

March 2022 Renfrew Elementary Newsletter



Welcome to Renfrew!

- TAKE CARE OF MYSELF
 - I TAKE CARE OF OTHERS
 - I TAKE CARE OF THIS PLACE
-
-

Date: Tuesday, March 1st

Issue # 1

Upcoming Dates:



- **Monday, February 28th - March 11th DancePL3Y**
- **Friday, March 11 Last Day of School (Spring Break)**
- **Monday, March 14th: First Day of Spring Break**
- **Monday, March 28th: Students Return from Spring Break**
- **Tuesday, April 5th, 6pm, Virtual PAC Presenter: Mom's Against Racism Canada**
- **Friday, April 15th Good Friday, school not in session**
- **Monday, April 18th Easter Monday, school not in session**



SCHOOL CONTACTS

Principal - Janine Lamb Email: jlamb@vsb.bc.ca

Director of Instruction: Mr. Chris Stanger

Vice Principal: Ms. Michelle Shomura

PAC Chairperson: Ms. Maya Toews

School Liaison Trustee: Mr. Alan Wong



1 - Vancouver School Board

We acknowledge that we live, learn, and play on the unceded and traditional lands of the x^wməθk^wəyəm | Musqueam, Sḵwxwú7mesh | Squamish & səliwətał | Tsleil-Waututh Nations.



Lunar New Year

Students had fun celebrating Lunar New Year at Renfrew! Many dressed in red on Tuesday, February 1st to welcome the Year of the Tiger. Classes also worked on art and lantern projects to celebrate. Many photos were included in the February newsletter.

Anti-Bullying Day (Pink Shirt Day)

Wednesday, February 23rd was Anti-Bullying Day (also known as [Pink Shirt Day](#)). Students were encouraged to wear pink shirts to school to show their support for anti-bullying and kindness. If students didn't have a pink shirt they were encouraged to cut a heart or pink shirt out of construction paper or to wear a pink ribbon. Our school launched a 'Kindness Bucket' initiative on Pink Shirt Day. Each student was given two hearts to write or draw a message of kindness. These messages are shared during morning announcements, and then placed in our hallway 'bucket' display. The goal was to fill the bucket with kindness by March 11th and we have reached our goal already! The messages are uplifting and inspiring, and we are all proud of the finished product!

A great resource for parents and students if you are in need of information about online safety, mental health, bullying, racism, school safety, SOGI or substance use is [ERASE = expect respect and a safe education website](#). Another great resource for students in need of immediate support is the [Kids Help Phone](#), which is available to students 24/7 if they need to speak to a certified counsellor. If your child is ever in need of support please reach out to Ms. Lamb at jlamb@vsb.bc.ca.



2 - Renfrew's Kindness Bucket





Opportunities for Inclusion

We want Renfrew to be an inclusive environment for all students! It is important for all kids to feel they belong and have friendships at school. There are many ways children build and develop strong friendships with peers. One way is with connections in the classroom. Other ways are through play dates, parties, visits with each other on the playground or through extra-curricular programs. All children benefit from having friendships that are positive and encouraging. *When planning play dates, birthdays, or simply playing on the playground, please consider opportunities to include classmates and peers that perhaps your child has not gotten to know yet. Please consider including children that sometimes get overlooked.* Such simple gestures of kindness and inclusion make a big difference in all our children's lives and well-being. Thank you for being a kind, thoughtful and inclusive community.

Improving Accessibility

We have had several modifications to our playground over the last month including cut outs around the play structures so that students with accessibility needs can access them more easily, and the installation of an accessible swing.

Badminton

Grade 6 and 7 students have continued to participate in badminton and have been having lots of fun learning how to play. They have also participated in playing with several neighboring elementary schools. Thank you to Mr. Brian Wong for volunteering your time to coach the badminton team!

School Ventilation Improvements

From the onset of the COVID-19 pandemic the District has prioritized the health and safety of students, staff and families. Several layers of protection were implemented in all schools, in compliance with public health guidelines, including the requirement for daily self-health checks, increased hand hygiene, enhanced cleaning, and the wearing of masks. The District also undertook several large initiatives to enhance and improve ventilation at all schools and to upgrade faucets and install additional sinks in schools. All mechanical ventilation systems were adjusted to run for longer and to maximize the intake

of outdoor air into classrooms. In addition, the District upgraded systems with MERV-13 filters which provide for greater air filtration.

Information on school ventilation systems was posted to the District website in November of 2021 and was recently updated to reflect ongoing improvements. School by school information can be found at: https://www.vsb.bc.ca/COVID-19/Ventilation/Documents/VSB_Ventilation_System_Overview_Feb2022.pdf

MOVING? CHANGING SCHOOLS?

If your child will not be returning to Renfrew in September 2022, please notify the office as soon as possible.

CHANGE OF ADDRESS OR PHONE NUMBER?

Just a reminder that if you have changed your address or telephone number, to please contact the school office with this new information. For safety and enrolment purposes, it is vital that the school office has this information.

RENFREW NEIGHBORHOOD KINDERGARTEN REGISTRATION FOR SEPTEMBER 2022

We may have spaces left in our neighborhood Kindergarten classes for September 2022. If you have a child born in 2017, please register them ASAP in order to help secure your child's placement in their home school. Once classes are full, new Kindergarten registrants will be placed on a waitlist. Please follow this link for information and to begin the registration process:

https://www.vsb.bc.ca/School/School-Registration/Kindergarten_Registration/Pages/Default.aspx

Library News

Thank you to the Renfrew community for the warm welcome! It has been an exciting time for me as both the new librarian and the new Vice Principal! I have enjoyed getting to know our students and sharing my love of reading with them each week when they visit the library.

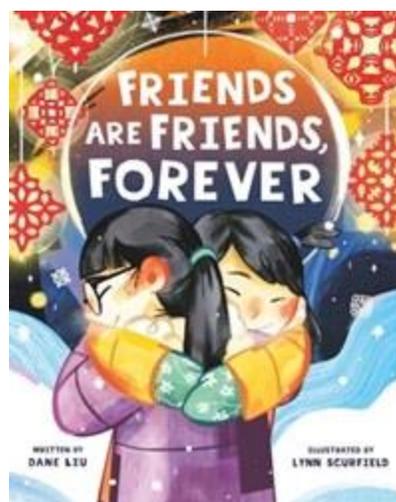
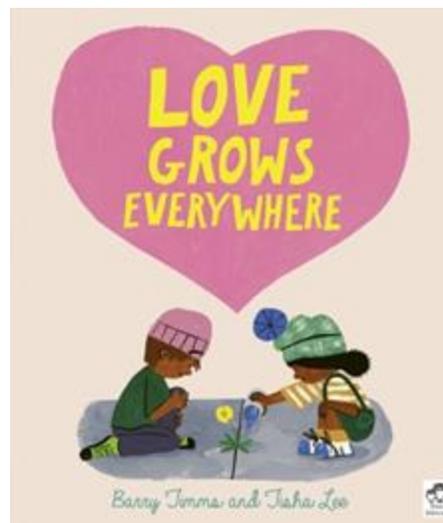
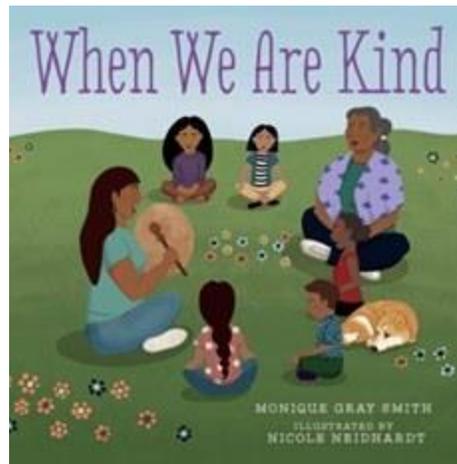
Some recent additions to our library collection are featured here. We have many new books to support Anti-Bullying and Pink Shirt Day.

In addition to your child's regular book exchange day, I have opened up the library every Friday morning for an Open Book Exchange period. Finished your books? Come get new ones for the weekend! All students welcome! See you there!

Lastly, I would like to thank Div 16 library monitors who helped in the library last month. They reshelved books and tidied the library during recess and lunch. Students from Div 1 and 2 will be taking over the library monitor duties until March break.

Happy Reading!

Ms. Shomura





Student Showcase



Ms. Cotter's class (Ms. Hughes) - Valentine's art inspired by Kadinsky.



Mr Braun's class - Art inspired by Paul Klee. Oil pastel on paper.

biography and taught the class about their artists. Chosen artists included Ted Harrison, Vincent Van Gogh, Frieda Kahlo, Emily Carr, Robert Bateman, Henri Matisse and Paul Cezanne. Students were encouraged to research the hardships that these artists had to overcome, what distinctively made them stand out at the time and how and why their art became famous. Students discovered that most of these artists' paintings are valued upwards of a million dollars, and wondered how they too could create art of such high value...

The final step of the inquiry was identifying a piece of art that their chosen artist created, and re-creating it, using acrylic on canvas. The final paintings are truly beautiful representations of these artists' paintings, from the perspectives of grade seven students. Awesome work Division 16!



Robert Bateman



Robert Bateman
1941 - 2015
The artist's name is Robert Bateman
The title of the painting is "Snow on the Mountain"
The year the painting was made is 1980
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The title of the painting is "Snow on the Mountain"
The year the painting was made is 1980







PAC Corner

PAC EXECUTIVE:

Chair: Maya Toews, *Email: renfrewschoolpac@gmail.com*

Treasurer: Lina Li, *Email: renfrewschoolpac@gmail.com*

Secretary: Elaine Yong, *Email: renfrewschoolpac@gmail.com*

Happy March Renfrew Families,

Our PAC updates this month:

1) Hot lunch is back! Tuesdays and Thursdays at \$6.50 a meal. Please follow the link and "Renfrew" to place your order: <http://www.cestmoncafe.com/>

2) We are happy to announce that we have booked an Anti-Racism workshop for parents. It will be on Tuesday April 5th at 6:00pm via Zoom. The workshop will be led by 'Moms Against Racism Canada'. Zoom link & materials to be shared soon! www.MomsAgainstRacism.ca

3) Reminder that the PAC has a Facebook group! If you would like to join the conversation online, please send us a request here: <https://www.facebook.com/groups/renfrewpac/?ref=share>

4) Please email the renfrewschoolpac@gmail.com if you would like to be added to our email list. We email updates that the PAC is working on, fundraiser details as well as PAC meeting dates.

Thanks for your support and have a great spring break! - Renfrew PAC

Renfrew Elementary School PAC

We are humble to acknowledge that we live and work on the unceded and traditional territories of the Musqueam, Squamish, and Tsleil-Waututh Nations

Join the PAC mailing list by emailing renfrewschoolpac@gmail.com

[What is a PAC?](#)

Renfrew Elementary School

3315 22nd Avenue

Vancouver, BC V5M 2Z2

Phone: 604-713-4851

Safe Arrival: 604-713-5159 School Code: 70

Visit us on the web at [Renfrew Community Elementary School \(vsb.bc.ca\)](http://RenfrewCommunityElementarySchool(vsb.bc.ca))



OFFICE HOURS

Start Time: 8:30 am

Closing Time: 3:30 pm

BELL SCHEDULE

- Warning Bell: 8:55 am
- Start of School: 9:00 am
- Recess: 10:30-10:50 am
- Lunch: 12:05-12:52 pm
- Dismissal: 3:03 pm

Sharing Food, Creating Fun



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

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

Please do not send nuts or nut products to school.

USEFUL LINKS



[K-12 Daily Health Check](#)

[BCCDC Website for COVID 19 Information](#)

[Vancouver School Board \(vsb.bc.ca\) Procedures for Severe Weather](#)

[How To Register](#)

[VSB Newcomer Welcome Centre](#)

[Secondary Programs - Mini School Application Process](#)

[Summer School Course & Programs](#)