

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: Ms. Krista Sigurdson

JANUARY NEWSLETTER

PRINCIPAL'S MESSAGE

Hello Strathcona Families,

I hope everyone's 2021 is off to a great start! It has been a busy month at Strathcona. Our school is continuing to follow all health and safety protocols with Covid-19 and students have done a great job getting back into the routines that need to be followed consistently about hand washing, physical distancing, lining up outside, and proper traffic flow in the hallways. This is reinforced everyday by our student led safety tip broadcast across our PA announcements!

One gentle reminder for families...the only available entrance for parents into the school is through the Jackson Avenue doors. Adults must wear a mask and hand sanitize prior to checking in at the office. Parents are not permitted to walk through the school due to health and safety regulations. Thank you for your cooperation with this.

I am particularly impressed with the teaching and learning taking place in classrooms. I've had the opportunity to engage in many authentic classroom conversations around the topic of antiracism and love the work teachers and students are putting into exploring this important topic. Hands on project based learning is another thing I see when I explore what is happening in classrooms. Applied Designed Skills and Technology through numerous group projects is so impressive. Look for some demonstrations in this newsletter's student showcases!

Along the PAC front, I look forward to our continued dialogue aimed at school grounds improvement...please provide your feedback to the online survey if you have not already done so.

Parent-teacher conferences will once again be done remotely this year, so look for information coming your way in the coming weeks!

All the best!

Jason Eng
Principal Strathcona

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.

SNOW CLOSURE

In the event that schools are closed due to weather conditions, the Vancouver School Board will contact the following radio and television stations to make an announcement by 7 am:

Radio	Television
CBC AM 690 radio, 88.1 FM	Global BC
CKNW AM 980 radio	CBC TV
News AM 1130 radio	CTV BC
Fairchild AM 1470 radio	City TV



In addition, information on snow closures will be available online at www.vsb.bc.ca or on the District's social media channels:

Twitter: @VSB39

Facebook: Vancouver School Board

Instagram: @vsb39

KINDERGARTEN REGISTRATION

Kindergarten registration for children born in 2016 began 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.

Applying for Kindergarten is a 2-Step process:

Step 1: Completion of an [online application form](#).

Step 2: 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)

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 2021.

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 29

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 29 and the second Friday in June students on the ordered waitlist will be accommodated as space becomes available.

Kindergarten Registrations Received AFTER January 29

In-catchment Kindergarten students who apply **after** January 29 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 29.

For more information on kindergarten registration visit: <https://www.vsb.bc.ca/School/School-Registration/Pages/default.aspx>

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

CHOICE PROGRAMS FOR GRADES 1 TO 7

VSB is proud to offer a wide range of educational options for different types of learners. Our Choice programs include French Immersion, Mandarin Bilingual, Indigenous Focus, Montessori and Fine Arts.

Before applying for Choice programs students must first register at their neighbourhood school.

Applying to Choice Programs in Grades 1 to 7 currently requires a paper form submission. Download the [Choice Program Application Form](#). Choice Programs are available according to space.

BRITANNIA INFORMATION FOR GRADE 7 STUDENTS

In lieu of hosting an information night for parents/guardians, Britannia has posted a video to their website:

<https://www.vsb.bc.ca/schools/britannia-secondary/Families/Pages/Grade%206%20and%207%20Virtual%20Information%20Night.aspx>

STRATHCONA COMMUNITY DENTAL CLINIC



Strathcona Community Dental Clinic • 601 Keefer St Vancouver • 604-713-4485

Did you know there is a dental clinic at the Strathcona Elementary School?

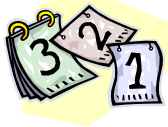
The Strathcona Community Dental Clinic has been a part of the neighbourhood for 18 years and is currently open and accepting new patients.

The clinic is for children and their families.

Call 604-713-4485 to organize an appointment.



MARK YOUR CALENDARS



WHAT'S GOING ON AT STRATHCONA

Friday, January 29	Report cards sent home
Wednesday, February 10	Parent conferences, early dismissal at 2PM
Thursday, February 11	Parent conferences, early dismissal at 2PM
Friday, February 12	District Pro-D Day (school not in session)
Monday, February 15	Family Day (school not in session)

STUDENT SHOWCASE



Div. 5 – Mme. Belanger's class

Div 5 worked on a STEM project where we had to build a rollercoaster using limited materials which included; 5 plastic cups, 3 paper plates, a string (1 meter), 2 toilet paper rolls, and a roll of tape. Each group built a roller coaster expected to be 1 meter long and 30 cm high, the marble couldn't stop on the way down, it had to go through some sort of tunnel and it must land in a cup at the end. It involved using physics and math. We needed to work in a group, we had to talk to each other and make a plan that everyone in the group could agree on, because if you can't compromise on something, you won't be able to get anything done. Also, if you are in a team, you need to come up with a leader who can make sure that everybody is participating. To build this you have to have lots of patience and have to be able to accept other people's ideas, you also need to be respectful and creative.

La division 5 a travaillé sur un projet STEM où nous devons construire une montagne russe en utilisant des matériaux limités qui comprenaient : 5 tasses en plastique, 3 assiettes en papier, une ficelle (1 mètre), 2 rouleaux de papier toilette et un rouleau de ruban adhésif. Chaque groupe a construit une montagne russe d'un mètre de long et de 30 cm de haut, le bille ne pouvait pas s'arrêter en descendant, elle devait passer par une sorte de tunnel et atterrir dans une tasse à la fin. Il a fallu faire appel à la physique et aux mathématiques. Nous devons travailler en groupe, nous devons nous parler et établir un plan sur lequel tout le monde dans le groupe pouvait se mettre d'accord parce que si vous ne pouvez pas faire de compromis sur quelque chose, vous ne pourrez rien faire. De plus, si vous êtes dans une équipe, vous devez trouver un leader qui peut s'assurer que tout le monde participe. Pour y parvenir, vous devez faire preuve de beaucoup de patience et être capable d'accepter les idées des autres, vous devez également être respectueux et créatif.

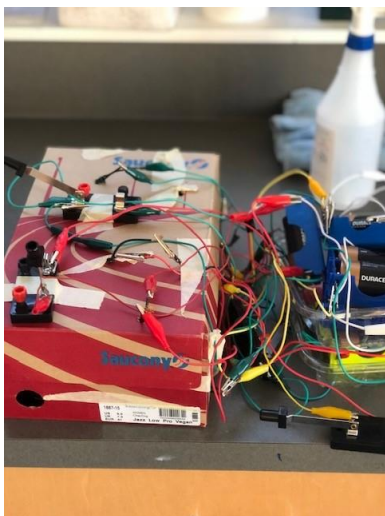




Div. 8 – Ms. West's class

As we returned to school in January, Division 8 designed and created electric dioramas. The dioramas were decorated boxes with electrical circuits surrounding the exterior with small lights on the inside. For instance, you could make a house, bedroom, or a store. Division 8 learned about open and closed circuits and how they work.

"A circuit is a pathway that carries an electrical current. There are two types of circuits that we used: a series circuit and a parallel circuit." Jimmy Grayer and Dante Pavan - Division 8



Div. 8 – Ms. West’s class

Racism is the direct discrimination of people by race, colour, or skin. Racism can be expressed in many ways such as: systemic racism (racism in larger systems) or micro-aggression racist comments.

To be anti-racist, you can do a few things. You can comfort someone that has experienced racism (“I am sorry what happened back there” or “That was a horrible thing”). You can also stand up against someone who is being racist.

When I hear stories of people that have experiences racism, I feel sorry for them because of the unfair treatment they experienced. I also feel mad that someone could be so offensive based on something as trivial as skin or race.

The Black Lives Matter movement is a very large movement against racism towards black people. This has been growing since the increasing amount of police killings in the past year.

Written by a grade 5 student, Division 8





PAC CORNER

Dear Strathcona Parents,

Last year around this time, we were gearing up for the Multicultural Festival and Covid precautions were just starting to take place. Stay tuned for ideas from the school on how we can participate in that event remotely this year! Thank you teachers, administration, and staff (especially engineering staff!) for all the work that they are doing to keep kids safe and at school!!

PAC Meetings

We would love to get more parents/guardians at our PAC meetings. Now that they are on zoom, we're hoping you feel free to join in when you can and have your kids listening along in the background.

Our meetings will be held on the following dates

- Feb 17, 2021 06:30 PM ([Draft Agenda linked here](#))
- Mar 31, 2021 06:30 PM
- Apr 21, 2021 06:30 PM
- May 19, 2021 06:30 PM
- Jun 16, 2021 06:30 PM

All meetings can be joined using the same link: <https://us02web.zoom.us/j/86377017568>

Thank you to Tracy Kong, neighborhood assistant, who provides us with simultaneous verbal Chinese translation at PAC meetings.

School Grounds

If you haven't already, please submit your feedback on draft designs for our school grounds redesign [here](#) ASAP! Teachers, staff, administration, parents/guardians all invited to give feedback. Please feel free to engage with your children in your answers.

The PAC school grounds safety committee will be presenting to the VSB Facilities and Planning Committee on March 10, 2020. We hope lots of you will tune in to listen to Carla Frenkel and Drew Stewart or watch the recording after. Click on the VSB calendar here then on the Facilities and Planning Committee calendar date to find the streaming link: <https://www.vsb.bc.ca/Calendars/Pages/default.aspx>

Rattle Making Workshop

Indigenous Rep Jamie Smallboy is working on developing a rattle making workshop for students and families at the school. Come to PAC meetings or offer to help out if you can!

Hand sanitizer

Thanks to a small neighborhood grant, all Strathcona elementary kids will receive a small hand sanitizer bottle from the PAC they can attach to their backpacks! If you want to help fill these 450 small bottles (!) reach out to Krista. Look out for that coming home in your child's backpack in early February.

How to find the PAC

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](#).

Warmly, Krista

Krista Sigurdson, chair strathconaelementarypac@gmail.com
Secretary: Megan McKinney strathconapacsecretary@gmail.com
Treasurer: Dawn Brennan strathconapactreasurer@gmail.com

Members at Large:

- Carla Frenkel (School Grounds)
- Vicky Huang
- Tiffany Kindrid (Income Equity Representative)
- Andrew Ledger
- Eva Sam (Chinese Communication)
- Jamie Smallboy (Indigenous Representative)
- Drew Stewart (School Grounds)
- Erika Xu

ADHD Webinar Series FOR PARENTS & CAREGIVERS

*brought to you in collaboration with the BC Children's Hospital
Provincial ADHD Program*

January 27th - Practical Self-Regulation Tools

February 3rd - ADHD Basics

February 10th - ADHD Treatment in Children & Youth

February 24th - Parenting a Child with ADHD

March 3rd - ADHD Goes to School

All webinars are 12:00-1:00pm PST

keltymentalhealth.ca/ADHDWebinarSeries2021



**Kelty
Mental
Health
Resource Centre**

ADHD Webinar Series for Parents & Caregivers

We've teamed up with the BC Children's Hospital Provincial ADHD Program to bring parents and caregivers a series of free webinars! You'll hear about a variety of topics to support children and youth with ADHD, including webinars on the basics of ADHD, treatment options, tips for parenting a child with ADHD, and supporting your child with ADHD in school.

Click here for details: <https://keltymentalhealth.ca/ADHDWebinarSeries2021>

Quick Tips: Getting Active as a Family

When the whole family is involved in physical activities together, children learn that being active is fun and makes you feel good. And busy parents can combine family time with exercise time. Try these tips for getting everyone in the family up and moving together:

Walking

- **Start with short walks** that everyone in the family can do. Add more distance gradually. Younger children can ride a bike or a tricycle. You can pull a wagon in case little ones get tired.
 - **Scavenger hunts** can keep children from being bored on a walk. Keep in mind a list of "treasures" they can find, such as a red leaf, a blue house, a black dog, or an out-of-province licence plate.
 - **Use a phone app** or get pedometers, and work on increasing the number of steps you take on your family walks. Start with a goal of 10,000 steps a day.
 - Register the whole family in a **family fun run/walk** in your community. If the event is for charity, have your family walk through your neighbourhood to collect pledges.
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Outdoor activities

- Go for a bike ride.
 - Join your children in old-fashioned games like **hopscotch, tag, jump rope, and hide-and-seek**.
 - Get involved in family-friendly sports like **skiing, skating, swimming, and tennis**.
 - Play a daily **family basketball game** in the driveway or at a playground.
 - Take up **miniature golf** or flying-disc golf.
 - **Fly a kite**.
 - **Pick up trash** at a local park.
-

Indoor and rainy-day activities

- Have a **family dance night**. Share dances from each generation, and teach each other to do them.
- Create a new dance or **exercise routine to a favourite song**. Have a different child choose the song each week.
- **Go to the mall** and count how many laps you can walk as a family.
- Have a **hula hoop contest**.
- Set up a fun **obstacle course** in the basement, garage, or spare room.

Want to read more? Check out Health Link BC: www.healthlinkbc.ca

WINTER SPORTS SAFETY

How can we be safe when tobogganing, skating, skiing, and snowboarding?

- ◆ Wear an approved helmet
- ◆ Use equipment that fits properly and is well maintained
- ◆ Use a neck warmer instead of a scarf to prevent strangulation
- ◆ Use sun protection (sun block and sun glasses) even on a cloudy day
- ◆ Know your ability and experience
- ◆ Go inside to get warm if shivering



STAYING HEALTHY OVER THE HOLIDAY SEASON

- ◆ Get enough sleep
- ◆ Eat well balanced meals
- ◆ Take time to relax
- ◆ Do things you enjoy
- ◆ Enjoy your family, friends and traditions



Some individuals/families experience loneliness, increased stress or depression over the holiday season. Talk to the public health nurse or your primary health care provider for help.



Where do I find more information?

- Robert and Lily Lee Family Community Health Centre, 604-675-3980
- Health Link BC - online www.healthlinkbc.ca or dial 811
- www.vch.ca/schoolhealth



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: _____