

# Secord News

120  
Volume VII,

## SAFETY CORNER

You're sniffing and sneezing again. Great, you've got another cold -- or is it winter allergies...? Do you know the difference?

See Page 4...

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## Dates to Remember in February

Thursday February 2 <sup>nd</sup>	Duffle Bag Theatre
Monday February 6 <sup>th</sup>	Fruit and Veg- Pears
Monday February 14 <sup>th</sup>	Have a Heart Day
Thursday February 16 <sup>th</sup>	Pizza Day
Friday February 17 <sup>th</sup>	Pro D Day No School
Monday February 20 <sup>st</sup>	Family Day
	No School
Wednesday February 21 <sup>st</sup>	PAC Meeting
Monday February 27 <sup>th</sup>	Fruits and Veg- Snap Peas



## Is your child returning to Secord in September?

Every year in January we start organizing the school for the next school year. Yes! I know seems like we only just started this year right!

To help us we ask that families fill out a form letting us know if they will be returning for the new school year.

If you have already filled out the form, thank you

If you have not had an opportunity to yet here is the link for our new and improved form: [link for the return to school form](#)



Reminder....

### NO SCHOOL FOR STUDENTS ON:

Friday, February 17<sup>th</sup>  
(Pro-D Day)  
&  
Monday, February 20<sup>th</sup>  
(Family Day)

Div 16's Polar Bear Art





## Winter Weather

If winter weather returns, we want to remind parents/ guardians, students, and staff of the Vancouver School District's winter weather procedures and announcements.

All schools in the Vancouver School District will remain OPEN if possible, during winter weather, including snowfalls. Any district-wide closure will be decided by 7:00 a.m. at the latest and will be announced through the media as well as through the [District](#) and [school](#) websites. Please note that no announcement will be made stating that schools are open. Only closures and delayed openings will be announced.

Information about any district-wide closures will be sent to Metro Vancouver radio and television stations.

Please check the following stations for Secord school closure information:

Radio	Television
CBC AM 690 radio, 88.1 FM	Global BC
CKNW AM 980 radio	CBC TV
News AM 1130 radio	CTV BC
Fairchild AM 1470 radio	City TV

### Student Pick Up

If you are taking your child out of school earlier than 3:00 pm.

Let your child's teacher know beforehand.

When you arrive at the school Come on into the office and sign out your child.

When you are planning on pick up please keep in mind your child's schedule and recess. This facilitates quicker pick up



### Vaccinations: March 1<sup>st</sup>

This year in addition to the kindergarten students being vaccinated, the Grade 3's that missed their vaccinations because of Pandemic will also have the opportunity to catch up on their vaccines.

The Public Health Nurse- Child and Youth Team will be on site and will vaccinate all students that have sent in their consent forms.

Families should have received the mailed notice from the Evergreen Health Centre by now.

Please fill out and return to your teacher as soon as possible.



## CERTIFICATE OF RECOGNITION

is awarded to

**Laura Secord Elementary School**

for raising \$680 in cash donations & 445 pounds worth of food in support of the GVFB. Thank you!



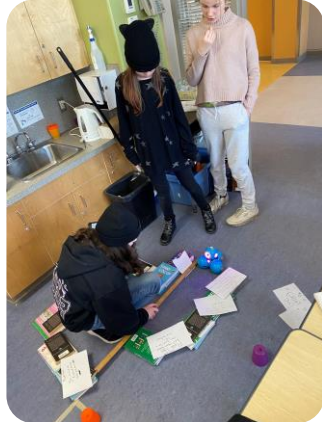
Our mission is to provide healthy food to those in need and we are proud of the many ways we have worked hard to achieve it. Some of that work includes:

- Working with local farmers to buy fresh produce and dairy.
- Creating four monthly specialized nutritional programs for children and seniors.
- Keeping up with the increased demand, we now support over 14,000 individuals each month and register 1,000 new clients each month.

It warms our hearts to see our clients take home fresh, nutritious groceries every week. You are helping us to accomplish all of this and more!

**Playing with Robots**

This month, Division 4F had the pleasure of working with Dash bots! They learned block coding and engaged in technology rich activities through programming.



Hi I am Sherri Fergus,

I have recently moved back to Canada from the Middle East to be closer to family. We have lived overseas for 21 years in Doha, Singapore, Kuala Lumpur, Dubai, and Abu Dhabi.

My hat has changed many times due to our expat lifestyle, international figure skating judge, hockey coach, PTA President, and for three International Schools working with admissions and the High School Divisions. The common factor has always been children! I love to sew and bake (especially when stressed) and look forward to working with you at Secord.



**Celebrating Chinese New Year**

Division 4F participated in a Chinese New Year print workshop with LunarFest. They used persimmon juice to create rabbit-themed prints on tee-shirts, pillow covers, and pieces of cloth.



**Key Priority Registration Dates**

Choice Program application ends Feb 3<sup>rd</sup>  
 Cross Boundary applications: Feb 1st to 28<sup>th</sup>

KEY DATES...



## Safety Awareness Corner

*Awareness without action is worthless.*

The temperature drops, the wind picks up, and like clockwork you're sniffing and sneezing again. Great, you've got another cold -- or is it winter allergies...? Do you know the difference?

### Allergies

- Nasal secretions are watery, clear
- Itchy eyes and throat
- Symptoms persist for weeks

### Colds

- Nasal secretions are discoloured
- Chills and body aches
- Symptoms are usually gone in a week

So, what do you do about allergies?

1. If possible, avoid the allergens. Stay inside if wind is whipping up damp leaves and you're allergic to mold.
2. Wash away allergens. Wash hands and face frequently.
3. Wash bedding often. Most bedrooms are havens for pet dander and dust mites.
4. Get better bedding. Start your search online with "allergy bedding".
5. Try saltwater nasal irrigation.
6. Get more moisture: water, tea, water rich fruits and veggies.
7. The air needs moisture too. Aim for 30-50% humidity.
8. Take allergy medication.

You're not alone with winter allergies. More than 40 million Americans are allergy-prone year-round. If you aren't getting the relief you need with lifestyle changes or over-the-counter medication, it may be time to talk to an allergist.

## Check out the latest episode of VSB: After The Bell!

This month on the [podcast](#), we speak to Annie Kwong and Nancy Fulton, two secondary teachers, as well as Sandra Fox and Françoise Raunet, two elementary teachers. They walk us through the redesigned curriculum and how students are learning in classrooms. Following, we chat with two directors of instruction and two secondary school students and hear their perspectives about the secondary school schedule as well as the District's decision to retain the semester schedule and increase Flexible Instructional Time.

Be sure to subscribe wherever you listen to podcasts. New episodes drop the last Thursday of every month.

Ep. 5 - Not-so-new redesigned BC curriculum Listen to this episode from VSB: After The Bell on Spotify. The BC Curriculum was redesigned in 2016 to respond to the technology-rich world we live in today, where communication is instant, and in...[open.spotify.com](https://open.spotify.com)

<[https://teams.microsoft.com/l/message/19:265ad50ae934465bba947b00b931dcb\\_a@thread.skype/1674860138652?tenantId=0b8a2e58-7b30-4a08-bab7-d75559e0e3a5&groupId=8677f0cd-775d-470d-a794-9f9a577c88da&parentMessageId=1674860138652&teamName=Administration&channelName=General&createdTime=1674860138652&allowXTenantAccess=false](https://teams.microsoft.com/l/message/19:265ad50ae934465bba947b00b931dcb_a@thread.skype/1674860138652?tenantId=0b8a2e58-7b30-4a08-bab7-d75559e0e3a5&groupId=8677f0cd-775d-470d-a794-9f9a577c88da&parentMessageId=1674860138652&teamName=Administration&channelName=General&createdTime=1674860138652&allowXTenantAccess=false)>

## Pink Shirt Day – February 22nd

Do you know how Pink Shirt Day started? It has its roots in Nova Scotia and was started by two incredible high school students.

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 messages 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.




Will you join in by wearing pink on **February 23<sup>th</sup>, 2022?**



## Feb 14<sup>th</sup> Have a Heart Day

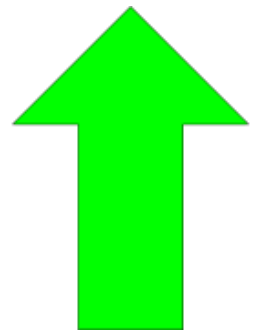
Where you favourite pink, purple or red clothes, scarf, hat etc. and show Spirit for your house



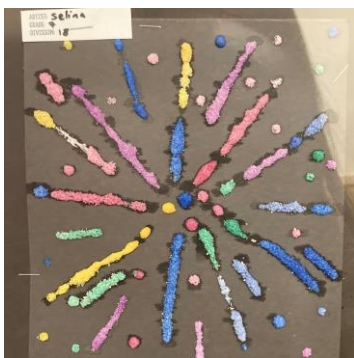
			
Grizzlies (green) Strength in Courage	Ravens (red) Strength in Wisdom	Orcas (blue) Strength in Unity	Wolves (yellow) Strength in Loyalty



To Report Your Child's Absence – Please Call (604) 713-5159 ext 74 prior to 9 am on the first day of the absence.



### Ms Kwoks Art Class: Painting Fireworks



## February is Black History Month

During Black History Month, Canadians celebrate the many achievements and contributions of Black Canadians who, throughout history, have done so much to make Canada the culturally diverse, compassionate, and prosperous nation it is today.

People of African descent have been a part of shaping Canada's heritage and identity since the arrival of Mathieu Da Costa, a navigator and interpreter, whose presence in Canada dates back to the early 1600s.

The role of Blacks in Canada has not always been viewed as a key feature in Canada's historic landscape. There is little mention that some of the Loyalists who came here after the American Revolution and settled in the Maritimes were Blacks, or of the many sacrifices made in wartime by Black Canadian soldiers as far back as the War of 1812.

Few Canadians are aware of the fact that African people were once enslaved in the territory that is now Canada, or of how those who fought enslavement helped to lay the foundation of Canada's diverse and inclusive society.

Black History Month is a time to learn more about these Canadian stories and the many other important contributions of Black Canadians to the settlement, growth and development of Canada, and about the diversity of Black communities in Canada and their importance to the history of this country.

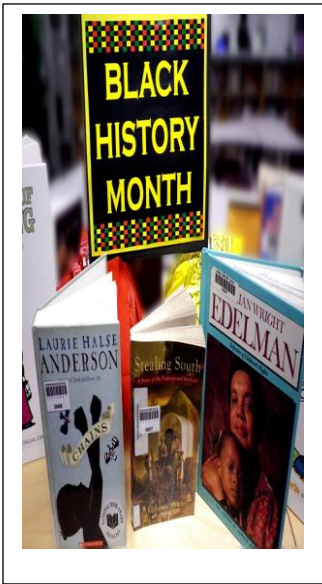
### Recognizing Black History Month

The commemoration of Black History Month dates back to 1926, when Harvard-educated African American historian Carter G. Woodson proposed setting aside a time devoted to honour the accomplishments of African Americans and to heighten awareness of Black history in the United States. This led to the establishment of Negro History Week in 1926. Celebrations of Black history began in Canada also shortly thereafter. During the early 1970s, the week became known as Black History Week. It was expanded into Black History Month in 1976.

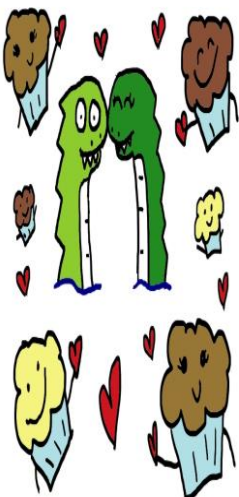
In December 1995, the House of Commons officially recognized February as Black History Month in Canada following a motion introduced by the first Black Canadian woman elected to Parliament, the Honourable Jean Augustine. The motion was carried unanimously by the House of Commons.

In February 2008, Senator Donald Oliver, the first Black man appointed to the Senate, introduced. It received unanimous approval and was adopted on March 4, 2008. The adoption of this motion completed Canada's parliamentary position on Black History Month.

<https://www.canada.ca/en/canadian-heritage/campaigns/black-history-month/about.html>



Happy Valentine's Day!!



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**Director of Instruction:**  
Alison Ogden

**Liaison School Trustee:**  
Estrellita Gonzalez

**PAC Chairs:**  
Nusha Balram &  
Anna Bishop



**We're on the Web!**

<http://secord.vsb.bc.ca>

**Vancouver School Board**

**School Calendar**

[PAC](#)

**PAC is on Twitter!**

[@SecordPAC](#)

## News from Your PAC

### 1. Next PAC Meeting

-Feb 21, 2023 7:-8:30pm

-meeting will be in person (in the innovation lab adjacent to the library) and online

-babysitting available

-Register in advance for this meeting:

<https://us02web.zoom.us/join/register/tZEkdOGtrz8vHtT6eW4fbgC36y1PVO4VFQKD>

After registering, you will receive a confirmation email containing information about joining the meeting.

### 2. Anti-Racism Committee Message: February is Black History Month (see attached picture)

Learn more about the important history, contributions and culture of Black Canadians, which are a core part of society and have often been overlooked throughout the year in mainstream educational systems. Check out:

-BC Black History Awareness Society :<https://bcblackhistory.ca/>

-Hogan's Alley Society: <https://www.hogansalleysociety.org/>

Looking for ideas with kids in connection to Black History Month? Keep your eyes out for an in-person opportunity being planned by the ARC later this month. In the meantime, check out this article Black History Month Takeaways for Parents: <https://www.momsagainstracism.ca/post/black-history-month-dos-and-donts>

### 3. WEEKLY HOT LUNCH

#### WEEKLY HOT LUNCH IS HERE FOR THE REMAINDER OF THE SCHOOL YEAR!

We will run hot lunch Monday, Wednesday and Friday (except ProD days and holidays). Please refer to the

website: <https://secordpacwebsite.wixsite.com/secordpac>;

Facebook: <https://www.facebook.com/groups/1856251154668130>; to read the **details on ordering correctly**.

Please remember we have different **discount codes** for those who require them. Completely free lunch, 50% off etc. So families can pay what they are comfortable with or get it for free.

There are also a few **forms that can be filled out** to make corrections such as the following:

1. 'Meal Change' form (order anything from their menu any day of the week or change an item you have ordered in the future but changed your mind).
2. 'Special Request' form (make special requests ie. no onions, more ketchup etc)
3. 'Day Swap' form (ordered lunch, but now you are going to be away?)
4. 'Wrong Grade or Division Number' form (this one is obvious!)

They can all be found here: <https://www.cestmoncafe.com/page4.html>

\*\*\*\*\* Mistakes are rare, but if it happens that your child's lunch is not delivered there are always a few extras at the office!

Should you have any questions, please do not hesitate to contact [secordweeklylunch@gmail.com](mailto:secordweeklylunch@gmail.com)