

November 2022

# General Brock Elementary Newsletter

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**Principal:** Hope Sterling

**OAA:** Tassy Beretasos

**Director of Instruction:** Janis Myers

**Trustee:** Carmen Cho

Dear Brock Community:

The Brock students and staff would like to thank our PAC for working with Nestors Grocery Store, to provide a **free pumpkins for each student!** Most students took them home but some of our older classes carved their pumpkins at school. What a fun treat!



Students who choose to dress up for **Halloween**, had a chance to show off their costumes at our costume parade assembly. At this assembly we also met our new school mascot, Brockie the Bulldog! He brought us our new school song. Ms. Miller has already been teaching students the chorus but this was the first time sang it together!

It has been exciting to see our **Brock sports teams** starting up again! Our Cross Country and soccer teams worked hard, improved their fitness level and displayed great sportsmanship. Under the guidance of Coach



Next PAC Meeting  
Thurs, Nov 24<sup>th</sup>  
@ 7:00 PM  
On Zoom!



Tassy, our Sr. Girls Soccer team placed 3<sup>rd</sup> in the entire city! A huge thank you to all our coaches: Mr. Orange, Ms. Vincent, Ms. Pankratz, Mr. Cruz and Ms. Tassy, as well as the many volunteers who drove to meets and games. Next up is Volleyball. Go Brock Bulldogs!



Because of you, our **battery drive** was a huge success. We ended up with 22 full boxes of batteries. This means we are in the running for the \$1500 prize! Just for participating, we receive a free assembly on November 28<sup>th</sup>. I'll keep you posted if we win the cash prize.



On October 27<sup>th</sup> we were treated to a performance entitled, **Zero Hero**. Actors Ian and Sara encouraged students to reduce their carbon footprint by choosing packaging that is recyclable, by reducing the amount of “stuff” we purchase and considering how much packaging we add to the landfill. This entertaining presentation was paid for by the City of Vancouver.



Remembrance Day is on Friday, November 11<sup>th</sup>. We will be holding our own student **Remembrance Day assembly** on Thursday, November 10<sup>th</sup>. This year our assembly will be led by students. Classes are already planning performances and creating decorations for our gym. We will also be watching a video sent to me directly from our Department of National Defense, which was created just for students. The video gives students a better understanding of how our military works to keep peace abroad, their work in Ukraine and how they help Canadians here at home during natural disasters and how they supported us during the pandemic. I hope you all get a chance to remember and reflect as a family on how fortunate we are to live in this great country.

We have booked Thursday, December 15<sup>th</sup> for our **Winter Concert**. We will hold a dress rehearsal in the afternoon. This is when students will get a chance to see each other's performances. Then in the evening we will hold our performance for parents. We will firm up the time and tickets closer to the date. We will only have 300 seats, so it will be first come first served and we are asking families to limit guests to 2 per family.



Brock participated in the **Great BC ShakeOut Earthquake Drill on October 20<sup>th</sup>**. We hope we never have to face this, but the Great BC ShakeOut is an annual opportunity to practice how to be safer during big earthquakes: "Drop, Cover and Hold On." The ShakeOut has also been organized to encourage everyone to review and update emergency preparedness plans and supplies and secure your homes in order to prevent damage and injuries.

Research shows that when the brain is stimulated through exercise, it increases the amount of information we can retain and recall. **Ready Bodies Learning Minds (RBLM)** is a motor lab set up as a task-oriented circuit, that students rotate through. The activities alternate between waking up or calming their brains. This helps them to gain control of their bodies and minds and thus helps them to self-regulate.

You should all have received a notice inviting you to sign up for a **conference**. Some teachers are conducting student led conferences, while others are doing a parent teacher style. Remember, students will be dismissed at 2 PM on both Tuesday, November 1<sup>st</sup> and Wednesday, November 2<sup>nd</sup>. Thank you for making the time to meet with our teachers to help us better understand how to support your child's learning journey. And a huge thank you to the PAC for providing dinner to all the teachers who are working the long shift on Tuesday!

In one of our meetings, Sarah Dumont - PAC Chair, mentioned that parents were very interested in **after school programs**. I then organized meetings with Jennifer Scott (CST Tupper) and Andrew Roets (Brock Junction) to see what they could offer us. Many of you have already noticed we are now offering two FREE after school programs called "Schools Out" for Grades 2 to 4 and Grades 5 to 7. We are working on offering two more fee-based yoga and dance classes. Watch for future emails offering more after school programs.

**Staff News** - Congratulations to another one of our Brock staff. Mary Surilla had a baby boy! Congratulations to Mary and her family. Also, we want to welcome Jennifer Harrison, who was the successful candidate for our Thursday and Friday morning resource posting. She will start with us on January 5th, 2023. In the meantime, Mike Marino will continue in this position. Thank you to Mike



for sharing his extensive resource experience with us until the end of December! I am still working on interviewing for our 2-day music prep position.

See *November Dates to Remember* below.

With Gratitude,  
Ms. Hope Sterling, Principal



Lambchop with Bianca and Ms. Sterling.



Brockie the Bulldog!

### November Dates to Remember

Tuesday, Nov 1	Student Conferences – <b>2 PM DISMISSAL</b>
Wednesday, Nov 2	Student Conferences – <b>2 PM DISMISSAL</b>
Thursday, Nov 10	Remembrance Day Assembly for Students
Friday, Nov 11	Remembrance Day <b>School Closed</b>
Wednesday, Nov 16	Individual Photo Retake Day
Friday, Nov 25	Pro D Day – <b>No School for Students</b>
Monday, Nov 28	Earth Rangers Assembly