

Newsletter # 7

April 30, 2025

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,

May is Mental Health Awareness Month, a time dedicated to recognizing the importance of mental well-being and reminding ourselves that mental health is just as essential as physical health. It affects everyone—children, youth, and adults—and exists in every community, regardless of background or circumstance.

Across all communities, individuals face mental health challenges that are often invisible. These challenges can take many forms—stress, anxiety, depression, trauma—and may affect people at any stage of life. By acknowledging this reality, we can better support one another and work toward a culture of openness and compassion.

At school, we are committed to creating a safe and supportive environment where students feel seen, heard, and valued. Our staff support student wellness in a variety of ways, including daily check-ins, social-emotional learning activities, mindfulness practices, and by creating calm, inclusive classrooms. We also teach strategies for managing emotions, resolving conflicts, and building healthy relationships—all of which are essential to a child's overall well-being.

We want our school to be a place where it's okay to ask for help and where mental health is something we talk about—not something we hide. As a community, we all play a role in reducing stigma. Talking about mental health and checking in with each other can make a real difference. Whether you or someone in your family is struggling, know that you are not alone. Support is available, and reaching out is a sign of strength.

If your child needs support, or if you have questions or concerns, please don't hesitate to contact the school. We are here to help.

With appreciation,

Kelly Chow
Principal
Stride Avenue 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?

REMINDERS ABOUT HOT LUNCH ORDER FORMS

Did you know that once you have used School Cash Online the first time, you will automatically receive emails when new items are uploaded to your child's profile, such as monthly registration for the school meal program, according to the school's timeline. Reminders to submit your child's Hot lunch order form is that easy.



Student Learning Survey—Dear Parents the Burnaby School District #41 is participating in the 2024/2025 Ministry of Education electronic anonymous Student Learning Survey in cooperation with all other school districts throughout the Province of British Columbia. Parents are encouraged to complete the online anonymous Student Learning Surveys any time **before 11:59 pm May 3rd, 2025**, providing immediate results to the school and the district.

Parents/Guardians/Caregivers of Grades 4, 7, 10 and 12 students complete the survey.

To complete the survey:

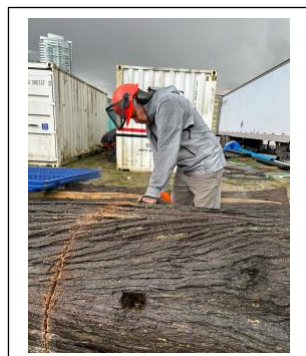
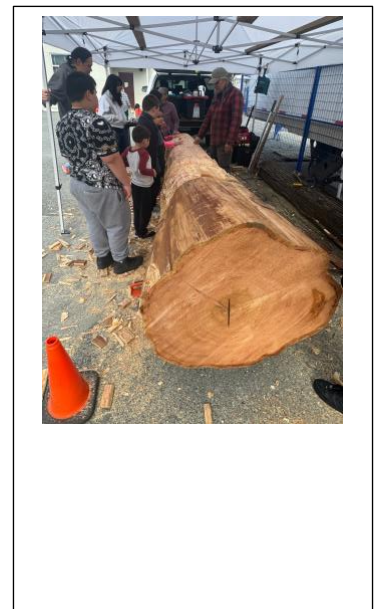
1. Go to any computer that has an up-to-date internet browser access at home, work, or school.
2. The Survey can be accessed--Go to www.bced.gov.bc.ca/sat_survey/access.htm
3. Under the section *Direct Access – no logon number required* select:
 - District: the name of your child's district
 - School: the name of your child's school
 - Language: the language of your choice

Honouring Tradition: Our New Welcome Post

We are excited to share that Elder Xwalactun has been working with us to carve a beautiful new Welcome Post for our school. Once completed, it will be proudly placed at the front entrance of our new building.

The Welcome Post will feature our school logo—the Stride Dragon—and will also reflect the voices and ideas of our local Indigenous families and students. This meaningful collaboration ensures the post is a true reflection of our community.

Elder Xwalactun is usually at Stride on Thursdays, carving and engaging with students. We welcome you to stop by, say hello, and learn more about the process!



SCHOOL COMMUNITY NEWS

Community Room Updates

Fundraising Activities for New School Playground

Stride Avenue Community Council (SACC) will be hosting various fundraising events to **help build a new playground** for our school and community. A space with more than just slides and swings; it is also a space where our children can play, explore and grow. We are grateful and really appreciated for everyone's continuing support whether it is donating, volunteering, spreading the words or simply cheering us on.

"Freezie Wednesdays"

On Wednesdays in May and June, we will be selling jumbo Freezies for \$1 outside of the Gallery area between 2:45pm - 3:30pm. Our goal is to sell 100 freezies every Wednesday to help raise funds for a **new playground**.

"Walk-A-Thon" Friday, June 6th, from 9:15am-10:15am

Students will set a goal for a number of laps they will walk and/or jog around a preset route (similar to the school Terry Fox Run route). Then students may collect donations or pledges from families, friends or neighbours to support them in achieving their goal and to help raise funds for a **new playground**. Join us to walk or come cheers us on!

Stride's K-7 Salad Garden

We are excited to announce that students from Kindergarten to Grade 7 are taking part in growing vegetables for the first ever school salad. This initiative was made possible with the guidance of Healthy Schools Nurse, Emily Wong and Dietitian, Suvarna Rao who have been working closely with the staff to promote the Teach Food First Educator's Toolkit <https://healthyschoolsbc.ca/teach-food-first/>. In addition to introducing the Healthy School information to staff, they also supported a Youth Action Grant application to the McCreary Centre Society. This grant supports projects to improve the health of youth at school as well as in the community. We are proud of Yousif Mohamad of Division 1, who applied for the \$750 grant in March. The funds from the grant were used to buy soil, seeds, seedling trays and some planters to start the school salad garden. More info to come next month!

Burnaby 2025 – Official Community Plan

On **Sunday, May 4th, (2:30 pm – 5:30 pm) at Tommy Douglas Library** you can see the **Land Use and Policy Framework of the OCP**. There will be two additional **Open Houses for Indigenous Peoples living in Burnaby** and/or people who self-identify as Indigenous. These will be held on the following dates: Registration is required for the online Open Houses. Please [click here to see the details](#).

- **Tuesday, May 6 (5 pm – 7 pm) at Metrotown's Bob Prittie Library**
- **Thursday, May 8 (6 pm - 7:30 pm) via Zoom (maximum 100 people)**

We are also seeking feedback from the community through our survey! Visit [Burnaby.ca/burnaby2050survey](https://burnaby.ca/burnaby2050survey) to learn more and share your feedback.

Festival of Dance – May 12 at Burnaby Mountain Secondary School

Students in grade 3 are preparing an Afro-Brazilian dance with a few instructors from Axe Capeoira. There are more than 12 students learning how to perform the MACULELÊ which is an Afro-Brazilian warrior dance created by enslaved workers on sugarcane plantations in Bahia, Brazil. The choreography and music are based on the movements and drum rhythms that emerged during harvests, when workers used machetes to harvest the sugarcane. For more information, contact Community Coordinator, Sandy Krishna at 604-838-6280.