



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

January 20 to 31, 2025

Thursday, January 23:	Great Big Buddy Read Event
Friday, January 24:	PAC Meeting. 9:00 am @Library
Friday, January 24:	Hot Lunch
Monday, January 27:	Pokémon Club. 12:00 pm @Library
Tuesday, January 28:	Jump Rope for Heart Assembly. 1:00 pm
Wednesday, January 29:	Popcorn
Thursday, January 30:	Spirit Day – Decades Day!



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!

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. 😊

Coghlans Fundamental is a NUT AWARE School

A friendly reminder that Coghlans 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.

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 Coghlans 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.

LEAP Outdoor Education – Parent Information Session January 23, 2025

LEAP (Outdoor Education) – Parent Information Session on Thursday, January 23rd

Imagine your child's classroom in the open air! Join us on **Thursday, January 23rd at 5pm** at Fort Langley Elementary for our LEAP (Langley Environmental Awareness Program) Information Session. This meeting is for families interested in kindergarten enrolment for the 2026-2027 school year, as well as any current grade 1-6 students that might want a change and an opportunity to learn in the great outdoors. For more about the outdoor education program and to watch our new stunning promotional video please

visit: <https://bit.ly/2T2os8r>.

Social Media Awareness Family Sessions

ERASE will be holding FREE virtual sessions on social media awareness for parents and caregivers. Please see the link below to access these valuable sessions:

<https://pages.saferschoolstogether.com/erase-family-session>

Generation Health Program- Healthy Lifestyle Program for Kids Ages 8-12

*Generation Health is a **FREE 10-week healthy lifestyle program** for children and their families, delivered through YMCA BC and in partnership with the Childhood Healthy Living Foundation. Program participants will meet virtually or in person to learn about healthy eating, physical activity, goal setting, body image, self-esteem and more!*

We have 4 program days to choose from: Starting in February on Tuesdays (In Person at the Tong Louie YMCA) or Wednesdays, Thursdays, or Fridays virtually from 6:30-8:30pm. This program requires prior registration through these details: phone 1-888-650-3141 or send an e-mail to generationhealth@bc.ymca.ca.

Families who join this program receive a complimentary membership to the YMCA.

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
2nd 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



Practical Parenting Strategies for Change

FREE Parent / Caregiver Presentation

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.



Free Event



Registration required



Childminding Available



February 13, 2025



Kwantlen Polytechnic University
20901 Langley Bypass Langley



7:00 pm

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

