NOVEMBER 2026
PRINCIPAL – Mr. Hiltz
HEAD TEACHER – Mr. Cockram
COMMUNITY SCHOOL COORDINATOR – Ms. Krishna
SECRETARY – Ms. Giovanetti

Stride Community School Newsletter

7007 14th Avenue - Burnaby, BC, V3N 1T4
Strideavenue.info@burnabyschools.ca
604-296-9032

Happy November everyone.



Fall sure seems to be going by quickly.

The past month was busy at Stride! We hosted our annual Terry Fox Run on October 1st. We appreciate your donations which helped raise $2921.25 for cancer research. Thank you so much for everyone who helped make this year's event such a success and helping us surpass our fundraising goal for such a worthwhile cause. Well done Stride Community!

It was great to see so many parents/families attend the goal setting conferences with teachers on October 14th and 15th. These meetings provide a very valuable opportunity for parents and teachers to share information to help ensure the best possible year at school for the child/student. These conversations are essential to the success of our students, and we thank parents for their participation.

The Halloween Assembly on Friday the 30th was an exciting time for everyone to see the costume parade and share in the fun of the Stride staff's performance. It was so nice to see so many parents/guardians gathered in our new gym. I am sure that for many of you, it was your first time in the new gym. It is so nice and bright and quite different from the old building. We are grateful to the dedicated team of SACC, Class Parent Representatives and parent volunteers who made Stride's second Trunk or Treat event a tremendous success!

If you have not already done so, please mark your calendars and join us for the Remembrance Day Assembly on November 10 at 10:45 in the school gym. Also, a reminder that there will be no school on November 11th as it is a Holiday where we observe Remembrance Day.

There will also be no school on November 20 for a staff Professional Development Day.

Thank you to all parents/guardians who have been parking away from the school. We appreciate your cooperation and for keeping everyone safe around the school grounds. A reminder that the area in front of the school immediately in front of the Day Care in a 5-minute Drop Off and Pick Up area only. Please make sure you observe this.

No doubt we are all aware of the change in weather. Looks like fall is here. Please take note of the reminders on appropriate clothing related to weather later in the newsletter.
Thanks to all our families for their continued support.

Sincerely,

Mr. W Hiltz
Principal

IMPORTANT DATES

NOVEMBER 11 – Remembrance Day (No School)
NOVEMBER 16 – Photo Retakes
NOVEMBER 18 – SACC General Meeting 630pm Online
NOVEMBER 20 – Pro-D Day (no school)
DECEMBER 9 – Primary Winter Concert

ABSENT ALERTS

If your child will be away or late, please contact the school by **EMAIL** (preferred) Strideavenue.info@burnabyschools.ca OR **PHONE** 604-296-9032

HALLOWEEN FUN AT STRIDE!

We hope everyone had a fun and safe Halloween! Friday was an exciting day filled with Halloween activities and celebrations at Stride. It was wonderful to see so many parents and caregivers joining us for the assembly and volunteering throughout the day.

Our morning kicked off with a Halloween assembly and costume parade. The students' costumes were incredibly creative! Staff joined in the fun too, with some dressing up as "Sleeping Beauties," Minions, and Costco employees. A special thank you to Ms. Bulanowski for organizing one of the annual highlights – the staff Halloween slideshow!

There was plenty of fun throughout the rest of the day! Ms. Stewart, our Lunch Program Coordinator, served a special Halloween treat with lunch. Some classes went to Byrne Creek for their annual Halloween Carnival, organized by the Leo Club. Back at Stride, students enjoyed face painting, balloon twisting, games, and a dance party in the gym.

We also held our annual Trunk or Treat, with six decorated cars participating in the school parking lot. A big thank you to the Stride Avenue Community Council for organizing this fun event, and to all the families who generously donated candy and handed out treats at their decorated trunks. We also want to thank all the parents, caregivers, and volunteers who helped make the day such a success!













PHOTO RE-TAKES MONDAY, NOVEMBER 16

Photographers will be here the morning of November 16th for photo retakes. All students who had a photo taken in October will be sent home photo proof with a QR code to order photos. If your student missed the first photo session or you would like retakes, they can have their photo done on November 16th.

REMEMBRANCE DAY – NOVEMBER 11TH

Wednesday, November 11th is Remembrance Day, and there will be **no school for students**.

We will be holding our Remembrance Day Assembly on **Tuesday, November 10th at 10:45 AM**. Parents and families are welcome to join us as we take time to remember and honor those who have served.

All students will receive a Poppy to wear at the assembly. We will be collecting donations for Poppies in classrooms on Monday and Tuesday. If you are able, please send a small donation with your child. All donations collected will go to the Royal Canadian Legion's Poppy Fund, which provides financial assistance, medical support, housing assistance and other important services to Canadian Veterans and their families.



BREAKFAST AND SNACK PROGRAMS AT STRIDE

Stride is pleased to offer daily breakfast and snack programs to support our students. The breakfast program runs from **8:15–8:45 AM** each morning, with students entering through the Community Hub doors at the front of the school. Our daily snack program is offered at **10:15 AM**, with snacks delivered directly to classrooms.

A big thank you to **President's Choice Children's Charity** for their generous donations that help make these programs possible!

Registration forms have been sent home with students currently participating in the programs. Please return your completed forms as soon as possible.

If you would like your child to participate in either program, please contact Sandhya Krishna, Community School Coordinator, at **604-838-6280**.

More information about the Presidents Choice Children's Charity can be found HERE.



STRIDE SPIRIT WEAR

Our popular Stride Spirit Wear sale is back! Until November 19th, you can shop online for hoodies, zip-up hoodies, T-shirts, and toques in both adult and kids' sizes. Some items are also available in pink, making them perfect to wear for Pink Shirt Day in February. To place your order, use the following link: Stride Spirit Wear Sale

Sale ends Thursday, November 19th.

KIND MIND MONTH

Welcome to Kind Mind Month! We're excited that Stride is participating in the Kelty Foundation Kind Mind Program! Each student has received a Kind Mind booklet to take home. Throughout the month, students and families will take part in fun, weekly activities designed to encourage conversations about emotions, build resilience, reduce mental health stigma, and develop healthy coping skills.

Each week, teachers will share a short video introducing a challenge for families to complete together at home. Activities take less than 10 minutes and completed challenges will be entered into a classroom prize draw! We encourage families to visit the online Kind Mind Program Hub for weekly videos, activities, and additional resources to support mental health conversations at home.

We'll wrap up Kind Mind month with a school-wide celebration at the end of November to recognize everything students have learned.

To learn more and access the activities, visit www.thekeltyfoundation.org/kindmindchallenge (Password: KINDMIND).



NAVIGATING BIG EMOTIONS VIRTUAL WORKSHOP FOR PARENTS

This 1-hour interactive session has been rescheduled for November 12th. This session will explore how anxiety and big emotions impact the brain, body, and behaviours.

Participants will gain practical tools for supporting both child and parent well-being, using the Dialectical Behaviour Therapy (DBT) ACCEPTS Model—a set of six coping skills: Activities, Contributing, Comparisons, Emotions, Pushing Away, Thoughts, and Sensations.

Designed for both parents and teachers, this workshop provides actionable strategies to navigate anxiety and emotional challenges effectively.

REGISTER HERE for this workshop.

PLEASE DRESS FOR THE WEATHER



We are lucky to live in a relatively moderate climate. However, some days will be wet, and some days will be cold. Our students go outside regardless of the weather and students need to be dressed appropriately for outdoor activities.

When it rains, please ensure your child has: waterproof coat, waterproof pants, boots or waterproof shoes, warm socks and an umbrella.

When the weather is cold, please ensure your child has: a warm coat, warm boots, warm socks, a toque and mittens or gloves.

Please also send a second set of clothes to school for your child to change into if they get wet (so we don't have to call home for extra clothes).

STUDENT VOTE 2026

Ms. Janzen's Grade 5 class recently participated in BC Student Vote! This program gives students an opportunity to experience the democratic process by learning about elections, political parties, and candidates.

Students cast their own ballots in a mock election, helping them understand how voting works and the importance of being informed and engaged citizens. It's a great way to introduce students to democracy and give them a voice!









STRIDE AVENUE COMMUNITY COUNCIL (SACC) GENERAL MEETING

Please join us Wednesday, November 18th for the monthly Stride Avenue Community Council General Meeting. The meeting is online at 630pm. A link to the meeting will be emailed to all families. These meetings are a valuable way to learn about our school and events and all parents/guardians are encouraged to attend.

STRIDE AVENUE COMMUNITY COUNCIL

SACC NEWSBRIEF

November 2026

Building Community • Creating Connections • Supporting Our Kids

We're Off to a Great Start!

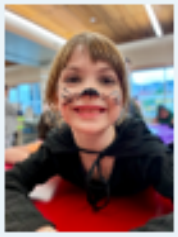
The school year is well underway, and SACC would like to say a heartfelt THANK YOU to all of the volunteers, parents and guardians who have already donated their time, energy and support to our school community.

Whether you have volunteered at an event, participated in a fundraiser, helped behind the scenes or simply joined in, your support makes these activities possible.

This past week on Oct.30th we held our 2nd Annual Trunk or Treat event, which was a wonderful success.Students enjoyed visiting the decorated displays, receiving treats, having their faces painted, and watching fun balloon creations come to life. Events like this are possible because of our amazing school community. Thank you to every volunteer and parent/guardian who helped bring the event together and create a special experience for our students.









LOOKING AHEAD

Council is busy finalizing plans for the remainder of the school year, including a strategic fundraising plan and a calendar of fun monthly activities designed to bring together students, teachers, parents and guardians.

Stay tuned. We have some exciting things to come!

DECEMBER SNEAK PEEK

- Poinsettia Fundraiser
- Purdys Chocolates Fundraiser
- Cookies
- Holiday Crafts
- Movie Day
- ...and more festive fun!

Watch for more details as we get closer to December.

SACC COMMITTEE MEMBER SPOTLIGHT

Meet Parisa & Stacy
Co-Treasurer

In the Spotlight

This month, we're excited to spotlight Parisa and Stacy who are our SACC Co-Treasurers! They both co-ordinate to keep council finances organized by supporting the tracking of funds raised and expenses throughout the year.

Thank you Parisa and Stacy for all you do for the community.



I'm **Stacy** - mom to my two amazing kids, Vivienne in grade 5 and Owen in grade 1. I have been lucky enough to be a stay-at-home mom for 10 amazing years. Throughout those years, I've kept my bookkeeping skills current as I prepare for the next chapter of my career. We love to travel to England to visit family and friends every few years and are often in the mountainside visiting local family. When we are home, we love to go camping, bike riding and hiking to enjoy our beautiful country.

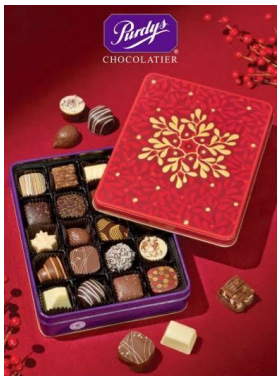
Hi Stride families! My name is **Parisa**, and I am happy to be serving as the SACC Treasurer this year. As a parent in the Stride Avenue community, I look forward to contributing my time and support to work together with the SACC team and make this school year a wonderful one. Cheers!



THANK YOU, STRIDE FAMILIES!

Stay connected • Get involved • Have fun





UPCOMING SACC FUNDRAISERS

The Stride Avene Community Council will be running 2 fundraisers for the holiday season.

Poinsettias will be on sale via School Cash Online beginning next week.

Purdy's Chocolates are available to order online HERE.

Both sales will end November 29th. Delivery for both fundraisers will be December 9–11, from 2:30–3:30 pm at the Community Hub.

Money raised for both fundraisers will support events for our students at Stride.

HEALTHY SCHOOLS COMMUNICATION NOVEMBER - SCREEN USE



Why does screen time matter?

Children and families are increasingly spending time on screens such as TVs, computers, tablets, smartphones and gaming devices. Too much screen time can take away from activities that are essential for healthy development, like spending time with family and friends, playing outdoors and getting a good night's sleep.

Choosing quality screen time at home

Not all screen time is the same. Educational screen time, such as homework, online classes or video calls with family, can be beneficial and support learning and connection. Recreational screen time includes activities like watching videos, gaming or scrolling on devices for entertainment. Too much recreational screen use can have negative impacts on childhood growth and development, such as:

- Less time for social interaction and family connection.
- Less physical activity and outdoor play.
- Less opportunity for creativity, reading and other offline interests.
- Negative impacts on mental well-being and behaviour.

How much screen time is recommended?

According to the Canadian 24-Hour Movement Guidelines:

- **Under 2 years:** Screen time is not recommended.
- **Ages 2–5:** Limit to less than one hour per day.
- **Ages 5 and older:** Limit to less than two hours per day.

Simple ways to encourage healthy screen habits

The Canadian Paediatric Society highlights the "four M's" to help families build healthy routines:

- **Manage**: Set clear rules and limits, such as creating a family media plan.
- **Meaningful use**: Encourage content that supports learning and active engagement.
- **Model**: Show healthy screen habits in your own daily routines.
- **Monitor**: Watch for signs that screen use is replacing important offline activities.

Helpful resources

Fraser Health Screen Time for Children

Fraser Health Screen Time Brochure for Caregivers - Ages 5-12

burnaby christmas bureau

making holidays brighter since 1980

Metropolis at Metrotown

Upper Level, Next to Winners (formerly Oomomo)

Registration: November 2 to 30, 2026

Holiday gifts for eligible Burnaby families



When:

Monday – Friday, 9:30 AM – 4:30 PM

*Closed 12 PM – 1 PM, and November 11

✓ What to Bring:

1. Proof of Burnaby address
2. Proof of Income
3. ID for each child

Questions? Call 604.299.5778



A program of

BURNABY COMMUNITY SERVICES

METROPOLIS at metrotown

BRITISH COLUMBIA

City of Burnaby

MARINE ROOFING GROUP

P&L CPA

The Province EMPTY STOCKING FUND

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Our trained volunteers are here to offer you emotional support and provide referrals to community resources you may need

Mandarin Line / 普通話:	Ext. 1
Cantonese Line / 廣東話:	Ext. 2
Korean Line / 한국어:	Ext. 3
Farsi-Dari Line / فارسی/دری :	Ext. 4
Ukrainian Line / Українська :	Ext. 5

7 days per week
from 10 am to 10 pm
(Pacific time Zone)

Mon – Fri 10 am – 8 pm
Sat – Sun 10 am – 5 pm
(Pacific time Zone)

MORE INFORMTION: https://successbc.ca/counselling-crisis-support/services/help-lines/
VOLUNTEER OPPORTUNITIES: chlvolunteer@success.bc.ca