

March 2024

# General Brock Elementary Newsletter

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School Website: [Brock.vsb.bc.ca](http://Brock.vsb.bc.ca)

Safe Arrival – 604-713-5159 #14 or [brkAttendance@vsb.bc.ca](mailto:brkAttendance@vsb.bc.ca)

**Principal:** Hope Sterling

**OAA:** Tassy Beretanos

**Director of Instruction:** Janis Myers

**Trustee:** Suzie Mah

Dear Brock Community:

Welcome to the special **PINK** edition of our Brock Newsletter in honour of PINK DAY!!

Thank you to all the families who were able to make the time to come to our **conferences**. We appreciate your time, making that connection and learning more about your child. I would also like to thank the PAC for once again providing dinner for the entire staff on the first conference evening. It was a real treat to eat from Meet!

**Basketball Season** is just concluding. Thank you to our coaches – Ms. Tassy, Angela Ubial, Sylvia Jackson, Teacher D, Mary Sebastian and to Eddie Cruz for refereeing our games. Students improved their skills and learned more about playing as a team. Well done students!

We are excited to report that **Building A** is getting some well-deserved attention.

- Completed last week - Stairwells had all their rotten wood replaced.
- Starting in March – Digging up the drain tiles around the south side of the building to stop water seeping into the basement.
- Summertime – Roof and Basement Floor resurfaced.

**Lunar New Year** – Thank you to the primary teachers for organizing all the primary students to participate in the dragon parade on February 9<sup>th</sup>. Happy Year of the Dragon!

**Our school musical is moving forward!** All the main parts are now in place but there will be many more extra parts and jobs to fill after Spring Break. My goal is that each student will be involved at some level. We have starting scene practices at lunch in the gym on the stage. Thank you to Steph Clark and Jon Morris for offering to help out and possibly videoing and to David Yonge and Erin Boniferro for helping with set building! We welcome more volunteers. If you are



Next PAC Meeting  
Thursday, May 30<sup>th</sup>



PAC Pub Night  
April 13<sup>th</sup>  
Tickets only \$40  
Come support the  
PAC Fundraising!



able to help build the framework for a small bow of a boat, please reach out to the principal at [hsterling@vsb.bc.ca](mailto:hsterling@vsb.bc.ca)!

Thank you to the PAC for fundraising for some fun **school-wide events**. We have Greg Kennedy coming to do a performance on April 9<sup>th</sup> called Science and Juggling! Then each class will be provided an indigenous basket weaving kit and one hour of instruction on May 27<sup>th</sup> and 28<sup>th</sup>.

It's **report cards** time again! Watch for your child's report card coming home on Tuesday, March 12<sup>th</sup>! As usual, if you have any questions or concerns, please reach out to your child's teacher to arrange a meeting time.

## PINK SHIRT DAY

Wednesday, February 28<sup>th</sup> was Pink Shirt Day! This is a day where we want to encourage our students to always use kind words and actions and to stand up

to mean language and behaviour. Harold Kushner said, "Do things for people - not because of who they are or what they do in return, but because of who you are."

Next week we will be emailing out the "**Are you returning?**" survey. This will be very helpful for us as we begin to work on our school organization for the 2024/2025 school year. Although divisions and grade levels are never set until September, it's great to have a plan in advance.

Check out the new books featured by our Teacher-Librarian, Mary Sebastian!



# How to Support Your Child's Social-Emotional Health: 8 Tips for Families

By: *Colorín Colorado*, edited by Hope Sterling

## 1. Check in with your child on a regular basis.

You can ask:

How do you feel about going back to school?

Is anything worrying you?

What was a fun or hard part of today?

Is anyone teasing or bullying you?

Do you have any questions for me?

## 2. Keep track of how your child is doing.

Pay attention to your child's:

Moods, feelings, behaviours, or attitudes about school

If you see changes or have questions, talk with your child's teacher or doctor about what you notice.

## 3. Create a routine together.

Talk about how to stay healthy through sleep and exercise, good nutrition, and hydration.

And finally, manage screen time. Remember you are in control of this.

## 4. Be encouraging.

Encourage your child by:

- staying calm and supportive
- helping your child name their emotions
- focusing on positive things
- sharing why your child is special
- talking about why you are proud of your child
- drawing and writing together

## 5. Help your child address anxiety about safety and uncertainty.

If your child is anxious about safety:

- listen to their concerns
- share safety steps they can take
- answer their questions honestly
- reach out to your child's teacher or counsellor

## 6. Help your child address anxiety about separation.

If your child is anxious about separation from you:

- listen to their concerns
- practice short times apart
- create a good-bye routine
- send them a special note or photo in their backpack to let them know you will miss them.

**7. If you need more support, look for it!**

You can contact our school counsellor Nelum Sihota ([nsihota@vsb.bc.ca](mailto:nsihota@vsb.bc.ca)) or talk with your doctor to find resources to address stress, anxiety, or trauma.

**8. Share important information with the teacher about your child.**

We welcome conversations around strengths and challenges, their ways of dealing with stress or any other questions and concerns.

Shout out to **Lindsay LLP** for their large donation of school supplies! We are enjoying new 3-hole punches, staplers, tape dispensers, binders, shelves and much more!

**Happy Spring Break!**

From, Hope Sterling, Principal, and the entire Brock staff!



**Tuesday, March 12    Term 2 Report Cards Sent Home**

**Friday, March 15    Last Day for Students before Spring Break**

**And in April**

**Tuesday, April 2    First Day Back to School after Spring Break**

**Tuesday, April 9    Performance - Science and Juggling, Greg Kennedy**

**Monday, April 22    Professional Development Day**

**Now let's take a walk  
down the halls of Brock!**

**PINK SHIRT DAY**







Division 7



Division 8







Division 7



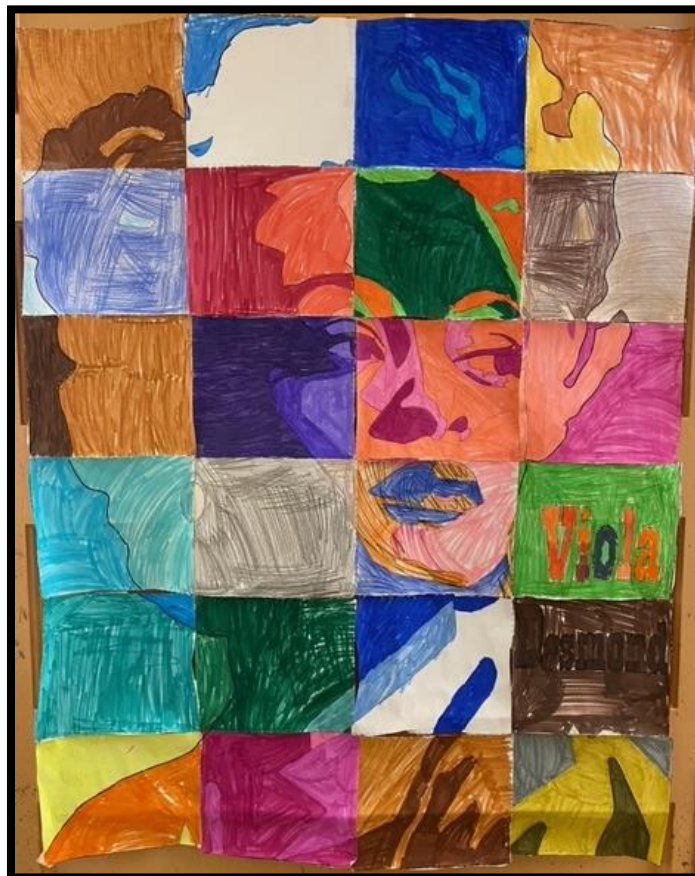
Division 9  
Self Portraits



**Division 6**

Be an  
upstander  
not a bystander.

**Viola Desmond  
through the eyes of  
Division 6**



Enjoy some of our local talent...

All Ages Show  
(Rain or Shine)

# ROCK 'N

with

BLUE JAY VALLEY

HUMMINGBIRDS

A musical matinee  
that will be fun for the  
whole family!

Sunday March 3  
2:00 - 4:00

Red Gate - 1965 Main Street

Tickets Here

 Red Gate  
Arts Society