

Secord News

Report Absences: 604-713-5159, ext 74

Volume VII, March 2023

SAFETY CORNER

Is Dairy in the New Food Guide?

See Page 4...

INSIDE THIS ISSUE:

Dates To Remember	1
Goodbye	1
Early Dismissal Dates	1
Div. 18 Art Gallery	1
No School Days	1
Daylight Savings	2
Div. 26 Valentine's Hearts	2
If Your Child Is Absent	2
Div. 19 Candy Hearts	2
Spirit Day – Raven	2
Get to Know Us	3
Div. 17 & 18 Art	3
Div. 27 Enjoying Class	3
Div. 25 Hearts	4
Div. 17 7 18 Isometric Rm	4
Badminton Season	4
School Performances	5
Race For The Kids	5
Safety Awareness Corner	5
Performance Pictures	6
Gala Donations	6
Purdys For Spring	6
LS Anti Racism	6
Pizza Order	6
PAC News	7
Helpful Links	7

Dates to Remember in March

March 3 rd & 4 th	Kindergarten Hearing Screenings
March 8 th & 9 th	Early Dismissal Parent Teacher Conferences
March 10	Raven Appreciation Day
March 9	Pizza Day
March 10	Last Day of Classes Before Spring Break
March 12	Daylight Savings
March 27	First Day Back After Spring Break



Goodbye,

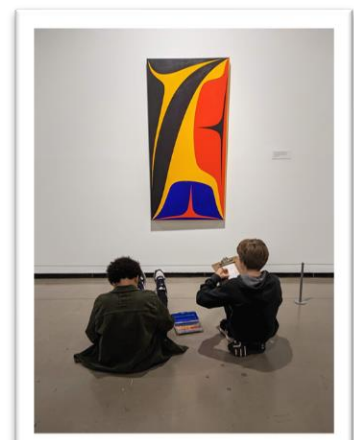
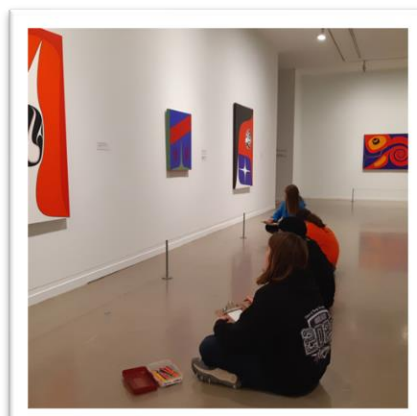
At the beginning of February, we said goodbye to Rosemary Perry, Student Support Worker. She helped students in the school for over 20 years. She is moving onto the next stage of her life and we wish her all the best. Thanks Ms. Rosemary.



2pm Early Dismissal on March 8th and 9th

Secord families will communicate directly with their Classroom teach regarding the chosen communication form for the March Early Dismissal dates.

Division 18's trip to the Vancouver Art Gallery to learn about the works of Haida artist Guud san glans Robert Davidson.



SPRING BREAK!

Reminder....

NO SCHOOL FOR STUDENTS ON:

Monday, March 13th
To
Friday, March 24th

1st day back: March 27th

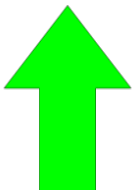
Daylight Savings Time: March 12th



Did you know we still have Daylight Savings Time?



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



Spirit Day March 10th

Celebrate Raven Appreciation Day. Wear Something Red or something fowl to show your Team spirit



Ravens (red)
Strength in Wisdom

Ms. Kwok's art class

Div. 26 - Valentine's Day Geometric Hearts



Div. 19 - Candy Hearts



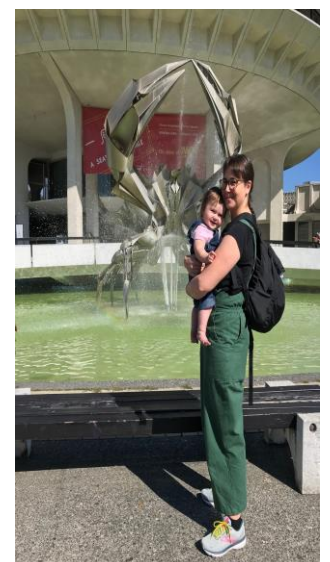
Div. 17 & 18 - Isometric Room Art

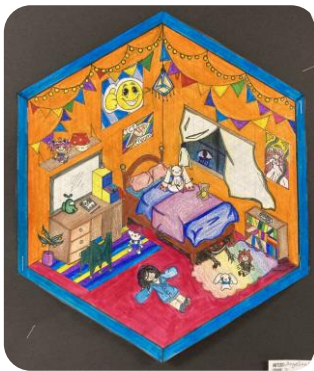


Hi Secord families! I'm Mme Julie and this is my first year at Secord. I teach in a Grade 4/5 French Immersion classroom three days a week and spend my other days at Charles Dickens Elementary. I was a late French Immersion student, lived in the Netherlands as a high school exchange student, and studied and worked in Germany in the 2000s. These experiences helped me develop a love of language learning and a passion for travel. I also love music and, once upon a time, spent a LOT of time supporting the local indie scene.

Travel and concerts have been on hold since the arrival of my daughter, Calla Jo, in November of 2020. These days, we spend our afternoons and weekends exploring local parks and kicking the soccer ball around. I was the PE teacher at my last school and love coaching sports – Secord has many amazing athletes and I've enjoyed working with the Grade 6 Boys' volleyball team in the fall and the Grade 6 and 7 Boys' basketball teams these past few months. Thank you all for the warm welcome!

Div 27 Enjoying Class





Div 25



Badminton Season

Badminton season has started for Grade 6/7 students at Laura Secord. Thanks to all nine sponsor teachers who are volunteering to get this intra-murals club started at lunch times. We had 82 enthusiastic athletes sign up for this team.

Ms. S. Bilu



Safety Awareness Corner

Awareness without action is worthless.

When the 2019 version of Canada’s food guide was released last January, there was media buzz that “dairy is out”! The headline may get attention, but it is very misleading. The reality isn’t quite as sensational:

Foods from the Milk and Alternatives Food Group can now be found in the ‘protein foods’ grouping!

The food guide suggests we ‘Have plenty of vegetables and fruit’, ‘Choose whole grain foods’, and ‘Eat protein foods’. It also encourages us to enjoy a variety of foods to eat well. This can be especially important when looking at ‘protein foods’.

One key nutrient found in the former Milk and Alternatives food group is calcium – a key building block of strong bones. Eating foods with calcium throughout our lives is important because our bones are always being broken down and rebuilt.

What are calcium-rich ‘protein foods’? Common calcium-rich ‘protein foods’ include:

- dairy products (e.g. milk, yogurt, cheese, kefir)
- fortified soy products (e.g soy ‘milk’, tofu)
- canned salmon or sardines (with the bones)

For more information on this and other healthy articles, please see the “Support Parents/Caregivers at Home” link of Vancouver Coastal Health’s [Supporting Healthy Eating at School](#) webpage.

School Performances

We have organized several school exciting school performances this year.

Last month we hosted Duffle Bag <https://dufflebag.com/> and Aché Brazil <https://achebrasil.ca/children-shows.php> .

We have 2 more coming up at the end of the year.

Story Theatre Company, click here to see more about them <https://www.storytheatre.ca/>

Rain City Improv, click here to see more about them <https://www.kbamonline.com/raincityimprov>

Race for the Kids 2023

Every small step makes a huge difference.

We’re back for another year of BC’s largest family fun run. You can run or walk with friends and family at our Vancouver or Victoria festivals, or anywhere in BC through our virtual race on Sunday, June 11. Since 1986, RBC Race for the Kids participants and supporters have transformed countless small steps into mighty strides in the advancement of care for children throughout BC. All funds this year will go towards the area of greatest needs at BC Children’s Hospital—to tackle the most complex physical and mental challenges facing kids and youth in the province.

Along the way we’ve celebrated the hospital staff who have helped so many kids and the patients who have inspired us with their fighting spirit. We’re incredibly proud of the distance we’ve come, but our work isn’t done. Kids are still suffering from illnesses that disrupt their lives, and too many of them aren’t able to receive the specialized care they need.

There’s no denying that these challenges are enormous. However, by working together, we can help tackle the biggest health threats facing kids. Each step you take in this year’s RBC Race for the Kids will make a big difference in the lives of children and families with serious and life-long childhood diseases. Together, we can race towards a healthier future for our children. We look forward to seeing you at the start line.

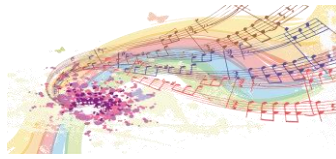
Early bird registration opens Thursday March 9, 2023.



Duffle Bag Theatre came to entertain:



Aché Brazil



We need your Support!

École Laura Secord Elementary is holding an Art and Music Gala on April 12 and we are writing to request a prize for our event.

École Laura Secord Elementary serves around 680 students in East Vancouver. This year our students are raising funds to support students' exciting outdoor learning experiences. The total amount we are looking to raise is \$20,000 dollars.

Any donation you can contribute to our cause, will be used for our silent auction. Donations would be greatly appreciated.

To donate, please contact Jenifer Darbellay jeniferdarbellay@yahoo.com or Laurent Brisebois lbrisebois@vsb.bc.ca

Purdys for Spring

We're teaming up with Purdys Chocolatier to fundraise for the grade 7 camp next September, as well as for the Grad Day back at camp in June!

Stock up on your favourite Purdys Spring treats AND support a great cause at the same time—it's the best of both worlds.

Ordering is as easy as eating chocolate:

1. click this link <https://fundraising.purdys.com/1714887-105124>
2. Fill out your info - you'll need an email address
3. Click "Join Campaign"
4. Enter campaign number: 67269
5. Order to your heart's content! Here is a link to the online catalog: <https://em.purdys.com/gnf/easter2023/SFR/Purdys-Seasonal-Fundraising-Catalogue-Easter-2023.pdf>

The order deadline is **March 12th, 2023**, so get shopping!

Connecting through dance, culture, and healing with Madelaine McCallum

The LS Anti-Racism Committee is excited to announce that Madelaine McCallum, an inspiring and talented Cree/Métis dancer, facilitator, and survivor, is coming to share her wisdom with interactive workshops for Laura Secord students and staff on April 18. This is only possible because of fundraising contributions and budget approval from the LS community, and organizational contributions from the school, including Kim, the incredible Indigenous Education support worker.

Learn more about Madelaine McCallum here:

* 2-min trailer from her documentary "Dancing

Through": <https://www.dancingthrough.org/>

* 15-min presentation from Raven Speak: <https://vimeo.com/306680557>

If you have any questions, as always, don't hesitate to reach out at laurasecordarc@gmail.com.



Click on image for more info and to order.

MARCH 16th



News from Your PAC

PAC NOMINATION COMMITTEE

We are looking for volunteers to help form our inaugural Nomination Committee. The job of the committee would be to find candidates through the months of April and May to run for each of the Executive positions on the PAC. At the AGM the committee would introduce the nominees and will conduct the voting process. If this sounds like something you can do, please contact secordpac@gmail.com.

Hot Lunch:

Weekly Hot Lunch is still here! March to June menus and ordering are up!

cestmoncafe.com

There is a slight change to the menu. Please check the updated menu on the website as most meals will now be paired with a Bear Paws chocolate cookie instead.

If necessary, you can click the Change button on the Main Menu of our website, and then the Modify button to specially request the fruit/veg cups for your child's meals. Or the direct link is here.

<https://www.cestmoncafe.com/page4.html>

Enjoy! And if for any reason you need assistance financial please email secordweeklylunch@gmail.com or technical please email Eric@cestmoncafe.com

6/7 Dance

Grade 6/7 Dance will be on June 2, 2023 from 6:30-9 in the Big Gym. This year's theme is Beach Ball! So all things tropical. We have a committee of 12 volunteers making this years celebration happen. Please, please email laurasecorddance@gmail.com to get involved and volunteer and join our fun team. Especially on the day. We will need all hands on deck!

Spring Choir Registration

The PAC is working with DPAC to organize another semester of choir. Registration will open over spring break to all grades, including kindergarten. There will be up to three junior choir groups during lunch hour (Monday, Tuesday or Thursday) and senior choir will be after school on Thursday. Keep an eye out for communications from the PAC in the next few weeks or email secordpac@gmail.com for more info.

Term starts first week of April. Registration open over spring break

Please Click on image below for more information.



NO PAC MEETING IN MARCH

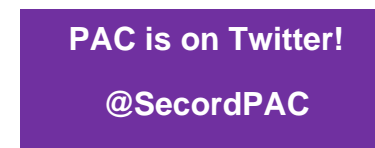
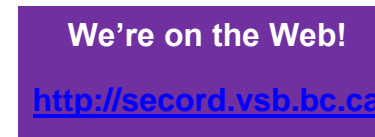
Laura Secord Elementary
2500 Lakewood Dr
Vancouver, BC
V5N 4V1

Phone 604-713-4996

Director of Instruction:
Janis Myers

Liaison School Trustee:
Janet Fraser

PAC Chairs: Nusha
Balram & Anna Bishop



PAC Meeting

Due to the two-week vacation that is Spring Break, there is no PAC meeting for March. See you next month! On Wed, April 12th 2023



Editor: Karen Scott