



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 Olwen Cowan
Coordinator: Ms Maria Jácome

NEWSLETTER

ISSUE # 2

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IMPORTANT DATES:

October 2nd - 6th

 **Walk to School Week**
(Walk & Wheel School-Wide Event, October 6th)



Monday, October 9th
Thanksgiving Day Holiday

Thursday, October 12th
Photo Day



Tuesday, October 17th
Community Council Meeting
6:00 p.m.

Friday, October 20th
PRO-D DAY
Monday, October 23rd
CURRICULUM DAY
STUDENTS DO NOT ATTEND

Thursday, October 26th
Hallowe'en Howl
Time: TBA

Tuesday, October 31st
Hallowe'en Events & Activities 
~
Assembly - 10:30 a.m.

PRINCIPAL'S MESSAGE

Building Lifelong Skills and Characteristics- Our Approach

Hello everyone, and happy Fall! I want to take this opportunity to thank everyone who was able to join us for our "Community Triple Header" last night! We had a great turn out of families who joined us! A huge thank you to the Burnaby Lions who cooked hot dogs for us, and to our team of parents who prepped, served and helped with clean up!

Those who joined us heard about the work we have done in the past two years in supporting students' ability to self-regulate. We developed these skills by using direct teaching strategies, making adjustments to our environment, tweaking what we already do to match the language in our Core Competencies, and working with our out-of-school partners to ensure consistency. Our work on this goal continues this year in a number of ways. We continue to use our monthly themes (listed below), which reflect the skills and attributes we hope students will develop in their years in school. We also continue to make changes to our environment, both in classrooms and around the common areas of the school. One of our main goals for this year is to find ways to visibly document and demonstrate that the work we are doing together is making a difference.

In advance of last night's event, families were invited to bring a family photo; during our event last night, families created a "tag" that indicated either a strength that they bring to our community, or a hope they have for their child. As families visited classrooms, they hung both the photo and their tag together on the bulletin board outside their child's classroom. Though not everyone was able to attend last night, I encourage you to "make your mark" on our school walls. Bring in a photo and drop by the office to create your own tag. Our hope is have all of the "voices" and "faces" of our community represented on the walls of our school, to really showcase the amazing place that Stride is!

September	Our Strengths, Passions, Talents and Gifts- Who Are We?
October	Growth Mindset/ The Power of Positive Thinking
November	Creativity
December	Empathy/ Compassion
January	Happiness/ Joy
February	Curiosity
March	Hopefulness/ Optimism
April	Problem Solving
May	Fun/ Humour
June	Cooperation

New Counsellor

Hi, I'm Cathy Pitman, Stride Community School's counsellor for this year. I will be at the school on Tuesdays, Thursdays, and Fridays. Some of you I have met already, and I have felt very welcome at Stride. I'm looking forward to the school year ahead. My role is to work with students and their families on healthy ways to express and manage emotions, the building of self and social awareness, how to make positive decisions, and promotion of mental health. If you think your child would benefit from counselling support, please come see me, talk to your child's teacher, or call me through the school.

Stride Out-of-School Programs

Program information was sent home in mid-September and out-of-school programs will be starting the week of October 2nd. If your children are registered for programs, please ensure you are aware of program start dates and pickup time. We appreciate your cooperation.

Safety Before Convenience

With each new school year, we like to remind parents about our parking lot regulations in order to ensure our students' safety. Parents are asked to drop their children off on the north side of 14th Avenue in the signed 15 minute area east of the parking lot entrance or on the south side of Stride Avenue by the field. Our parking lots are designated for staff members only and there is not enough space for parents to park or drop off when bringing children to school. It is also very unsafe for students to be walking through the parking lot as staff members are arriving and trying to park. Thank you for your cooperation.



Student Supervision

Please be aware that, unless your child is in a programmed out of school activity, registered at the Stride Daycare, or occasionally working after school in class (with their teacher's permission), student supervision before 8:55 and after 3:00 is a parent/guardian

responsibility. Staff members are only available to supervise during school hours and we ask that you please arrange for your children accordingly. Please note that older siblings attending Byrne Creek do not arrive on time for our dismissal. Your cooperation is appreciated.

StrongStart Early Learning Centre

Free drop-in program for parents, grandparents and caregivers with children from birth to 5 years old. Monday to Friday, 9:00 - noon, Room 10. Everyone welcome, snacks provided.



Fruit and Vegetable Snack Program

The BC School Fruit and Vegetable Nutritional Program provides fresh fruit and vegetable snacks to public and First Nations schools throughout BC. Stride students are encouraged to try fruits and veggies that they are provided, however if your child has an allergy to any fruit or vegetable, please make sure their teacher knows that they will not participate in the program.

Flu Season - PLEASE KEEP YOUR CHILD HOME FROM SCHOOL IF HE OR SHE IS NOT FEELING WELL.



Each year an influenza vaccine is developed to protect against expected flu strains and it is recommended that everyone receive it. Listed below are some of the people who qualify for free vaccines:

- Children and adults with chronic medical conditions
- People who live with seniors, adults or children with chronic medical conditions
- Healthy children between the ages of 6 - 23 months and their household contacts
- Pregnant women in their 3rd trimester.

For further information call your local health unit.

A Message From Your School Nurse
www.fraserhealth.ca click on "Health Topics" to find School Health Resources.



Free Student Transit and Walk to School Week: October 2nd - 6th:

Practice Safe Pedestrian Skills:

- If there is no sidewalk, always walk facing traffic using the outside edge or shoulder of the roadway so you can see oncoming vehicles and drivers can see you.
- **Dress to be seen.** Bright and fluorescent clothing make it easier for drivers to see you in daytime. Use reflective material for when vehicle lights are in use at dawn, dusk, and in daytime poor weather. Strips can be placed on clothing and backpacks.



Steps to crossing safely:

- **STOP** before stepping onto a road, driveway or lane. Stay away from the road edge.
- **LOOK** all directions, left-right-left and over your shoulder for vehicles that may be turning.
- **LISTEN** for approaching vehicles that aren't visible, but could be coming from a driveway, around a corner or over a hill.
- **MAKE EYE CONTACT** with drivers every time. Pedestrians often think if they can see the driver, the driver can see them, but bad weather in particular can obscure vision.
- **CHECK** that a vehicle has stopped before crossing in front of it.
- **KEEP LOOKING** both ways and ensure approaching vehicles stop as you cross multi-lane roads. Another vehicle may pass or go around a stopped one.



Thank you Stride Volunteers

Special thanks go to our volunteers Joe, Linda and Mr. Basi who kept the Cobbs Bread Distribution going all summer. Thanks also to all those who helped out with our Spirit Day, our Community BBQ, our Costco/Cobbs Bread days and Slushie/Popcorn days. **Special thanks** also go to the Lions Club for generously donating their time, hot dogs and support of our food program, and to Costco, Cobbs and the Burnaby Firefighters for their ongoing support of our food and snack programs. All are very much appreciated.



Hallowe'en Activities

All children are invited to dress in their favourite costume for Hallowe'en on October 31st. We welcome costumes that are fun, goofy, or creepy (in the spirit of Halloween!) but ask that students leave costumes that have a more violent or gory tone to them at home. We also recommend that students not wear costumes that include a mask, for safety reasons both at school and during whatever Halloween festivities they may participate in out of school. If you have any questions or need clarification, don't hesitate to contact Ms. Griffin!



Youth Soccer

South Burnaby Metro Club is looking for young soccer players! For more information go to: www.sbmcsoccer.net.

Stride Avenue Community Council

Imagine the possibilities...when parents and local residents become involved in their Community School as volunteers, participants, program instructors or members of the Community Council to create a centre of growth and learning. We would love to see you at our next Council Meeting on October 17th at 6:00 pm. This year's Executive Council Members are as follows:

Chair: Honey Hood

Vice-Chair: Shelly Jir

Co-Treasurers: Baljit Parmar,
Rosemary Ukah

Events Chair: Colleen Ozee

Education Chair: Tina Vargyas

Secretary: Open

Fundraising Chair: Open

If you are able to help fill the Secretary or Fundraising Chair position please email Maria at maria.jacome@sd41.bc.ca.



Parks and Rec Pre-School Programs

Pre-school programs at Stride will be running on Monday, Wednesday and Friday mornings. The programs are run by Burnaby Parks and Recreation for children ages 24 - 40 months in the Daycare Portable. For more information, call 604-297-4831.

Community English Classes for Refugee Women

The Pacific Immigration Resources Society hosts **free** English classes for refugee women on Tuesdays and Thursdays from 12:30 - 2:30. If you would like to register for the next session, please call (604-298-5888 or email programs@pirs.bc.ca

Burnaby Recreation Credit Program

The Recreation Credit program is available to Burnaby families who are in financial need. The credit is \$189.00 per family member and is valid for one year from the date you apply. You can use your credit for any Parks, Rec and Cultural Services programs or to purchase a punchcard or pass for swimming, skating, fitness classes or weight rooms.

The Community Office can help you with your application or renewal. To see if your credit has expired call Edmonds Community Centre at 604-297-4838.

Fall Clean Sweep

Join us on Saturday, October 7th at Edmonds Community Centre Plaza, 7433 Edmonds Street. Registration at 9:45; Clean-up 10:00 - 12:00; 12:00 BBQ for Participants. For more info call Lindy McQueen at 604-816-6876.

Help your Child Succeed in Reading



Did you know that children who read at home do better in school? Make sure your child is a reader:

- Set time aside for reading every day. Like other skills, reading improves with regular practice.
- Read to your child. Listening to stories helps preschoolers get ready to read and helps school-aged children develop their reading skills.
- Set a good example. Read on your own in the language of your choice and talk to your kids about what you're reading.
- Make books a big part of your life. Read them everywhere - at home, in the car, on vacation, in the park. Librarians can help you find good books.
- Get your child a Burnaby Public Library card. It's Free!



For more information contact the Tommy Douglas Library or call 604-522-3971. www.bpl.bc.ca/kids

Healthy Kids Fair (Ages 0 - 5)

Come meet and chat with community health professionals about your child's growth and development and receive information on vision, speech, dental, health and nutrition. Visit the displays, police car, fire engine, face painting and art station, healthy snack room and much more...there are so many activities for your preschooler to see and do, you won't be able to keep up! **Thursday, October 5th 9:30 - 11:30** at Edmonds Community Centre, 7433 Edmonds Street, Burnaby. **Free admission!** Call 604-297-4838 for more information.



Adult Yoga

Yoga classes will be offered beginning in October from 1:45 - 2:40 on Thursdays. Fees are \$2.00/session. Space is limited so register as soon as possible. For more information call 604-838-6280.



**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
어것을 번역해 주십시오**

**CHỈ DẪN QUAN TRỌNG
Xin nhờ người dịch hộ**

**ਜ਼ਰੂਰੀ ਜਾਣਕਾਰੀ
ਬਿਰਠਾ ਕਰਕੇ ਕਿਸੇ ਕੋਲੋਂ ਲਿਖ ਦਾ ਉਲੰਕਾ ਕਰਵਾਓ ।
INFORMACIÓN IMPORTANTE
Busque alguien que le traduzca.**

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

**ITO AY MAHALAGANG IMPORMASYON
Isalin sa wikang tagalog kung hindi maintindihan**

**يرجى ترجمة هذا
معلومات هامة**

**ВАЖНАЯ ИНФОРМАЦИЯ
Переведите это, пожалуйста.**