

## LORD STRATHCONA ELEMENTARY

592 East Pender Street

Vancouver, B.C. V6A 1V5

Tel: 604-713-4630

Principal: Mr. Jason Eng

Vice Principal: Mr. Dominic Maggiolo

PAC Chairperson: TBA

School Trustee Liaison: Barb Parrott

# JANUARY & FEBRUARY NEWSLETTER

## PRINCIPAL'S MESSAGE

Hello Strathcona Families,

I hope you are all doing well, staying safe, and most importantly staying healthy! I know it has been a stressful school restart after the winter break. Students and staff have been working hard to reinforce and follow important health and safety measures to keep us all safe at school. Thank you for your help supporting this on the home front.

Having just completed first term report cards, I am so impressed with the teaching and learning taking place, and the progress being made by students. Be on the lookout for information about parent-teacher conferences which will be taking place later in February. Conferences will once again be done virtually. Also in the newsletter, you will find important information coming from the school PAC and some upcoming dates that you will want to mark down in your home calendar.

Despite all the extra health and safety precautions taking place, those working and learning in the Strathcona community are thriving. One of the highlights for me in recent weeks was seeing students engage in play during Global Play Day 2022! See the pics further down in this month's newsletter. We look forward to the eventual return of in person gatherings, schoolwide events, school sports, and field trips. Thank you for being patient as we navigate through the realities of COVID-19.

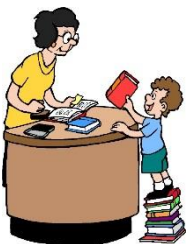
Take care,

Jason Eng  
Principal Strathcona

### **BIG WELCOME TO CATHY LEUNG, NEIGHBOURHOOD ASSISTANT**

Hi everyone, my name is Cathy Leung. I have been working at Strathcona school since December 2021 as a neighborhood assistant. For many years I worked with non-profit organizations in Hong Kong to help support, provide counseling, hold groups and events to children and their families. I am available to provide Chinese translation, to support parent service and organize groups and events. I would love to meet you all at the school.

大家好，我的名字叫Cathy，是新任鄰舍助理，很高興和大家見面。我曾於香港任職社工，主要負責提供家庭支援、輔導及籌備小組活動。現在在士達孔拿小學負責提供中文翻譯、家長支援服務和舉辦工作坊及活動等，期待能認識每一位。



### **MS. HONG'S LIBRARY CORNER**

A huge thank you to Kiwanis Club for donating a book to every grade 6 and 7 student at Strathcona! Upper intermediate students took home their books on Monday or Tuesday this week.

### **DAILY HEALTH ASSESSMENT REMINDER**

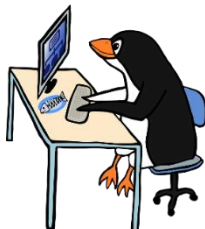
As a reminder, all parents, guardians, and/or caregivers have the responsibility to conduct a Daily Health Assessment of the student each day before sending them to school to ensure the health of all students, staff, and community members.

## SUPERVISION OF STUDENTS

Students are supervised before school from 8:45 AM to 9:00 AM and after school from 3:00 PM to 3:20 PM. Children should not arrive before 8:45 AM or leave after 3:20 PM unless specifically requested to do so as part of an organized/supervised activity, otherwise they will be unsupervised.

## TRAFFIC SAFETY

Please remember to exercise caution when dropping off or picking up children from school. Familiarize yourself with restricted areas and avoid double parking and U-turns. Remind your children not to run between cars to cross the street. Please acknowledge and respect all traffic signs and parking regulations. Thank you for your cooperation in not doing student drop off in the staff parking lot.



## DIGITAL RESPONSIBILITY

The following link is a guide for parents on digital responsibility. A wonderful resource to support families at home.

<https://saferschoolstogether.com/news-events/raising-digitally-responsible-youth-a-parents-guide/>

## KEEP MOVING, IT'S GOOD FOR YOU!

ParticipACTION reports that Canadian kids need to sit less and move more! With this information in mind, we are continuing to ask students to head outdoors at recess and lunch so they can run, play and be active during their breaks! Please make sure that your children are dressed for all types of weather as they will be going outside on most days. For more information, please visit <https://www.participaction.com/>.

## REGISTRATION PROCESS FOR KINDERGARTEN



**Kindergarten registration for children born in 2017 begins on November 1.**

All kindergarten applicants are required to submit an application to their English catchment elementary school. This includes families who wish to apply for choice programs (Early French Immersion, Montessori, Indigenous Focus School, Early Mandarin Bilingual, Nootka Fine Arts) and/or a cross boundary placement.

The priority registration period for Kindergarten opens on **November 1 and closes at 4 pm on January 31**. Students who submit an application within this priority period will be accommodated before late applicants.

Applying for kindergarten is a **2-step process**:

Step 1: Completion of an online application form

Step 2: Verifying documentation

- Contact your English catchment school office to set up an appointment to bring your supporting documentation
- Bring supporting documentation to your English catchment school office during your scheduled appointment

Supporting documents needed:

1. Proof of residence in Vancouver
2. Child's birth certificate
3. Immigration documentation (if applicable)
4. Immunization records
5. Court orders/documents (if applicable)



**1 Apply Online**



**2 Visit your catchment school with necessary documents**

If you want to apply for a District program or cross-boundary, you must first apply to your English catchment elementary school. Applications for District programs and cross boundary placements will begin to be accepted in early 2022.

In the event there are more in-catchment applicants than available space\* at the school, the following process will be used to prioritize enrolment:

**Kindergarten Applications Received Between November 1 and January 31**

1. **In-catchment** kindergarten applicants with siblings in attendance at the school (and who will be attending next year) will be placed first.
2. The names of all other in-catchment registrants will be entered into a **random draw** for the remaining kindergarten spaces.
3. Students who cannot be accommodated will be placed on a waitlist in the order in which their name was drawn.
4. Between January 31 and the second Friday in June students on the ordered waitlist will be accommodated as space becomes available.

**Kindergarten Registrations Received AFTER January 31<sup>st</sup>**

In-catchment kindergarten students who apply **after** January 31 will be accommodated if there is space. If there is no space their names will be added to the bottom of the existing waitlist.

**Note:** There will be **no priority** given to registrants with siblings if they register after January 31.

**For more information on kindergarten registration visit:** <http://www.vsb.bc.ca/kindergarten>

\* Available Space includes physical capacity, resources, staffing, or educational programs available or planned for a school as defined by the District (Administrative Procedure 300).

**CROSS BOUNDARY REGISTRATION**

Students in the Vancouver School District are allowed to register at a school outside of their catchment area as a cross boundary applicant. Cross boundary applications will only be considered after all in-catchment students have been accommodated.



How to Apply Cross Boundary:

**Step 1:** You **MUST** register at your [English Catchment School](#) BEFORE submitting a cross boundary application.

**Step 2:** **Complete an online Cross Boundary Application form**

**Step 3:** The school will inform you of the status of your application by: March 31

	<b>OPENS</b>	<b>CLOSES</b>
CROSS BOUNDARY APPLICATION PERIOD No late or early applications will be accepted	Monday, February 1	Monday, February 28

Please note that the online Cross-Boundary Application form is for English program cross-boundary applications only. French Immersion cross-boundary applications are submitted directly to French Immersion school offices.

For more information: [https://www.vsb.bc.ca/School/School-Registration/Cross\\_Boundary/Pages/Default.aspx](https://www.vsb.bc.ca/School/School-Registration/Cross_Boundary/Pages/Default.aspx)

# MARK YOUR CALENDARS



## WHAT'S GOING ON AT STRATHCONA

Wednesday, February 16	Parent/Teacher Conferences (Virtual) – Early Dismissal (2PM)
Thursday, February 17	Parent/Teacher Conferences (Virtual) – Early Dismissal (2PM)
Friday, February 18	Pro-D Day – no school for students
Monday, February 21	Family Day – school not in session
Wednesday, February 23	Pink Shirt Day
Monday, March 14 – Friday, March 25	Spring Vacation – school not in session
Monday, March 28	School Reopens

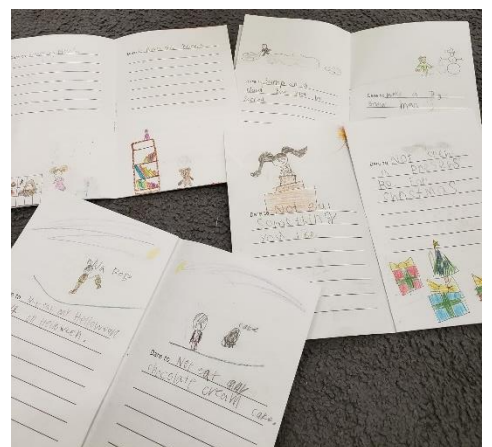
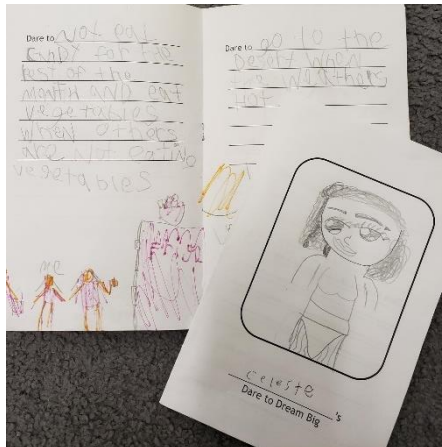
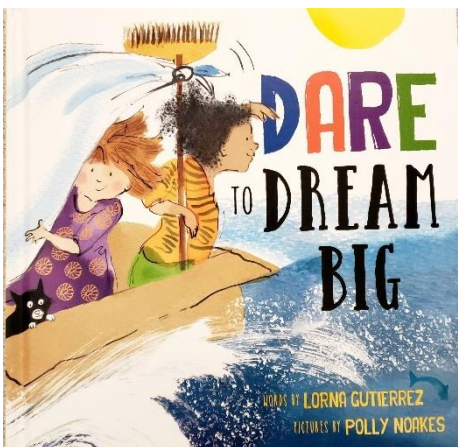
# STUDENT SHOWCASE



## Div. 13 – “Dare to Dream”

Thank you to a donation from First Book Canada, each student received a copy of the book "Dare to Dream Big." Then Division 13 students set off to write their own "Dare to Dream" books. Some examples of what students wrote:

- "Dare to read 102 books."
- "Dare to make a big snowman."
- "Dare to not eat candy on Halloween."
- "Dare to jump on a cloud but not be scared."



## Div. 16 and 22 – Global Play Day

### RAISING AWARENESS ABOUT THE NECESSITY OF UNSTRUCTURED PLAY

February 4, 2015, was the first annual Global School Play Day for students in schools around the world. Every year since then, more people have gotten involved to raise awareness about the necessity of unstructured play. It is argued that today, kids do not grow up playing and this has negatively impacted them in many ways.

The rules are simple:

**PLAY! NO SCREENS - NO STRUCTURE - ALL DAY LONG**

- Don't organize anything for your students.
- Don't tell them how to play with the toys/games.
- Don't interfere with your students unless you see something that would physically hurt a child (this does not include something that may be physically uncomfortable for a child.)
- Don't Leave Them Unsupervised as the day is unstructured by adults, but not unsupervised.

On February 2, 2022 Strathcona participated in our second year of Global Play Day. Other than taking a few pictures, the adults tried to remain invisible and let the kids play. Here are some pictures of what the kids from Division 16 and 22 came up with!





Dear Strathcona Parents,

I hope this year is going as well as can be expected and that you and your families are staying healthy. If you've been hit with Covid, as my family was, I hope that you have come out healthy and were able to rely on friends and neighbors to help you through isolation. As always, I'm eternally impressed with the resilience of Strathcona families and grateful for the hard working teachers and staff at the school!

I'm writing to let you know that our new chair, Theo Lamb, has decided to step down. For this reason, **we are looking for a new chair** and maybe you are interested! Please reach out if you have any questions or are interested in chairing this year or in future years.

Until a new chair is found, we won't have any PAC board or general meetings and the officers (Dawn Brennan, Megan McKinney and myself) will focus on actualizing the approved 2021-2022 budget. However, because our PAC has gaming funds that need to be spent by the end of the year (!) we may have one more general meeting to approve an updated budget with new expenditures. Stay tuned for that!

This general email address will find me (Krista, vice chair): [strathconaelementarypac@gmail.com](mailto:strathconaelementarypac@gmail.com)  
Feel free to reach out with any questions or if you are interested in chairing.

Warmly, Krista (PAC vice-chair and DPAC rep)

#### **2021-2022 PAC board**

- Vice Chair and DPAC Representative: Krista Sigurdson [strathconaelementarypac@gmail.com](mailto:strathconaelementarypac@gmail.com)
- Secretary: Megan McKinney [strathconapacsecretary@gmail.com](mailto:strathconapacsecretary@gmail.com)
- Treasurer: Dawn Brennan [strathconapactreasurer@gmail.com](mailto:strathconapactreasurer@gmail.com)
- Members At large:
  - Carla Frankel (School Grounds)
  - Tiffany Kindrid (Income Equity)
  - Jamie Smallboy (Indigenous Representative)
  - Erika Xu
  - Sarah Fielden
  - Hannah Wagner

#### **How to find the Strathcona Elementary PAC (Parent Advisory Council)**

Staying connected with the Strathcona Elementary PAC keeps you looped into activities and events that impact your family. Our PAC has a [website](#) where you can find meeting minutes, our constitution, PAC board member names and more. We also have a [Facebook](#) and [Twitter](#) page. And, you can subscribe to our listserv by clicking [here](#).

# Sharing Food, Creating Fun

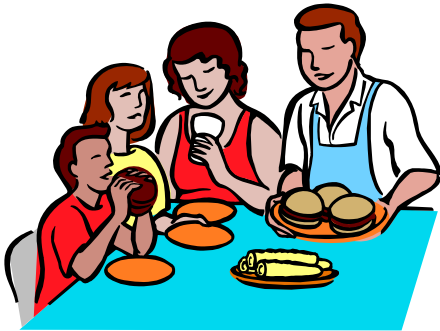
Sharing food together is a great way to connect with your family. Being busy and not having much time can make this hard to do.



*“When we eat together it gives us time to share how our day went and it makes us closer.”*

Nicole, 17 years old

## Children who eat a meal or a snack with other family members at least once a day:



- Develop a sense of belonging, feel more secure and stable
- Have an easier time talking with their parents
- Have fewer behaviour problems
- Do better at school
- Have higher self esteem
- Learn more words (have a better vocabulary)
- Try and enjoy a greater variety of foods
- Eat more fruits and vegetables and less fried foods
- Are less likely to smoke, use drugs, drink alcohol, be depressed or have disordered eating

## Parents who eat with their families:

- Eat healthier
- Save money
- Strengthen family ties
- Role model healthy eating for their children
- Can share family values, traditions and culture
- Can connect with their children and find out what’s going on in their lives



## Raising a Healthy Eater

- Parents decide what, when and where to eat
- Children decide how much and if they will eat

## Tips for Sharing Fun Family Meals



- Make the same meal for everyone
- Plan a weekly menu with the family and put it on the fridge; have each family member choose one meal or snack they would like to have each week
- Use your weekly menu to make a shopping list
- Let children help with the grocery shopping and cooking, not just the clean up
- Keep meals simple – when pressed for time, make sandwiches, reheat leftovers, buy bagged salads or pre-chopped veggies or roasted chicken

- Turn off the TV, computer and cell phones
- Take phone calls later
- Try to make family meals a routine
- Allow children to eat slowly or fast, eat just one or many different foods. Let them have more of any food.
- Share your table manners
- Keep conversation pleasant and make sure everyone gets to speak and be heard
- Keep mealtimes fun



**Keep a jar filled with things to talk about at the table.  
Here are a few ideas to get you started:**

- The best part of your day
- Ideas for family activities
- The 3 favourite things about your best friend
- If you had one wish, what would it be?
- Share something you did that made someone else feel good
- Tell jokes or share a funny story

For more information: [www.bettertogetherbc.ca](http://www.bettertogetherbc.ca)

Contact Dietitian Services at HealthLink BC; call 8-1-1 to speak to a dietitian or go to [www.healthlinkbc.ca/dietitian](http://www.healthlinkbc.ca/dietitian) to email your question. Translation services are available in 130 languages.

For more copies, go online at <http://vch.eduhealth.ca>  
or email [pchem@vch.ca](mailto:pchem@vch.ca) and quote Catalogue No. **BB.200.E28** © Vancouver Coastal Health, May 2016  
The information in this document is intended solely for the person to whom it was given by the health care team.  
[www.vch.ca](http://www.vch.ca)





## Daily Health Assessment Form – Student

This document is an updated Daily Health Assessment following BCCDC’s COVID-19 Public Health Guidance for K-12 School Settings dated September 11, 2020.

All parents, guardians, and/or caregivers have the responsibility to conduct a Daily Health Assessment of the student each day before sending them to school.

Student Daily Health Assessment			
1. Key Symptoms of Illness		Does the student have any of the following symptoms?	
Fever		YES	NO
Chills		YES	NO
Cough or worsening of chronic cough		YES	NO
Shortness of breath		YES	NO
Loss of sense of smell or taste		YES	NO
Diarrhea		YES	NO
Nausea and vomiting		YES	NO
2. International Travel	Has the student returned from travel outside Canada in the last 14 days?	YES	NO
3. Confirmed Contact	Is the student a confirmed contact of a person confirmed to have COVID-19?	YES	NO

If you answered “YES” to one of the questions included under ‘Key Symptoms of Illness’ (excluding fever), the student should stay home for 24 hours from when the symptoms started. If the symptom improves, the student may return to school when they feel well enough. If the symptom persists or worsens, seek a health assessment.

If you answered “YES” to two or more of the questions included under ‘Key Symptoms of Illness’ or the student has a fever, seek a health assessment. A health assessment includes calling a primary care provider like a physician or nurse practitioner, or 8-1-1 if these options are unavailable. If a health assessment is required, the student should not return to school until COVID-19 has been excluded and symptoms have improved.

If you answered “YES” to questions 2 or 3, use the [COVID-19 Self-Assessment Tool](#) to determine if the student should seek testing for COVID-19.

If a COVID-19 test is not recommended by the health assessment, the student can return to school when symptoms improve and they feel well enough. Testing may not be recommended if the assessment determines that the symptoms are due to another cause (i.e. not COVID-19).

### CONFIRMATION OF UNDERSTANDING

Please sign and return this form to the school office.

Going forward, I understand and commit to conducting a Daily Health Assessment and following the above instructions.

1. Parent Name: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

2. Parent Name: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_