



in Stride...

Dedicated to providing our community a supportive and inclusive environment that recognizes individual strengths, fosters respect for self and others, encourages social responsibility and promotes life-long learning.

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Principal: Ms Jennifer Griffin
Head Teacher: Ms Vivian Norman
Coordinator: Ms Maria Jâcome

NEWSLETTER

ISSUE # 6

2018.01.31

IMPORTANT DATES:

Thursday, February 1st



For children born in 2013

Monday, February 12th
Family Day Holiday
School Closed

Wednesday February 14th
Valentines' Day



School-Wide Zumba!

Friday, February 16th
District Pro-D Day
Students Do Not Attend

Tuesday, February 27th
Community Council Meeting
6:30
Everyone Welcome!



Friday,
February 28th
12:30

PINK SHIRT
DAY 2018



PRINCIPAL'S MESSAGE

Parents as Partners- What's Next!

I don't know about you, but I find this time of year the hardest. It feels like an uphill battle to get back to routines and structures that we hold ourselves to; structures and routines that support our health and well-being but aren't always the most convenient or fun. Goals like eating healthy meals, exercising more, getting more sleep, and limiting our (and our kids') use of screens (TV, video games, iPad, cell phones) are not always easy to follow, but are critical for maintaining our social, emotional and physical health. From my house to yours, I wish you all the best as we strive to "get back on track"!

I wanted to highlight some additions to our "Parents as Partners" series. Starting this month, we will be adding a "parent education" component to our monthly Community Council meetings, held on the last Tuesday evening of every month. Our topics will align with the feedback we received through our parent survey (thank you for responding!!), and will combine some information with an opportunity to discuss and share your thoughts and questions on the topic.

Last night, we had the opportunity to discuss and share some information around screen time; included in this information was the updated guidelines from the Canadian Pediatric Society, which state that children should be on screens for no more than one hour per day. We shared two articles that linked negative health outcomes and screen time, and outlined ways to set limits around screen time in the home (links to both articles are below). Feel free to send me an email if you'd like more information on this topic! Next month's council meeting is on Tuesday February 27th at 6:30pm; we will focus on exploring the Core Competencies within our curriculum, and share how you can support development of these skills at home. We look forward to seeing you!

<https://www.todaysparent.com/family/parenting/parent-tested-systems-you-can-use-to-limit-screen-time/>

https://opto.ca/sites/default/files/resources/documents/en_joint_position_electronic_screen_time_under_12_final_november_5_2017.pdf

Ms. Griffin

Kindergarten Registration

Beginning Thursday, February 1st, we will be accepting Kindergarten registrations for September 2018 for children who were born in **2013**.



Please come to the school between 9:30 and 2:30 to register your child.

Parents/Guardians should bring the following documents for registration:

- Birth Certificate (if born in Canada) or,
- Immigration Documents, Citizenship Card or Permanent Resident Card for parents and child (if born outside of Canada)
- Record of Immunizations
- Proof of Address (ie. Purchase or Rental Agreement, Utility Bill, Driver's Licence)
- Emergency Contact Information.

Please be aware of the school boundaries for Stride Avenue. If you are not sure if you live within Stride's catchment area, please phone the school at 664-8854 or look on the district website: www.sd41.bc.ca.

Register early as space may be limited. **Deadline for Cross District and Out of District applications is February 28th.**



School Cash Online
Pay for Student Items Online

Benefits:

- ✓ **Convenient:** Make payments Anytime... Online!
- ✓ **Easy to Use:** Fill a shopping cart and check out.
- ✓ **Safe:** No more need to send Cash to school.
- ✓ **Secure:** Our website is protected and PCI compliant.
- ✓ **Save Time:** It takes Less than 5 minutes to register.

Reminder: some of your children's school fees are able to be paid online: the School Meal Program (monthly), Young People's Concerts (September) and Planners (September).

Registration Instructions:

Step 1: Visit <https://burnaby.schoolcashonline.com>

Step 2: Register by selecting "Get Started Today" and follow the steps

Step 3: You will receive a confirmation email. Select the "click here" option, sign in and add your child/children to your household account.

Multicultural Women's Peer Support Group

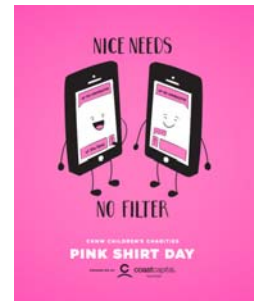
Are you a newcomer woman interested in:

- Learning about Canadian Culture
- Making new friends
- Sharing your experiences
- Gathering information on services and resources?

Please join us and other women just like you at a weekly support group session, every Thursday, 9:30 - 11:30 beginning January 11th until March 15th. There will be free childminding and bus tickets available for those who need them. Sessions will be held in the Community Room at Stride Avenue School. For more information, please contact Slavica Stevanovic at 604-395-8000, ext. 1706.

Pink Shirt Day

Wednesday, February 28th is Pink Shirt Day so help us "colour" the school with PINK!
"Say NO to Bullying!"



DO YOU LOVE TO WRITE?

Talk to your teacher about writing a story or poem for this year's **WORDS WRITING PROJECT**. It might be chosen to be printed in the 2017/18 WORDS Anthology!

Submit your written work to your teacher by February 15, 2018

WORD PLAY 2017/18 Anthology
Last year's anthology

Scholastic Book Fair

The Book Fair was a great success! Special thanks to our community for your support and to the following student volunteers for their help during this event:

Blessing, Enesa, Arshdeep, Gurjot Cassandra, E.J., Kailyn, Katie, Maya, Isabelle, Becca, Abigail H., Abigail, D. Justine, Angel Z. and the Byrne Creek Leo Club.



Staff Appreciation Luncheon

It's time to celebrate our wonderful Stride Staff. On Friday, February 23rd, please bring a favourite dish for the staff or volunteer your time. Please see sign-up sheets in the Community Room.



THANK YOU to the Burnaby Firefighters who provide us with cereal and snacks to support our breakfast program and our afterschool programs. The firefighters also cook pancakes for us once a year and barbeque for us at our year end barbeque. If you see a firefighter say thanks for all they do to make our community better!

Byrne Creek Grade 7 Open House



Byrne Creek is hosting an Open House and Grade 7 Parent Information evening on Thursday, February 1st, 2018, at 6:00 p.m.

Refreshments will be provided.

Food Distribution

Thursdays at 12:45 p.m. - please line up by the primary playground near Stride Avenue. *Please do not line up before 12:30 as students use that space to play during their lunch hour.* This program is for Stride families - you must be registered in the Community Room Office to participate.



Community Council

Our next meeting is Tuesday, February 27th at 6:30 p.m. - please join us!

*Parents and community members are always needed to help out with school and community events. Please stop by the Community Room to sign up.

Popcorn and Hot Chocolate

Fridays at 3:00 in the Gallery - just \$2.00 for a bag of popcorn and a hot chocolate! (Volunteers are still needed to help out.)



Celebrating Family Day in Burnaby

Make unforgettable memories on Monday, February 12th during Family Day in British Columbia! Burnaby Recreation & Cultural Facilities will be offering fun, active programming for the whole family. We have a multitude of bActive programs and special activities offered at participating recreation centres: badminton, skating, yoga, volleyball and more! Participating recreation facilities include: Bill Copeland, Bonsor, Cameron, Edmonds, Eileen Dailly, Kensington and Sports and Outdoor Recreation.



<http://www.burnaby.ca/Things-To-Do/Festivals->

Intro to Lacrosse



Boys and Girls born during 2009-2014 are invited to learn the basics of Lacrosse

Choose Friday, Saturday or Sunday sessions starting January 26, 2018. To register now, go to www.burnabylacrosse.com and choose the "Intro to Lacrosse" information/registration box (includes five 1 hour sessions). Register for Intro to Lacrosse and receive a \$20 discount off the 2018 Burnaby spring/summer box lacrosse season below!

2018 spring/summer BurnabyBox Lacrosse : Go to www.burnabylacrosse.com to sign up for the 2018 Burnaby Box Lacrosse regular season! New players please register in person, the dates are posted on the website. Spring/summer box lacrosse season runs from March/April to June/July depending on age groups.

Love the Water? Check out Water Polo!

Do you enjoy swimming? Do you like team sports? Try water polo! It's a great way to develop your water skills and it's a lot of fun as well! Burnaby Water Polo Club is now accepting registration for our Boys and Girls Beginners Water Polo (6-13 years of age). Our Winter program runs from January to April. Practices and games are at Bonsor Recreation Complex, 6550 Bonsor Avenue, Burnaby, on Saturdays 3-5PM and Sundays 8-

10AM. Not sure if you'd like it? Come give the game a try. Boys and girls are invited to join us for one of our free introductory water polo clinics on Saturdays, January 6, 13, 20 or 27, 2018, 3-4PM, at Bonsor Pool. Please call to reserve a spot as space is limited. Contact Zoran at 778-328-2657 or email us at burnabywaterpolo@gmail.com for more info. www.burnabywaterpolo.com



Burnaby has everything you need for Spring Break! Our camps have an excellent reputation, and our program leaders are chosen for their valuable experience, abilities and dedication. Leaders are trained in first aid, accident prevention and emergency procedures. Your child's safety is our priority. We are committed to ensuring a safe and fun experiences for your child. For more information on the City of Burnaby's Spring Break Camps, visit www.burnaby.ca/camps.



Balloholics Youth Basketball

Balloholics provides classes for students in a fun environment from 5 years old to grade 9 in a year round program. Our coaches are trained and students learn the FUNdamentals of basketball in a modified games format. Classes are located throughout Burnaby in elementary and secondary schools. The program is designed to follow the LTAD model for sport in Canada. Registration for the Winter Session of Balloholics youth basketball has begun. We look forward to the many new faces we see have registered so far. Please check the website for further details and to register:

<http://www.balloholic.com/programs/winter-session/> or email info@balloholic.com.

Coldest Night of the Year Burnaby

On Saturday, February 24th, 4:00 - 8:00 p.m., join Burnaby Community Services & The Society to End Homelessness in Burnaby at Marlborough Elementary School for Coldest Night of the Year Burnaby. The Coldest Night of the Year is a super-fun, family-friendly fundraiser that raises money for the hungry, homeless and hurting families and youth in 120 communities across Canada. Since 2011 CNOY communities have raised over \$16,500,000. The walk provides each participant with the opportunity to: Walk 2, 5, or 10km Fundraise to help the hungry, homeless and hurting in Burnaby. Feel a hint of the challenge faced by those experiencing homelessness during winter. To walk, volunteer or donate, please visit <https://cnoy.org/location/burnaby>.



IMPORTANT INFORMATION
Please have this translated.

RENSEIGNEMENTS IMPORTANTS
Prière de les faire traduire.

重要資料
請找人為你翻譯

これはたいせつなお知らせです。
どなたかに日本語に訳してもらってください。

알려드립니다
이것을 번역해 주십시오

CHỈ DẪN QUAN TRỌNG
Xin nhờ người dịch hộ

ਜ਼ਰੂਰੀ ਜਾਣਕਾਰੀ
ਕਿਰਪਾ ਕਰਕੇ ਕਿਸੇ ਕੋਲੋਂ ਇਸ ਦਾ ਉਲੇਖਾ ਕਰਵਾਓ ।

INFORMACIÓN IMPORTANTE
Busque alguien que le traduzca.

اطلاعات مهم و سودمند
لطفاً از یک نفر بخواهید که برای شما ترجمه کند

IPO AY ISANG MAHALAGANG PATALASTAS. Mangyaring ipasalin ito kung hindi nauunawaan.