



COGHLAN FUNDAMENTAL ELEMENTARY SCHOOL

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

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

PHONE: 604-856-8539

FAX: 604-856-4309

PRINCIPAL: MRS. ISABELLA LAM

ADMIN. ASSISTANT: MRS. NAOMI LAYCOCK

Rocky Raccoon Weekly Update **January 29 to February 9, 2024**

Monday, January 29:	Pokémon Club. 12:00 pm
Tuesday, January 30:	Boys Basketball Home Game VS Peterson Road
Wednesday, January 31:	Girls Basketball Away Game VS Peterson
Wednesday, January 31:	Popcorn
Tuesday, February 6:	Boys Basketball Away Game VS Fort Langley
Wednesday, February 7:	Girls Basketball Home Game VS Fort Langley
Friday, February 9:	9 am Art Starts Ndidi musical performance (parents are welcome) Hot Lunch (Fox and Hound) Coding Club Grade 7 cupcake sale after school

A Season of Theatre 2024

The new year brings us another fabulous year of musical and theatrical productions across the District featuring Langley's students. Please support the Arts in Langley schools as well as the incredible work of our Drama and Musical Theatre teachers by attending one or all of the shows that will be happening over the next few months. Please see the poster at the link below for show dates and visit each individual school website for exact show times and details on how to purchase tickets.

 ***Season of Theatre 2024.pdf***

Student Inclusive Conferences Update

As shared in the first newsletter back from the new year, the Langley School District has gradually been moving to a new and improved model of communicating student learning at the Elementary level through the introduction of Student Inclusive Conferences. All Elementary schools in Langley will be using the Student Inclusive Conference as of the second term in the 2023-2024 school year.

Here are a few highlights that were mentioned previously:

- Student Inclusive Conferences will be replacing the formal report card for Term 2.
- You and your child will be meeting with your child's teacher to share about their learning at the end of Term 2.
- Your child's teacher will work through a Communicating Student Learning Progress Report that summarizes the discussion during the conference, and you will have access to it on MyEdBC after the conference.
- Instead of Parent/Teacher Conferences in March, we will have Student Inclusive Conferences.

As for the conference times/dates, there will be a 2-week window where parents/guardians are able to sign up for a time slot with their child's teacher. Here are more details below:

- The 2-week window will take place from February 26th to March 8th.
- This will include our 2-hour early dismissal on Wednesday, March 6th (students dismissed at 12:30 pm), and a full day on Thursday, March 7th.
- A friendly reminder that on Thursday, March 7th, **students will not be attending regular classroom hours**. Instead, students and parents who booked conferences will be attending to meet with the classroom teacher. Sessions will be offered throughout the day.
- We will be offering a late afternoon/evening option for parents/guardians, and this will be taking place on Wednesday, February 28th until 6:30 pm
- During the 2-week window, teachers may be offering before school or after school appointment slots as well.
- Similarly to first term, we will be using School Appointments again for you to book your conference time with your child's teacher.
- School Appointments will be opened on February 9th at 4 pm and close on February 20th at 9 pm for parents/guardians to book a conference time with their child's teacher.
- **As Student Inclusive Conferences will be replacing our former Term 2 report card, it would be important for all parents/guardians to sign up for a session and attend the conference with their child.**

We're looking forward to embarking on our Student Inclusive Conferences for the upcoming term!

Coghlan's Entrepreneur Fair

We're pleased to announce that Coghlan will be having an Entrepreneur Fair on Friday, February 23rd from 12:45 to 1:45 pm in the Gym and Library. Divisions 1 to 4 have been working hard preparing for this day, and will have products ready to sell for you to purchase. Please save the date, and we hope to see you there!

Be A Giants Program

We had a fantastic visit from the Vancouver Giants Players, Thomas and Damiam on Wednesday. We had the opportunity to learn about the four pillars: School, Home, Community, and Health. Students were asked to complete the "Be A Giant" daily log book, and upon completion, they will receive a complimentary ticket to an upcoming Vancouver Giants home game. The Giants will be returning for a visit in about 2 weeks, to check if students have completed their log books, and from there, they will distribute order forms for tickets. More updates/details will be shared on our next newsletter.

Girls & Boys Basketball

We have had such an amazing start to our Girls & Boys Basketball Teams this season. First off, we would like to congratulate our Girls Team for participating in the Bandits Play Day at the Langley Events Centre on Wednesday, and winning 2 games back-to-back. Well done! Our Boys Team will be playing in the Bandits Play Day this coming Wednesday, January 31st. There will be more info below for those families who are interested in attending. We would also like to say a big thank you to Mr. Hegquist, Mrs. Okada, Mrs. Jdi and Mrs. Conway for coaching our basketball teams this year!

On that note, we are excited to share that we will be hosting home games at our school this season. Here is our basketball schedule if you wish to attend and cheer our teams on:

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

2024 Langley Schools Play Day hosted by Vancouver Bandits Basketball

We are looking forward to the return of the free basketball tournament at Langley Events Centre for Coghlan's Girls and Boys basketball team this year! The tournament is hosted by the Vancouver Bandits Professional Basketball Club. This is a wonderful opportunity to bring teams from across the District to play teams that they don't normally play during the school year. If families are interested in attending this **FREE** tournament, and to cheer on our basketball teams, here are the details/schedule below:

Location:

7888 200th Street, Langley, BC
Langley Events Centre
Building B (turn off of 202A street into Langley Events Centre for easiest access) **Gate 8**

Free parking at Langley Events Centre

Concessions:

Langley Events Centre will have concessions available just inside of Gate 8.

Seating/Spectators:

There will be bleacher seating available for spectators.

Boys Team Schedule:

BOYS Team Schedule - Wednesday, January 31st, 2024		
	Court 1	Court 2
3:40 PM	Dorothy Peacock vs. Belmont 1	North Otter vs. Alice Brown
4:30 PM	Coghlan Fundamental vs. Peterson Road	Glenwood vs. Alex Hope

5:20 PM	Dorothy Peacock vs. Peterson Road	Belmont 2 vs. North Otter
6:10 PM	Belmont 1 vs. Coghlan Fundamental	Alice Brown vs. Glenwood
7:00 PM		Belmont 2 vs. Alex Hope

District Info

Langley School District Preschool (JB4)

We are very excited to be opening another first Langley School District Preschool! JB4 (Just Be 4) Preschool is a ministry initiative that allows our ECE staff to provide meaningful and engaging play-based learning for 4-year-olds. It will be running at Donna Gabriel Robins Elementary in our StrongStart room. [!\[\]\(dfbd6b3763a6d1d9afaa974f64e2e4b5_img.jpg\) JB4 Preschool DGR Jan 2024.pdf](#). Registration [!\[\]\(b89ecf30df3dbaee65fa9f1829524a6e_img.jpg\) DGR JB4 Registration Form.docx](#) and Information can be found here [!\[\]\(12caa8c16ee33cc266cee3a47dfba46b_img.jpg\) Jan 2024 DGR JB4 Parent Handbook .pdf](#):

Mental Health Information – 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 about mental health from our community partner Fraser Health. Please see below for helpful tips to support your child.

Know when and how to access mental health support for your child.

Mental illnesses are common in children and young people, they can have a significant impact on their development, relationships and their performance in school. Getting help early can prevent symptoms from becoming more severe and support a faster recovery.

Where do I start if my child or teen needs help?

A good place to start is by talking with your child/teen about how things have been going for them and what you've noticed.

Keep in mind that children and teens vary in their ability to talk about their feelings and experiences. They may not have the vocabulary to describe feelings. They also may not understand what's going on for them or make the connections between something in their life and their struggles.

How do I talk to my child or teen?

Here are some tips to help start a conversation with your child:

- *Find a good time and place to talk. Driving to and from places, preparing dinner, or cleaning up after a meal are great opportunities to talk.*
- *Ask how they are or if they'd like to talk about anything that's going on for them.*
- *If they say they're fine or nothing is wrong, explain why you're concerned and offer specific examples that you've noticed.*

- *Acknowledge how it must be difficult for them.*
- *Ask about what strategies/actions they find helpful. Acknowledge their strengths.*
- *Discuss how mental health is part of everyone's life – and not just about severe problems.*
- *Talk about how sometimes it can take the assistance of others to overcome difficulties. Ask if they would they like to talk with someone.*
- *Ask them what they think would help or what they think they need.*
- *Offer to make an appointment for your child/teen to see your family doctor – physical issues can sometimes have mental health symptoms associated with them. It's important to check if there's any physical issues.*
- *Let them know you want to help and that they can always come to you.*
- *If your child doesn't want to talk, let it go and try again in a few days.*

If you have concerns that your child may be using alcohol or other drugs, get tips on how to talk to your child about drugs.

Get more information about child and youth mental health: <https://ow.ly/KgZZ50PehL0>