



Coughlan Fundamental Elementary School

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

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

PHONE: 604-856-8539

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PRINCIPAL: MS. ISABELLA LAM

ADMIN. ASSISTANT: MRS. NAOMI LAYCOCK

Rocky Raccoon Weekly Update **May 20 – 31, 2024**

Monday, May 20:	Victoria Day Statutory Holiday – Students and Staff DO NOT Attend.
Wednesday, May 22:	Popcorn Staff Appreciation Lunch Div. 3 & 4 Urban Safari In-Class Field Trip
Friday, May 24:	1:15 pm Talent Show – parents, grandparents, siblings all welcome to attend
Monday, May 27:	Pokémon Club. 12:00 pm (last one for the school year) 1-2 pm Welcome to Kindergarten
Wednesday, May 29:	6 pm – PAC Annual General Meeting. Elections and PAC Meeting All parents are encouraged to attend in person or via skype! Skype link: https://join.skype.com/U69NQ2tXWq1f
Thursday, May 30:	Pick up Neufelds orders after school
Friday, May 31:	Track and Field Meet (see information below) Hot Lunch

Track and Field Meet

Friday, May 31st at McLeod Athletic Park

Only qualified students will participate. Detailed information will be coming home for those students, including a parent driving volunteer form. A school bus is not available so parent drivers will be needed. The office requires 2 forms completed along with a current drivers abstract, and criminal records check and a copy of your driver's license and insurance papers. These documents all must be approved 2 days prior to the event. Please see Mrs. Laycock to complete the paperwork process. Thank you.

NEW date for Grade 5 swim: Monday, June 3rd to Friday, June 7th. If you are driving, please submit your documents asap so we can make up a Parent Drivers List. Thank you!

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**.

Grade 6/7 Band for September 2024

Mark Follett from DW Poppy Secondary is coming to Coughlan in the next few weeks to introduce the instruments and what we do, and to do instrument testing with the kids to help ensure they are successful next year.

Here is the link current grade 5 parents need to get info and registered:

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

Save the Date!

We are doing the final Band Concert of the year for all our schools outside (we hope) at DW Poppy on the evening of Thursday, June 13 (with food trucks!) to celebrate the end of the year. We'll have more details soon, but save the date!

Here are some upcoming Pro-D and Summer opportunities in Aldergrove.

May 17th – Multi-Sport and More - \$20 – Grades K-3 – 9:00am – 3:00pm at Shortreed Community School
- [REGISTER HERE](#)

July 2nd – 6th – Multi-Sport and More Summer Program - \$50 – Ages 6-10 – 9:00am – 3:00pm at Shortreed Community School [REGISTER HERE](#)

July 15th – 19th – Multi-Sport and More Summer Program - \$50 – Ages 6-10 – 9:00am – 3:00pm at Shortreed Community School [REGISTER HERE](#)

July 22nd – 26th – Multi-Sport and More Summer Program - \$50 – Ages 6-10 – 9:00am – 3:00pm at Shortreed Community School [REGISTER HERE](#)

July 29th – Aug 2nd – Multi-Sport and More Summer Program - \$50 – Ages 6-10 – 9:00am – 3:00pm at Parkside Centennial Elementary School [REGISTER HERE](#)

Thank you and please let me know if you have any questions!

LARISA DILLON (she | her | hers) | MANAGER, ATHLETE COACH SERVICES & COMMUNICATIONS

PACIFICSPORT FRASER VALLEY

E: ldillon@pacificsport.com

T. 778-551-2160 **W.** PACIFICSPORTFRASERVALLEY.COM

7888 109 - 200th Street, Langley, BC V2Y 3J4

International Student Program Homestay Families

Embark on a rewarding journey of cultural exchange! The District is seeking homestay families to host International Student Program (ISP) students for the 2024-2025 school year and beyond. There are many benefits including learning a new culture, sharing your family traditions, and developing life-long friendships. Homestay families are provided \$1050 to offset costs. Start your journey here:

<https://www.studyinlangley.com/student-life/>

May 6, 2024

Dear Parents and Guardians,

We would like to take this opportunity to invite you out to our Annual General Meeting, Wednesday May 29th at 6:00 pm. We will hold elections at the beginning and then continue on to have our regular monthly PAC meeting.

It's much more than fundraising! The PAC is a vital part of our school and the time commitment is probably less than you think. Our PAC is well organized and has been operating smoothly for many years; stepping into a position does not take a lot of preparation.

Terms are for one year, with a maximum of four years in an executive position. We need your help! Repeat volunteers have held several of our positions and we would love to see some new faces getting involved. Many of our Executive and Committee positions can be done at home in the evenings. If you are interested in helping out please complete the form attached. Thank you in advance for helping keep Coghlan a great school for our children.

What is the Coghlan PAC Parent Advisory Committee (PAC)?

The PAC is made up of parents/guardians or community members who have had or have children attending Coghlan Fundamental Elementary School (CFES). We are a group of parent/guardians who meet monthly to plan events in partnership with the staff of CFES, make decisions on where PAC money should be spent, and address the concerns or questions regarding CFES as it relates to the PAC constitution. Has your child benefitted from the empowering guest performances, fun food lunches, and the use of technology or bus trips? These are a few of the areas where the PAC has had direct involvement.

Why would I come to a PAC Meeting and/or get involved?

Those who attend PAC Meetings have the opportunity for direct discussion on school related matters and to vote on any motions presented. PAC is continually looking for new ideas and innovative strategies to better assist our children with their learning and educational experience.

You do not need any previous experience to be on PAC, just the ability to commit some time to attending meetings and playing an active role at your child's school. CFES values a philosophy based on parent/guardians as partners. The PAC endorses the effectiveness of the school by promoting the involvement of parents and supports the Fundamental philosophy of a choice school.

The bottom line is that without parent/guardian to run the PAC, our kids will miss out on great educational opportunities. All PAC positions are open for nominations each year and a person cannot hold an Executive position for more than three years.

The PAC's purpose is:

- ◆ To advise the principal and staff on parental views about school programs, policies and activities.
- ◆ To communicate with parents and to promote cooperation between the home and school in providing for the education of children.
- ◆ To assist parents in accessing the system, and to advocate on behalf of parents and students.
- ◆ To organize PAC activities and events
- ◆ To contribute to the effectiveness of the school by promoting the involvement of parents and other community members.
- ◆ To support the Fundamental Alternate Program.

If you have any questions, please contact me.

Thank you,
Brittany Adair Past PAC President
britadair@me.com

Coghlan Fundamental Elementary School PAC Nomination Form 2024-2025

Our AGM will be held on Wednesday May 29th at 6:00pm. Meeting will be held in the school library and on skype. Please RSVP with this form. We will be holding our elections for PAC positions for the 2024/2025 school year at this meeting. If you are interested in any of these positions please complete this form and return it to Mrs. Laycock, the school secretary. Nominations will be accepted up until 3 pm, day of. You must be in agreement to let your name stand for and be voted into a position. Voting of members on all matters must be given personally at the AGM. Voting by proxy shall not be permitted. This is a call for nominations to PAC positions for the 2024/2025 school year. Voting will happen at the May 29th PAC Meeting. Our PAC Constitution contains the details of the positions and is posted on our website.

All PAC POSITIONS ARE OPEN TO NOMINATIONS EACH YEAR.

Executive Positions are as follows:

PAC President PAC Vice President Treasurer
Secretary District PAC School Board Liaison
Volunteer Coordinator Fundraising Coordinator Members at Large (6)

Committee Coordinators are as follows:

Fun Food Special Event Fun Food Yearbook
Emergency Safety Fruit & Veggie Program
Bookfair PAC Newsletter/Website/Facebook

**Nomination Form - Coghlan Fundamental Elementary School PAC Executive
2024/2025**

Name: _____ Contact info: _____

☐ I allow my name to stand, for the position of: _____

☐ I hereby nominate; _____ Phone: _____

For the position
of _____

*The nominee must confirm their acceptance of the nomination to the Election Chairperson prior to the AGM, in person at the meeting, or by phone call during the meeting.

☐ I would like to attend the AGM on May 29th

☐ I will not be attending the AGM on May 29th

If you have any questions, please contact Brittany Adair, Past PAC President - britadair@me.com

Track and Field Meet – May 31st

We are very excited for our upcoming Track and Field Meet on Friday, May 31st at McLeod Athletic Park! Only qualified students will participate. Detailed information will be coming home for those students. A school bus is not available so parent drivers will be needed. If you can drive your child and others please send Mrs. Laycock an email (nlaycock@sd35.bc.ca). The office requires 2 forms completed along with a current drivers abstract and criminal records check and a copy of your drivers license and insurance papers. These documents all must be approved at least 2 days prior to the event. Please see Mrs. Laycock at the office to complete this process. Thank you!

Please see below for our Track Rotations schedule which is when students will be trying out for the Track & Field Events. Please note that we do have a make-up day on Thursday, May 16th (for those students who may be away for specific try-out dates). Our Track Meet is on Friday, May 31st.

As well, please see the following link for 2024 Track Meet General Rules and Regulations:

[2024 Track Meet General Rules and Regulations](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*First event is from 1:45-2:05; second event is from 2:10-2:230 *Running @ nook *Ball throw @ baseball fence *High jump @ gym *Long jump @ sand pit	Running- Keller, McDonald High Jump- Hunter, Jdi Ball Throw- Smith, Dary Long Jump- Witzke, Bricco	1	May 2 GR4 Running (1:45) <i>GR4 High jump (2:10)</i> GR5 High jump (1:45) <i>GR5 Running (2:10)</i> GR6 Long Jump (1:45) <i>GR6 Ball Throw (2:10)</i> GR7 Ball Throw (1:45) <i>GR7 Long Jump (2:10)</i>	3
6 GR4 Running (1:45) <i>GR4 High jump (2:10)</i> GR5 High jump (1:45) <i>GR5 Running (2:10)</i> GR6 Long Jump (1:45) <i>GR6 Ball Throw (2:10)</i> GR7 Ball Throw (1:45) <i>GR7 Long Jump (2:10)</i>	7	8 GR4 Running (1:45) <i>GR4 High jump (2:10)</i> GR5 High jump (1:45) <i>GR5 Running (2:10)</i> GR6 Long Jump (1:45) <i>GR6 Ball Throw (2:10)</i> GR7 Ball Throw (1:45) <i>GR7 Long Jump (2:10)</i>	9 GR4 Running (1:45) <i>GR4 High jump (2:10)</i> GR5 High jump (1:45) <i>GR5 Running (2:10)</i> GR6 Long Jump (1:45) <i>GR6 Ball Throw (2:10)</i> GR7 Ball Throw (1:45) <i>GR7 Long Jump (2:10)</i>	10 GR4 Ball Throw (1:45) <i>GR4 Long Jump (2:10)</i> GR5 Long Jump (1:45) <i>GR5 Ball Throw (2:10)</i> GR6 Running (1:45) <i>GR6 High Jump (2:10)</i> GR7 High Jump (1:45) <i>GR7 Running (2:10)</i>
13 GR4 Ball Throw (1:45) <i>GR4 Long Jump (2:10)</i> GR5 Long Jump (1:45) <i>GR5 Ball Throw (2:10)</i> GR6 Running (1:45) <i>GR6 High Jump (2:10)</i> GR7 High Jump (1:45) <i>GR7 Running (2:10)</i>	14 GR4 Ball Throw (1:45) <i>GR4 Long Jump (2:10)</i> GR5 Long Jump (1:45) <i>GR5 Ball Throw (2:10)</i> GR6 Running (1:45) <i>GR6 High Jump (2:10)</i> GR7 High Jump (1:45) <i>GR7 Running (2:10)</i>	15 GR4 Ball Throw (1:45) <i>GR4 Long Jump (2:10)</i> GR5 Long Jump (1:45) <i>GR5 Ball Throw (2:10)</i> GR6 Running (1:45) <i>GR6 High Jump (2:10)</i> GR7 High Jump (1:45) <i>GR7 Running (2:10)</i>	16 Catch up day for absences (can only catch up on 2 events)	17 TRACK MEET IS MAY 31

Get ready for summer!

<https://app.neufeldfarms.ca/fundraising/2024-coghlán-fundamental-elementary/ref/em>

Fundraiser ends: Thursday, May 21st @ 11:59pm (auto-close)

Pickup: Thursday, May 30th @ 2pm (in basketball court area)

Cash and cheque orders to be sent to Mrs Laycock ASAP.

Any questions, please contact Kirsten @ coghlánfundraising@gmail.com



[Head Strong Tickets, Thu, May 23, 2024 at 6:00 PM | Eventbrite](#)

Thursday, May 23

Head Strong

A FREE Langley Youth Led Mental Health event

By **Langley School District Foundation**

Follow

Date and time

Thursday, May 23 · 6 - 8:30pm PDT

Location

Langley Secondary

21405 56 Avenue Langley, BC V2Y 2N1

About this event

- 2 hours 30 minutes Dinner provided Childminding is available if needed
- Suitable for youth 12+ and their caregiver Door prizes! Youth Art Gallery

*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 Obesity 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 2 program days to choose from: Starting in July Tuesdays or Wednesdays from 6:30-8:30 pm. 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.

Thank you in advance for your support.

Rebecca Milne

Generation Health Team

Community Health

YMCA BC

E: generationhealth@bc.ymca.ca