



COGHLAN FUNDAMENTAL ELEMENTARY SCHOOL

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

<http://coghlansd35.bc.ca>

Phone: 604-856-8539

Fax: 604-856-4309

Principal: Mrs. Isabella Lam

Admin. Assistant: Mrs. Naomi Laycock

Rocky Raccoon Weekly Update

February 24 – March 7, 2025

Monday, February 24:
February 24 – March 7:
February 25 – 28:
Tuesday, February 25:

Design & Assessment Day. Students DO NOT Attend.
Student Inclusive Conferences
District Diversity & Respect Week
PAC Popcorn
Pokémon Club. 12:00 pm @Library
Gr. 6/7 Boys Basketball Game: Team #1 Home VS North
Otter @Home; Team #2 Away @Peterson Road
Red, Yellow and Green Day (dress up in these colours)
Gr. 6/7 Girls Basketball Game: Home VS Fort Langley
Pink Shirt Day - Kindness Assembly at 9 am
Orange Shirt Day
Gr. 6 & 7 Wizard of Oz @Poppy
PAC Meeting. 6:00 pm @Library

Tuesday, February 25:
Wednesday, February 26:
Wednesday, February 26:
Thursday, February 27:

Rainbow Day
PAC Pub Night School Fundraiser. Bring your friends
Scholastic book fair
Student Inclusive Conferences
2-hour early dismissal at 12:30 pm
Student Inclusive Conferences ALL DAY by appointment.

Friday, February 28:
Saturday, March 1:
March 3 – 6:
March 3 – 7:
Wednesday, March 5:
Thursday, March 6:

Students only attend if they have their conference scheduled that day.

Friday, March 7:

PAC Hot Lunch



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!

Jump Rope for Heart Fundraising

We had our Jump Day on Wednesday, and the students enjoying skipping and jumping with their class. This will be the last week to donate to the Heart & Stroke Foundation. Please see the last page for the donation link. Thank you!

Coghlán Fundamental is a NUT AWARE School

A friendly reminder that Coghlán 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 2 Student Inclusive Conferences are taking place between February 24th, 2025, to March 7th, 2025. Thank you to families for booking your child's conference with their teacher. We look forward to seeing you then!



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:	Describes student learning based on teacher's professional judgement according to widely held expectations for the grade level and time of year.			
	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."

LANGLEY SCHOOL DISTRICT
4675 222 STREET
LANGLEY, BC V3A 3Z7

FOR MORE INFORMATION:
WWW.SD35.BC.CA
604-534-7891

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**](#)

Raising Digitally Resilient Kids - Parent Workshop/Resource

The *Raising Digitally Resilient Kids* parent workshop outlines how parents and guardians can support children's well-being and help them balance the risks and benefits of digital media. Based on insights from MediaSmarts' research with youth, the workshop provides an overview of online risk categories and provides resources and essential strategies that participants can take to manage these risks. You can find all of these resources at the link below:

[**https://mediasmarts.ca/digital-media-literacy/workshops/raising-digitally-resilient-kids?mc_cid=cadc5a99de&mc_eid=43f3fb04f2**](https://mediasmarts.ca/digital-media-literacy/workshops/raising-digitally-resilient-kids?mc_cid=cadc5a99de&mc_eid=43f3fb04f2)

ELEMENTARY/MIDDLE: LEAP (Langley Environmental Awareness Program) LEAP (Langley Environmental Awareness Program)

Just this week, students at Willoughby, Richard Bulpitt, and Donna Gabriel Robins elementary schools received a visit from the Travelling Outdoor Education Roadshow. This exhibition was geared towards intermediate students and participants were able to rotate through multiple hands-on and nature inspired stations, as well as Q&A with current LEAP Outdoor Education Student Ambassadors. Unfortunately, our traveling roadshow team is not able to visit all elementary schools across the District, but we would like to extend a special invitation to intermediate families from throughout the District to attend a targeted parent information evening. This information session is for families interested in intermediate enrolment for the 2025-2026 school year (grade 5-7 students).

Please join us on Wednesday, February 26th at 5pm in the Fort Langley Elementary School Library (8877 Bartlett Street in Fort Langley).

Screenagers - Elementary School Age Edition: Community Screening and Expert Q&A - April 9, 2025

Physician and filmmaker Delaney Ruston examines the growing impact of screen time on young children, exploring the challenges families and educators face in managing digital use. Through personal experiences, expert insights, and the latest research, the film addresses key issues such as social media pressures, video gaming, screen time limits, and the effects of early exposure to technology.

Offering practical strategies for fostering healthy digital habits, Screenagers: Elementary School Age Edition is a must-watch for parents, teachers, and caregivers looking to guide children toward balanced tech use. View trailer: <https://youtu.be/EzzzeCny6oU>

FREE EVENT: Join other Langley parents and caregivers for a 55-minute documentary screening followed by a Q&A with expert panelists.

Eventbrite ticket page: <https://www.eventbrite.ca/e/screenagers-elementary-school-age-edition-tickets-1234161352829?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile>

Facebook event page: <https://www.facebook.com/events/1140497717607292>

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 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.

Lunch Lady Hot Lunch Program (March 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.

March 2025

Langley MENU – Tuesdays



	Tuesday 03/04	Tuesday 03/11	Tuesday 03/18	Tuesday 03/25
Regular	French Toast Turkey Sausages Syrup Fruit of the Day	Spaghetti and Beef Meatballs Fruit		
2 nd Choice	Chicken Fried Rice Spring Roll Fruit of the Day	Perogies Sour Cream Peas and Carrots Fruit		
Vegetarian	French Toast Yogurt Syrup Fruit of the Day	Spaghetti and Veggie Meatballs Fruit	SPRING BREAK	SPRING BREAK
Halal	French Toast Yogurt Syrup Fruit of the Day	Halal Spaghetti and Beef Meatballs Fruit		

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

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 jump ropeforheart.ca/registration and searching for our school.

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

Our Jump Event Day is on:

Wednesday February 19, 2025

School Page Link:

<https://jump ropeforheart.crowdfunder.ca/88851>



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