



COGHLAN FUNDAMENTAL ELEMENTARY SCHOOL

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

<http://coghlansd35.bc.ca>

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Principal: Mrs. Isabella lam

Admin. Assistant: Mrs. Naomi Laycock

Rocky Raccoon Weekly Update

January 13 to 31, 2025

Monday, January 13:	Pokémon Club. 12:00 pm @Library
Friday, January 24:	PAC Meeting. 9:00 am @Library
Tuesday, January 28:	Jump Rope for Heart Assembly. 1:00 pm
Thursday, January 30:	Spirit Day – Decades Day!

Happy New Year

Happy New Year and Welcome Back! We're thrilled to start a new year with our students and families, and looking forward to all of the fun-filled activities and learning opportunities planned until the end of June. ☺

Attendance

Please CALL the office before 8 am and leave a message if your child will be late or absent. We have a long list of students not accounted for each morning so it's vital that you call early. 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!

Parking Lot – NO Parking/Drop-Off Zone

A couple of friendly and quick reminders regarding drop-off/pick-up of your child(ren) before/after school:

1. Please do NOT park your vehicle along the drop-off zone lane, this would include before the dismissal bell at 2:30 pm. If you would like to park and wait for your child, please find a parking spot in our parking lot or please continue to loop back around the school until you see your child(ren).
2. Please ensure you pull over to the very front of the drop-off zone lane, so that we are not backed up, or blocking other cars behind us.

We appreciate your efforts in creating a safe and caring environment for the school community. Thank you for helping one another!

Mud puddles have a way of finding kids ☺ and they come to the office wet needing dry clothes. Please save yourself a trip to school in the afternoon by sending a couple sets of dry clothes, including extra socks in their backpack and replacing them as needed. Thank you!

Volunteer Application Process

A friendly reminder that the Langley School District has updated processes for potential volunteers who would like to volunteer at schools on a more than casual basis. This process would include connecting with your school Principal first. If you are interested in volunteering at Coghlan this year or have questions pertaining to volunteer work itself, please reach out to the Principal directly to begin the process: ilam@sd35.bc.ca

Additionally, a letter from Ms. Lam was sent home to families on Monday, October 7th, to provide details of the application process. Thank you to all parents who have reached out to Ms. Lam and indicated their interest in volunteering at the school this year. Please note that moving forward, all approved volunteers are to sign-in/out at the office and wear a volunteer nametag that will be given by Mrs. Laycock or Ms. Lam.

Student Use of Personal Digital Devices in Schools

As we head into a new year, a friendly reminder of our guidelines around the use of personal digital devices in schools, devices such as cell phones. The District has created **Administrative Procedure (AP) 350 Appendix A Student Use of Personal Digital Devices**, a document which can be found on the District website [HERE](#). We encourage families to review this AP document closely, and have conversations with your child about these expectations and guidelines as they are an extension of the District's student code of conduct.

Here is a brief summary of the restrictions outlined in this administrative procedure:

Students in elementary and middle school will not be able to use their personal digital devices during the school day, from the student's arrival at the start of the day, to the student's departure at the end of the day. This includes non-instructional time (recess, lunch, breaks) and instructional time, unless permitted by staff for instructional purposes. Students are encouraged to leave their devices at home. Any devices brought to school should be turned off and stored away in backpacks or lockers.

These guidelines aim to address potential distractions in the classroom, ensure equitable access to learning resources for all students, allow for accommodations for students with diverse abilities who may require devices to support their learning, as well as foster digital citizenship.

Coghlan staff have been working collaboratively with students and families to set the tone and culture of the use of technology in the classroom. As educators, our role is to help students embrace technology, mitigate potential negative impacts devices may have on children and youth, and support learning.

As a friendly reminder, we have a school phone available for students to use at the office if they need to call home. We are also happy to relay messages to students from parents/guardians as needed. Please feel free to call the office, and we're happy to support with this.

Emergency Preparedness, Power Outages, and School Closures

With storm season upon us, the District is reminding families about procedures during emergencies such as power outages. The District will post important information on school and District websites as well as on social media channels. The District may also send special instructions in emails and text messages (for those that opt-in) via School Messenger. In the event of power outages, schools have an emergency phone line operational. Please avoid calling the school unless it is an emergency as this ties up the phone line.

As per the District's procedures, schools in the District may be closed to students by the Superintendent for weather related emergencies such as power outages or other causes related to health and safety. The decision to close a school due to a power outage is based on many considerations including expected power restoration time, operational emergency lighting, access to water and washrooms, among other factors. As always, it is a parent's decision whether to send their child to school (or keep their child at school) based on safety and individual circumstances. If you feel it is unsafe for you or your child to travel to or attend an open school for any reason, please keep your child home and report an absence to the school. For more information on school status information, read [here](#). The District thanks students, families, staff for their cooperation during recent power outages impacting schools.

Information About School Status During Inclement Weather

Snow closures and power outages are an annual occurrence in the Langley School District. So, where do you go to get information about the status of schools during periods of inclement weather? If you are able to access the internet via computer or smartphone, current information about Langley schools can be accessed on all school websites or www.sd35.bc.ca. Updates are also posted to X (formerly Twitter) @LangleySchools and Facebook at www.facebook.com/langleyschooldistrict. If you don't have internet connectivity but your phone is working, call a relative or friend in an area that has not been affected by the storm and ask them to check the district website for you. Local radio stations are also informed of school status in Langley. Tune in to CKWX 1130AM, CKNW 980AM, Country Radio 107.1FM, Pulse 107.7 or CBC 690AM or 88.1FM for updates.

Please note that Langley District schools are all considered 'open' until a decision to close is required. Decisions on school closures are usually made by 6:30am. As always, it is a parent's decision whether to send their child to school based on safety and individual circumstances. If you feel it is unsafe for you or your child to travel to or attend an open school for any reason, please keep your child home and report an absence to the school.

Student Illnesses

It's that time of year when we see a rise in illnesses impacting students and staff in our school. We are hearing from families about colds, respiratory illnesses, and stomach bugs circulating in our community. As a reminder to help keep our school community healthy and well, we are sharing this online resource from our community partner Fraser Health. Here you will find information about protecting your child from communicable diseases and managing their illness:

<https://www.fraserhealth.ca/health-topics-a-to-z/school-health/illness-and-immunizations/illness-in-the-classroom>

January Health Tips (from Fraser Health)

Mental 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 mental health. Please see below for helpful reminders to support your child.

Support Your Child's Mental Health

Mental health is a key component of healthy child and youth development, and it has an impact on their relationships and their performance in school.

How Can Parents Support Positive Mental Health?

Parents can help support positive mental health by forming strong and caring relationships with their children.

- Connect – talk and listen to their feelings and experiences.
- Be active together – take a walk and build physical activity into family time.
- Take notice – encourage and praise the positive behaviours and choices your children make.
- Keep learning – encourage your child to learn from both positive and negative experiences.
- Give – your time, your words, and your presence.

Sometimes, parents feel like they don't know what to say or how to interact with their youth.

Learn more about **tips for how to talk to your child or teen about mental health.**

Get more information about positive mental health for children and youth:

Positive mental health for children - Fraser Health Authority.

Find out what services, programs and resources are available for your child and/or youth:

Child and youth mental health - Fraser Health Authority

Lunch Lady Hot Lunch Program (January 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.

January 2025

Langley MENU – Tuesdays



	Tuesday 01/07	Tuesday 01/14	Tuesday 01/21	Tuesday 01/28
Regular	Sunshine Burger Tator Tots Ketchup Veggies and Dip	Butter Chicken Rice Peas Fruit of the Day	Beef Meatballs Mashed Potatoes Corn Gravy Fruit	Lunar New Year Chicken Fried Rice Spring Roll Fortune Cookie Seasonal Fruit
2 nd Choice	Spaghetti and Beef Meatballs Veggies and Dip	Cheeseburger Pasta PEI Mixed Vegetables Fruit of the Day	French Toast Turkey Sausage Syrup Fruit	Lunar New Year Dumplings Oriental Steamed Vegetables Fortune Cookie Seasonal Fruit
Vegetarian	Sunshine Burger Tator Tots Ketchup Veggies and Dip	Butter Chickpeas Rice Peas Fruit of the Day	Veggie Meatballs Mashed Potatoes Corn Gravy Fruit	Lunar New Year Veggie Fried Rice Spring Roll Fortune Cookie Seasonal Fruit
Halal	Spaghetti and Halal Beef Meatballs Veggies and Dip	Halal Butter Chicken Rice Peas Fruit of the Day	Halal Beef Meatballs Mashed Potatoes Corn Gravy Fruit	Lunar New Year Halal Chicken Fried Rice Spring Roll Fortune Cookie Seasonal Fruit

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

As of January 10, 2025

January 2025

6 (M) – School Reopens
28 (T) – Jump Rope for Heart Assembly
30 (R) – Spirit Day: Decades Day!

February 2025

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!
24-Mar. 7 – Student Inclusive Conference
Window for Conferences

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

24-28 – District Diversity & Respect
Week

March 2025

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

2 OR 9 – PAC Fun Fair. Date TBD
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 (to confirm in October)
26 (R) – Last Day of School for Students/Gr. 7 Grad Assembly/
Early Dismissal @11:36 am/Reports Home 27 (F) – Admin Day

