

Secord News

Report Absences: 604-713-5159, ext 74

Volume VII, March 2022

SAFETY CORNER

Is Dairy in the New Food Guide?

See Page 4...

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Dates to Remember in March

March 3 rd & 4 th	Kindergarten Hearing Screenings
March 9 th & 10 th	Early Dismissal Parent Teacher Conferences
March 10	Pizza Day
March 11	Last day of classes before Spring Break
March 13	Daylight Savings
March 28	First day back after Spring Break



Welcome Back

This month we are welcoming back Christina Tehennepe who will be sharing her teaching time with Haylie Hurren for the rest of the school year.



2pm Early Dismissal on March 9th and 10th

Due to Covid 19, our conferences will look a little different again this year. Please look to your classroom teacher for information on how that will look for you.

Conferences count as one of the minimum 5 points of contact and can be used along with other communication forms: TEAMS/phone calls, virtual meetings, etc.

Parent teacher conferences are:

- for all students,
- to be conducted virtually to the greatest extent possible via TEAMS, phone, etc,
- either parent-teacher or student-led, and
- conducted on-site by teachers as they would normally do as discussing student progress and achievement virtually is of a private nature.

Secord families will communicate directly with their Classroom teach regarding the chosen communication form for the March Early Dismissal dates.

SPRING BREAK!

Reminder....

NO SCHOOL FOR STUDENTS ON:

Monday, March 14th
To
Friday, March 25th

1st day back: March 28th

Daylight Savings Time: March 13th



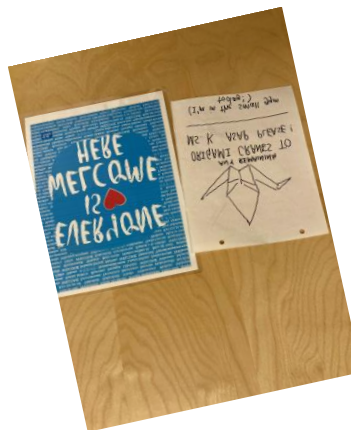
Did you know we still have Daylight Savings Time?

Collective Metal Paper Cranes Project

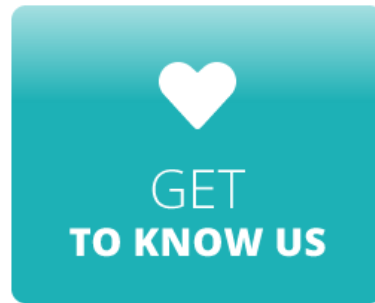
Metal Paper Cranes is an initiative to show solidarity with communities struggling with the effects of racism and intolerance. It was born out of a Japanese legend that says if one folds 1000 origami paper cranes, they will be granted one wish. Our shared wish in this project is to create a more tolerant society for all. To this end we are endeavoring to create sets of 1000 paper cranes for fourteen communities across Greater Vancouver, British Columbia, and Canada. To make this project truly special each set of paper cranes will be accompanied by two everlasting origami cranes made in silver and copper. Several divisions at Laura Secord have participated in this project and below we can see their handy work



To Report Your Child's Absence – Please Call (604) 713-5159 ext 74 prior to 9 am on the first day of the absence.



Div 26 Heart Paper Quilling



My name is Erin Liatopoulos. I am an SSA here at Laura Secord. I am originally from Ontario, and I found myself moving to the west coast 8 years ago. Vancouver is now my home as I met my partner here and we now have a little one in kindergarten. As a family we enjoy walks, hikes, biking and I am currently taking a course in teaching Yoga for kids.

I have worked in both public and private Montessori schools as well as running a home day care so that I could stay at home with my little one.

I have worked for the VSB for a year now and thoroughly enjoy supporting our students and I hope to have a great future with the VSB.

Cheers,

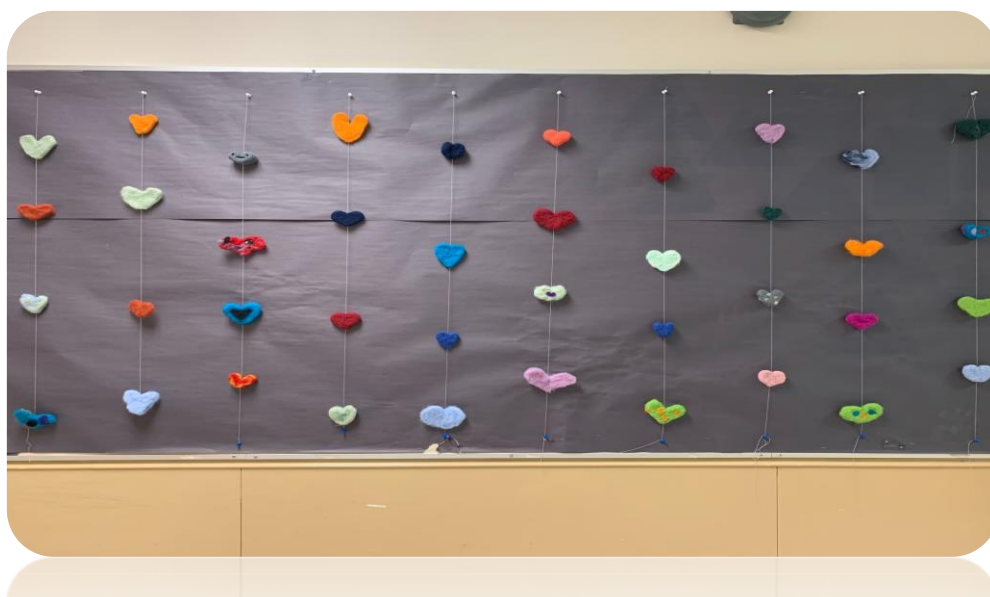
Erin Rose



Div. 25 3D Heart Flowers



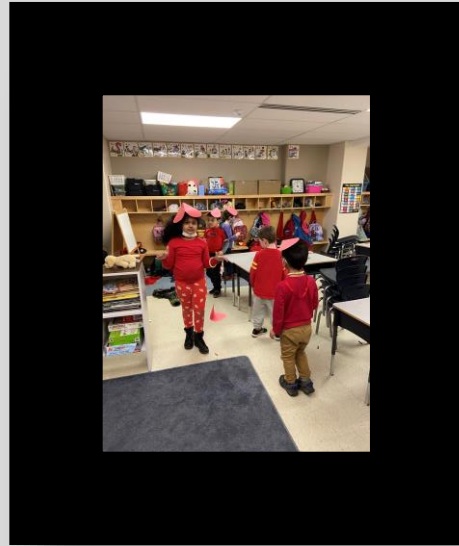
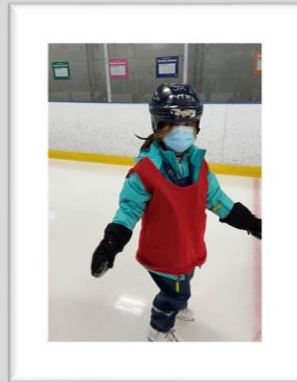
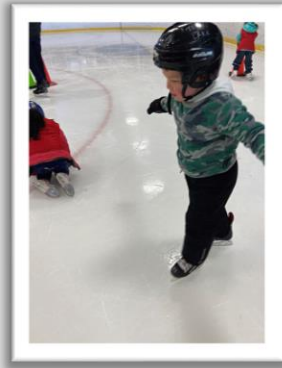
Div. 6,7,8 felt Hearts



Close ups of Div. 26 Fill art.



Div. 27 This month's activities



Safety Awareness Corner

Awareness without action is worthless.

When the 2019 version of Canada’s food guide was released last January, there was media buzz that “dairy is out”! The headline may get attention, but it is very misleading. The reality isn’t quite as sensational:

Foods from the Milk and Alternatives Food Group can now be found in the ‘protein foods’ grouping!

The food guide suggests we ‘Have plenty of vegetables and fruit’, ‘Choose whole grain foods’, and ‘Eat protein foods’. It also encourages us to enjoy a variety of foods to eat well. This can be especially important when looking at ‘protein foods’.

One key nutrient found in the former Milk and Alternatives food group is calcium – a key building block of strong bones. Eating foods with calcium throughout our lives is important because our bones are always being broken down and rebuilt.

What are calcium-rich ‘protein foods’? Common calcium-rich ‘protein foods’ include:

- dairy products (e.g. milk, yogurt, cheese, kefir)
- fortified soy products (e.g. soy ‘milk’, tofu)
- canned salmon or sardines (with the bones)

For more information on this and other healthy articles, please see the “Support Parents/Caregivers at Home” link of Vancouver Coastal Health’s [Supporting Healthy Eating at School](#) webpage.

Race for the Kids 2021

What if you could help conquer childhood illnesses?

On Sunday, June 12, go the distance for BC’s kids by running where you live. The 2022 RBC Race for the Kids will take place in two ways: run in your own home community, wherever you live across BC through our virtual race, or join live, in-person events located in Vancouver and Victoria.

While many strides have been made in improving children’s health care, we’ve only scratched the surface when it comes to taking on the biggest health threats facing our kids. From advancing care to improving survival rates, we’re working to break through the barriers that remain.

Every step you take can make a difference in the life of a child, and this year you can choose how you want to participate.

- NEW THIS YEAR: Choose between joining us at our Vancouver or Victoria location or participate virtually
 - The Vancouver and Victoria location early bird registration fee for adults and children is \$25 before April 15 and increases to \$30 on April 16.
 - For virtual participants, pay a \$30 registration fee.
 - For all participants who commit to fundraising a minimum amount of \$50 per person by race day, the registration fee is waived.
- All participants will receive a Race Day package*, which includes an exclusive RBC Race for the Kids t-shirt and medal, and other fun items to make race day one to remember
 - If you are registered for the Vancouver or Victoria race, your race package will be available for pick up closer to race day
 - If you are registered for the virtual race your package will be mailed to you at the address provided during registration, the week before race day*

Get a team together

ally your friends, family and colleagues to take a step for BC’s kids by starting a team! Teams who fundraise \$5,000 and/or have 20 members by May 11 receive the following team benefits:

- Onsite event team sign and designated meeting spot at the Vancouver race
- Team captain hat
- And more!

All team captains will be invited to our virtual Team Captain FUNdraising Workshop to take place in early May, learn tips and tricks on how to fundraise and motivate your team and receive special prizes just for attending!

Secord Dates of Significance:

SFU has created a calendar of Days of Significance that we have shared with the staff. Teachers can choose to acknowledge and celebrate any or all of these Days with their classes through projects, events etc. These dates are in addition to National and Provincial holidays.

Please see the next 2 pages

Div 4 Indigenous Bead workshop with our Indigenous Enhancement worker Kim Kondra



March Jokes:

Why couldn't the pony sing a lullaby?

She was a little horse



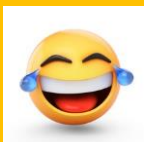
Why do eggs hate jokes?

They crack up



What do you call someone with not body and no nose?

Nobody knows



DAYS OF SIGNIFICANCE - 2022

This calendar highlights days that raise awareness about creating a more equitable, inclusive and just society.

This is a living calendar, and members of the community are welcome to reach out with additions and updates, or to let us know about any errors. To send an inquiry about the calendar, please email Natalie Lim at natalie_lim@sfu.ca.

To view provincial/national holidays and important dates related to the academic year, please visit the [Student Services website](#). To view dates related to major religious observances and holy days, please visit the [Multifaith Centre website](#).

JANUARY

- January 1-30: [Sexual Assault Awareness Month](#)
- January 4: [World Braille Day](#)
- January 20-24: [United Islam Awareness Week](#)
- January 27: [International Holocaust Remembrance Day](#)

FEBRUARY

- Feb 1: [World Hijab Day](#)
- Feb 1: [Lunar New Year](#)
- Feb 1-28: [Black History Month](#)
- First full week in Feb: [White Cane Week](#)
- Feb 11: [International Day of Women and Girls in Science](#)
- Feb 14: [Missing Women's Memorial March](#)
- Feb 20: [World Day of Social Justice](#)
- Feb 23:

MARCH

- Mar 1: [Self-harm Awareness Day](#)
- Mar 8: [International Women's Day](#)
- Mar 13 - Apr 15: [Deaf History Month](#)
- Mar 20: [International Day of La Francophonie](#)
- Mar 21: [International Day for the Elimination of Racial Discrimination](#)
- Mar 22: [World Water Day](#)
- Mar 25: [International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade](#)
- Mar 31: [International Transgender Day of Visibility](#)

APRIL

- First Tuesday of Apr: [National Caregiver Day](#)
- Apr 2: [World Autism Awareness Day](#)
- Apr 7: [World Health Day](#)
- Apr 14: [International Day of Pink](#)
- Apr 28: [National Day of Mourning](#)

Apr 30: [Journey to Freedom Day](#)

MAY

- May 1-30: [Asian Heritage Month](#)
- May 5: [National Day of Awareness for Missing and Murdered Indigenous Women and Girls \(MMIWG\)](#)
- May 17: [International Day Against Homophobia, Transphobia and Biphobia](#)
- May 21: [World Day for Cultural Diversity for Dialogue and Development](#)
- May 23-29: [Anti-Racism Awareness Week BC](#)
- May 25: [Africa Day](#)

JUNE

- June 1-30: [Pride Month](#)
- June 1-30: [National Indigenous History Month](#)
- June 2: [International Sex Worker's Day](#)
- June 15: [International Day of Families](#)
- June 19: [International Day for the Elimination of Sexual Violence in Conflict](#)
- June 20: [World Refugee Day](#)
- June 21: [National Indigenous Peoples Day](#)
- June 23: [National Day of Remembrance for Victims of Terrorism](#)

JULY

- July 14: [Mad Pride Day](#)
- July 14: [International Non-Binary People's Day](#)
- July 21: [Drug Users Remembrance Day](#)

AUGUST

- Aug 1: [Emancipation Day](#)
- Aug 9: [International Day of the World's Indigenous Peoples](#)
- Aug 19: [World Humanitarian Day](#)
- Aug 31: [International Overdose Awareness Day](#)

SEPTEMBER

- Sept 10: [World Suicide Prevention Day](#)
- Sept 21: [International Day of Peace](#)
- Sept 30: [National Day for Truth and Reconciliation](#) | [Orange Shirt Day](#)

OCTOBER

- Oct 1-31: [Islamic History Month Canada](#)
- Oct 1-31: [Women's History Month](#)
- Oct 4: [Sisters in Spirit Vigil](#)
- Oct 10: [World Mental Health Day](#)
- Oct 11: [National Coming Out Day](#)
- Oct 11: [International Day of the Girl Child](#)
- Oct 17: [International Day for the Eradication of Poverty](#)
- Oct 18: [Persons Day](#)
- Oct 19: [International Pronouns Day](#)
- Oct 26: [International Intersex Awareness Day](#)

NOVEMBER

- Nov 1-30: [Indigenous Disability Awareness Month](#)
- Nov 8: [Intersex Solidarity Day](#)
- Nov 18: [Indigenous Veterans Day](#)
- Nov 20: [Transgender Day of Remembrance](#)
- Nov 25: [International Day for the Elimination of Violence Against Women](#)

DECEMBER

- Dec 1: [World AIDS Day](#)
- Dec 3: [International Day of Persons with Disabilities](#)
- Dec 6: [National Day of Remembrance and Action on Violence Against Women in Canada](#)
- Dec 17: [International Day to End Violence Against Sex Workers](#)
- Dec 18 - 26: [Hanukkah](#)
- Dec 26 - Jan 1: [Kwanzaa](#)



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We're on the Web!
<http://secord.vsb.bc.ca>

Vancouver School Board

[PAC](#)

PAC is on Twitter!
[@SecordPAC](#)

PAC Meeting

Due to the two-week vacation that is Spring Break, there is no PAC meeting for March. See you next month! On Wed, April 13th 2022



Editor: Karen Scott