

Newsletter # 4

Dec. 20, 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 Stride Families,

As we approach the holiday season, I want to take a moment to extend my warmest wishes to each of you. Whether you celebrate Christmas, Hanukkah, Kwanzaa, or simply enjoy the spirit of the season, I hope this time brings you joy, peace, and special moments with loved ones.

This is a time for reflection, gratitude, and kindness—values we encourage in our students every day. One example of the true spirit of the season happened yesterday. Students from Ms. Norman, Ms. Hylton and Ms. Feretos classes helped organized our school pancake breakfast. Students helped with setup and clean up in the gym, made pancakes, and assisted younger students. This act of kindness helped kick start the joy and spirit of the holiday season and it was heartwarming to see how much leadership and care our grade 6/7 students showed to the other staff and students in the building.

I am proud of the hard work, growth, and accomplishments our school community has shared in the last several months, and I look forward to the opportunities that await us in the new year. The kindness and compassion that our staff and students demonstrate every day remind me that the spirit of the season is truly alive in all of us.

May your holiday season be filled with warmth, happiness, and a renewed sense of hope as we come together to celebrate the spirit of kindness and community.

Wishing you all a very happy and peaceful holiday season!

Warm regards,

Kelly Chow
Principal
Stride Community School



Website - Our school website is filled with information. Visit: 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

DID YOU KNOW?

Tips from the Principal on Student Success:

Having been a teacher in the classroom, and a father of 3, I want to offer some advice to parents and students regarding student success at school. Parents often tell me they want their child to do better at school, how can I help? Listed below are some simple suggestions, but they are only simple and effective if they are discussed and agreed upon by you and your child. Please take the time to discuss these items:

- Arrive to school on time: You will be surprised how often a child feels unprepared because they missed the critical opening minutes in the morning. It's like going to the movie theatre and entering late, you have missed parts of the movie making it hard for you to figure out what is happening.
Some suggestions to help start your day off well:
 - Pack the backpack in the evening instead of during the morning rush
 - Get your child to bed at a reasonable time so they will have an easier time waking up in the morning. What is considered a reasonable time? Having 6 or 7 hours of sleep the night before is not enough for an active elementary school learner.
 - Did you know that the number one indicator on school success is student attendance? A longitudinal study completed by the Burnaby School district has shown that the number one indicator for student graduating is attendance. Students missing more than 10% of school is problematic.
- Review school work: reviewing school work and what has been taught at school is beneficial for every child, but it is also beneficial for every parent. Showing an interest in your child's work means the world to them, and it also informs you as the parent what is happening in the classroom, what your child understands, and what they need to work on. Often this happens at or around report card time, but this process should happen more frequently.
- Be organized: Every adult or child needs to have some sort of organizational system. Our brain looks for patterns in order to make sense of the world around them. Things to think about: use a planner, use a home calendar, use the binder/dual-tang with dividers, reviewing the shape of their day from morning to night, and review after school pick up routine.

Educational websites:

ABCYA--<https://www.abcya.com/> ABCya provides over 300 fun and educational games for grades PreK through 6. The site is Game based, so students are highly engaged. Games are categorized by grade and subject, and cover topics such as multiplication, parts of speech, typing, pattern recognition, and more. There is something for kids at all learning levels and styles.

Starfall.com— <https://www.starfall.com/h/>

Starfall was founded by Dr. Stephen Schutz, who had difficulty learning to read as a child due to dyslexia. The program emphasizes exploration, play, and positive reinforcement—encouraging children to become confident and intrinsically motivated. Starfall activities are research-based and its emphasis on phonemic awareness, systematic sequential phonics, and common sight words in conjunction with audiovisual interactivity is especially effective for teaching emergent readers, children of all ages

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.

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 they are asked to stay home to stop the spread of any illness.



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

Stride Avenue Community Council is looking for a new Treasurer since the current one, Andre needed to step down from this role. Thank you, Andre for your time and contributions to this year's SACC. If you are interested in the role of Treasurer and have experience with accounting or bookkeeping, please contact the Community Office at 604-838-6280.

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

Fundraising Campaign with Poinsettias and Purdy's chocolates was a success!



Thank you to everyone who purchased plants and/or chocolates.

We raised over \$1000 which will go towards supporting various learning opportunities for students! The next fundraiser will be held in February. Please check for information about it online in early 2025

Annual Pancake Breakfast. The BC Hydro Men's Basketball group made a generous donation that helped fund this year's pancake breakfast. Thank you to Ms. Hylton, Ms. Norman and the grade 6/7 students for planning, setting up, cooking and serving the entire school for this fun event. to enjoy!

Pancake
Breakfast



Settlement Workers in Schools offer more support to families. The SWIS program in Burnaby started in 2007 to support immigrant and refugee families arriving in the Burnaby School District.

This team speaks over 17 languages and can be now be found in all 49 schools in Burnaby. Currently our SWIS team at Stride includes Souad Hage-Hassan and Leila Attala (supporting families who speak Arabic) at school on Thursdays and Lila Caldera (supporting families who speak Spanish) at school on Fridays. We are also happy to welcome Nimatullah Ehsan Jiwad (Farsi, Dari, and Pashto) at school on Tuesdays.

The The SWIS Coffee and Conversation group with continue on alternate Thursday mornings, beginning on January 9th at 9:10am. Come and meet us in the Community Room to join the conversation!

English Conversation and Women's Empowerment Group Thanks to a generous grant from the United Way, we will be offering at least 4 more English Conversation sessions with childminding available. Parents attending these sessions work with a certified ELL instructor to improve their conversational English. These classes will take place on January 8, 15, 22 and 29 from 1-2:30pm in the Community Room. Please contact Sandhya.krishna@burnabyschools.ca

STRIDE AVENUE WINTER SKATE

