



STRIDE COMMUNITY ROOM NEWSLETTER

Winter 2021

Parents as Partners Workshop

February 16th at 6:30pm on Zoom

Managing Screen Time for Families

In partnership with the Burnaby Public Library, we are delighted to offer this informative workshop for families. During COVID-19, many children and youth are spending more time each day online for education, recreation and entertainment. This presentation is designed to provide information to families as they have conversations about how to manage screen time in a healthy way at home. Please email any questions you have for the presenter to: sandhya.krishna@burnabyschools.com by Monday, February 15th and they will be given to the presenter before the Screen time-workshop. **Zoom ID: 896 024 3002 & Password: 314 772** Please try to login to Zoom - 10 minutes before the start of the webinar, so we can begin on time.

Community Council News

Our Community Council still meets one Tuesday evening every month to focus on communicating with families about special events and/or announcements. Please check our school website for meeting minutes and upcoming meeting agenda. We have also been having prize draws for Council attendees including t-shirts, caps, masks, and gift cards. Please contact Maureen at the Community office 604-296-9032 Ext.652011 to reply to the Zoom invitation for our next meeting on Tues. Feb.16 and for a chance to enter a prize draw. The next Council meeting will follow the workshop at 7:30 on Zoom. If you have any questions about this newsletter, please call Sandhya at: 604-838-6280 or email: sandhya.krishna@burnabyschools.ca

Thank You for Hamper Gift Cards!



Stride Ave School Community is so grateful for the outpouring of kindness this past holiday season. Despite the challenges of the COVID19 pandemic, our community partners donated generously to provide support to families who identified themselves as being in need of assistance during December. BC Hydro employees, City on a Hill Church, Connaught Heights Church, Barons Rugby, and private community donated generously to the school. Below are notes of appreciation and artwork from grateful students and their families.😊



Important Calendar Events

1. *February is Black History Month*

For more information please visit:

www.bcblackhistory.ca

2. *Lunar New Year – Fri. Feb. 12th*

3. *Valentine's Day – Sun. Feb. 14th*

4. *Family Day – Mon. Feb. 15th*

5. *Pink Shirt Day – Wed. Feb. 24th*

Burnaby Neighbourhood House

Self-Care: An Online English Language Group

Every Tuesday 6:30-8:00 on Zoom

Please email to register: volunteer@burnabynh.ca

Burnaby Minor Lacrosse Club

The 2021 Minor Box Lacrosse Season -

Registration opens Feb. 10 for Boys 5-16 and

Girls 5-21, See website for info/updates

Register at: www.burnabylacrosse.com

Sunshine Notes Project

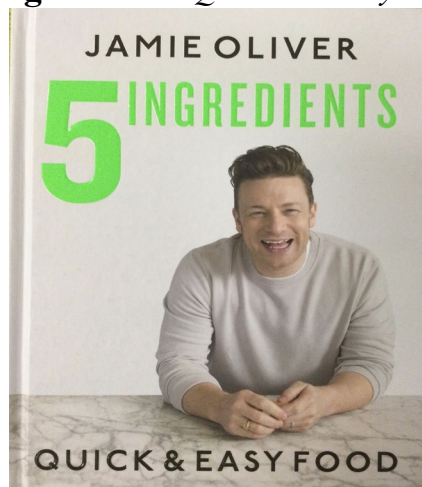
Stride Dragons and staff continued to write and make beautiful cards for seniors in the City of Burnaby for the holiday season. Our school was featured in an e-newsletter published by the United Way which celebrated the hard-work and positive messages from our students to community members. Way to go Stride Dragons!! **If you would like to send a card or a letter to a senior**, please send it with your child to school or contact Sandhya at 604-838-6280 for an alternate arrangement.

Food Distribution

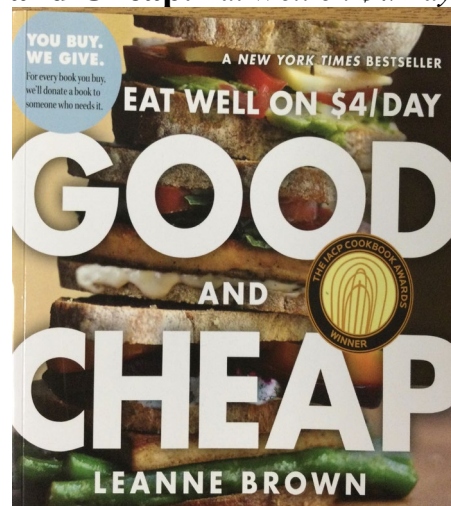
Every Wednesday from 2-3pm we have food items for families in need. On **Fridays, Jan. 15 & 29** as well as **Feb. 12 and 26** pick-up is also **2 to 3pm**. Please call Sandhya (Sandy) at phone 604-838-6280 to register and complete the registration form for the Food Hub as requested by the Burnaby Neighbourhood House. **Please remember to wear a mask for health and safety reasons - Thank you!**

Books from the Community Room's Library*

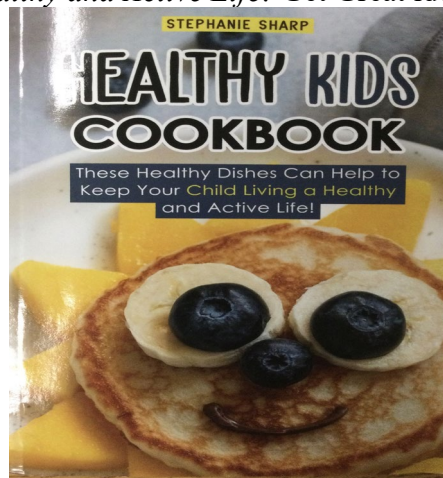
1. *5 Ingredients: Quick and Easy Food*



2. *Good and Cheap: Eat Well on \$4/Day*



3. *Healthy Kids Cookbook: These Healthy Dishes Can Help to Keep Your Child Living a Healthy and Active Life! Get Great ideas!!*



* The above books can be borrowed for two weeks.