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# JAMIESON NEWSLETTER

We acknowledge *that we live, work and play on the unceded and traditional territory of the xʷm̓θkw̓əy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations*

“Cultivate your minds as definitely as you do your muscles.  
Cultivate kindly feelings and do kindly acts and kindness will  
become the law of your being.”

- Dr. Annie B. Jamieson

## NEWSLETTER NUMBER 7

Ms. Natasha Miladinovic - Principal  
Ms. Lena Ling - Vice Principal  
Ms. Julie Szeto - Administrative Assistant  
Ms. Hailey Kellow- Extra Clerical  
Ms. Olivia Lau - PAC Chair

## Principal's Message

Dear Jamieson Families,

It is hard to believe that another month has gone by, but here we are at the end of February. We had an extremely busy return from Winter Break with many organized activities. It was an incredible time watching every division perform their Hip Hop dance routine. This program was covered by the Family and Student Affordability Fund for every student. Thank you to all our families who were able to join us at the final performance. I am always so impressed how quickly the students learn an entire routine in just four lessons. We have also had UBC Geering Up here to provide an exciting workshop for each division and the cost was also covered by the Family and Student Affordability Fund. Several divisions have attended various field trips. You wouldn't know from these past few days, but Spring is just around the corner, with the days getting longer and Spring Break just 2 weeks away!



This month, our enthusiastic student announcers have been sharing a daily fact each morning over the P.A about the history of people of African descent in Vancouver as February is Black History month. These facts were compiled from the tweets of local, prize winning Black Canadian writer, poet, DJ and historian, Wayde Compton.

Our wonderful student announcers are also using the opportunity to provide a daily Indigenous land acknowledgement to our school community and a reminder to students to follow our school's Code of Conduct:

- *Respect – for yourself, others, and your community*

At school, we are reiterating to our students to “keep their hands and feet to themselves” and to use words to solve conflicts with peers or to seek the assistance of adults as needed. Our teachers continue to review this with students.

I continue to be grateful to be a part of this school community of caring and experienced staff, kind and respectful students and an involved and proactive parent/guardian community.

Ms. Natasha Miladinovic

# Student-Led Conferences

A reminder to everyone that conferences and early dismissal (2:00 pm) are occurring on Wednesday, March 8 and Thursday, March 9. We hope that you are able to join us to discuss your child/children's learning. Information has been sent home regarding the upcoming conferences from your child's classroom teacher.



## Black History Month

Each year, the Vancouver School District marks Black History Month through a number of events and school-based activities. This year, teachers and students will be participating in activities that honour and celebrate Canada's Black History and how all of us can make a conscious effort through our thoughts and actions to make this a community and world where everyone feels accepted and valued. Discussing topics such as discrimination, racism and prejudice can be difficult, but these are important conversations to have. As always topics are discussed with the age of students in mind. We encourage families to have these discussions at home as well. Thank you for your support.



## Student Learning Survey- GRADE 4 & 7 FAMILIES



During the months of January to April, the Vancouver School Board is participating in the 2023 Ministry of Education Electronic Anonymous Student Learning Survey Project in cooperation with all other school districts throughout the Province.

Parents/Guardians/Caregivers can complete the online Anonymous Student Learning Surveys **any time before 11:59 pm April 28<sup>th</sup>, 2023**, providing immediate results to the school and the district.

For 2023: Students in Grades 4, 7, 10 and 12 complete the survey; Parents/Guardians/Caregivers of Grade 4, 7, 10 and 12 students complete the survey; and all staff associated with a school complete the survey.

### To complete the survey:

1. Use any computer that has an up-to-date internet browser access
2. Go to [www.bced.gov.bc.ca/sat\\_survey/access.htm](http://www.bced.gov.bc.ca/sat_survey/access.htm)
3. Under the section **Direct Access – no logon number required** select:
  - District: the name of your child's district
  - School: the name of your child's school
  - Language: the language of your choice
4. Complete the survey by clicking on the appropriate circle to answer each question. Move to the next set of questions by clicking on the right arrow in the bottom right corner of the screen. Click on the left arrow to navigate backwards.
5. When you are finished the survey, you will get a message "Thank you for sharing your views".

## Traffic

Please do your part and follow the rules of the road, it would make it safer for our children/students. There continues to be serious congestion and safety concerns. If you must drive your child, **PLEASE** park away from the school, and walk with them the last block or two. **DO NOT** have the children run across the street if you stop on the opposite side of the road. It is very difficult for drivers to see small children especially if the weather is poor. Please also follow the rules of the road (parking and stopping signs should be followed)! We also ask that families avoid walking through the staff parking lot as cars can be entering and exiting. We continue to connect with our School Safety Patrol Team which includes the VPD and the City and ask them to monitor our area on a rotation basis.



**PLEASE, let's all do our part to make it safe for our children/students.**

## Raising Digitally Responsible Youth – A Resource for Parents/Guardians



### RAISING DIGITALLY RESPONSIBLE YOUTH A Parent's Guide

Recently, we have had to assist students with understanding how their online behaviour can have an impact on others. We appreciate your support at home with speaking with your child(ren) about their on-line behaviour/presence (some examples include Discord chat, social-media-TikTok/Instagram/SnapChat) and ask for your support to monitor their online usage diligently.

The Ministry of Education and Safe Schools Together have published a very useful/helpful guide for parents/guardians. The guide can be found here:

<https://resources.saferschoolstogether.com/link/352883/>

<https://www2.gov.bc.ca/assets/gov/erase/documents/raising-digitally-responsible-youth.pdf>

## Returning to Jamieson in September?

We are making plans for the 2023/2024 school year.

It is important to know if your child is returning to Jamieson Elementary in September 2023. Student numbers are critical for us to determine class organization and staffing. If you are moving to another school, district, province or country, it is extremely important to let the office know.

Please fill out the form that was sent out by the office on February 10<sup>th</sup>. Thank you to the families who have completed the survey.

Thank you for your assistance.

# Pink Shirt Day

PINK SHIRT



DAY

Jamieson continues to show that we are all working together to create a positive culture of acceptance in our school, in our community and online. We held a school wide assembly on Wednesday February 22<sup>nd</sup>. Thank you to the divisions who shared a presentation and for those who wore pink!

This event originated in 2007 when two high school students from a small town in Nova Scotia, David Shepherd and Travis Price, noticed that another student was being bullied because he was wearing pink. Here is a snippet of an article detailing the original incident:

“David Shepherd, Travis Price and their teenage friends organized a high-school protest to wear pink in sympathy with a Grade 9 boy who was being bullied [for wearing a pink shirt] ... [They] took a stand against bullying when they protested the harassment of a new Grade 9 student by distributing pink T-shirts to all the boys in their school. ‘I learned that two people can come up with an idea, run with it, and it can do wonders,’ says Mr. Price, 17, who organized the pink protest. ‘Finally, someone stood up for a weaker kid.’ So, Mr. Shepherd and some others headed off to a discount store and bought 50 pink tank tops. They sent out a message to schoolmates that night, and the next morning they hauled the shirts to school in a plastic bag. As they stood in the foyer handing out the shirts, the bullied boy walked in. His face spoke volumes. ‘It looked like a huge weight was lifted off his shoulders,’ Mr. Price recalled. The bullies were never heard from again.”

## IMPORTANT DATES

### MARCH AND APRIL

- WEDNESDAY, MARCH 1, 2023 | PAC Meeting – Virtual @ 7pm
- WEDNESDAY, MARCH 8, 2023 | Student-Led Conferences – Early dismissal at 2pm
- THURSDAY, MARCH 9, 2023 | Student-Led Conferences – Early dismissal at 2pm
- FRIDAY, MARCH 10, 2023 | Last Day of Instruction before Spring Vacation
- MONDAY, MARCH 27, 2023 | School re-opens after Spring Vacation
- FRIDAY, APRIL 7, 2023 | Good Friday – School closed
- MONDAY, APRIL 10, 2023 | Easter Monday – School closed
- MONDAY, APRIL 24, 2023 | Professional Day – No School for students



## Snack Shop

The PAC Snack Shop is open for business again! We are offering a limited selection of snacks on Fridays, serving Intermediate and Primary students on alternating weeks. We are starting off with the following items, with all profits supporting various school activities.

- Veggie Straws / SunChips  
\$1.50/bag
- Welch's Fruit Gummies  
\$0.50/pouch

## Follow Us!

We are on Facebook! Follow us to get reminders and updates!  
<https://www.facebook.com/groups/JamiesonPAC/>

## Contact Us

General Questions:  
info@jamiesonpac.com  
Hot Lunch Program:  
lunch@jamiesonpac.com  
Latest News and Updates:  
[jamiesonpac.com](http://jamiesonpac.com)

## Jamieson Talent Show!

Great news, due to a strong response from students, we will be holding our talent show over two nights! We're already proud of all the children who signed up – we can't wait to see them perform!

Circle the evenings of Wednesday April 12<sup>th</sup> and Thursday April 13<sup>th</sup> on your calendars now!

Ticket sales will be announced soon; follow us on Facebook to get updates!

## PAC Myths

Only people who show up to meetings are part of the PAC

**ALL parents and guardians are part of the PAC – your opinion counts!**

If I show up to a meeting, I will have to help?

**Our meetings cover a variety of topics and they are a great way to learn more about what goes on at Jamieson.**

If I offer to help out, I will be committed for the whole year?

**Our programs are run by sub-committees, and each have different volunteer needs. For instance, Hot Lunch volunteers come in for an hour during the day, as their schedules allow.**

**If you have an interest in leading a sub-committee to explore the possibility of a Spring Fair please reach out!**

## **PAC Meeting – join us TO LEARN MORE!**

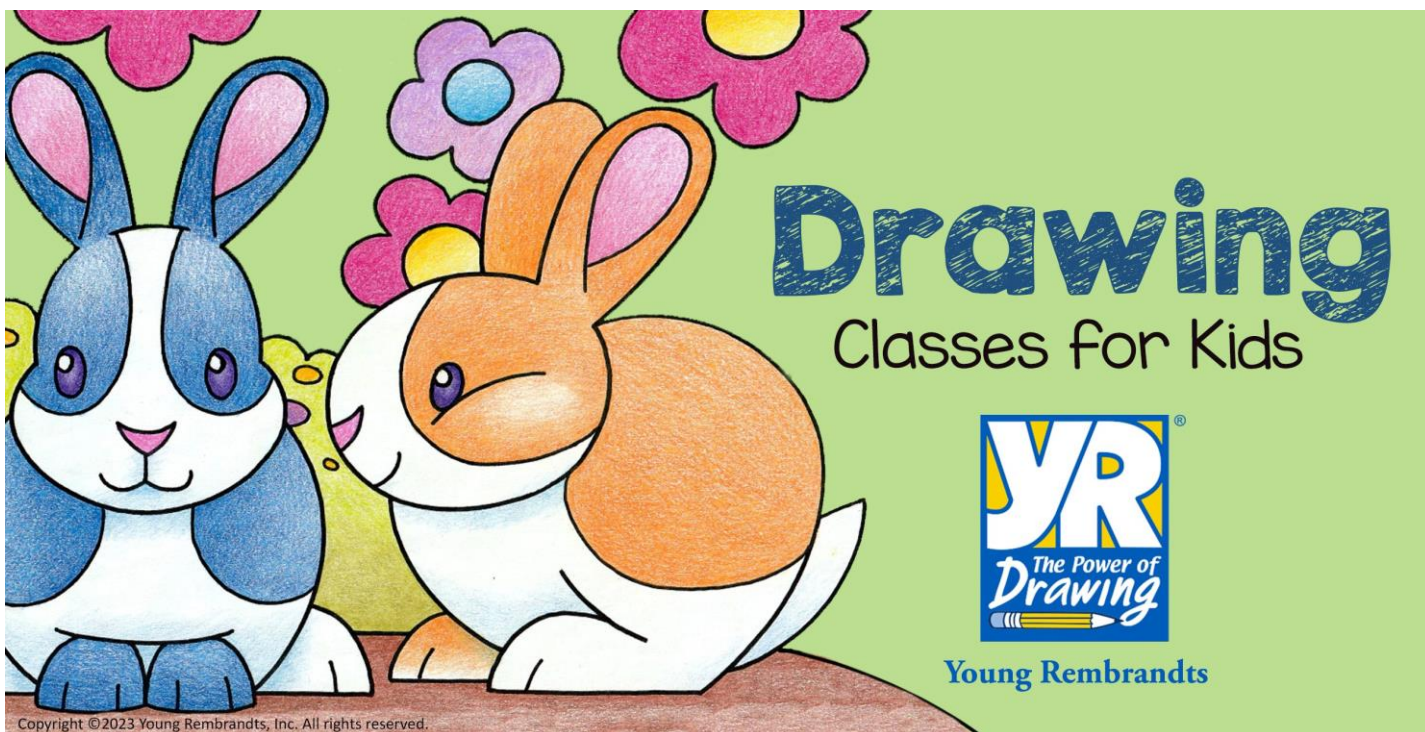
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*Next PAC meeting to be held virtually*

*<https://meet.google.com/kis-rrmn-psf>*

*Wednesday March 1, 7:00pm*

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# Jamieson Elementary

Grades 1st to 6th

It's springtime and that can mean only one thing, it's time to register for our new spring classes. If you think your student is wanting to be an architect, they will love our London Bridge lesson. Later, our students will learn about cool and warm colours with the patterned flowers lesson and a hungry T-Rex dinosaur. We will also cover art history with our lesson focusing on Gustav Klimt. Of course, it wouldn't be spring without a drawing of new baby bunnies and a fawn. Hurry up and sign up today!



classes

3:05 PM - 4:15 PM

Thursdays Apr. 20 - June 8

OR

Mondays Apr. 17 - June 19 (No Class: 04/24, 05/22)



tuition

\$ 172.00 (tax included)

8 classes



enrollment

ENROLL ONLINE at

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

[metrovancover/](http://metrovancover/)

## ALL NEW LESSONS EVERY SESSION!

**YOUNG REMBRANDTS** provides all classroom supplies and a trained instructor. Classes are held immediately after school inside the school. Parents are responsible for transportation at class end.

Young Rembrandts is an independent afterschool program and is not affiliated to the School Board

[www.youngrembrandts.com/metrovancover/](http://www.youngrembrandts.com/metrovancover/) - 604-345-9053 - [metrovancover@youngrembrandts.com](mailto:metrovancover@youngrembrandts.com)



### ***Spring Camps.***

Dance mix and all-styles camps combine elements of street styles (hip hop, breakin', popping) and classical styles (jazz, lyrical, ballet, contemporary), plus a little bit of acro, musical theatre and art! Bring a water bottle, 2 nutritious snacks, lunch, clean indoor shoes and comfortable, stretchy clothing that won't restrict movement. Campers may also wear dance attire suitable for classical or street styles of dance.

<https://www.boogalooacademy.com/index.php/spring-camps/>

### **Caregivers as Critical Agents of Change: Strategies to Keep in Mind When Your Young Person Struggles with Emotional Dysregulation – In-Person Event**

**February 28 @ 6:30 pm - 8:30 pm PST**

This in-person presentation will focus on supporting parents and caregivers with information and strategies to cope with emotion dysregulation and the challenges which many young people (ages 10-18) begin to experience as they enter and move through the adolescent years, it can be overwhelming and frustrating to watch young ones struggle this way with mental health concerns, especially when they refuse to engage in accessing counseling or other support. We will be exploring the critical role which parents and caregivers play in creating the environment for positive change for their young people especially when things can be the most challenging.

**Speaker:** Nicole Allen is a Registered Clinical Counsellor working as a Group and Family Therapist at START East. She has a background working with adults as well as young people and their caregivers where elements of crisis or acute mental health issues are present. Drawing from a range of therapeutic perspectives, as well as her own journey along the parenting path, Nicole approaches her work with families by prioritizing the development of healthy relationships which can then bridge across each developmental stage.

This in-person event will be hosted at BCIT's Burnaby Campus at 3700 Willingdon Avenue, Burnaby

Doors will open at 6:00pm. Please join us to connect, meet the Fraser Parent Peer Support Workers and find a seat. The presentation will begin at 6:30pm.

Please note: The event is free.

There is a cost to park at BCIT, for more information about their parking and rates: [BCIT Campus Parking](#)

*With gratitude, FamilySmart would like to acknowledge the work and contribution of Fraser Health's START East Program. As well as, the generosity of the Ministry for Child & Family Development for sponsoring this event.*

Register is required for this presentation.

<https://familysmart.ca/event/caregivers-as-critical-agents-of-change-strategies-to-keep-in-mind-when-your-young-person-struggles-with-emotional-dysregulation/>