



Coghlan Fundamental Elementary School

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

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

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PRINCIPAL: MS. ISABELLA LAM

ADMIN. ASSISTANT: MRS. NAOMI LAYCOCK

Rocky Raccoon Weekly Update **May 6 – 17, 2024**

Monday, May 6:	Langley Children's Choir Performance @Gym. 10-10:25 am Pokémon Club. 12:00 pm
Tuesday, May 7:	IDEA Summit Div. 1, 2, 3 & 4 @LEC. 9:30 am to 12:30 pm
Wednesday, May 8:	Popcorn
Thursday, May 9:	Agriculture Kids Program – all classes participate in the library <i>Complimentary locally grown, farm-fresh food pick up for each family from 7:45-9:00 am and 2:00-4:00 pm at school parking lot (more info below)</i> 2 pm – pick up Mothers Day plants
Friday, May 10:	Fun Fair. 5:00 to 8:00 pm
Thursday, May 16:	Hot lunch 2:30 – Grade 7 freezie sale
Friday, May 17 th :	District Pro-D Day – Students DO NOT Attend.
Monday, May 20:	Victoria Day Statutory Holiday – Students and Staff DO NOT Attend.

Parents – please remind your child(ren) NOT to play in the back of the school anywhere after school. There is no supervision after the bell goes. Students have been advised by Ms. Lam of this rule but we continue to have violations of this safety rule and students are getting hurt which is very upsetting to them without their parent in attendance. If you or your designated caregiver are watching over them directly they may stay and play but otherwise they must stay at the front of the school waiting for pick up. Thank you.

May Informal Learning Update

During the week of May 6-10, your child will receive a paper record of the second informal learning update as part of the requirements within the Ministry of Education and Childcare's newly revised Reporting Order.

This Elementary Learning Update serves as a record of communication, which can include (but is not limited to) past email communication, meeting, digital student portfolio or written communication, to serve as an update to families on student learning progress since the Term 2 Student Inclusive Conferences. Parents/Caregivers will be able to see the method of communication at the top of the paper Learning Update.

If you have further questions on your child's learning progress, please contact your child's classroom teacher.

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!

4th Annual I.D.E.A. Summit – May 7th at the Langley Events Centre

Come see entrepreneurship and creativity in action at the I.D.E.A. Summit!
I.D.E.A. stands for Innovation, Design, Entrepreneurship and Altruism.

Students across the District will be participating and competing throughout the day in the Market Showcases, Thinkology and Design Challenges, Pitch Challenges, and the I.D.E.A Summit Finale. The finishers will be awarded prizes which have been generously donated by the local business community.

Join us at the Langley Events Centre (Building B-Fieldhouse) located at 7888 200th Street in Langley on **May 7, 2024 from 9:1 am – 3:00pm**. For more information and to view the schedule, click [here](#).

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](#).

One of our teachers is looking for the following items to use in her classroom for crafts (not for food): Pieces of wood 30cm x 30cm – ideally 24 + pieces, and 24+ hand towels. If you have any of these you are no longer using could you please bring it to the office? Thank you!

Grade 6/7 Band for September 2024

Mark Follett from DW Poppy Secondary is coming to Coghlan 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!

Healthy Food/Snacks – Feeding Futures

At Coghlan, we have healthy snacks available and accessible throughout the day for all students. If your child is needing a breakfast and/or lunch, we would be happy to support and provide them with this as well. Please encourage them to speak with a staff member in the building, so we are made aware of their needs.

Mothers Day Plant Fundraiser

Pick up date: Thursday, May 9th @ 2 pm (outside entrance to Coghlan - weather dependant)

Any questions - please contact Kirsten Pryor: Coghlan Fundraising <coghlanfundraising@gmail.com>

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

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



Howdy Coghlan Racoon Families

Thank you Coghlan students, parents and staff for allowing us, at Venechuk Farms, to host our Agri-Kids program at Coghlan Fundamental Elementary School. It is an honor and privilege to be welcomed into your community. We look forward to working with you all. If you have any questions, please contact us at the email below.

We will be at Coghlan on Thursday May 9, 2024.

This month, your children will be learning about tomatoes and rhubarb. Did you know that tomatoes are a fruit, just like cucumbers? Also, did you know that rhubarb grows so fast that you can actually hear it grow? We hope that with the products that we bring each month, that you will encourage your children to get in the kitchen and involved in preparing family meals. We will provide a recipe with each product we bring (located in your child's Agri-Kids workbook); we would love it if you could give it a try. One of our primary goals with this program is to encourage children to get back into the kitchen to help build a stronger connection with the ingredients they use and the food they are eating.

Our next pick-up schedule is outlined below:

Before and after school on May 9, 2024, we will be at Coghlan (in the main parking lot) with our big white Sprinter van from 7:45am – 9:00am and 2:00pm – 4:00pm. If you cannot make it during these times, please check in at the office and let us know.

We are offering every parent 1 * bunch of tomatoes and 1 * bunch of rhubarb, per child, to take home at no charge. Both the tomatoes and the rhubarb were freshly grown by local BC farmers. Please make sure to come and get your tomatoes and rhubarb. Your kids will have learned about them during the day, and we hope you can continue the excitement at home.

If you have any questions or concerns, please feel free to email info@venechukfarmsltd.com.

Take care, Farmer Blake

Ready to join Ava in the kitchen?

Cook with Ava on YouTube: [CLICK HERE](#)

Blake Venechuk



COGHLAN eLeMentARY FUN FAIR SPONSORSHIP

IT'S THAT TIME OF YEAR AGAIN!!!

We're gearing up for another awesome event this year BUT we need your help to make it even better! We're on the lookout for sponsors interested in helping make the experience extra special this year.

Your sponsorship dollars will directly contribute to the success of the fair, enabling us to provide exciting games, activities, and entertainment for everyone to enjoy. By becoming a sponsor, you will not only help create lasting memories for the students but also gain valuable exposure within our school community!

Whether you're a parent, local business owner, or community member, we welcome your support in any capacity.

THE OPTIONS

GOLD - \$500+

SILVER - \$300+

BRONZE - \$100+

FRIENDS - \$100 & UNDER

All levels of sponsorship
are greatly appreciated
and welcome!



If you are interested in sponsoring the fun fair or just looking for more info please reach out to
coghlan.fun.pac@gmail.com



NATIONAL CHILD & YOUTH MENTAL HEALTH DAY

Online Event for Parents and Caring Adults

with Kim Barthel

CONNECTING WITH KIDS: We know that having caring, connected conversations can significantly impact the mental health of children and youth. Join us to listen to Kim Barthel talk about having more self-compassion, self-awareness and knowledge about the art and science of relationships. Our kids mean so much to us, and yet disconnection, dissociation and even the potential for self-harm is very real. A holistic and engaging story-teller, Kim will introduce the basics of attunement, attachment theory, trauma-sensitive practice, sustainable self-care and above all the power of connection and inclusion.

Kim Barthel is a Canadian occupational therapist, speaker, multi-disciplinary teacher, mentor and best-selling author who is active in supporting people in many contexts globally. Kim is passionate about understanding mental health, complex behaviour, neurobiology, movement, trauma-sensitive practice, attachment, sensory processing and learning. KimBarthel.ca.

DATE: Tuesday, May 7, 2024

TIME: 6:00pm - 8:00pm (PST)

REGISTRATION REQUIRED: familysmart.ca/events

This event is part of FamilySmart's National Child & Youth Mental Health Day celebrations, for more info and resources go to: may7icare.ca





YOUTH WEEK



BBQ

FREE DROP-IN FOR YOUTH IN GRADES
6-12

FOOD & BEVERAGES
GAMES & MORE!



SATURDAY

**4
MAY**

6-9:30PM

TIMMS COMMUNITY CENTRE
20399 DOUGLAS CRESCENT, LANGLEY

 **Langley City**
THE PLACE TO BE

In partnership with



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[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



SCHOOL DISTRICT
Langley
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and complete the online application



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