

## COGHLAN FUNDAMENTAL ELEMENTARY SCHOOL

4452 -256<sup>th</sup> Street, Aldergrove, BC V4W 1J3

<http://coghlansd35.bc.ca>

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### Rocky Raccoon Weekly Update

October 28 – November 8, 2024

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- Wednesday, October 30: Donuts from “The Hive”. Order through Munch A Lunch.
- Thursday, October 31: Intermediate students swimming at Walnut Grove  
Primary students parade at 1:00 pm outside depending on weather. All families are welcome to attend!
- Friday, November 1: Spirit Day – wear your favourite pj’s
- Tuesday, November 5: Photo re-takes
- Thursday, November 7: 11 am Remembrance Day assembly. Parents welcome to attend.  
Hot Lunch
- Friday, November 8: Design and Assessment Day – Students Do Not Attend  
Red Cross Programs by pre-registration – see poster below

### Halloween Events

Students in intermediate classes will be going swimming at Walnut Grove Pool.

Students in primary classes (Kindergarten to Grade 3) will be doing Halloween activities in their classrooms.

Students are invited to wear costumes in the **AFTERNOON ONLY** as this will prevent costumes from being ruined during recess and lunch playtime. The afternoon will begin with a costume parade for students in Grades K to 3 at about 1:00 pm either on the basketball court or in the gym depending on the weather. Parents are welcome to attend. Special activities will be organized by the classroom teachers for the day.

***We ask that costumes worn at school be in good taste and that those depicting blood, gore or the darker side be left at home. We also ask that masks and accessories such as swords, broom sticks etc., be left at home as they could compromise safety.***

Thank you for your consideration in this matter. We want to keep this event positive and fun for the children.

### Remembrance Day Poppies

It is a long-standing tradition for schools to support our veterans and the efforts of the [Royal Canadian Legion](http://www.royalcanadianlegion.ca). Once again this year, our school will be receiving a poppy for every student and distributing them to classes. We will continue to collect funds this year in support of the Legion’s Poppy Campaign but kindly ask students and their families to donate online via School Cash Online: <https://sd35.schoolcashionline.com/>. Please do not send cash or cheques with your child to school. If you need assistance accessing School Cash Online, please contact the school office.

We appreciate your generosity. As always, our school is committed to educating our community about the meaning of the poppy and Remembrance Day.

## **Calling in student absences**

### **When your child(ren) will be absent please be sure to call the school office and leave a message.**

It's fine to email the teacher and Mrs. Laycock but if either are away then the staff member doing attendance will not be aware and you will get a phone call. Thank you!

## **Toys/Sports Equipment**

A friendly reminder that all toys should be kept at home, unless otherwise permitted by your child's teacher. Sports equipment from home are permitted to be at school, and used during recess and lunch play time. Please note that it would be the student's responsibility to ensure that all equipment is used appropriately, and kept safe. Thank you for your support

## **COMING UP SOON!!**

Volunteer sign up will be sent out soon for our annual Christmas Market! We have 32 vendors plus kids tables available to shop, along with our bake sale and (NEW THIS YEAR) a hot dog/chili stand and HOT COCOA bar!

WE NEED YOUR HELP! Please consider volunteering for a couple of spots to help make this a success. Invite family and friends too!

Also a reminder we have two more upcoming pre-Christmas fundraisers!

Neufeld's offers MANY frozen foods from appetizers and chicken breasts to cookies and other sweet treats! I've heard their mini pizzas are amazing too!

Neufelds Orders - November 1-15

Purdy's Orders - November 8-22

**Parent Volunteer Application Process** – 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.

## **APPLE ORDERS ARE RETURNING October 25th!! 🍏🍏🍏🍏**

The reviews are in, and they're fantastic! We have an opportunity to purchase more apples for another round. Same options, same prices, same boxes!

Ordering starts October 25th and closes November 13th.

Delivery will be November 20-27th.

The new ordering link will be posted on the Coghlan Families Facebook Page on Friday, October 25th!

This is such a great fundraiser, I mean, who doesn't love apples?!

## **How long to keep sick kids home from school**

### **When to keep kids home from school in BC?**

Please keep your child home if they: Have a fever. **Are too sick to take part in all normal school activities.** Have a suspected or known communicable disease (i.e. strep throat, chicken pox, measles).

### **How long after sickness can you go back to school?**

Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

### **How long are kids contagious with a cold?**

Colds are the most common infectious disease. They're very contagious, especially in the first 2–4 days after symptoms start. They can even spread for a couple of weeks after someone starts feeling sick.

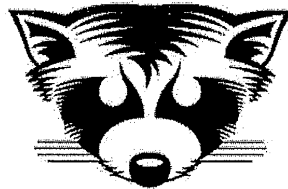
### **How long after flu can you return to school?**

Children with the flu should be isolated in the home, away from other people. **They should also stay**

home until they have no fever without the use of fever-control medicines and they feel well for 24 hours. Remind your child to protect others by covering his or her mouth when coughing or sneezing.

**Why do you have to wait 24 hours after a fever?**

Within 24 hours of a fever, your child's immune system is weakened, and they are much more likely to catch something else. This is why it can seem like your child is better for a couple of days, only to be sick again.



## **COGHLAN SPIRIT WEAR IS BACK!**

**We are excited to announce that SPIRIT WEAR is back for sale!!!**

**This year we have added lots of new items: Exciting New Colors,  
Sweatpants, Toques & Caps!  
Prices start at \$14**

Ordering is open now, and will close November 8th, 2024

Link for ordering:

<https://coghlanspiritwear.itemorder.com>



**PLEASE NOTE:**

**SORRY!! No late orders will be accepted after the online store closes.**

**Delivery to the school week of November 24th.**

**ALL SALES ARE FINAL.**



**This fundraiser gives a portion of each sale back to Coghlan PAC.  
Thank you for your support!**

**REVIVE**  
FIRST AID TRAINING

## COGHLAN FUNDAMENTAL ELEMENTARY FUNDRAISER

**FRIDAY, NOVEMBER 8TH**

**More Information :**

[www.revivebls.com](http://www.revivebls.com)

[Info@revivebls.com](mailto:Info@revivebls.com)



### LOCATION

Coghlan Fundamental Elementary  
4452 256 Street, Aldergrove, BC

### **RED CROSS** STAY SAFE COURSE FOR AGES 9-13

\*Gives kids the tools to stay safe while  
alone for short periods of time

**\$67.75**

**08:30 - 2:30 PM**



**SCAN TO SIGN UP**

### **RED CROSS** BABYSITTING COURSE FOR AGES 11-15

\*Students learn the business of  
babysitting, child play, feeding, etc.,  
including basic first aid

**\$78.25**

**08:30 - 4:00 PM**



**SCAN TO SIGN UP**



*\*In an effort to provide advance notice of important calendar dates. We have compiled a “Year At A Glance” for you to prepare for ahead of time. Please note that dates are tentative, and may change at any point in time, including additions of new dates/events as it comes up. However, we will endeavor to keep changes to a minimal. We hope this is helpful. ©*

## **UPDATED Calendar Dates 2024-2025 (Year At A Glance)**

**As of Oct. 24th, 2024 – Please see highlighted changes**

### **September 2024**

19 (R) – PAC Welcome Back BBQ 12:00 pm & Meet the Teacher. 2:45-3:45 pm  
20 (F) – Individual Photos for Staff/Students  
23 (M) – Terry Fox Run. PM  
25 (W) – Vancouver Football Club Visit. PM  
27 (F) – Truth & Reconciliation/Orange Shirt Day Assembly. 9 am  
30 (M) – Truth & Reconciliation Day (Stat, no school)

### **October 2024**

3 (W) – Vancouver Football Club Visit. PM  
4 (F) – **School Improvement Day (no school for students)**  
9 (W) – Vancouver Football Club Visit. PM  
11 (F) – School-Wide Presentation Green Thumbs Theatre (Mixolydian). 1 pm  
14 (M) – Thanksgiving Day (Stat, no school)  
24 (R) – PAC Fall Fair  
25 (F) – Pro-D Day  
31 (R) – Halloween Parade for Primary Students, Halloween Swim for Intermediate Students at Walnut Grove

### **November 2024**

5 (T) – Individual Photo Retakes for Staff/Students  
7 (R) – Remembrance Day Assembly. AM  
8 (F) – **Design & Assessment Day (no school for students)**  
11 (M) – Remembrance Day (Stat, no school)  
12-14 – Scholastic Fall Book Fair  
25-Dec 6 – Student Inclusive Conference Window for Conferences  
27 (W) – Student Inclusive Conference Day  
28 (R) – Student Inclusive Conference 2 Hour Early Dismissal

### **December 2024**

2-6 – Student Inclusive Conference Window Continues  
4 (W) – Gr. 6 Immunizations  
5 (R) – Late Night for Student Inclusive Conference  
10 (T) – Christmas Concert; 1:00 pm @Coghlan Gym & 6:30 pm Evening Concert @DW Poppy  
13 (F) – PAC Winter Festivities  
20 (F) – PAC Pancake Breakfast & Last Day of School before Winter Break

### **January 2025**

6 (M) – School Reopens  
28 (T) – Jump Rope for Heart Assembly

### **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  
24-Mar. 7 – Student Inclusive Conference Window for Conferences  
24 (M) – **Design & Assessment Day (no school for students)**  
26 (W) – Student Inclusive Conference Late Night  
24-28 – District Diversity & Respect Week

### **March 2025**

3-6 – Scholastic Spring Book Fair; TBD  
3-7 – Student Inclusive Conference Window Continues  
5 (W) – Student Inclusive Conference 2 Hour Early Dismissal  
6 (R) – Student Inclusive Conference Day  
14 (F) – 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)

### **May 2025**

2 OR 9 – PAC Fun Fair. Date TBD  
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  
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

## **Spirit Days 2024-2025 School Year**

Oct. 31 (R) – Halloween Dress-up Day!

Nov. 1 (F) - PJ Day

Nov. 20 (W) - Western Wednesday

December 20 (F) – Ugly Sweater Day/PAC Pancake  
Breakfast Day/PJ Day/Last Day of before Winter  
Break

Jan. 30th (R) - Decades Day

Feb. 14 (F) - Valentine's Day

Feb. 20 (R) - Careers Day

Mar. 14 (R) - Stuffed Animal/PJ Day/Last Day  
before Spring Break

April 24 (R) - Hobby Day

May 5 (M) - Star Wars Day

May 22 (R) - Anything but a Backpack Day

**June - No Spirit Days**

**A special thank you to Ms. Witzke and Mr.  
Chadsey's Gr. 7s for planning this year's  
Spirit Day Themes!**

Dear Parents and Caregivers,

A new Hot Lunch Program has coming to our school. The Program is being funded by the Province of British Columbia through the Feeding Futures Fund. The goal is to make wholesome meals more accessible for our students. Please note this program is in addition to our Coghlan PAC Munch A Lunch (where the funds benefit our school).

We will be working together with the Lunch Lady to deliver this new program at **Coghlan**.

Meal service is available every **Tuesday**. **Each meal is individually labeled and packaged and affordably priced at \$6.75. Regular, vegetarian and halal friendly options are always available. New menus are posted monthly.**

For **Tuesday** lunch delivery, please place your order by **Thursday 10 pm (the week prior to delivery)**. We recommend ordering for a month at a time but the program is flexible and you can join this pilot Lunch Program at any time.

**Setting Up a Regular Account** – Please use this one-time registration link [order.lunchlady.ca/signup/54](https://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](https://order.lunchlady.ca)

**Requesting a Subsidized Account** - This program is for everyone. If your family is experiencing food insecurity or financial hardship, fully subsidized lunches are also available. Please reach out to your school office or trusted adult in the school for your one-time registration link. (*We promise to respect your privacy. Subsidy information will only be shared with school staff such as the Principal, school secretary, and The Lunch Lady as required*). All meals will look the same when delivered and no one will know the subsidy status of any child. Children are asked to **bring a leak-proof bag** to school on hot lunch days as all leftovers and containers can be taken home. Students are also encouraged to bring their own re-usable cutlery from home each lunch day.

Enjoy!

*Questions? Please reach out to your Lunch Lady Team at [jennifer@thelunchlady.ca](mailto:jennifer@thelunchlady.ca)*

Please note *The Lunch Lady* operates peanut and tree nut-free commercial kitchens; however, it is the parent and caregivers' responsibility

## November 2024 Langley MENU – Tuesdays



Tuesday	Week 1 11/05	Week 2 11/12	Week 3 11/19	Week 4 11/26
<b>Regular</b>	Smiling Shepherd's Pie Mashed Potato Fruit	Perogies PEI Mixed Vegetables Sour Cream Fruit	Turkey Hot Dog Fresh Veggies & Dip Ketchup Fruit	BBQ Chicken Drumsticks Mashed Potatoes Corn Fruit
<b>2<sup>nd</sup> Choice</b>	Bagel with Cream Cheese Cucumbers and Dip Fruit	Mac n' Dogs Broccoli Fruit	Chicken Nuggets, Dinner Bun, Plum Sauce Fresh Veggies and Dip Fruit	Chicken Caesar Salad Dinner Bun
<b>Vegetarian</b>	Bagel with Cream Cheese Cucumbers and Dip Fruit	Veggie Mac n' Dogs Broccoli Fruit	Veggie Hot Dog Fresh Veggies and Dip Ketchup Fruit	Falafel Ranch Salad Dinner Bun
<b>Halal Friendly</b>	Bagel with Cream Cheese Cucumbers and Dip Fruit	Halal Mac n' Dogs Broccoli Fruit	Halal Chicken Hot Dog Fresh Veggies & Dip Ketchup Fruit	Halal BBQ Chicken Drumsticks Mashed Potatoes Corn Fruit