

Newsletter # 3

Nov.29, 2024

# Stride Community School Newsletter



Principal - Mr. K. Chow  
Head Teacher – Mr. D. Cockram  
Administrative Secretary - Mrs. Giovanetti

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## It's a Matter of “Principal”

Dear Families,

Altruism Builds Character

**Website** - Our school website is filled with information. Visit: [stride.burnabyschools.ca](http://stride.burnabyschools.ca)

**Follow us on X  
(formerly Twitter)**

To follow us at Stride go to <https://twitter.com/StrideSD41>

What is X? X is a free social networking service that allows registered members to broadcast short posts called tweets. X, and 'tweeting', is about broadcasting daily short burst messages to the world, with the hope that your messages

I am a firm believer of educating the whole child, not just the intellectual side of the person but the emotional and social part of a child. You see, the sum of the parts is more important than the parts themselves. I believe that school should not be about producing workers; it should be about educating citizens. What do students need today to become citizens of tomorrow's world? The changes and challenges they will face are beyond our imagination. One thing is certain; the challenges of tomorrow will require citizens with open, inquiring minds and moral courage. Education needs to be designed so that at the end of their learning experience, a student has internalized values of personal integrity and community responsibility. Education is not a product to swallow or information to be poured into an empty brain. Education is deeply personal as each person will experience different emotional and intellectual growth during the same learning situation. Our challenge is to find the curriculum that ignites the genius in each child and more importantly, the person to light that fire.

Part of the curriculum that will help ignite the genius should be based on teaching altruistic Behaviour (*Altruism is the unselfish concern for other people—doing things simply out of a desire to help, not because you feel obligated or out of duty, loyalty, or religious reasons*). Our children need to know that there is a world beyond their front door. As evolving citizens, our children begin life as egocentric individuals, trying to make a place for themselves. As they grow, this egocentricity begins to evolve and involve others. Friendships are created and life long bonds are developed. From this point we need to give our kids the opportunity to make a difference beyond these bonds. Our first collective step as a community is found in the leadership that we require each student to undertake. They are asked to do more not as a learner but as a human. Reach out and help, build those internal attributes that make you a better person. As a parent you play an important role in your child's altruistic development. Take the time to open their eyes to the world and get them involved. We have often heard that our children are our future. If you believe this, as I do, then we need to make sure they are well informed, caring and involved individuals able to take on new and varied challenges.

Warm Regards,

Kelly Chow  
Principal  
Stride Community School

# DID YOU KNOW?

## Reading to Children From the Beginning

Sharing the joy of reading on a daily basis helps children develop a love for books, reading and learning. Reading to babies and toddlers is one of the best ways to introduce them to the world of books. Children discover that reading is an enjoyable learning experience and become readers for life!

Reading out loud to children introduces new words, ideas and information. Talking with children before, during and after reading helps develop listening and speaking skills. This type of talking also improves depth of understanding.

Reading out loud provides a natural way for children to learn about:

- holding and caring for books
- covers, titles, authors and illustrators
- how pictures and words tell a story or provide information
- letters, words and sentences
- where to start reading: reading left to right and from top to bottom
- rhyme and the flow of language in books
- the many types of books such as fiction, story, information and poetry books

## Tips for Reading to Children

- Read daily to your child when you have time to enjoy it.
- Be playful, enthusiastic and expressive as you read books you and your child are interested in.
- Children love to have favourite stories read over and over again. When children no longer have to concentrate on the plot, they naturally focus on the flow of language and start memorizing some words and phrases which is a beginning step in learning to read.
- Reading titles and looking at pictures before you read helps to captivate your child's interest and develop predicting skills.
- Encourage your child to retell the story using the pictures as prompts.
- When reading a fact book ask your child what was the most interesting thing they learned.
- Demonstrate a sense of curiosity as you are reading using prompts such as: "I wonder why . . ." "Isn't this interesting . . ." "This makes me think about . . ." or "Wow . . ."
- Share ideas, feelings and thoughts to help your child make connections between their own life experiences and what you are reading.
- Encourage your child to visualize and act out parts of the story to help the stories come alive.
- Use your finger to track words as you read. This reinforces reading left to right, top to bottom and helps develop the idea of matching the spoken word to the printed word. Sometimes children want to take responsibility and do the finger tracking themselves. Using bookmarks and pointers vary the tracking process.
- Reading material can be at various levels of difficulty: from very easy picture books to books with a lot of print. It is amazing how much children can enjoy and understand what they hear long before they read.



# DECEMBER – WINTER HEALTH: KEEPING YOUR CHILD HEALTHY DURING WINTER

As the chilly winter season is upon us, there's a few extra things you can do to help keep your children healthy and well. Navigate this season with these essential tips.

## Bundle up for the cold

Dressing appropriately for the cold weather is vital in keeping your child comfortable and protected. Wearing multiple layers is a great way to trap body heat and provide insulation against the cold.

Keep a warm hat, gloves, scarves and insulated boots handy. Remind your child to wear these items before heading outside to play or going to school.



## Protect against winter illnesses

Winter brings an increased risk of colds and flus. Make sure your child is getting enough sleep (nine to 11 hours for elementary-aged children), eating a variety of foods and staying hydrated by drinking plenty of water. Ensure your child receives their annual flu vaccine and talk to a health care provider about any additional vaccines that may be recommended. Teach your child good respiratory etiquette such as regular hand washing, covering their coughs and sneezes and staying home when sick. If they are sick and cannot stay away from others, they can wear a mask to reduce the risk of spreading their illness. Learn more about masks here: [Masks \(bccdc.ca\)](https://www.bccdc.ca)



## Keep their bodies moving

While colder weather may limit outdoor activities, it's crucial to keep your child active during winter as regular physical activity boosts their immune system and keeps them energized. Encourage indoor play and activities such as dancing, yoga or interactive video games that promote movement. Look for winter programs at local community centres or indoor sports facilities.



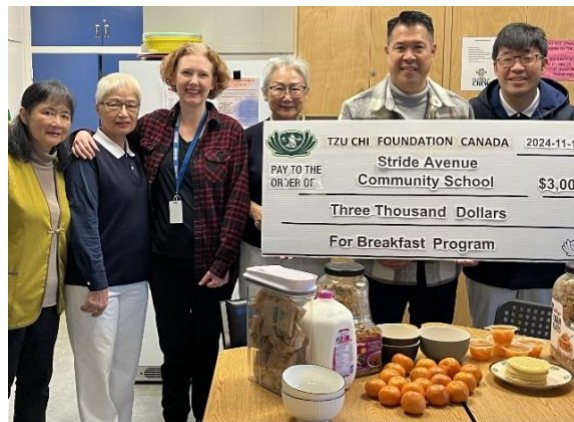
Find more tips for a healthy winter: <https://www.fraserhealth.ca/health-topics-a-to-z/winter-health>



# COMMUNITY NEWS

## Tzu Chi Foundation donates to Breakfast Program

The Breakfast Program at Stride received a donation of \$3000 from the Tzu Chi Foundation. The funds which we received earlier this month, will be used to add a few more healthy options for the daily breakfast program. Volunteers from the Tzu Chi Foundation provide a warm and delicious breakfast every Friday in the Community Room. We are grateful for the generous donation from the Tzu Chi Foundation and appreciate their many years of service to the Stride Avenue School Community. The Breakfast Program is offered daily from 8:15 to 8:45 in the Community Room, please contact the School Coordinator, Sandy Krishna for more information at [sandhya.krishna@burnabyschools.ca](mailto:sandhya.krishna@burnabyschools.ca).



## Community Council Meeting Dates

- Tuesday, January 28
- Tuesday, February 25
- Tuesday, April 22
- Tuesday, May 20

Meetings are online at 7pm via TEAMS. Link to meetings will be emailed to families one week before meeting date.

## Burnaby Christmas Bureau Registration

Burnaby Community Services provides support for families with low income by providing toys for the holiday season. Families in need can register with the Christmas Bureau to select new toys for their children from infants to 16 years old. Registration is open from November 1 to 30 and pick-up is available from December 1 to 31. Requirements to register: Burnaby resident, have children newborn to 16 years of age and be a family working with low income or receiving income assistance (welfare). For more information, contact Daniel at 604-299-5778.

## Volunteers and Donation needed for BASES Family Thrift Store

BASES is a volunteer run organization which helps support programs and activities for at-risk youth and families in elementary and secondary schools. We are looking for high school students and adults to volunteer at our store. It is a great way for students to complete their volunteer hours for graduation and give back to the community. For newcomers and English Language Learners, it is a great way to improve your English skills and practice handling Canadian currency. The BASES store is located at 7825 Edmonds Street in Burnaby. Phone: 604-540-0110. We are also looking for the donation of household items and adults clothing. For more information, please visit our website at [www.basesburnaby.ca](http://www.basesburnaby.ca)

## Stride Avenue Community School is looking for Volunteers

If you would like to get involved in the school community and meet parents/caregivers at Stride, please contact Community School Coordinator, Sandy at 604-838-6280 to learn more about the different ways you can participate in volunteer opportunities our school.

## Social Needs in the Community

We would like to hear from parents/caregivers about the biggest challenges you face in raising a healthy family today. Please share with your thoughts and ideas about what changes you would like to see to help you gain the tools and skills necessary to help your family. You can contact Sandy by Dec. 6<sup>th</sup> at 604-838-6280 or email at [sandhya.krishna@burnabyschools.ca](mailto:sandhya.krishna@burnabyschools.ca)