



## Communication from False Creek School and PAC to Parents, Students, and Staff

### Important Upcoming Dates

**Friday, April 15**

- Good Friday
- School closed

**Monday, April 18**

- Easter Monday
- School closed

**Monday, April 25**

- Pro-D Day
- No school for students



## Earth Day 2022 What will you do?



False Creek Elementary's Climate Action Club has a challenge for every class in our school:

### EARTH DAY 2022! WHAT WILL YOU DO?

Earth Day is coming up on Friday, April 22, 2022. The Climate Action Club wants to participate in bringing awareness and encouraging mobilization around ecological issues, with 5 suggested activities:

1. Have a waste free lunch
2. Litter clean up
3. Spend time outside
4. Artful waste
5. Dark day

Each class will sign up for a suggested activity (or come up with one of their own)!

In recent years there has been an increased urgency to implore policymakers to make a change for a zero-carbon future. One of the central tenets of Earth Day is that *everyone* can make a difference.

About 20 million people celebrated the first Earth Day in 1970, and it has grown to over a billion worldwide citizens joining together to raise environmental awareness. These celebrations remind us to take care of Planet Earth.

## False Creek Elementary Basketball

False Creek has two teams entered in the Vancouver School League this Spring. Both our Senior Boys Team and Junior Girls team have been practicing since the winter break. We are very proud of the players' commitment to our programs and how hard they have worked to develop their individual and team skills. We are thrilled to finally be playing basketball games against other schools, beginning this week. We are confident that all players will represent False Creek with a positive attitude and good sportsmanship. We wish the best to all our players. A special thanks to Coach

Kenny for coaching our Boys Teams for the last several years.





## School Ventilation Improvements

From the onset of the COVID-19 pandemic the District has prioritized the health and safety of students, staff and families. Several layers of protection were implemented in all schools, in compliance with public health guidelines, including the requirement for daily self-health checks, increased hand hygiene, enhanced cleaning, and the wearing of masks. The District also undertook several large initiatives to enhance and improve ventilation at all schools and to upgrade faucets and install additional sinks in schools. All mechanical ventilation systems were adjusted to run for longer and to maximize the intake of outdoor air into classrooms. In addition, the District upgraded systems with MERV -13 filters which provide for greater air filtration.

Information on school ventilation systems was posted to the District website in November of 2021 and was recently updated to reflect ongoing improvements. School by school information can be found at: [https://www.vsb.bc.ca/COVID-19/Ventilation/Documents/VSB\\_Ventilation\\_System\\_Overview\\_Feb2022.pdf](https://www.vsb.bc.ca/COVID-19/Ventilation/Documents/VSB_Ventilation_System_Overview_Feb2022.pdf)

## Kids' Mile, Friday, June 17th

The Longest Day Run is an event in aid of the Greater Vancouver Food Bank, that will take place on Friday, June 17th. It is an evening run, which is a little different, and includes a Kids' Mile as well as a 5k/10k.

The main run site can be found here: [Longest Day Road Race 2022 — Vancouver Thunderbirds Track & Field Club](#)

There will be a play area set up and food post run. It is a great family event, close to the end of the school year.

The Kids' Mile information can be found here: [2022 Kid's Mile — Vancouver Thunderbirds Track & Field Club](#)

See the attached the Kids' Mile flyer and QR Code.

## Generation Health - FREE Family Program

*Generation Health is a **FREE 9-week healthy lifestyle program** for children and their families, delivered through the YMCA of Greater Vancouver and in partnership with the Childhood Obesity Foundation. Program participants will meet virtually to learn about healthy eating, physical activity, goal setting, body image, self-esteem and more! We have 5 program days to choose from: Mondays, Tuesdays, Wednesdays, Thursdays, or Fridays 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@gv.ymca.ca](mailto:generationhealth@gv.ymca.ca). Families who join this program receive a complimentary membership to the YMCA.*



## Royal Soccer Club



The Royal Soccer Club, a registered non-profit community organization, is proud to host their 30<sup>th</sup> annual popular grassroots summer soccer day camps. The program is designed to promote personal development, team building and of course, FUN! Offering full day and morning sessions to all children aged 5 to 13, the program runs all weeks in July and August. There are 3 locations across Vancouver (site details available by [clicking](#)

[here](#) or visiting the LOCATIONS page on our website [royalsoccerclub.com](http://royalsoccerclub.com). To register or for more information, visit [royalsoccerclub.com](http://royalsoccerclub.com) or call 1-800-427-0536.

## Letter from Go Girls! Program Coordinator from Big Sisters of BC



My name is Juli Chow and I am a *Go Girls!* program coordinator from Big Sisters of BC Lower Mainland. I am reaching out to share that registration for our *Go Girls!* Spring Term is open and that we would love to have your students participate in our Arts Exploration program! Description, schedule, and registration links for the program can be found below.

Arts Exploration gathers every week to connect, develop friendships, and participate in creative activities. This program is about exploring and expressing oneself through art, so any participant with an interest in being creative is welcome – you don't need to be an artist to join!

[Mondays](#) 4:00-5:15pm; Apr 25 – May 30 2022 (No session Mon May 23 due to Victoria Day). 5 sessions total.

[Wednesdays](#) 4:00-5:15pm; Apr 27 – May 25 2022. 5 sessions total.

This program is **FREE** and **Online via Zoom**. Eligible participants must be Grades 4-7, self-identify as girls, non-binary, or transgender youth, and be committed to attending all the sessions of the program. Space is limited so we encourage participants to sign up promptly!

If your students are not interested in art, we also have our *Go Girls! Healthy Bodies Healthy Minds* program which focuses on

friendships, self-esteem, confidence, active living, and balanced eating. Our fully trained volunteer mentors lead games, discussions, and activities with a group of participants. This program runs [Tuesdays](#) 4:00-5:00pm; Apr 26 – Jun 14 2022 (8 sessions total).

If you could share information about our *Go Girls!* program with your **students Grades 4-7**, that would be amazing! We would love to see some of your students in our Spring program.

Looking forward to hearing from you and please feel free to reach out if you have any questions.

Kindest Regards,

Julie



Juli Chow

**Go Girls! Program Coordinator and Community Engagement Liaison**

*My pronouns: she/her/hers*

Big Sisters of BC Lower Mainland

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**GO GIRLS! & ARTS EXPLORATION ARE BACK FOR THE SPRING TERM**

**» ENROLL A CHILD TODAY**





FRIDAY, JUNE 17<sup>TH</sup> – UBC CAMPUS

KIDS' MILE - 6:30PM



All Donations go to Support the



Enjoy an evening run with family, friends and classmates on UBC's beautiful campus followed by post-run fun, games and meal.

**COME FOR THE RUN –  
STAY FOR THE FUN!**





# SOCCER DAY CAMPS 2022

Since 1993



- \* morning & full day sessions
- \* before & after care available
- \* July & August weeks
- \* all kids aged 5 to 13

full refund  
**'no questions asked'** until  
May 1, 2022

**Vancouver:** 3 locations

For the latest location details, including drop off details and information on other locations across Lower Mainland, visit the [LOCATIONS page](https://royalsoccerclub.com/locations) at [royalsoccerclub.com](https://royalsoccerclub.com).



**800-427-0536**

**royalsoccerclub.com**





## **Join Us For Generation Health This Spring!**

Learn about healthy eating & physical activity and build long-lasting healthy habits as a family in Generation Health. This 10-week program for families with children ages 8 to 12 is free, interactive and FUN!

Delivered virtually and in-person through the YMCA of Greater Vancouver starting end of April 2022 on Monday, Tuesday, Wednesday, Thursday and Friday evenings.

Interested? Register today!

Call 1-888-650-3141 or email [generationhealth@gv.ymca.ca](mailto:generationhealth@gv.ymca.ca)



**generationhealth**

[generationhealth.ca](http://generationhealth.ca)



**University of Victoria**

