

Secord News

Report Absences: 604-713-5159, ext 74

Volume IX, April 2023



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Dates to Remember in May

May 1 st	Rain City Improv
May 8 th	Fruits and Veg – Pepper
May 14 th	Mothers Day
May 18 th	Pizza Hot Lunch
May 18 th	Scrabble Day
May 19 th	Pro D Day – School Not in Session
May 22 nd	Victoria Day – School Not in Session
May 29 th	Fruits and Veg – Grape Tomatoe



Secord's Ready Set Learn Event April 29th

Will's Jam

Our current K's and Grade 1s loved singing and dancing along with Will Stroet and his Guitar

We also invited all of September's Kindergarten students and their families.

Here they all are singing and dancing along.



Reminder....

Victoria Day Weekend

Monday May 22nd



Scrabble Day

May 18th

Wear a letter and spell a word with your classmates, friends, and teachers to show your school spirit!



Welcome to Kindergarten

Welcome to Kindergarten for our incoming September K's. Mon. May 29th, 2023

This is a fun event for parent and child.

There will be an event for each program:

English 9:10am – 10:25am

French 11:00am – 12:15pm

The families will have the chance to meet teachers, Principal, and school PAC

Each new Kindergarten student will go home with a Welcome to Kindergarten bag filled with helpful tools to get ready for September.



Div. 19, 20 and 21



10 Things You Didn't Know About Mother's Day in Canada

Our moms are our heroes

Moms deserve the praise: A 2012 study quoted in *Reader's Digest* found that 84 per cent of Canadians think that being a mother is one of the hardest jobs there is, and 64 per cent of Canadians consider Mom to be one of their heroes.

The origins of Mother's Day

Mother's Day started in the United States in 1908 with Anna Marie Jarvis, who wanted to commemorate her own mom's Mother's Day Work Clubs, which raised money for women with tuberculosis. Jarvis set up the holiday as, of all things, a sober day of reflection. She ultimately [came to regret her invention](#).

"M" is for Mother

Across languages, most words for "mother" start with the letter M.

Find out more fascinating [facts about every letter in the English alphabet](#).

Moms are great actors, too

Forty-two per cent of Canadian moms have reported faking appreciation for their Mother's Day gifts. It might have something to do with the fact that over half of us put off the planning until the last minute...

Your mom is more tech savvy than you thought

Tech trumps tulips: apparently nine out of 10 mothers would [prefer iPads to flowers](#).

Mother's Day in Canada isn't Mother's Day in the UK

Throughout North America, Mother's Day is celebrated on the second Sunday in May. In the United Kingdom, however, "Mothering Day" takes place on the fourth Sunday of Lent. This year, it was observed on Sunday, March 14.

Joan Rivers offered sage advice for moms

There are a million sayings about motherhood, but only a few by Joan Rivers: "Always give them the freedom to make mistakes, and then never miss an opportunity to say, 'I told you so,'" and "Sometimes you're their best friend, sometimes you're their enemy, but you'll always be their bank."

How much Canadians spend on Mother's Day

The average Canadian spends **\$111 on Mother's Day**, making it the most shopped-for event after Christmas. Sons tend to spend more (\$123) than daughters (\$99); residents of Manitoba tend to budget the most (\$278) on average, residents of Nova Scotia the least (\$55).

We buy a lot of Mother's Day cards

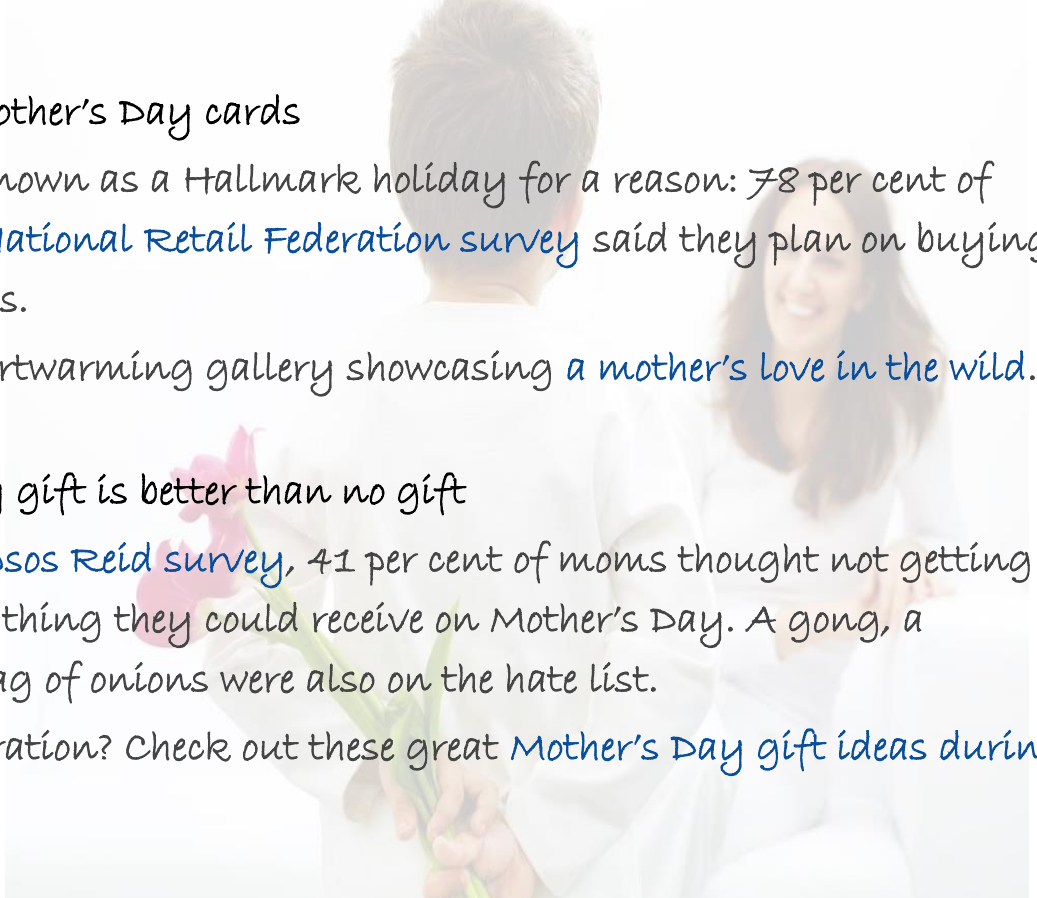
Mother's Day is known as a Hallmark holiday for a reason: 78 per cent of respondents to a **National Retail Federation survey** said they plan on buying Mother's Day cards.

Check out this heartwarming gallery showcasing **a mother's love in the wild**.

Any Mother's Day gift is better than no gift

According to an **Ipsos Reid survey**, 41 per cent of moms thought not getting a gift was the worst thing they could receive on Mother's Day. A gong, a chainsaw and a bag of onions were also on the hate list.

Looking for inspiration? Check out these great **Mother's Day gift ideas during the pandemic**.

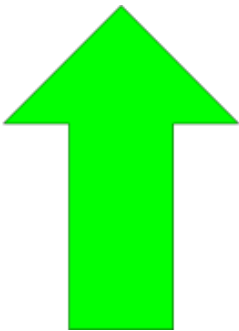


Curtsey of: <https://www.readersdigest.ca/health/relationships/13-things-you-didnt-know-about-mothers-day/>

Pictures: Shutterstock



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



Mental Health Week: May 1st – 7th

In 2022, we rallied together with Canadians to explore and lean into empathy for each other.

After two years of pandemic life, empathy reserves were running low. So, for seven days in May 2022, Canadians filled them back up. The goal? #GetReal about how to help. The advice? Before you weigh in, tune in. Because when someone is struggling, they don't need you to fix it. They need you to really listen, and to understand.

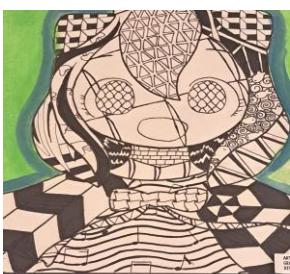
We are currently working diligently behind the scenes and invite you to stay tuned for the 72nd edition of CMHA's Mental Health Week, coming May 1-7, 2023.

Div. 27 At Work:



Mdm. Monique Hunter's Art Class

Just a few individual Pictures I didn't have room to highlight last month





Emergency Preparedness

In recent months we have successfully held fire evacuation drills, a lockdown drill and an earthquake drill. In our EQ drills, students and staff practice “drop and cover” procedures (taking cover under tables, etc. and holding for 1 full minute), safely evacuating the building and gathering on the grass field. The goal during an earthquake evacuation is to evacuate the building safely and quietly, not necessarily quickly. In an emergency, various specially-trained staff emergency response teams, including district radio communication, execute their own procedures. We have adequate materials and supplies to properly care for students until they can be safely released to their families.

In case of a real emergency, we can anticipate that children and parents both will be worried about their family members’ health and safety. The school has specific student release procedures in place to ensure that families are re-united as quickly and safely as possible, and to ensure accountability and tracking of each student’s safe release.

To this end, we must ask for parents’ cooperation during a real emergency:

- Students and parents will likely be quite excited and anxious to be together. Parents **MUST** follow the directions of school staff.
- Parents arriving to pick up their child(ren) should go onto the field to their child’s class(es) where the children’s teacher will release the child to you. Please **DO NOT** simply take your child with you without reporting to the teacher first. Please explain to your child that, even if they see you, they are not to run to you—you’ll be reunited soon enough.
- Please ensure you keep your “emergency contact” information current. This includes people who have your permission to take your child in the case of an emergency as we cannot release children to adults for whom we do not have prior consent.

Div. 26 Collage



Div 14 Chicks



Secord Gala

It was a great success.

Thank you to everyone who came out and help raise funds for the Grade 7 Camp fund.



If you were the successful bidder on any item please come and pick up the item from the school office. 😊



PH&N INVESTMENT SERVICES LONGEST DAY ROAD RACE

June 16, 2023

Thunderbird Stadium, UBC
Stadium Rd, UBC, Vancouver, BC ,

Come for the Run - Stay for the Party! Come join us for a Friday evening 5K/10K and Subway Kid's Mile around UBC Campus followed by a post run party featuring a Band, BBQ, Beer garden, Draw prizes and Kid's Play area.

Proceeds go to support the Greater Vancouver Food Bank and elementary age track and field programs.

More Information: <https://www.thunderbirdstrack.org/longest-day-2023>



TUESDAY, MAY 9TH 6PM
PARENT SOCIAL
BOTEÇO
 2545 NANAIMO

Come join us for a fun night of kid free socializing at this amazing local Brazilian restaurant. \$19 gets you a drink and an appetizer (includes all taxes and tip). Go to secord.hotlunches.net to check out the menu and reserve your spot.

PAC Page: What's New with Your PAC

Moose Hide Gathering May 11 5:00 PM to 7:00 PM

Men and boys in the École Laura Secord Elementary community are once again organizing a gathering for the Moose Hide Campaign. We invite you to join us and take a stand against gender-based violence.

On May 11th we make a commitment to honour, respect and support the women, children, two-spirit and gender diverse people in our lives, to work to end violence against them, and to support truth and reconciliation with Indigenous peoples.

- When:** 5:00PM to 7:00PM on Thursday, May 11th
- Where:** Lakewood entrance of École Laura Secord Elementary
- Who:** The entire Secord community, including parents, caregivers, and family
- What:** Teachings from Squamish Nation Elder Xwechtaal Dennis Joseph
- Food:** Veggie or meat chili and bannock provided
- Bring:** Your own bowl and spoon
- Volunteer:** If you are interested in helping out with the event, especially men and boys in the community, please let James know at jamesianrankin@gmail.com

Learn more and RSVP: <https://forms.gle/MuJLku2atfAoieKd9>



Beach Ball: the Grade 6/7 Dance

We have received lots of offers for volunteers - thank you! However, we still have a few specific roles that need to be filled, such as someone who has Food Safe Certification who can help out at the concession.

We also need a few people to serve as "contingency" volunteers - people who can step in if someone who has signed up to volunteer ends up being sick or otherwise unavailable.

If you are interested in volunteering, please email the Beach Ball Volunteer Coordinator, Erin Cullingworth at ecullingworth@gmail.com

PAC Fundraisers;

Spirit Bear Coffee



Order: <https://secord.hotlunches.net>

Details: <https://secordpacwebsite.wixsite.com/secordpac>

Raven and Hummingbird Tea



Order: email ckansy@gmail.com

Details: <https://secordpacwebsite.wixsite.com/secordpac>

True Earth



(Proceeds go to Greening Committee)



Mabel's Labels



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

Phone 604-713-4996

Director of Instruction:
Janice Myers

Liaison School Trustee:
Janet Fraser

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

Editor: Karen Scott

Choir Cafe: Next Family Fun Friday, May 26

The PAC-organized choirs (junior and senior) are invited to perform at the next Family Fun Friday, May 26, from 5-7pm.

Everyone is welcome to join us in the big gym for choir performances, bake sale, tea and coffee, and an open mic! For more information or to volunteer contact secordpac@gmail.com

PAC Annual General meeting June 6 - looking for new executive members!

There is no PAC meeting in May; however, our next meeting is the AGM (Annual General Meeting) on June 6, from 7-8:30pm. The meeting will be online (register [here](#)) or in person at the Innovation lab adjacent to the library. Join us to vote in the new executive for next year, or better yet, get involved yourself.

NOMINATIONS

It's that time of year again to vote in your new Exec for next school year. This year our AGM will be held on June 6th. If you would like to nominate someone for one of our Exec positions or throw your own hat into the ring, please click on the link and sign up. All positions are open:

- Chair/Co-chair
- Vice Chair
- Treasurer
- Secretary
- Communications Coordinator
- DPAC Rep
- Members-at-large

Click [here](#) to find out more information, nominate someone or nominate yourself.

PIZZA DAY

- May 18th, 2023.
- Order by May 14th at secord.hotlunches.net



WEEKLY HOT LUNCH

Monday, Wednesday and Friday (except PD and holidays). Please order at <https://www.cestmoncafe.com>. Please refer to the [Secord PAC Website](#) or [Laura Secord Parents Facebook Group](#) for details on ordering correctly

