



Fort Langley Elementary Parent Newsletter- May 1, 2024 (Condensed Version)



1 - 8877 Bartlett Street Fort Langley,

B.C. V1M 2S6, Phone: 604-888-2111

Mr. L. Kitteringham, Principal-lkitteringham@sd35.bc.ca

Mrs. J. Boivin, Administrative Assistant-jboivin@sd35.bc.ca

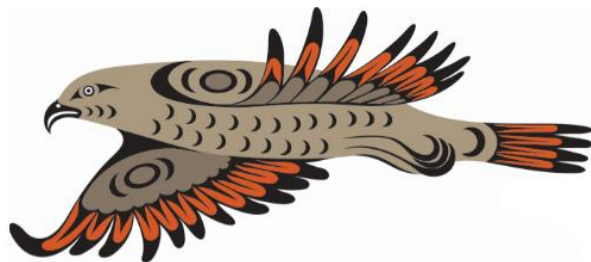
We acknowledge that we reside on the traditional unceded traditional territories of the Katzie, Kwantlen, Semiahmoo and Matsqui First Nations.

GO CANUCKS GO!





We are an inclusive and caring community of learners, devoted to the journey of becoming responsible citizens



On the Horizon



May 14th-Final PAC meeting of the year-7:15pm in Library

May 17th-Professional Development Day-Students not in session

May 20: Victoria Day (No school for staff and students)

May 22nd-Welcome to K Orientation (afternoon) & Track Meet Permission Forms Sent Home and Due Back Friday May 24th.

, - **May 22nd - Kindergarteners get dismissed early for New K orientation**

May 23rd-A&W Fun Lunch

May 24th-Grade 7 Bottle Drive Fundraiser-early evening at FLE front drop-off area.

May 29th-Fort's Got Talent Assembly 12:30pm assembly-parents are welcome to attend.

May 23rd-Fun lunch & Favorite Book/Movie Character Spirit Day

May 24th-Emergency Drill-1:30pm

May 31st-Elementary Track Meet at Mcleod Athletic Park-only students that qualify

June 5th-FLE Parent Appreciation Day

June 6- PAC Treat Day

June 13th-Fun lunch

June 14th-FLE Sports Day & Red Swan Pizza Fun Lunch

June 19th- D.W. Poppy Grad Walk at FLE-9am

June 21st-Tropical Vacation Spirit Day & Grade 7 Offsite Celebration Evening

June 25th-Grade 7s going to D.W. Poppy for a Tour

June 26th-Grade 7 Leaving Ceremony at FLE (3:30-5:30pm)

June 27th-Final Report Cards Issued & Last Day for Students Prior to Summer Vacation



**BE SURE TO SCROLL ALL THE WAY DOWN THROUGH THIS NEWSLETTER
TO CHECKOUT LOTS OF AMAZING PHOTOS OF OUR STUDENTS/STAFF
IN ACTION**



Friday May 17th is a Professional Development Day



Regular classes are not in session and the school is not open to students on May 17th

Informal Learning Updates Coming Your Way During the Week of May 6th-10th

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.



ELEMENTARY LEARNING UPDATE



May 2024

Student First & Last Name	
Teacher(s)	Grade

This is a record of your child's May Learning Update, including Learning Engagement & Progress, Core Competencies and Goal Setting.

The details of your child's learning have been shared:

(teacher will check the one communication method that applies to your child's learning update)

- ☐ in a digital student portfolio
☐ via email, parent meeting or phone communication shared on this date: _____
☐ in the completed report below

Learning Engagement & Progress:

Teachers assess using the Provincial Proficiency Scale.

The following codes represent the various levels of progression within the Proficiency Scale:

EMG: Emerging DEV: Developing PRF: Proficient EXT: Extending

	TEACHER			
	EMG	DEV	PRF	EXT

Core Competencies:

The focused Core Competencies for the final term are stated below by the teacher(s) but are not intended to be assessed by the teacher. Student self-reflections on the Core Competencies will be referenced in the Summary of Learning at the end of the year.

--

Current Student Goal Statement: (as indicated in Term 2 Student Inclusive Conferences)

--

Teacher Signature(s): _____

--

2 - Every FLE student will be sent home with a paper copy of this document

Transportation Registration 2024-2025



Transportation registration for 2024-2025 is now open. Please note the instructions to register are different for each category of rider. To help in our planning and creation of bus routes, registrations must be submitted by **May 17th** (eligible riders) and **June 17th** (courtesy riders). The District cannot guarantee approval after the deadline. New and existing riders can find more information on the Transportation Registration webpage [here](#).

2024-Sports Day



Our sports day will be happening on Friday June 14th. We will need lots of parent volunteers this year! Stay tuned for more info on this front.



FLE Emergency Drills-Next one is Friday May 24th at 1:30pm


Last week we completed one of our required Lockdown Drills. The drill went well but it did stimulate some good questions and conversations, particularly with primary students. Please feel free to continue the conversation at home.

LOCKDOWN

Used in response to an armed or dangerous assailant **WITHIN** the school

- ☐ Gather people in your vicinity into a secure room – do this quickly
- ☐ Close and secure doors
- ☐ Turn off lights, be quiet, get down low/behind heavy furniture, get out of sight
- ☐ Silence all cell phones and ask that they be placed face down on floor
- ☐ Alert other occupants by any means available and/or call 911 - only if safe to do so OR Leave Safe. If no secure area is available and a safe exit is, then quickly leave the area/school. Report to the designated assembly area and await instructions.

*Normal activities in the school cease. Await police response.



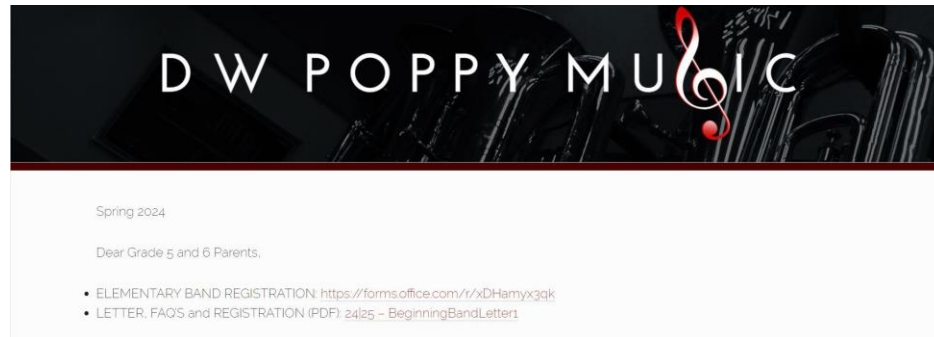
Langley
Schools

Our Lost and Found Clothing Collection Is Growing



We strongly encourage all parents to swing by our lost and found which is located on the stage in the gym. WE PROBABLY HAVE SOMETHING THAT BELONGS TO YOU!

Current FLE Grade 5 and 6 Parents-Band for 2024-2025



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

Dear Grade 5 and 6 Parents,

- ELEMENTARY BAND REGISTRATION: <https://forms.office.com/r/xDHamyx3qk>
- LETTER, FAQ'S and REGISTRATION (PDF): [24|25 – BeginningBandLetter1](#)

We are very excited to let you know that next year's grade 6 and 7 students will have the opportunity to take Band again in 2024|25. Students will have the option of selecting Band another Fine Arts/Music option at their school to be determined. We look forward to working with both beginning and experienced musicians next fall culminating some of the great activities that grow out of learning an instrument including concerts, festivals, ESPRESSIVO and the award-winning DW Poppy Elementary Honour Band, who has received multiple invitations to MusicFest Canada, the Canadian National Music Festival.

Beyond experiencing the joy of making music, involvement in band develops of a group of friends that lasts a lifetime and establishes some rather profound environmental influences which will help determine many of your child's successes in school well beyond music. We know that engaged band students represent the top of the academic scale in school, they average higher scores on SAT tests, indicating stronger verbal and math skills. We also know that most band students enjoy a successful academic high school career, go on to post-secondary education and become the leaders in our society. The top academic achiever and the band student are one and the same.

Membership in band is one of the most positive experiences you can offer your child, helping nurture and develop self-discipline, social and communication skills, positive self-image, cooperation and creativity through their study of music. It is an investment in your child's future as these life-skills will be an important foundation for the various responsibilities they take on later in life.

You can register through the DW Poppy Music website online here (<https://forms.office.com/r/xDHamyx3qk>) or complete the PDF registration form and return it to your child's school by Friday, May 3 or scan and email it to mfollett@sd35.bc.ca. If your child participated in band as a grade 6 this year, we encourage students to continue with their previous instrument, but if they would like to switch, please let us know so we can make the move that best improves your child's chance of success.

Mark Follett – mfollett@sd35.bc.ca

DW Poppy Director of Bands and Elementary Band Coordinator

Everyone Welcome-Indigenous Drumming After School on Wednesdays! Join us.



Drumming and Singing at Fort Langley Elementary

Come learn about Kwantlen's language, songs and learn to drum with Aboriginal Support Workers, Tara Helps, Roanne Trattle, Keysha Kingston and hənqəmihəm language teacher, Sesmelot.

What: Drumming at Fort Langley Elementary

When: Starting on Wednesday, April 10, 2024

Time: 2:15 pm – 3:00 pm

Where: Outdoor Classroom (weather permitting)

*Open to all walks of life, teachers, staff, and students so please bring your drum or rattles if you have one. If you do not have a drum or rattle, some drums and rattles will be made available to teachers, staff, and students. *







Fort's Got Talent Show Returns



Hawk Nation is excited to bring back our annual "Fort's Got Talent" Show. This year's show will take place on the afternoon of May 29th. This will be a fun and engaging full-scale assembly. Thank you to all the students that registered before the April 12th deadline. Auditions are underway and take place at lunch in the music portable on Tuesdays, Wednesdays, and Thursdays. Admin Assistant, Judy Boivin, has been notifying students/parents of their audition dates and times. FLE families are welcome to come and enjoy the talent show which will start at 12:30pm on May 29th.



FORT'S GOT TALENT SHOW



Wednesday May 22nd at 12:30pm

Deadline to Register is April 12th



Fort's Got Talent-Student
Registration Link (Copy)



Auditions will be with Ms. Evans
in the music portable on Tuesdays,
Wednesdays, and Thursdays

Fort's Got Talent-Student
Registration Link (Copy)



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](#).

Some recent Memories From Our Grade 6/7 Young Entrepreneurs Market





Thank you to Ms. Van K and Ms. Nast for their tireless efforts related to this endeavour.

B.C. Training and Education Savings Program Grant

[BC Training and Education Savings Program Grant](#)

Students in kindergarten to Grade 4 may be eligible for a \$1,200 BC Training and Education Savings Grant for their post-secondary education.



April 2024

Dear Parent or Guardian:

The Government of British Columbia is pleased to inform you that your child may be able to receive a \$1,200 Training and Education Savings Grant.

Children are eligible if:

- ☐ The parent or guardian, and the child, are BC residents; and,
- ☐ The child's birth year is listed below, and the deadline has not passed.

BIRTH YEAR	APPLY BEFORE
2015	Apply before 9th birthday in 2024
2016	Apply before 9th birthday in 2025
2017	Apply before 9th birthday in 2026
2018	Start applying on 6th birthday in 2024

Once you open an account, known as a Registered Education Savings Plan (RESP), the Government of British Columbia will deposit a \$1,200 BC Training and Education Savings Grant into the RESP for your child. Students can use the money to pay for their education expenses (e.g., tuition, books, tools, rent, or transportation) in an apprenticeship program, a trade school, CEGEP, college, or university.

Plan today: you don't have to put any money into the RESP for your child to receive the \$1,200.

Step 1: Get Social Insurance Numbers (SINs) for you and your child. Go to the [Service Canada SIN Overview webpage](#) or call 1-800-622-6232 to find out how.

Step 2: Make an appointment with a financial organization that offers RESPs. Bring the SINs for you and your child and let them know that you want to open an RESP and get the B.C. Training Education Savings grant for your child.

Learn more: <https://www2.gov.bc.ca/BCTESG> Contact: BCTESG@gov.bc.ca

Your child may also be eligible for other federal incentives, see: canada.ca/education-savings.

Ministry of
Education and Child Care

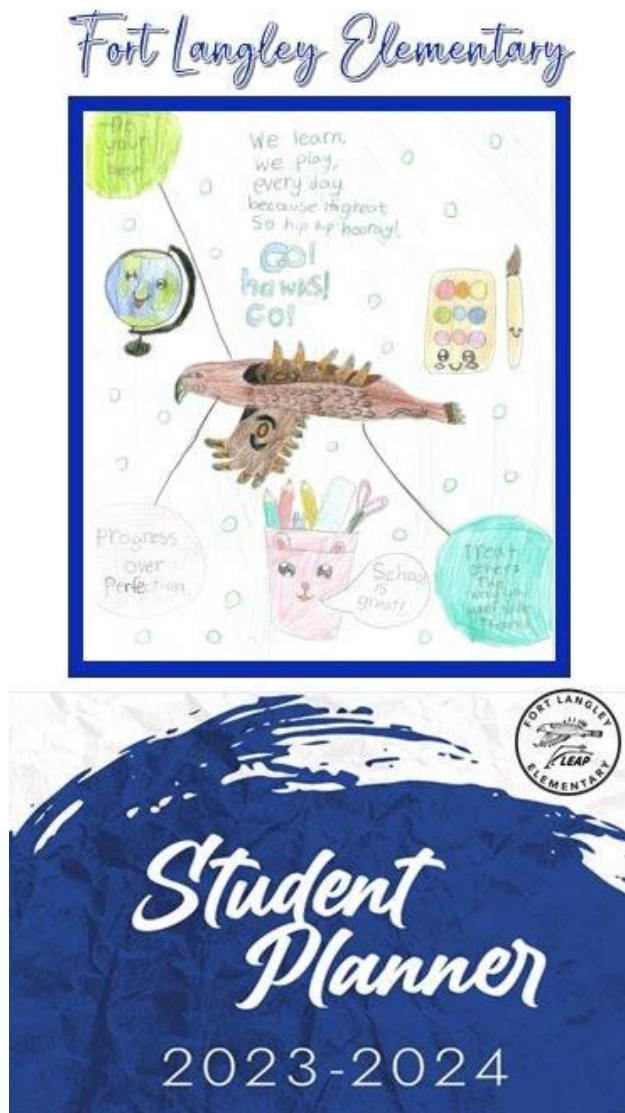
Student Information Data and
Education Network Services

Mailing Address:
PO Box 9886 1st Prov Govt
Victoria BC V8W 9T6

Location:
620 Superior St
Victoria BC V8W 9H8

FLE Creation Contest-2024/25 Agenda Cover

We once again want help from our amazing and creative students to design next year's agenda cover! Students can submit their drawings and creations to Ms. Boivin and Mr. Kitteringham down in the office before June 7th. This agenda cover contest is open to all students. The creation should be colorful and could include some of the following elements: school's mission statement, hawk themed, "what do you love about FLE?", or an inspirational message/quote. The school's mission statement is: **"We are an inclusive and caring community of learners, devoted to the journey of becoming responsible citizens".**



FLE Spirit Days



Our next spirit day is Thursday May 23rd-Favorite Book/Movie Character. Students sometimes get nominated for Hawk Awards for actively participating in our spirit days. Go Hawks Go!





D.W.. Poppy Family of Schools Track and Field Meet



Students in grade 4-7 can qualify to participate in this elementary track meet hosted at McLeod Athletic Park on May 31st starting at approximately 9am. Students will be transported by a district bus.

May 13th-16th-High Jump Set Up in Gym.

May 22nd-Track Meet Permission Forms Sent Home and Due Back Friday May 24th



Dress Code Reminder

As the weather warms up, a reminder that we have a District Dress code that all staff and students are required to adhere to. Please review with your student/s.

Langley School District Dress Guidelines

The intent of a dress guideline is to set expectations to assist students, staff, and parents in decision-making with respect to clothing. It is not intended to be prescriptive nor punitive, but to provide a level of clarity so that correction or discipline is not required.

Dress guidelines are intended to incorporate individual preferences for students and their families to dress in a manner that they choose. Individual choice is however tempered by a responsibility to recognize that a school is a learning and working environment, in which there is an expectation of reasonableness.

Staff members have a responsibility to assist students in understanding and abiding by the District dress guidelines. Parents have a responsibility to support appropriate dress for the school and the workplace.

Clothing should be comfortable and allow a student to participate safely in activities such as physical education, science experiments, and/or shop projects. Clothing should demonstrate a respect for the school community. Clothing should meet standards of suitability that are typical of an office workplace and should not be offensive to others.

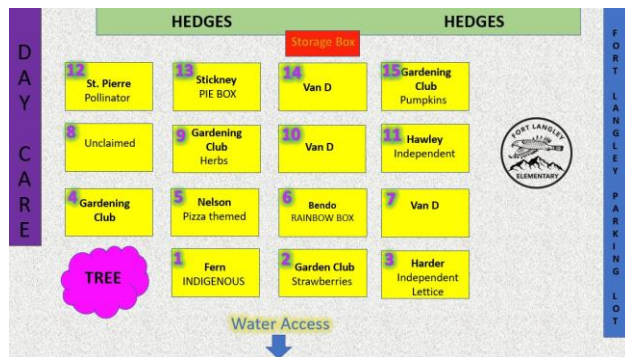
Articles of clothing that promote alcohol or drugs, that display offensive language or images, or that encourage sexism, racism or bigotry are not acceptable in a school. Clothing bearing direct or indirect messages or graphics referring to gang culture, sex or pornography, weapons or violence will not be permitted.

When there are differences in perspective, all involved have a duty to seek common understanding in a mutually respectful manner. Ultimately, the school administration has the responsibility to apply the dress guidelines when necessary. If any person dresses in an inappropriate manner, the student should be advised personally and discretely and given an opportunity to meet the District guidelines.

FLE Learning Garden-Good things Are Growing!



We have rebooted our FLE learning garden project again this year and we are looking to take it to new heights! We have teachers/classes that have signed up to manage garden boxes. We also have a garden club opportunity for grade 4-7 students.



We have purchased a lot of new equipment to help support and bolster our FLE Learning Garden.



FLE Gardening Club Details:

- Open to students from grades 4-7s. The student signup sheet is located on the table outside the Principal's office.
- The club meets every Thursday at lunch at the garden. Sponsor teachers include Ms. Nast, Ms. Batten, and Ms. St. Pierre.

Feeding Futures Program and Update

The rejuvenation of our learning garden has been partly funded by the relatively new Feeding Futures program. We want students to learn how food is grown and also want them to enjoy the tasty fruits of their labor.



Students have also been enjoying our new grab and go food cart which has been overseen and managed by youth worker Penny Casey and SEA Lori Vaughn. Hawk Nation salutes these two wonderful human beings for their efforts. With permission from teachers and staff, students can come down to the PAC kitchen area and help themselves to a healthy and delicious snack throughout the day. There are muffins, yogurts, cheese sticks, hard boiled eggs and many other options. We also have gluten free options and we are mindful of student allergies.



You can learn more about the Province's Feeding Futures initiative here:
<https://www.langleyadvancetimes.com/news/214m-coming-to-b-c-school-districts-to-create-expand-food-programs-2576112>

April 26th Hawk Awards -We celebrate hard work, helpfulness, resiliency, good deeds, and kindness.





FLE GALA-Smashing Success!

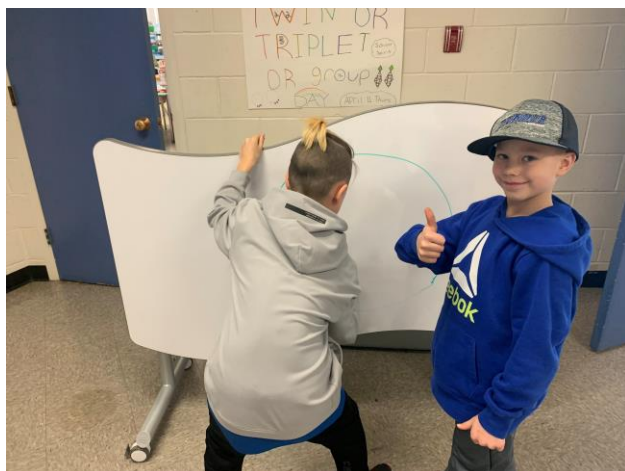
What an amazing evening. Thank you all for supporting our annual Fundraising Gala through your attendance, donations, and bids. The total raised was **\$38,902** and we are already busy spending this to enhance our building and move learning forward in fun and innovative ways.



4 - We salute Rose Kovacs for her efforts as one of the key organizers...along with so many others! Thank you.



5 - Teacher Ms. Hawley and her husband



6 - Students are already enjoying some of the new purchases.



7 - We have some outdoor seating options on the way which are so desperately needed!



Next Year's 2024-25 School Calendar

School District #35 (Langley) 2024-2025 School Calendar Elementary Schools

MONTH	DATE	
September	Sep 2 (M)	Labour Day (Schools Closed)
	Sep 3 (T)	Schools Open
	Sep 30 (M)	Truth and Reconciliation Day (Schools Closed)
October	Oct 4 (F)	School Improvement Day (students not in attendance)
	Oct 14 (M)	Thanksgiving (Schools Closed)
	Oct 25 (F)	Professional Development Day (Provincial - students not in attendance)
November	Nov 8 (F)	Learning Update Prep/Design & Assessment Day (students not in attendance)
	Nov 11 (M)	Remembrance Day (Schools Closed)
	Nov 27 (W)	Student Inclusive Conferences
	Nov 28 (Th)	2 Hour Early Dismissal - Student Inclusive Conferences
December	Dec 20 (F)	Last Day Prior to Winter Break
January	Jan 6 (M)	Schools Re-Open After Winter Break
February	Feb 10 (M)	Professional Development Day (District - students not in attendance)
	Feb 17 (M)	Family Day (Schools Closed)
	Feb 24 (M)	Learning Update Prep/Design & Assessment Day (students not in attendance)
March	Mar 5 (W)	2 Hour Early Dismissal - Student Inclusive Conferences
	Mar 6 (Th)	Student Inclusive Conferences
	Mar 14 (F)	Last Day Prior to Spring Break
	Mar 31 (M)	Schools Re-Open After Spring Break
April	Apr 18 (F)	Good Friday (Schools Closed)
	Apr 21 (M)	Easter Monday (Schools Closed)
May	May 16 (F)	Professional Development Day (District - students not in attendance)
	May 19 (M)	Victoria Day (Schools Closed)
June	Jun 26 (Th)	Final Learning Update Issued & Last Day for Students Prior to Summer Vacation
	Jun 27 (F)	Administrative Day (students not in attendance)
July / August		Summer Session

SD35 Board of Education Meeting
APPROVED: April 23, 2024

Ministry Student Learning Survey-Deadline this Friday

The Ministry of Education's Student Learning Survey 2024 is open for students, staff, and parents to complete. You do not need a login and can access the survey below:

https://can01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.bced.gov.bc.ca%2Fsat_survey%2Faccess.htm&data=05%7C02%7Ccroberson%40sd35.bc.ca%7C294623234ab748c3f72508dc113b53cc%7Cfcabfaaef80a4f74b6a7ba15c2a4bb24%7C0%7C1%7C638404193806476133%7CUnknown%7CTWFpbGZsb3d8eyJWlloiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6IjEhaWwiLCJXVCi6Mn0%3D%7C3000%7C%7C%7C&sdata=uUV%2FPOPb8HTfVvRpxSvzc0UQkHHz4cqj7WLa5nblTrc8%3D&reserved=0

Grade 4 and 7 students are completing the survey in class this week.

Dear Parents and Guardians/Caregivers,

The Student Learning Survey (SLS) has been administered every year in B.C. public schools since 2001. Prior to 2016-17 it was known as the Student Satisfaction Survey. The SLS provides feedback on the implementation of the curriculum changes, learning environment, student wellness and satisfaction, student belonging and engagement, and career preparation. The SLS is the only source of province-wide information about students' learning experiences through the perspectives of students, parents, guardians/caregivers, and school staff. Schools and districts use the SLS to make informed decisions around long-term planning and goal-setting, and in providing individual students personalized support. In 2021, the student survey underwent a review to accommodate an updated conceptual framework that align questions with the [core competencies](#) of the curriculum and the [British Columbia's Policy for Student Success](#).

We've worked in collaboration with the BC Confederation of Parent Advisory Councils (BCCPAC) to update the parent and guardian/caregiver survey in 2018/19 and make it more useful for parent, guardians/caregivers, teachers, and schools. Your valued participation is an important contribution to improving the educational experiences of children.

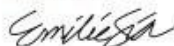
The parent and guardian/caregiver survey is now available online at www.bced.gov.bc.ca/sat_survey/access.htm and is available in 18 different languages. The survey will be available until Friday, May 3rd, and will take approximately 30 minutes to complete. Your responses are voluntary and anonymous, and your child will not be identified as a result of your participation in the survey. Any personal or identifying information will be deleted before results are stored. Data will be stored and accessible only within Canada.

The results of the parent and guardian/caregiver SLS survey will be available through the Ministry of Education and Child Care website (<https://www2.gov.bc.ca/gov/content/education-training/k-12/support/student-learning-survey>) in summer 2024.

Please contact the web survey provider (AWIS) if you have technical difficulties; call toll free: 1-866-558-5339 or email support@awinfosys.com.

We greatly appreciate your input and thank-you in advance for your participation.

Sincerely,



Emilie Sia
Senior Economist, Research and Analytics Engagement (RAE)
Governance and Analytics Division, Ministry of Education and Child Care
Emilie.Sia@gov.bc.ca

Students and Families in Need

WE COULD
REALLY
use your
HELP



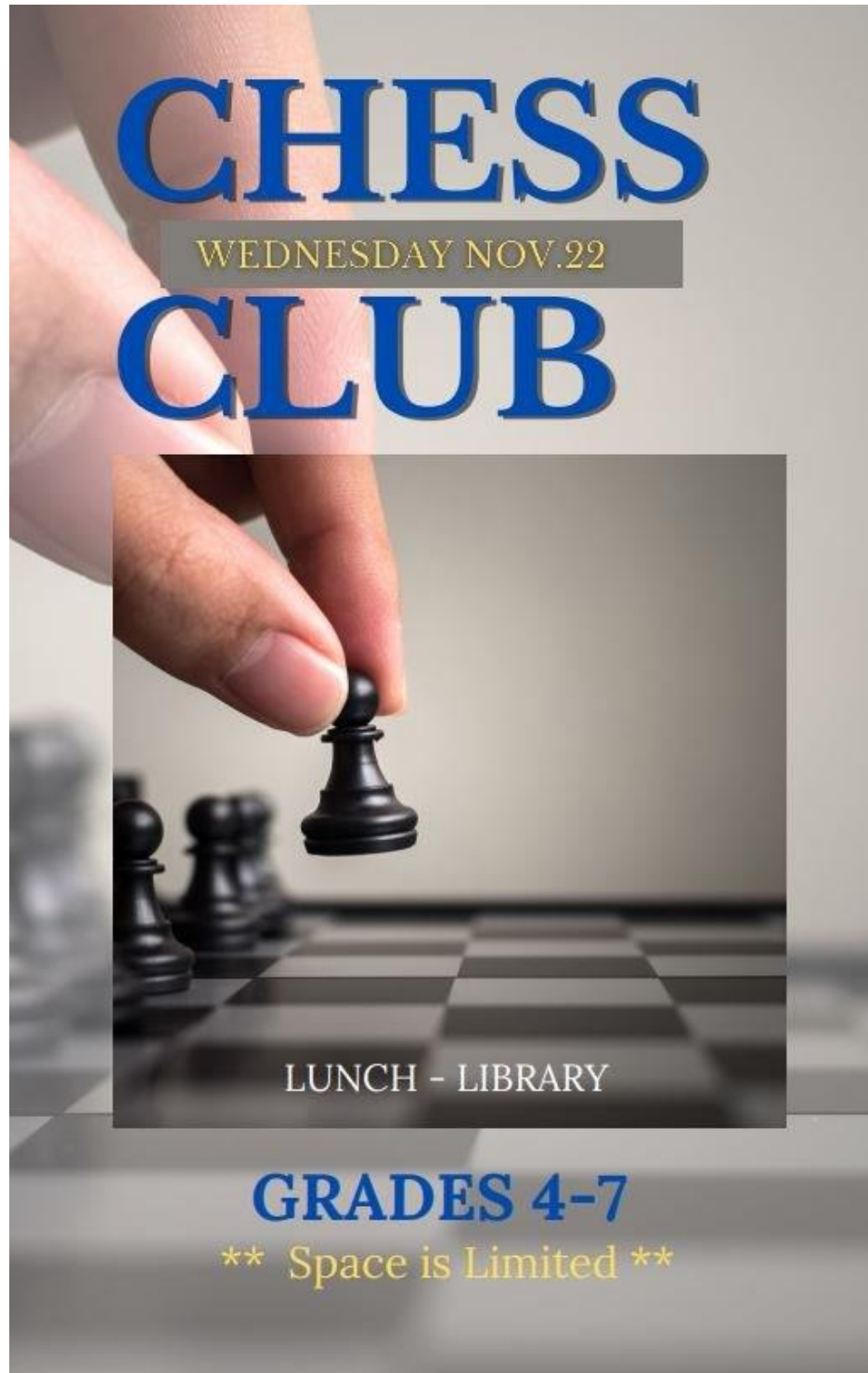
In these challenging economic times we are finding that an increasingly large number of students can't afford to go on field trips, purchase spirit wear, or attend activities like Grade 7 camp. Please consider helping FLE cover these costs during these difficult times. You can make a donation quickly and easily using your already established school cash online; <https://www.schoolcashionline.com/>. See below for more details.

[Edit](#) [Attach](#) [Expire Now](#) [Delete](#) [Manage Attachments](#) [Refund](#) [Copy](#)
[Share](#)

Student Assistance

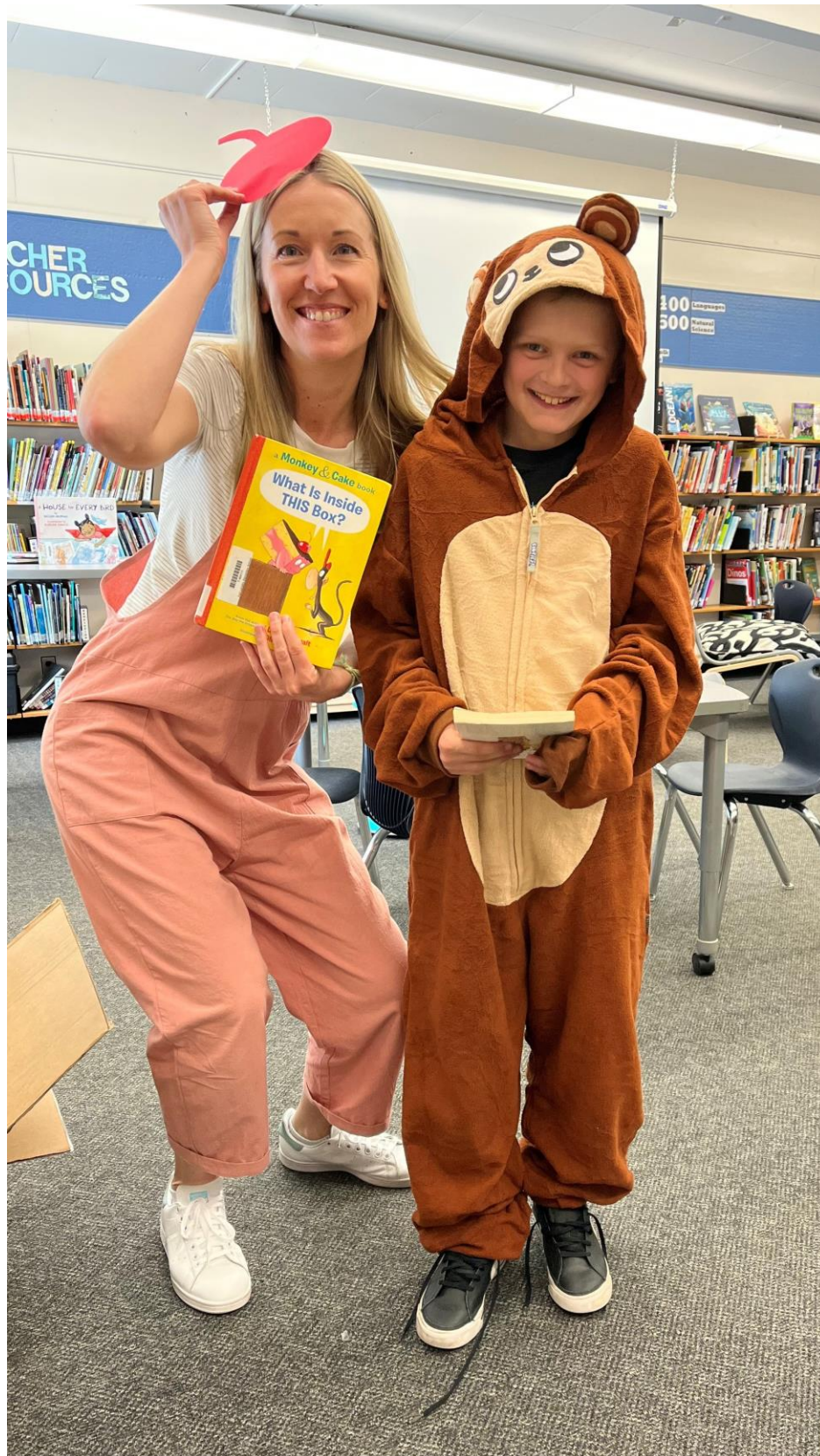
Donations of any amount will go towards student field trips, supplies and extra curricular activities to help support our FLE families.

FLE Chess Club



Ms. Batten offers up this opportunity at lunch on Wednesdays. If you think your child might be interested, please ask them to touch base with Ms. Batten in the library or resource room.

Go Ahead-Make their day!



Help brighten up a FLE staff member's day! I want to find ways to spotlight, highlight, and celebrate the amazing unsung heroes in our building that do important work on a daily basis. Please use this link to anonymously share your words of encouragement, appreciation, and praise for someone special in our building. These quotes will be shared on our hallway TV screen, in our weekly staff newsletters, and at the beginning of staff meetings.

<https://forms.office.com/r/k6bs9PPtvt>

FLE Reading Link Challenge WINNERS



Congrats to the *Book Bunnies!* The FVRL challenge is a 4 month competition of reading to know 6 books the best. (Gr.4/5 only) This team competed against 13 other Langley schools for the title of District Champions.



SCHOOL DISTRICT
Langley
INTERNATIONAL STUDENT PROGRAM



HOMESTAY FAMILIES NEEDED

Have a life changing experience and welcome an international student into your home!
Homestay families are provided **\$1050/month** to offset costs!

Visit our International Student Program website (Homestay section):
www.studyinlangley.com
and complete the online Homestay Application.



\$1050
per MONTH
effective
SEPTEMBER
2023



Share Your World,



Begin your
Hosting Adventure

Welcome Another!



Embark on a rewarding journey of cultural exchange!
Homestay families are provided
\$1050 per month to offset costs.

HOW TO APPLY:

Visit www.studyinlangley.com, go to the
'Homestay section',
and complete the online application



4875 - 222nd Street, Langley, British Columbia, Canada V3A 3Z7
StudyInLangley.com - ISP@SD35.bc.ca
Telephone: 604 534 7891 - Facsimile: 604 532 1450



Community News and Opportunities



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

DATE: Tuesday, May 7, 2024

TIME: 6:00pm - 8:00pm (PST)

REGISTRATION REQUIRED: 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



Fraser Health



Learn the benefits
of outdoor play
and find ideas for

**planning
active
outings.**



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.

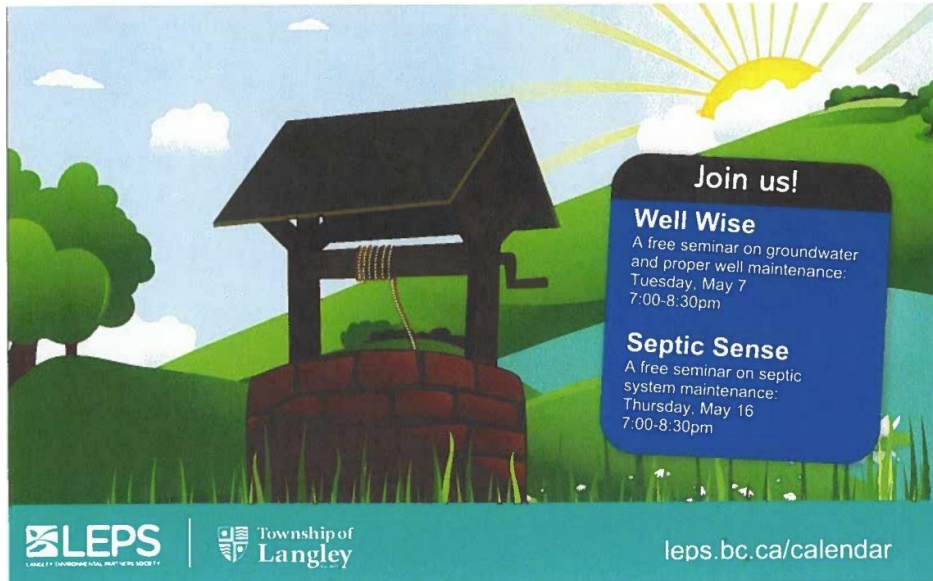
Regular physical activity in childhood helps to develop cardiovascular fitness, muscle strength and bone density, and being outdoors is known to improve mental health.

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>

Measles Vaccination Information from Fraser Health

To help keep our community healthy and safe, our partner Fraser Health is sharing important information about the measles vaccine and available clinics over Spring Break. Please review the information [here](#).



Join us!

Well Wise

A free seminar on groundwater
and proper well maintenance:
Tuesday, May 7
7:00-8:30pm

Septic Sense

A free seminar on septic
system maintenance:
Thursday, May 16
7:00-8:30pm



leps.bc.ca/calendar

D.W. POPPY PLAYERS PRESENT...

*Featuring your
favourite Broadway
hits!*



THE PERFECT PITCH

a musical

MAY 6TH - 11TH @ 7PM

TICKETS: \$12.50 AT:
DWP THEATRE.WEEBLY.COM
OR SCAN THE QR CODE!



35 ANNIVERSARY



2024



Sponsored By



SUNDAY
MAY 5 2024

BACK FIELD

**DW POPPY
SECONDARY**

23752 - 52nd Ave. Langley

7am - 10am

PARTICIPANT ENTRY

9am - 3pm

PUBLIC ENTRY

**PROCEEDS
SUPPORT
SCHOOL
PROGRAMS**

Early Bird Registration \$5 per vehicle

Public Entry \$5 / Children 12 & under free

Participant Entry \$20 per vehicle
(no prepaying for additional vehicles)

CONCESSION

By DW Poppy Secondary
Basketball Teams

**PANCAKE
BREAKFAST**

By Fort Langley Lions

50/50 DRAW

**VENDORS
RAFFLE
FOOD**



DW Poppy Car Show



<http://poppycarshow.com>



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**



In partnership with

FOUNDRY
LANGLEY

GIRLS SOCIAL

Free for female
identifying youth
in grades
6-12

**HEY GIRLS! COME OUT FOR
SOME FUN AND RELAXING
GIRL TIME!**



**THURSDAY
MAY 2ND**

**5:30 TO
7:00PM**

**TIMMS COMMUNITY CENTRE
20399 DOUGLAS CRES,
LANGLEY**



In partnership with



Mental Health Substance Use Resource

LANGUAGE MATTERS!

An Introductory Guide for
Understanding Mental Health and Substance Use:
A Resource for Educators and School Communities


***Language Matters* is an introductory guide on mental health and substance use for educators, administrators, school support staff, and other personnel who work with children and youth in school communities.**

The guide has been developed to help facilitate conversations, build common understandings, and support practice by defining and discussing key mental health and substance use terms and topics. Developing a common language and shared understanding of mental health and substance use terms and concepts can help to improve mental health literacy and reduce stigma.


This resource was developed in partnership with the BC Children's Hospital's Health Promotion and Health Literacy team.

The *Language Matters* resource provides an overview of a number of key topics, including:

- The importance of mental health for the overall health of the school community
- Cultural conceptualizations of mental health and substance use
- Defining mental health and the different states of mental health
- Common mental disorders
- Mental health promotion, risk, and protective factors
- Self-harm and suicide
- Substance use
- Trauma and trauma-informed practice
- The school community's role in supporting student mental health and wellness
- Creating safe, supportive, and inclusive learning environments for all students
- Mental health professionals in the school, health care system, and community
- Educator well-being



Download the *Language Matters* guide with the QR code and share with your colleagues and school community partners.



erase EXPECT RESPECT & A SAFE EDUCATION

Language Matters! An Introductory Guide for Understanding Mental Health and Substance Use: A Resource for Educators and School Communities is now officially available on the [mental health and well-being](#) erase website.

A webinar will be hosted on May 8, 2024 (12:00-1:00 p.m. PT) during Canadian Mental Health Week, to provide an overview of how schools may use the guide. [Registration](#) to attend the webinar is required.

If you have any questions, please reach out to EDUC.MentalHealth@gov.bc.ca.

Community Soccer-Kindergarten and Grade 6 (ages 5-13)



For over 30 years...

SOCCER DAY CAMPS

...more than just a soccer camp! **2024**



Unlock Amazing Savings if you sign up by **June 1, 2024**
DON'T MISS OUT!
* for a limited time only

Get ready for an unforgettable summer adventure!

- * July & August weeks
- * all kids aged 5 to 13
- * morning & full day sessions
- * before & after care available

Morning sessions from \$154*
Full day sessions from \$229*
*limited time offer, see website for details

royalsoccerclub.com
800-427-0536

For location & registration details, visit our website.

For information on our camp locations in the area, [click here](#) or visit the **LOCATIONS** page on our website (royalsoccerclub.com).

ABOUT US

The Royal Soccer Club is a registered non-profit community organization with a mission to promote an active and healthy lifestyle in children and youth through unique summer camp experiences. We encourage and develop personal development and life skills in children aged 5 to 13 years. We truly appreciate any assistance you can provide in sharing our material. If you prefer to include a brief blurb in your school e-newsletter, feel free to include the following:

The Royal Soccer Club, a registered non-profit community organization, is proud to host their 32nd annual grassroots summer day camps. The program is designed to promote personal development, team building and of course, FUN! Uniquely designed to offer a more soccer focused morning with a leisure swim with other organized activities in the afternoon. The program operates during all weeks in July and August for children aged 5 to 13. For more information or to register, visit royalsoccerclub.com or call 1-800-427-0536.

**KIERA PEMBERTON'S
BASKETBALL
SKILLS CAMP**

Open to boys and girls! OPEN REGISTRATION

MAY 10TH & 17TH

Location:
Walnut Grove Secondary
School

Age groups
Grades: 4-5-6 Times 6 pm-7:30 pm
Grades: 7-8-9 Times 4pm-5:30 pm

Cost: \$75
How to pay: E-transfer after
you get a email saying you
are registered for the camp!

Who is Kiera Pemberton?
Kiera Pemberton is a current NCAA Div. 1 Basketball Player
for the University of North Dakota
NCAA Summit League All-Freshman Team
Two-time BC HighSchool Provincial Championship MVP
Bio Steel All-Canadian Team Selection
Sport BC High School Athlete of the year

Scan this QRcode to register

<https://forms.gle/NsLQDz2q1xbW7yyE8>

Highlights at the Fort



8 - Thank you to Madori for her beautiful display board related to student birthdays

A cartoon illustration of eight diverse children of various ethnicities and ages, smiling and holding up a large sign. The sign has a white background with a black border. The text on the sign is in a mix of cursive and bold sans-serif fonts. The children are drawn in a simple, friendly style with large eyes and bright colors.

*Kids Design
An Ad
2024!*

**Over 506 students in grade
4 & 5 from Langley School
District designed & created
ads for various businesses in
Langley & Aldergrove
Thank-you to all students and
teachers that participated!**

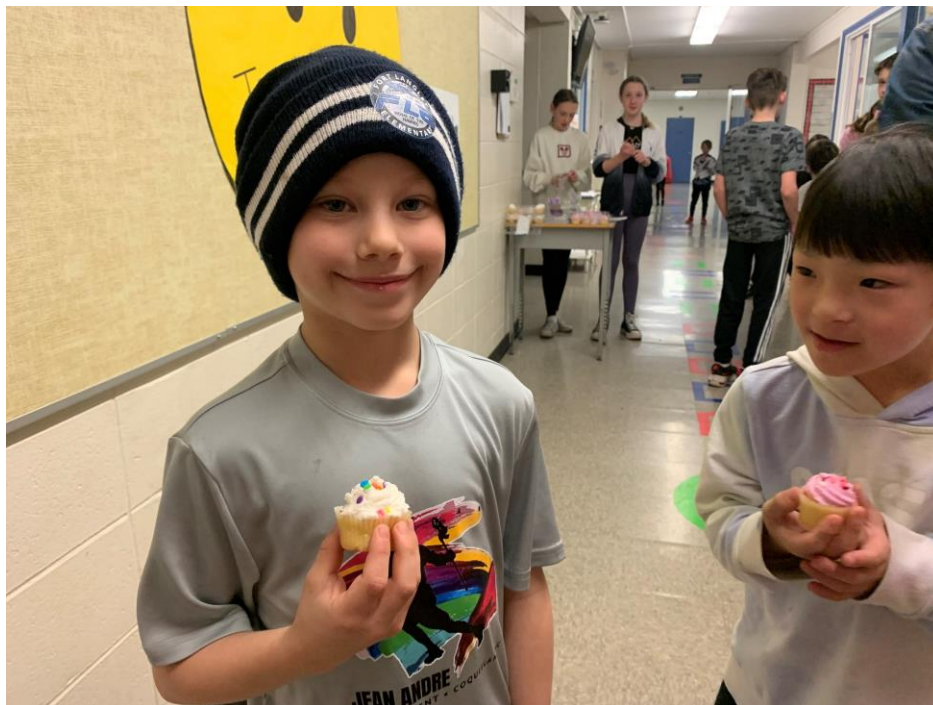
LANGLEY
Advance Times



Ms Beere's Grade 4 Class at Fort Langley Elementary



Ms Davidson's Grade 4/5 split Class at Fort Langley Elementary



9 - Wyatt P shows off his birthday cupcake, as well as his stylish FLE toque.



10 - Henry is ready for his birthday cupcake



11 - LEAP student learn from Indigenous educator Karen Gabriel



12 - Ms. Stickney (Grade 3s & 4s) and Ms. Flowers' (Grade 3s) students sure enjoyed their skating adventures over the past month





13 - Grade 7 student Wyatt W. shows off a goat that he brought as part of his presentation related to "farming"



14 - Elliot in grade 3 shows off his beading creation



15 - Jaxson and Sophia are showing off the incubating eggs which began to hatch last week.



16 - Sesmelot-FLE language teacher celebrates during our staff vs student handball game. Our most recent round of Hawk Award winners were eligible to participate in the game against the staff. The staff were victorious in the end.







17 - Checkout the amazing and creative display board in Ms. Stickney's class



18 - Ms. St. Pierre's K students got to experiment and learn about Paralympic sports



19 - We are so thankful to have our staff, including SEAs, helping to move our school's literacy goal forward including with our after school reading groups using our new UFLI program.



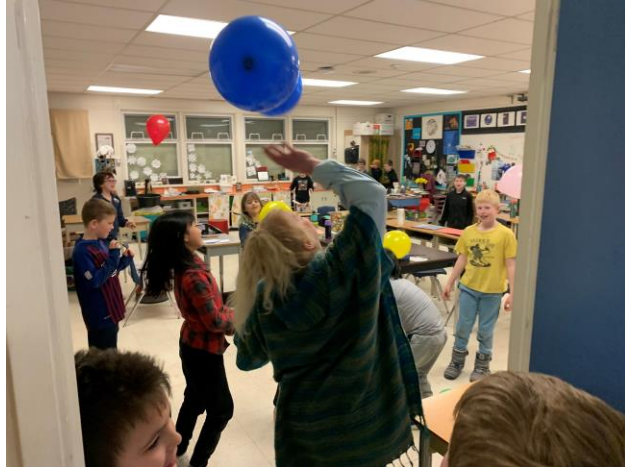
20 - Thank to our hardworking Fun Lunch team. Huge kudos to the amazing team including Jen Kube for keeping the fun lunch and snack program rolling!



21 - Grade 6/7 student leaders have been offering a variety of intramural opportunities at lunch every Friday-we rotate through different sports and grade levels each week.



22 - Ms. Hawley Mentos and Coke experiment was a popular event.



23 - Grade 4/5 Leap teacher, Ms. Nelson, enjoyed a surprise birthday celebration.



24 - Ms. Persian enjoys some popcorn made by Henry and Mr. Kitteringham...extra butter of course!



25 - ʔi ʔə tə ɲa leləɲs tə ɣəɣɪməls

Literal translation: this the exist house the hawk

The home of the Hawks