



Coghlán Fundamental Elementary School

4452 -256TH STREET, ALDERGROVE, BC V4W 1J3

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

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PRINCIPAL: MRS. ISABELLA LAM

ADMIN. ASSISTANT: MRS. NAOMI LAYCOCK

Rocky Raccoon Weekly Update **February 26 – March 8, 2024**

Monday, February 26:	Design and Assessment Day – Students DO NOT Attend. Student Inclusive Conferences by appointment (afternoon only).
Tuesday, February 27:	Pick up Blueberry orders at 1:30 – 2:30. ALL orders MUST be picked up!
Wednesday, February 28:	Student Inclusive Conferences by appointment. Late afternoon/evening from 2:45 pm to 6:30 pm Pink Shirt Day Popcorn
Thursday, February 29:	Student Inclusive Conferences by appointment (early morning & afternoon only)
Friday, March 1:	Student Inclusive Conferences by appointment (early morning & afternoon only)
Monday, March 4:	Student Inclusive Conferences by appointment (early morning & afternoon only)
Tuesday, March 5:	Student Inclusive Conferences by appointment (early morning & afternoon only)
Wednesday, March 6:	2 hour early dismissal at 12:30 pm Student inclusive conferences 12:45 – 3:45 pm
Thursday, March 7:	All day student inclusive conferences 8 am to 4 pm NO SCHOOL FOR STUDENTS
Friday, March 8:	Super Hero Day – dress up like your favourite Super Hero Hot Lunch Student Inclusive Conferences by appointment (early morning & afternoon only)

Dear Families,

We are looking forward to our upcoming Student Inclusive Conferences towards the end of the month. A friendly reminder that our School Appointments have gone live on Friday, February 9th, and will remain opened until Tuesday, February 20th at 9 pm. Please see attached for instructions on how to book an appointment with your child's teacher.

As shared previously in our newsletters, as Student Inclusive Conferences will be replacing our former Term 2 report card, it would be expected for all parents/guardians to sign up for a session, and attend the conference with your child. Please sign up for 1 appointment per student.

A reminder that there is a 2-week window that the Conferences will be taking place from February 26 to March 8:

- During the 2-week window, teachers may be offering before or after school appointments.
- Wednesday, February 28th is our late afternoon/evening appointments until 6:30 pm.
- Wednesday, March 6th is a 2-hour early dismissal, and conferences will be taking place between 12:45 pm to 3:45 pm.
- Wednesday, March 7th is a full day of Conferences, and students do not attend school, unless they have booked an appointment with their teacher.

Thank you for being a part of your child's learning journey with us! We are excited to embark in a new and improved model of communicating student learning.

Please do not hesitate to reach out to me with any questions: ilam@sd35.bc.ca

Sincerely,

Isabella Lam

Principal

Coghlan Fundamental Elementary School

Coghlan's Parents Night Out



is



Tomorrow!

at Bob's Burgers and Brews

The event starts at 7:00

Students will be bringing home bright pink tickets, please bring them with you as they will get you entered in for the door prize. If you forget it, we will have extras on hand.

Gratuuity is not included in the ticket price so please tip your server.

There will be toonie toss, a silent auction, wine wall and 50/50 with all proceeds going to our school. Please bring cash to participate. Etransfers will be available for silent auction items.

If you did not purchase a ticket you are welcome to join us for some fun, drinks and play the games, you can order off the menu.

Thank you to all the parents and businesses who have contributed! We have some incredible prizes and are looking forward to a great night!

PLEASE arrange for a safe ride home if you will be drinking.

#thatWellnessThing - March 6th

Join several of our community partners to learn more about mental health and wellness at the 5th Annual Open House & Community Resource Fair. Please see the poster attached for more details. Wednesday, March 6th from 4:30-7pm at the Langley Education Centre (21405A 56th Avenue).



Join us to learn more about mental health and wellness at our fifth annual open house & community resource fair!

PRESENTATIONS & INFORMATION TABLES

- Mental Health & Wellness
- Substance Use Resources
- Healthy Living
- Counselling
- Family Support
- Post-Secondary Info
- Employment

4:30 - 7:00 PM

**WEDNESDAY
MARCH 6 2024**

**21405A - 56 Ave.
Langley**



For additional information or to participate as an agency, please contact Amanda: arawle@sd35.bc.ca

EVERYONE AGE 16+
IS WELCOME

REGISTRATION
NOT REQUIRED

DOOR
PRIZES!

LIGHT
REFRESHMENTS

OPPORTUNITIES
TO TRY YOGA



Website: coghlan.parentteacherconferences.net

SchoolAppointments.com
Scheduling Parent Teacher Appointments
Can be Easy for Everyone!



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.





Coghlan Fundamental

GARAGE SALE

SATURDAY MARCH 9TH

Where: Coghlan Fundamental Gym
Time: 9-3pm

**Come check out this awesome sale &
support Coghlan Grade Sevens!**

COFFEE - BAKED GOODS - DONUTS





Coghlan Fundamental

GARAGE SALE DONATIONS NEEDED!



On Saturday March 9th we will be hosting a Garage Sale inside the Coghlan Gym. We need donations for this to be a success! Cleaning out the house? Please consider donating items to help support our Grade 7s. Please drop off donations at the office on or before March 8th. Please drop off large donations March 8th between 2-4pm or contact sarahpeat@hotmail.com to arrange drop off.



**clothing, toys, books, household/kitchen items, home decor, baby items
No mattresses accepted - Good used condition items only please!**



Let's raise some dough for the Grade 7s and purchase a dozen Krispy Kreme donuts!

Order on MunchALunch: <https://www.munchalunch.com/>

\$15/box

Sales end: Friday, March 1st @ 3pm

Pick up after school Friday, March 8th at the basketball court



Girls & Boys Basketball Season Schedule

Jan. 30th - Boys **HOME** Game VS Peterson Road
Jan. 31st - Girls Away Game VS Peterson Road
Feb. 6th - Boys Away Game VS Fort Langley
Feb. 7th - Girls **HOME** Game VS Fort Langley
Feb. 13th - Boys Away Game VS Wix Brown
Feb. 14th - Girls **HOME** Game VS Wix Brown
Feb. 20th - Boys **HOME** Game VS North Otter
Feb. 21st - Girls Away Game VS North Otter
Mar. 5th - DW Poppy Jamboree

Free Virtual Sessions for Parents on the Topic of Substance Use

The Ministry of Education and Child Care, in partnership with adolescent Clinical Psychologist, Dr. Hayley Watson, will be hosting free virtual sessions on youth substance use for parents/guardians, caregivers and caring adults. Dr. Watson will provide valuable insights, practical tips, and resources to equip participants with the tools needed to guide their children and youth toward making positive choices when it comes to substance use.

Key Takeaways for Participants:

- *Learn why children/teenagers are drawn to substances.*
- *Understand what causes and maintains substance use disorder and needs.*
- *Increase your child's ability to make positive choices about substances.*
- *Acquire practical conversation tools for discussing substances in the home.*

Participants must register in advance due to limited capacity. Session dates are:

- *February 20, 6:00 – 7:30 pm PST - **[Click here to Register](#)***
- *February 22, 6:00 – 7:30 pm PST – **[Click here to Register](#)***
- *February 28, 6:00 – 7:30 pm PST - **[Click here to Register](#)***

*Please email **educ.mentalhealth@gov.bc.ca** with any questions.*

SPRING INTO WELLNESS



Family Gathering

HOSTED BY THE S.D. #35 ABORIGINAL PROGRAM
AND LOWER FRASER VALLEY ABORIGINAL SOCIETY

Where? H.D. Stafford Middle School
20441 Grade Crescent

When? Friday, March 1st from 5-8 pm

What? Join us for an evening of healing and wellness as we come together as a community to celebrate our culture. You'll be treated to cultural performances and informative displays by local organizations, and have the chance to participate in a smudging and cedar brushing station. Dinner provided.



We will be accepting donations of non-perishable food items (canned foods, pasta, sauce, rice, etc.) as well as new toiletries (toothpaste, toothbrushes, feminine products, deodorant etc) at the door.

SEE YOU THERE!

All events are at the Aldergrove Public Library. You can register on our website at fvrl.bc.ca under "Events."

Events for Everyone

Repair Café

Saturday, March 16, 10 am - 2 pm

Drop in for help repairing anything that needs fixing! Our volunteers will do their best to repair bikes, clothing, toys, and more. This event is hosted in partnership with the Langley Environmental Partners Society.

Shrinky Dinks

Saturday, March 16, 2 - 3 pm

Come make shrinky dinks at the library! Turn your designs into key chains, pins and magnets. **Registration Required.**

Family Fun in Nature with Metro Vancouver Regional Parks

Tuesday, March 19, 1 - 2 pm

Explore nature in your backyard or local park with fun family activities and games! A Metro Vancouver Regional Parks Interpreter will lead you in discovering the world through your senses. **Registration Required.**

Bhangra Dance for Everyone

Wednesday, March 20, 6 - 7 pm

Everyone is invited for a fun and invigorating hour of dance! Bhangra is a style of traditional Punjabi dance that will get your heart pumping with its vigorous movements.

Events for Kids

LEGO and KEVA Club

Tuesdays, 3:30 - 4:30 pm

Love LEGO and KEVA? We provide the LEGO and KEVA planks, you bring your imagination.

Spring Bring Events for Kids And Adults

Babytime

Thursdays, 10:30 - 11 am

Enjoy bouncing, singing and rhyming with stories. Babytime is a fun, social bonding activity for babies and caregivers.

Monday Crafternoon

Monday, March 18, 3:30 - 4:30 pm

Let your imagination lead the way. Get creative with a new craft project each month. **Registration Required.**

Storytime

Wednesday, March 20, 10:30 - 11 am

Children and caregivers will be entertained with stories, songs, rhymes and more. Storytime prepares children to learn to read.

Pyjama Storytime

Thursday, March 21, 6 - 6:30 pm

Tuck into a story! Children and caregivers will be entertained with stories, songs, rhymes and more.

Create with Air-Dry Clay

Friday, March 22, 1 - 2 pm

Get creative with air-dry clay! We provide the supplies and you create. What will you make? **Registration Required.**

Questions please contact:

Fraser Valley Regional Library – Aldergrove
[p] 604.856.6415

Read. Learn. Play. | www.fvrl.ca

Science World On The Road

Wednesday, March 27, 10 - 11 am

On the road...and in your local library! Science World is visiting libraries in the Fraser Valley this spring break to ask "What's in the air up there?" Explore the ingredients of the air that make up our atmosphere and how CO₂ and other factors impact the planet we live on.

STEM Club

Thursday, March 28, 3:30 - 4:30 pm

Learn Science, Technology, Engineering, and Math the very best way — through play! *Registration Required.*

Tweens & Teens (you may still wish to share this for the grade 5s)

Teen Writing Contest & Exhibition

March 4 - April 8

Calling all teen writers! Aldergrove Library invites you to submit your own work for our exhibition and a chance to win a \$50 Indigo/Chapters gift card. Contest instructions and rules are available on our website at fvrl.ca > [Events](#).

Tween & Teen Frankenstuffies

Tuesday, March 26, 1 - 2:30 pm

Take recycled stuffies and make them into something new. Something of your own. Something cute or something horrible!