



Coghlan Fundamental Elementary School

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

[HTTP://COGHLAN.SD35.BC.CA](http://coghlansd35.bc.ca)

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Rocky Raccoon Weekly Update

March 11 – April 5, 2024

- Saturday, March 9th: Garage sale in the Coghlan gym in support of the grade 7's. See details below.
- March 11 – 14: Scholastic book fair Monday to Thursday at lunch and after school
Please sign up for a time slot so we can keep the book fair open !! **3 spaces to fill !**
volunteersignup.org/AMH8Y
To sign up, follow the instructions on the page. It only takes a few seconds to do.
Thank you for volunteering! Mel Hébert babes_177@hotmail.com
- Wednesday, March 13: Popcorn
- Thursday, March 14: Free BBQ lunch for students and staff compliments of the Firefighters
Movie Night "Wish" Doors open at 5:30 pm and movie starts at 6:00
- Friday, March 15: 12:00 Coding Club
Last day prior to Spring Break
- Tuesday, April 2: School Re-Opens
- Friday, April 5: 9 am PAC Meeting in the library - NOTE CHANGE IN DATE
9 am class, team and panorama photos
1 pm Jump Rope for Heart kick off assembly.

Are you wondering what events are happening at Coghlan to the end of the school year? Check out "The Calendars" on the Coghlan website: <https://coghlansd35.bc.ca/news-events/>

Coghlan Spirit Wear is HERE

Available on Munch a Lunch: <https://munchalunch.com/fundraising> until March 15, 2024

There are 3 style choices available (grey or yellow) in Youth XS-XL and Adult S-XXL

Get your orders in and show your Coghlan Spirit in and outside of school!

Hoodies \$32 - \$35



T-Shirts (short sleeved only) \$12 - \$15



Crewneck **Grey only** \$23 - \$25



Calling All Fun-Makers!

Join Us for the Fun Fair!!

Are you ready to sprinkle joy into the schoolyard and experience the thrill of creating a memorable event? Then look no further! We're calling all enthusiastic individuals to join our vibrant team of volunteers for the upcoming Fun Fair!

We need you to make this year's Fun Fair the best one yet, filled with laughter, excitement, and school spirit. We need your unique talents and energy to make it a reality. Whether you're a games wizard, a decorating dynamo, or a friendly face welcoming guests, we have a role for you!

Here's why volunteering at the Fun Fair is an experience you won't want to miss:

Make a difference: Your contribution directly impacts the success of your child's school!

Unleash your inner child: Reconnect with your playful side and rediscover the joy of games, activities, and connecting with others.

Create lasting memories: Share laughter and fun with fellow parents, see the smiles on the kids faces, and cherish the unique experience of making the Fun Fair a success.

No matter your skill set, we welcome you with open arms!

Don't miss out on this chance to be part of something special! Let's work together to make the Fun Fair an unforgettable experience for everyone involved!

Next fun fair meeting is March 13 @ 8:45am in Portable #3 Music/PAC

Sincerely,

The Fun Fair Volunteer Team



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!**



Movie Night

THURSDAY, MARCH 14

DOORS OPEN AT 5:30

MOVIE STARTS AT 6:00

TICKETS \$3.50 IN ADVANCE OR \$4 @ THE DOOR

**PIZZA & TICKETS AVAILABLE TO
PURCHASE ON MUNCH-A-LUNCH**

THERE WILL BE A CONCESSION

PIZZA AVAILABLE BY THE SLICE, POPCORN & CANDY, BRING WATER BOTTLES

WISH

**PARENTS MUST STAY AND BE ACCOUNTABLE FOR THEIR CHILDREN.
PLEASE BE RESPECTFUL OF THOSE WATCHING THE MOVIE**

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!

DEDICATED

SPRING BREAK CAMPS 2024

BOYS AND GIRLS
ALL AGES

\$125 FOR 3 DAYS

DISCOUNT IF
REGISTERED FOR
BOTH WEEKS

MARCH

18-20 & 25-27

10AM-2PM



**FIND MORE INFORMATION AT
DEDICATEDTRAINING.CA**

Spring Health – 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 Spring Health. Please see below for helpful tips to support your child.

Spring Health for Kids

The spring season is approaching which means warmer weather and more outdoor activities. It's also an opportunity to foster new healthy habits for our children. Here are five practical tips for school-aged kids to make the most of this season.

Get active

Warmer weather makes spring the perfect time to get outside and play. Take a walk around your neighbourhood or head to a local park or hiking trail. You can also stay active close to home with some backyard jump rope or hopscotch.

Think fresh

Springtime often brings up images of fresh fruits and produce. Now is a great time to teach children about where food comes by helping them to start their own home garden. You don't need a large space to get started. Strawberries,

tomatoes and lettuce can all be grown from pots on a sundeck.

Be sun safe

Sun burns are possible even in spring. Use a sunscreen that has Sun Protection Factor (SPF) 30 or more. When possible, schedule outdoor activities in the morning or late afternoon and early evening. If you and your children are out in the sun during mid-day hours, wear long sleeves, loose-fitting long pants and a hat with a wide brim.

Support positive mental health

The best way to support positive mental health in your children is by forming strong and caring relationships with them. Make time for connection each day. Talk to them about their feelings and experiences.

Practice road safety

Biking is a great way to exercise and spend quality time with your family. Remember to keep safety top of mind. Protect their heads with a well-fitted helmet and teach them the rules of the road, such as the hand signals for stop, right and left-hand turns.

Find more tips for a healthy spring in Fraser Health's Spring Health Guide:

<https://ow.ly/HR5150Pez9Y>



Get tips and
ideas for a

**healthy
spring
season.**

