



STONEY CREEK 2023 HOLIDAY NEWSLETTER

DEC.21.2023

PRINCIPAL: MR. K. GURNEY * HEAD TEACHER: MR. S. LEACH * SECRETARY: MS. F. SPARTANO
COMMUNITY COORDINATOR: MRS. T. BRISCOE * COMMUNITY SECRETARY: MRS. L. MARGHI



Principal Message

I should start off by thanking the Stoney Creek Community for all your support leading up to the Winter Break. From the help collecting donations for Holiday Cheer and Pancake Breakfast with Santa, to packing the gym for our Winter Performance and taking the time to review the kiddos report cards with them. It's only been 4 months for me as Principal here and I truly feel lucky to have joined such an amazing community.

As you know, we are losing a couple of our treasured staff this Winter Break. First off, Ms. Linnette Stoney, our Office Support Clerk since this September with the perfect name to fit our school, is now heading just up the road to Lyndhurst as the new head secretary. As well, we are saying goodbye to our Music teacher of the last 11 years, Ms. Meghan Payjack, as she starts her next adventure with her family in Kelowna. Even though it was only 4 months, I feel lucky to have had a chance to work with such an amazing educator...you will be missed Ms. Payjack.

On a positive note, I'm happy to announce that Mr. Ray Faoro will be our new Music/Band teacher starting in January. Mr. Faoro has been a Music/Band teacher for decades now, mostly in the Coquitlam School District, and most recently at University Highlands and Sperling Elementary. As expected, he's excited to meet the Stoney Creek Community.

I want to wish you and your loved ones a wonderful Winter Break with family and friends and we'll see you all in 2024!



Math Musings



One of the greatest ways to teach mathematical concepts, especially quantity, addition, subtracting, patterns, probability, and overall fluency, is through games that involve cards, money, and/or dice.

Many students start off with simple card games like “Go Fish”, “Uno”, or “Crazy Eights” or board games like Snakes & Ladders. These are great examples of helping students recognize patterns, counting, and even more complex ideas, like probability.

Later, students can graduate to more complex games requiring logic and strategy such as Monopoly, Checkers/Chess, Connect 4, or Cribbage.

What better way to spend the Holiday Season than a family games night where you get to connect with family AND learn important skills to build a strong foundation in Math. My family's current favourites are *Settlers of Catan*, *Ticket to Ride*, and *Qwirkle*. For some great ideas, check out these sites: [List of more advanced games](#); [A variety of games](#); [Easy Card Games](#).

Wellness Check - Connection is Key



Whenever someone asks me what my favourite time of day is, I have with “Dinner Time!”. Even though I’m blessed to be surrounded by children every day, dinner time is when I get to sit down with my wife and daughters has been a tradition in my family since our children were born and invariably always on the verge of blowing water out their nose from laughing so hard that it doesn’t come with some tears and worries sometimes, but it is always a way to reconnect.

To continue with our newsletter section this month, we wanted to pass along some key ways to connect with your kiddos that help support their wellness AND your own.

Other than sitting down to eat together, I love this resource on the **Most Important 9 Minutes of Each Day** (click [HERE](#)). It’s a great reminder on how to start and end each day.

Another resource we wanted to share is the idea of “Toxic Positivity”, after all, it’s not always about laughing so hard that water shoots out your nose. Click [HERE](#) for some helpful ideas and comments you can make when you are reconnecting.

Thanks for all you do to support the kiddos we teach every day.

Important Dates...

REMINDER: SCHOOL CLOSURE FOR THE HOLIDAY BREAK



The last day of school is on Thursday, December 21
The winter break goes from Friday, December 22 to Sunday, January 7
School reopens and classes resume on **Monday, January 8 2024**

School Meal Program Cycle 5

Cycle 5's School Meal Program runs from January 8-31, 2024.

Click [here](#) to view the menu.

Cycle 6 will run from February 1-29, 2024. The menu/envelopes will be provided in January.



StrongStart Closed

The Stoney Creek StrongStart Centre will be closed for the Winter holidays

December 22 - January 7

Reopening on January 8, 2024

Note: The centre will also be closed on:
January 10 and January 29, 2024

CREEKSIDE CENTRE

Will be closed for all regular pre-teen activities from Dec 23 - Jan 5.

The Centre reopens the week of **Jan 8, 2024**



ENGLISH CONVERSATION CIRCLE PEER SUPPORT GROUP - Thursdays 9:15 - 10:30am in the Community Room

The group will start meeting again in the New Year. First session takes place on Thursday January 11, 2024

Practice speaking English with other adult English Learners. Open to all levels of English. This is FREE and no registration required. Please email Taryn Briscoe at taryn.briscoe@burnabyschools.ca if you would like to join in. Click [here](#) to see the poster with full details.

Community Council Reminders

Our next **Community Council Meeting**
Thursday, January 18 @ 7:30 pm in the library
(Following the Managing Emotions Workshop)
For all parents, guardians & community members
All welcome to attend!

Join us to meet new friends and find out what's happening at Stoney Creek!
Information about the meetings will be provided shortly before each meeting via email.

The next fundraiser event is in the works...

More details to come for the **SCCC Adult Trivia Night!**

What's Next?



Merry Christmas

HAPPY HANUKKAH

Joyeux Noël

Season's Greetings



Pancake Breakfast and Sing-Along with Santa

Thank you to all of our volunteers who donated and helped with the Pancake Breakfast!! The students had an exciting pancake and pajama morning with a sing along and a visit from Santa.



JOY
Stoney Creek Community School



Happy
Holidays!

Stoney Creek's Festive Student Artwork



Artwork and Greeting Cards for Local Seniors



SPREADING HOLIDAY CHEER

STONEY CREEK STUDENTS PREPARED A VARIETY OF GREETING CARDS FOR RESIDENTS OF THE GEORGE DERBY CENTRE.

THANK YOU TO THE STAFF AND STUDENTS INVOLVED IN THIS PROJECT!



Registration Details for Upcoming Community Programs



Calm & Confident Parenting

The world keeps changing and as conscious parents we need to tune in and build confidence in our parenting skills so that we can provide our children with the love, support and care they need for their healthy development.

Join us for 8 weekly sessions to share strategies and ideas that will help create calm and joyful moments for you and your family. Learn how to build life-long skills and habits for your preschool and elementary school aged children. Discussion topics will include the following themes and more:

Managing challenging behaviours

What are our children's temper tantrums and anxious behaviours telling us and how can we help them regulate their emotions

Social media - it's a whole new world

How do you navigate screen time battles and find creative, fun and healthy habits for the whole family

Understanding Sexual orientation & gender identity

Increase your understanding of human expression in a safe space.

Compassionate parenting

Building self-awareness through self-reflection and compassion will help you create calm and joyful moments for yourself and for your children.

Why nutrition is important

How to to make healthy eating fun for the whole family.



8 weekly sessions: Thursdays, starting
Jan 18th, 2024
Time: 12:45 pm to 2:30pm



Stoney Creek Community School,
2740 Beaverbrook Crescent,
Burnaby.

Free childcare (18m to 5 years), snacks and transportation are provided, if required. If you need childcare, please mention number and ages of children when registering.

Click [here](#) to register. For questions, please contact taryn.briscoe@burnabyschools.ca or phone 604-296-9031 ex. 651011

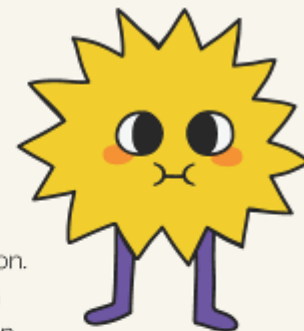
Registration Details for Upcoming Community Programs

Stoney Creek Community School &
FamilySmart presents:



Managing our Emotions

JANUARY 18, 2024
6:00 PM - 7:30 PM
STONEY CREEK LIBRARY



Emotion Regulation

Young people face many different stressors in today's world. This can often lead to feelings of overwhelm and dysregulation. This workshop offers support to parents and caregivers with information and strategies to cope with emotion dysregulation and will talk about the critical role that parents and caregivers play in creating the environment for positive change for their young people, especially when things can be the most challenging.

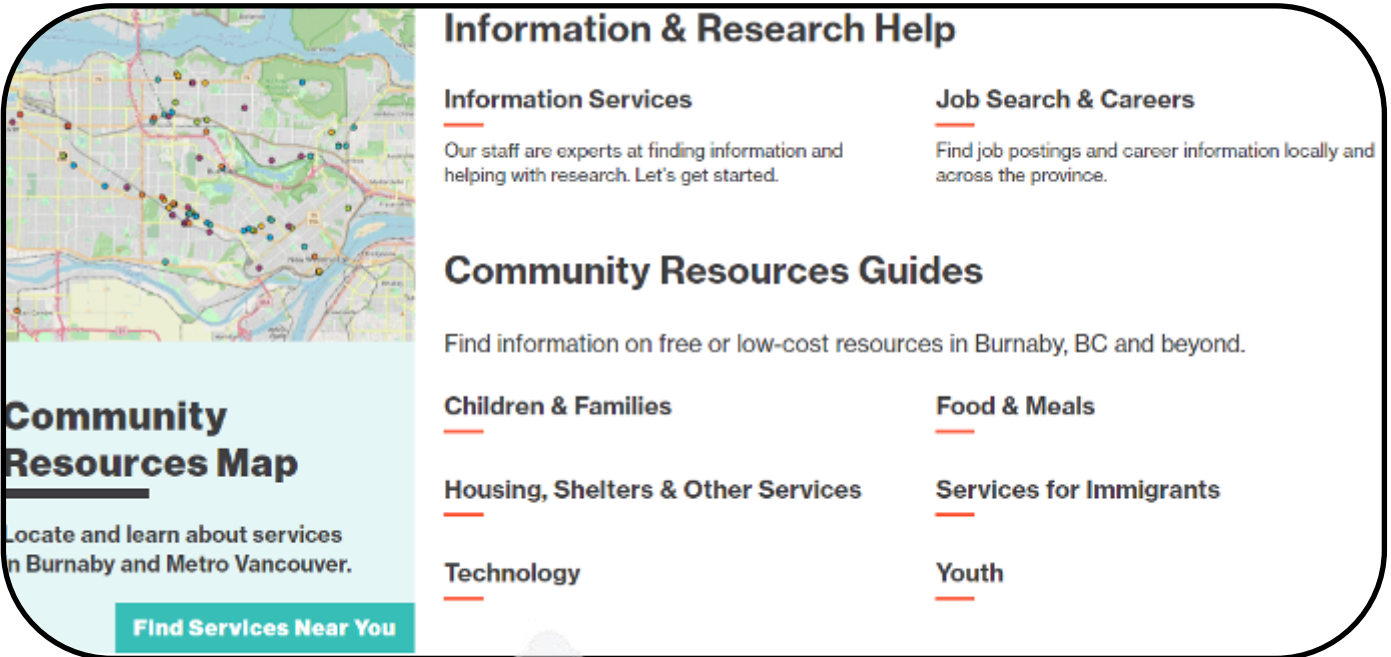
Come together with other families to watch a video presentation followed by a facilitated discussion with FamilySmart Parent Peer Support Worker, Graeme Partridge-David and Stoney Creek's school counsellor, Anna Aquila.

For more information and/or to RSVP please click [HERE](#)



Community Resources in Burnaby

Click [here](#) to access the Burnaby Public Library's site which provides links and information for a variety of services and resources available in our community.



The screenshot displays the Burnaby Public Library's 'Community Resources' page. On the left, there is a map titled 'Community Resources Map' with the text 'Locate and learn about services in Burnaby and Metro Vancouver.' and a button 'Find Services Near You'. The main content area is titled 'Information & Research Help' and lists several services: 'Information Services' (Our staff are experts at finding information and helping with research. Let's get started.), 'Job Search & Careers' (Find job postings and career information locally and across the province.), 'Children & Families', 'Food & Meals', 'Housing, Shelters & Other Services', 'Services for Immigrants', 'Technology', and 'Youth'. Below the screenshot is a colorful illustration of a diverse group of people holding up a large blue platform that supports a stylized city skyline with various buildings and trees.

See additional community resource information on the next page...

<p>Burnaby Christmas Bureau www.burnabycommunityconnections.com Provides toys and food certificates for low income families over the holidays. 604-299-5778</p>	<p>Cameray Child and Family Services www.cameray.ca Free parent support program. 604-436-9449</p>
<p>Burnaby Family Life 17-250 Willingdon Avenue www.burnabyfamilylife.org Parenting, life skills, cross cultural services & other family programs. 604-659-2200</p>	<p>Ministry of Children & Family Development www.gov.bc.ca/mcf Brentwood North & Central West 604-660-0602 Kingsway South & Cariboo Lougheed 604-660-9494 Child and Youth Mental Health Services 604-660-5900 Children with Special Needs 604-660-8124 Aboriginal Services 604-660-9544</p>
<p>Burnaby Lake Regional Park 4519 Piper Avenue www.metrovancouver.org Offers hands on outdoor program for kids ages 3-5 and their parents. 604-299-8354</p>	<p>Recreation Credit Program Residents on limited income may qualify for the program. 604-320-2227</p>
<p>Burnaby Parks Recreation & Cultural Services www.burnaby.ca See web site for details on recreation facilities, pools arenas and the arts.</p>	<p>Burnaby Neighbourhood House www.burnabynh.ca Community programs and services for families and children. 604-431-0400</p>
<p>Burnaby Preventive Services Fraser Health Authority 105-4946 Canada Way www.fraserhealth.ca Offers Child Health Clinics(immunizations), Speech & Language & Audiologist, Nutrition & Dental services. 604-918-76055</p>	<p>SMILE Program (St. Leonard's) 7181 Arcola Way www.stleo.ca Individual and group support for pregnant and young parents. 604-524-6255</p>
<p>Burnaby South Employment & Assistance 220-5021 Kingsway Provides Childcare Subsidy and Income Assistance. 604-660-9500</p>	<p>YMCA Child Care Resource & Referral Burnaby/New Westminster 161-5172 Kingsway http://www.ccr.bc.ca/ Parents can access free child care information, consultation and referral for child care providers. 604-294-1109</p>

Cameray Child & Family Services Flyers

...Cameray...

Infant/Toddler meet-up
January 11th & 25th
9:30am - 11:30am
12:30pm - 2:30pm

A drop-in for parents and caregivers with babies aged 0 months to 36 months.

In this 2-hour program, parents can enjoy playtime with the child, meet other parents, and discuss any concerns regarding child development and growth in a safe and relaxed environment.

2038 Rosser Ave
 Burnaby BC
 2nd floor

... Free parent-child drop in ...

For families with children ages 0-5

Preschool room on the 2nd floor of University Highlands Elementary

1st & 3rd Thursday of each month
9:30am - 11:30am

Playtime
Light snack
Circle time

Contact Renée Austin for more information
renee.austin@cameray.ca

HOW TO NAVIGATE DIFFERENT PARENTING STYLES

FREE PARENT EDUCATION WORKSHOP
 Friday, January 19th, 2024
 10:00am-12:00pm

LOCATION
 Cameray Child and Family Services
 Rosser Office
 2038 Rosser Avenue
 Burnaby BC V5C 0M7

REGISTRATION REQUIRED
 This group is for Burnaby and New Westminster residents with one or more children ages 0-5 years old.
Email:
pspgroupsignup@cameray.ca
 to sign up for groups

CHILD CARE PROVIDED AT NO COST
 Younger infants may stay with their caregiver

Parenting can be difficult and overwhelming, even when parents agree. When they don't, parenting approaches can become a source of ongoing conflict. When parenting styles clash, children get inconsistent messages from their parents. This can cause confusion in children about how to act and what to expect in response to their behaviour. During this group we'll discuss things that impact parenting style, tips for getting along when parenting styles differ, and how to raise more positive behaviours when having a disagreement. Between 10:00am and 10:30am, parents and children will have time to get settled. The workshop will run from 10:30am-11:00am. The last 30 minutes will be reserved for Q&A, reading and goodbye. Check-in available. PRE-REGISTRATION REQUIRED. SPACE LIMITED.

Limited free underground parking on site

Childcare provided at no cost

Childcare provided at no cost
 Younger infants may stay with their caregiver

Email Renée Austin for more information
renee.austin@cameray.ca

Click [HERE](#) to view the January 2024 Group Calendar for the Early Years Parenting Support Program

MOTHER GOOSE PROGRAM

COME AND JOIN US!
 The Parent-Child Mother Goose Program® is an interactive group in which parents and their young children enjoy the pleasure of using rhymes, songs, and stories together. It creates a positive family experience; kids have an early experience with language and communication.

TIME: 10:00AM - 11:30AM
 8 sessions on Mondays:
 January 8, 15, 22, 29
 February 5, 12, 26
 March 4

Light snacks and bus tickets provided

CAMERAY
 2038 ROSSER AVE
 BURNABY
 To register: pspgroupsignup@cameray.ca

Self-Regulation through Challenges

When: Wednesdays, January 10, 17, 24, 31 and February 7, 14, 2024
Time: 10:00 am to 11:30 am

This 6-week program is based on Professional Counsellor Lisa Dion's work. During these sessions we will learn how to regulate in different circumstances, and understand our own process of regulation. We will also discuss boundaries, conflict, co-regulation, etc.

Location: Cameray Child & Family Services
 2038 Rosser Avenue Burnaby
Email: pspgroupsignup@cameray.ca
Phone: 604-436-9449

UNLOCK THE MAGIC OF READ-ALOUDS

Date: Jan 04, 2024 (Thu)
Time: 10:00-12:00pm
Format: In-person (Rosser)
Location: 2038 Rosser Avenue, Burnaby BC V5C 0M7

This workshop will empower parents with the essential skills to create enchanting read-aloud moments with their little ones aged 0-5.

Content:

- Life-long benefits of reading aloud to your child
- Tailored tips for reading to infant, toddlers, and preschoolers
- Learn interactive techniques to captivate your child's imagination
- Establish positive reading routine at home

Register: Email us at pspgroupsignup@cameray.ca or call us at 604-436-9449

Cameray Child & Family Services Flyers

Support your Tween Cope with Anxiety
協助青少年轉化焦慮

Date: Jan 11, 2024(Thursday)
Time: 5-7pm
Format: Zoom
Target Audience: parents with kid aged 8-15
Language: Cantonese 廣東話



Content 內容

Content: This workshop aims to strengthen parents' competence in addressing anxiety issues exhibited by their tweens. Based on the emotion-focused perspective, parents will systematically learn to recognize signs of anxiety, understand the emotional needs beneath surface behaviour, and discover ways to channel and transform the anxiety into a pleasant and constructive emotion.

內容: 增強父母轉化青少年焦慮情緒的能力。基於以情緒為中心的視角, 父母將有系統地學習識別焦慮的跡象, 理解青少年表面行為背後的情感需求, 並找到將焦慮轉化為愉快和建設性情緒的方法。

適合有 8-15 歲孩子的家長

REGISTER: EMAIL US AT PSPGROUPSIGNUP@CAMERAY.CA OR CALL US AT 604-436-9449

Teen Connections: Exploring the Five Love Languages for Positive Bonds



Content

Recognizing diverse love languages is vital for parents and teens in fostering deeper connections and cultivate positive bonding. Understanding that individuals may express and receive love in distinct ways allows parents to tailor their communication to resonate with their teen's preferences. This awareness prevents misinterpretations and strengthens the emotional bond by ensuring that expression of love is received and appreciated.

Detail

Jan 30, 2024(Tue), 5-7pm
Format: Zoom
Target Audience: parents with kid aged 8-15

Registration

Register: Email us at PSPGROUPSIGNUP@CAMERAY.CA or call us at 604-436-9449



TEENS: NURTURING SELF-WORTH THROUGH CONSENT AND BOUNDARIES

Date: Jan 09, 2024(Tuesday)
Time: 10am-12pm
Format: In-person (Rosser)
Location: 2038 Rosser Avenue, Burnaby BC V5C 0M7

CONTENT.

THIS WORKSHOP EMPOWERS PARENT TO FOSTER THEIR PRETEEN'S SELF-WORTH THROUGH A DUAL FOCUS ON SETTING BOUNDARIES AND UNDERSTANDING CONSENT. BY ESTABLISHING CLEAR LIMITS, PRETEEN GAIN A SENSE OF SECURITY AND AUTONOMY, ENHANCING BOTH EMOTIONAL AND PHYSICAL SAFETY. PRACTICAL GUIDANCE AND TOOLS WILL BE INTRODUCED TO INCREASE PARENTS' CONFIDENCE IN DISCUSSING THE TOPIC WITH THEIR PRETEENS.

Healthy Boundaries Consent

REGISTER: EMAIL US AT PSPGROUPSIGNUP@CAMERAY.CA OR CALL US AT 604-436-9449

FREE PARENTING CONSULTATION



Feel free to drop by for a 30-minute free consultation with Cameray's Parent Educator to discuss your concerns regarding parenting and children's development issue.

PARENTING CONSULTATIONS COVERS, BUT ARE NOT LIMITED TO.....

- Identify family strengths that helps to create positive bonding
- Address behavioral challenges exhibited by the teens
- Ways to enhance effective communication
- Understand age-appropriate developmental milestones
- Cultivate self-worth and self-compassion
- How to raise a good human
- Boundaries setting
- Support teens to develop emotional and mental well-being

DATES & TIME

Dec 18, 2023 (Thu) 5pm-7pm
Jan 08, 2024 (Wed) 5pm-7pm
Jan 15, 2024 (Mon) 5pm-7pm

ELIGIBILITY

- Families residing in Burnaby or New Westminster
- Have a child aged between 5 to 18 years old

WHERE

Location: Cameray's office at The Wellness Centre
Address: 829 Sixth Street, New Westminster, BC V3M 8J2
(located via an exterior entrance, on south side of New Westminster Secondary School)

LANGUAGE AVAILABLE

- English
- Cantonese
- Mandarin

ANNIE NGAI BSW (SHE/HER)
Parent Support Counselor, Parent Educator

Enquiry: email enquiry@cameray.ca or call us at 604-436-9449 ext 608
Website: www.cameray.ca

Click [HERE](#) to view the January 2024 Group Calendar for the Parent Education Program

