child's learning and students are at the centre of the communications process.

We want students to consider their learning and be able to answer:

- Where am I now?
- Where am I going?
- How do I get there?

Working together to support dialogue around a student's learning progress.

STUDENT INCLUSIVE CONFERENCES IN LANGLEY SCHOOLS

PARENT-GUARDIAN RESOURCE
NOVEMBER 2024

Student-Inclusive Conference (Student, Family, Teacher)

- Families will meet with their child and the teacher to discuss student learning.
- Conferences will vary in style, but all will share key components:
 - Duration of about 20-25 minutes;
 - Students will share Evidence of Learning (Items that reflect progress);
 - Families will reflect on the growth they have noticed in their child's learning;
 - Teachers will reflect on the student's strengths and next steps;
 - Collaboratively, everyone will set the student's next learning goals;
 - The learning, growth, strengths and next steps discussed in the conference will lead to the development of the Communicating Student Learning Progress Report.

Communicating Student Learning (CSL) Progress Report

- Replaces the former 'report card'.
- Is a working document completed collaboratively during the conference.
- The CSL Progress Report may not include every subject area, but all learning will be discussed at the conference.
- After the conference, the CSL Progress Report will be shared online through the Parent Portal of MyEDBC.
- The CSL Progress Report uses a Proficiency Scale which replaces traditional letter grades.

Discussing areas of strength, growth and goals...

Proficiency Scale:			
Emerging	Developing	Proficient	Extending
The student demonstrates an initial understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a partial understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a complete understanding of the concepts and competencies relevant to the expected learning.	The student demonstrates a sophisticated understanding of the concepts and competencies relevant to the expected learning.
"I don't get it yet, but I am trying."	"I'm starting to get it."	"I get it."	"I really get it and can teach others how to do it."

Parent Education Presentation

Langley DPAC presents Hannah Beach

February 13, 2025 at 7pm

Kwantlen Polytech University

Free Event, Registration Required

Childminding available

Today's children face rising anxiety, aggression, and withdrawal, leaving parents feeling overwhelmed. Kids are isolated, glued to screens, and struggling to connect. Hannah Beach, award-winning educator and author of *Reclaiming Our Students*, is dedicated to helping children build emotional resilience through relationship and play. Her work is transforming how we support kids in schools and at home. Here is the **[REGISTRATION LINK](#)**.

This Month in the Arts - February 2025

The Arts are alive and well in Langley schools! Please check out the poster at the link below for a quick glance and overview of all of the amazing Arts events and activities happening across schools in the Langley School District in February!

 **[This Month in the Arts Poster - February.pdf](#)**

Virtual Family Math Day - February 22, 2025

The Department of Curriculum and Pedagogy in the Faculty of Education at UBC is hosting a virtual Family Math Fair on Saturday, February 22nd from 10am - 11:30am. UBC Faculty of Education Graduate Students and Teacher Candidates will engage students, teachers and parents in Hands-On, Minds-On Math Activities for all ages. Click on the link to the poster below for more information.

 **[Family Math Day Virtual - Poster 2025 v.2 compressed.pdf](#)**

Sexual Health Information (from 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 sexual health for school-aged children and youth. Please see below for helpful reminders to support your child.

Healthy Childhood and Youth Development includes Sexual Health

Learning about sexual health, including understanding your body and its changes, health conditions, personal hygiene, healthy relationships, consent and sexuality, are all part of growing up. Talking about sexual health can allow young people to identify their values and develop skills that promote healthy decision making and sexuality.

How do I Teach My Child about Sex and Sexuality?

Talking to your children about sexual health is important. Establishing an open and trusting relationship with your child will help them know they can come to you for honest answers to their questions about sex and sexuality.

For help on how to talk to your child and what to include about sexual health take a look at the following information:

Sexual education for children – Fraser Health Authority

Learning about sexual health also means understanding sexual orientation and gender identity (SOGI). Look at these two resources for more information: **[Sexual orientation, gender identity and gender expression; Parents' Guide to SOGI in Schools / SOGI 1 2 3](#)**

Youth Clinics

Let your child know about our youth clinics. These clinics are located across the Fraser Health region and provide free, confidential information and education regarding sexuality and health to youth up to 21 to 24 years old (age varies by site). Learn more about the services available at youth clinics: **[Youth clinics - Fraser Health Authority](#)**

Open Parachute Virtual Parent Night Presentations

The Ministry of Education and Child Care, in partnership with adolescent clinical psychologist Dr. Hayley Watson from **[Open Parachute](#)**, will host three, free virtual sessions for parents, guardians and caregivers that will focus on practical skills you can teach your child and youth (ages 0-19) to prevent substance use and mental health needs. These sessions will build on a previous presentation, which focused on practical conversation tools for speaking about substance use prevention with your children/youth. The **[previous session](#)** is not a pre-requisite for this session.

Key takeaways for participants during this session:

- Learn the factors that lead to substance use and mental health needs from a trauma-informed lens
- Focus on prevention rather than intervention/response
- Applies to parents, guardians and caregivers of all age groups (youth aged 0-5, 6-10, and 11-18)
- Learn ways that these skills can be applied to yourself and the rest of your family to support the mental health of parents, guardians and caregivers

Participants must register in advance. Session dates are:

- **February 20, 6:00-7:30 pm PST**
- **February 25, 6:00-7:30 pm PST**
- **February 26, 6:00-7:30 pm PST**

If you have any questions, please email the Mental Health and Substance Use team at educ.mentalhealth@gov.bc.ca.

Y-Minds: FREE Program for Teens, Youth, and Adults

Y Mind is a FREE seven-week group program for teens, youth, or adults who are managing mild-to-moderate anxiety, stress, or worry. Two facilitators guide the group through evidence-based coping strategies based on Acceptance and Commitment Therapy (ACT), mindfulness, and self-compassion. Group sizes are kept small, with 8 to 12 participants per group to facilitate peer support and connection.

Participants may self-refer, no diagnosis of anxiety is needed, and you do not need to be a YMCA member. All Y Mind Teen and Y Mind Youth participants receive a free YMCA membership for up to 14 weeks, including 10 free guest passes to bring a friend to the Y.

To join Y Mind, you must first register for an information session where you will meet the group facilitators and complete an intake for the program. Spaces are limited, so inquire ASAP to guarantee your spot at an information session. https://forms.office.com/pages/responsepage.aspx?id=snyDnhYL3E2wNRMe5Joq_bfrfMlzExBJnS5Hx4AQGFdUM0qzRjq5SjhLMDMzRzIzRVdDU1FWSEQxUyQIQCN0PWcu&route=shorturl

Lunch Lady Hot Lunch Program (February Menu)

Please note this program is separate from our Coghlan PAC Munch A Lunch (where the funds benefit our school).

Setting Up a Regular Account –

Please use this one-time registration link order.lunchlady.ca/signup/54 To register for your lunch account. Once an account is created, place your order, and pay for your child's hot lunches at order.lunchlady.ca

Questions? Please reach out to your Lunch Lady Team at jennifer@thelunchlady.ca

Please note *The Lunch Lady* operates peanut and tree nut-free commercial kitchens; however, it is the parent and caregivers' responsibility to review each meal and select only meals that consider their child's dietary restrictions.

February 2025

Langley MENU – Tuesdays



	Tuesday 02/04	Tuesday 02/11	Tuesday 02/18	Tuesday 02/25
Regular	Beef Meatball Submarine Garden Ranch Salad	Chicken Nuggets Rice Corn Plum Sauce Fruit of the Day	Pancakes Turkey Sausage Apple Blueberry Compote Syrup Fruit of the Day	Chicken Burger Tator Tots Fruit
2nd Choice	Beefaroni Garden Ranch Salad	Breakfast Burrito Hash Brown Triangles Ketchup Fruit of the Day	Macaroni and Cheese Peas and Carrots Fruit of the Day	BBQ Beef Meatballs Mashed Potatoes Corn Fruit
Vegetarian	Veggie Meatball Submarine Garden Ranch Salad	Vegetarian Nuggets Rice Corn Plum Sauce Fruit of the Day	Pancakes Yogurt Apple Blueberry Compote Syrup Fruit of the Day	Veggie Burger Tator Tots Fruit
Halal	Halal Beef Meatball Submarine Garden Ranch Salad	Halal Chicken Nuggets Rice Corn Plum Sauce Fruit of the Day	Pancakes Yogurt Apple Blueberry Compote Syrup Fruit of the Day	Halal Chicken Burger Tator Tots Fruit



[Order.lunchlady.ca](https://order.lunchlady.ca)

theLunchLady.ca

UPDATED Calendar Dates 2024-2025 (Year At A Glance)

As of February 7, 2025

February 2025

7-16 – Term 2 Student Inclusive Conference Appointments

Booking Open for Parents

10 (M) – District Pro-D (no school for students)

13 (R) – School-Wide Presentation Green

Thumbs Theatre 500 Words. 1 pm

14 (F) – Valentine’s Swim for Intermediate

Students at Walnut Grove

17 (M) – Family Day (Stat, no school)

19 (W) – Jump Rope for Heart Event Day

20 (R) – Spirit Day: Careers Day!

21 (F) – Intermediate Ice Skating at Twin Rinks

21 (F) – PAC Movie Night

24-Mar. 7 – Student Inclusive Conference

Window for Conferences

24 (M) – Design & Assessment Day (no school for students)

24-28 – District Diversity/Respect Week

Students may dress up for each of the days below:

- 25 – Red, Yellow & Green Day
- 26 – Pink Shirt Day
- 27 – Orange Shirt Day
- 28 – Rainbow Day

26 (W) – Pink Shirt Day Kindness Assembly. 9:00 am

March 2025

1 – PAC Pub Night @Station House Bar & Grill in Aldergrove

3-6 – Scholastic Spring Book Fair

3-7 – Student Inclusive Conference Window Continues

5 (W) – Student Inclusive Conference 2 Hour Early Dismissal at 12:30 pm & Late Evening for Conferences

6 (R) – Student Inclusive Conference Day (students do not attend school unless they have a scheduled conference)

14 (F) – Spirit Day: Stuffed Animal & PJ

Day! Last Day of School before Spring

Break 31 (M) – School Reopens

April 2025

1 (T) – Talent Show Sign-up Begins

10 (R) – Class/Team Photos for

Students. AM 18 (F) – Good Friday

(Stat, no school)

21 (M) – Easter Monday (Stat, no school)

24 (R) – Spirit Day: Hobby Day!

May 2025

9 (F) – PAC Fun Fair

5 (M) – Spirit Day: Star Wars Day!

5-15 – Track & Field Tryouts. 1:45-2:30 pm

16 (F) – District Pro-D Day

19 (M) – Victoria Day (Stat, no school)

20 (T) – PAC Staff Appreciation Luncheon

22 (R) – Spirit Day: Anything but a

Backpack Day!

23 (F) – Talent Show. 1 pm

26 (M) – Welcome to K

29 (R) – Track & Field Meet. McCleod Athletic Park

June 2025

4 (W) – Parent Appreciation Tea

6 (F) – Gr. 6 Immunizations

20 (F) – Sports Day

23 (M) – Cultus Lake (date to be confirmed)

26 (R) – Last Day of School for Students/Gr. 7 Grad Assembly/

Early Dismissal @11:36 am/Reports Home 27 (F) – Admin Day



Presenting Partner



Dear parents/guardians,

Our school is participating in Jump Rope for Heart – an event that will encourage our students to get active, build healthy habits and give back to our community.

Here are the top reasons why we're participating in Jump Rope for Heart:

1. Money raised by our school helps drive important heart and brain health research that will save lives, prevent heart disease and stroke, and support families living with these conditions.
2. Jump is an inclusive event that ensures all students can move in their own way by jumping, dancing, wheeling and even hula hooping – encouraging students to discover new and exciting ways to get active.
3. Students learn the EASY Healthy Habits that they can use to keep their hearts and brains healthy and help reduce their risk of developing heart disease and stroke later in life
4. Jump gives back to schools and students! If our school fundraises more than \$1,000, we will receive 5% of our fundraising dollars back to put towards what we need most – or we can donate it back to Heart & Stroke. Students also can earn Thank You gift cards from *Indigo*, *Amazon* or *Walmart* based on their fundraising levels as a heartfelt thank you for their hard work.

Join our school's team to help Heart & Stroke save lives Register online by clicking on the school page link below or by visiting jumpropeforheart.ca/registration and searching for our school.

To access the EASY Online Challenge, fundraising tips, emails and social templates, visit jumpropeforheart.ca.

Our Jump Event Day is on:

Wednesday February 19, 2025

School Page Link:

<https://jumpropeforheart.crowdchange.ca/88851>



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