

# STONEY CREEK COMMUNITY

FEB.6.2024

## FEBRUARY NEWSLETTER



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

### Principal's Message

#### On-Time = On-Track

HUGE thanks to all the families that continually set up routines at home to ensure that their children are at school on time each day. We know this is no easy task, especially when you have more than one child, perhaps a pet or two, and you are getting ready to head off to work yourself. Ms. Spartano and I have noticed a notable improvement in the amount of lates this year.



However...you knew there was a "but" coming didn't you...there are still a number of kiddos arriving late consistently which not only clogs the office with students signing in, it also interrupts morning classroom routines and instills a sense that being late is acceptable.

At the elementary level, if your child arrives late, we will be greeting them with a big smile and a "so glad you're here". We will never try to make them feel guilty; so how do we teach a sense of responsibility to be on time? Through YOU. Family members account for about 90% of the reasons why children are late in the early years (and yes, I totally made that percentage up...but it's based on almost 30 years of educational experience).

As I mentioned in our first newsletter this year, I know students will be late sometimes, even with the best-laid plans, as life often throws us curveballs, but when children are late consistently, that invariably comes down to routines and expectations at home. If your child is consistently late, you can expect that I'll be calling you to see how we can help, not shame, so that all our kiddos are starting their day on-time and on-track.

-Mr. K. Gurney

## Math Musings - Math Fact Fluency



If you were to poll the families at Stoney Creek and ask them to rate how they “feel” about Math, you would likely get more than 1/2 of them stating hatred or even a phobia around the subject...while the rest likely found it their favourite subject. WHY?

As you’d guess, we learn best when we approach a subject in **a positive way and are able to “play” and connect the information** to various aspects of our lives. For example, when we read, we do not need to memorize each word through repetitive drills, we learn words by using them in various situations such as speaking with others, writing, and reading them in various contexts.

The same goes for computational fluency. It’s such an important foundation for numeracy skills but it is developed through **flexibly using numbers** rather than memorization, drills, and a focus on speed. For example, how many ways can you solve  $7 \times 8$ ? Many have just memorized that it’s 56...but what about  $5 \times 8$  and adding two more 8’s ( $40 + 16$ ) or  $10 \times 7$  and subtracting two 7’s ( $70 - 14$ )? It’s obviously not faster, but it will go a very long way to supporting number sense as Math becomes more complex in later years.

Now, I’m not saying memorization of facts is not important, it is. Much like memorizing that F-U-N says FUN is important, it’s not just about how fast we can decipher the letters to form words, it’s about learning the word is so many different contexts.

So what can you do at home?



1) **Family attitude:** As with all things to do with life, come at it in a positive way and find the joy. Empathize **with struggles, but avoid negative comments** such as “I was never good at Math”. Point out things you struggled with and how you overcame those struggles; point out things you loved about Math growing up...hopefully there are a few things; and

try to “play” with numeracy ideas intentionally around your kiddos through games, finances, and discussions.

2) **PLAY Math:** I’m definitely biased in this area because my family is all about games. Board games, card games, dice games, group video games...if it’s a game, the Gurneys are up for the fun. Playing games is an AMAZING way to set foundational skills in math. Games such as Monopoly teach financial literacy; games such as Cribbage teach computational skills; games such as Quirkle and Sudoku teach patterns; almost all dice and card games teach probability...the list is endless. So grab some games and set aside some time each week to learn skills AND have lots of fun with family & friends.



3) **Practice Math:** Setting aside time to review Math facts with your kiddos can also be helpful and fun, but the key is to make it about enjoyment and understanding, not speed or pressure. I’m reminded of what a famous mathematician and Fields Medal winner, Laurent-Moise Schwartz, said about feeling inferior to others in Math because speed was always emphasized, and he needed time to fully understand. So go ahead and practice Math facts using online games or flashcards, but try to avoid making it all about speed.

## Wellness Check

As all of you hopefully know, we have a family session for all Stoney Creek families this **Wednesday, Feb. 7th on MANGAGING EMOTIONS running at the school from 6:00 - 7:30 pm.** It is for families looking for ways to best support their children when emotions and feelings are overwhelming. For more information, flip to page 8 of this newsletter and you can register [HERE](#). This month, I wanted to focus on SLEEP & SCREEN TIME for our kiddos:



### SLEEP:



A common question asked by parents is, "How much sleep do kids need?" Unfortunately, there is no set amount, as we're all different; but there are guidelines that we, as parents, can use to help with this. Overall, most students aged 6 – 12 need about **10 – 11 hours each night.** Yep, that much sleep! For most, this means a bedtime of no later than 9:00 p.m. Without this amount of sleep regularly, you can expect that children will show greater signs of anxiety, depression, hyperactivity, listlessness, inattention, and more.

One of the most significant factors to support children and their sleep is a **nightly routine** such as wash up, brush teeth, read for 20 minutes, then saying goodnight to family members and lights out. I can honestly say that I still say "Good Night, Sweet Dreams, I Love You" to my daughters every night, even at their ages of 20 and 23.

### SCREEN TIME:

I've always been aware that many youth spend too much time on screens, especially nowadays, but I was baffled by the data that kids aged 8-18 now spend, on average, a whopping **7.5 hours in front of a screen for entertainment each day**, 4.5 of which are spent watching TV (of course, the teenage years lead to more screen time, but WOW, that's a lot of time). Over a year, that adds up to **114 full days** watching a screen for fun. We know that too much of a GOOD thing can be bad...what about too much of a BAD thing? Is that good? Obviously not. So I suggest you throw your TV's out the window, hide your children's iPads and phones, and throw them out in



the backyard with a stick to play with! OK, maybe don't go that far, but what many of you do that is successful is that you establish **clear rules and set reasonable limits** for your child's use of screen time and don't fall for the common lament, "...but all the other kids get to!". Consider these tips:

- Create tech-free zones or times, such as during mealtime or one night a week.
- Discourage media entertainment during homework and eliminate TV background
- Set and enforce daily or weekly screen time limits and curfews, such as no devices or screens one hour before bedtime.
- Consider using apps that control the length of time a child can use a device.
- Keep screens out of your child's bedroom and consider requiring your children to charge their devices outside of their bedrooms at night.

**Important Dates...**

**UPCOMING SCHOOL CLOSURES IN FEBRUARY AND MARCH 2024**



- Pro-D Day - Friday February 16
- Family Day - Monday February 19
- Spring Break - Monday March 18 - Thursday March 28
- Good Friday - Friday March 29
- Easter Monday - Monday April 1



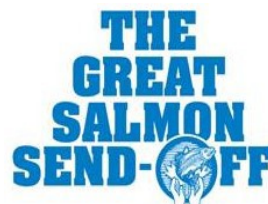
Online Registration for next year began on February 1st. Click [here](#) for more details.

\*If you know your child will not return to Stoney Creek in September, please inform the office\*

Feb 8th there will be an info night for new kindergarten parents of children with diverse abilities. Click [here](#) for more information.

**We received a special delivery of Chum Salmon eggs!**

For the next few months, the eggs will grow in a special aquarium incubator in Mr. Smyth's classroom. Division 7 students are monitoring the aquarium each day and recording the temperature of the water. We love learning about the life cycle of the Pacific salmon as we watch the eggs hatch into baby salmon. Once they have grown to the fry stage of their lifecycle, the salmon will be released into Stoney Creek. This will happen early May.



Watch for details about the return of "The Great Salmon Send-Off" on Saturday, May 11, 2024 (10-2)



**CREEKSIDE CENTRE**

Will be hosting another **Pro-D Day Adventure** for students in Gr. 5 to 7 They will take public transit to Planet Lazer on Feb 16

Click [here](#) to view the flyer and registration details.



**Pink Shirt Day Reminder - February 28, 2024**



Choose kindness and say "NO" to bullying.

Wear a pink shirt to school on Wednesday February 28th to show support to this anti-bullying initiative.

## Thank you...

Thank you to our custodians for keeping our school safe and clean.

And an extra thanks in the past month for shoveling snow, salting icy areas and keeping our sidewalks, crosswalk and parking lot safe.

We appreciate you!

Leading up to the Winter Break and Holidays we were able to support many families with gift cards and hampers. Thank you to the Stoney Creek Community for generously donating funds to make this happen!

## Community Council Reminders

### Our next Community Council Meeting

**Wednesday, February 7 @ 7:30 pm**

For all parents, guardians & community members  
**All welcome to attend! We'll meet in the library.**

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 latest SCCC events and campaigns:

**Subway Hot Lunch (Feb 9)**

**Movie Night (Feb 15)**

Click [here](#) to view the flyer

**Purdy's Easter Fundraiser (Feb 28 cut off)**

Click [here](#) to place your orders



ONE IS LOVED BECAUSE ONE IS LOVED.  
NO REASON IS NEEDED FOR LOVING.

PAULO COELHO

## This Month at Stoney Creek...



### Family Literacy Week at Stoney Creek!

Stoney Creek students and staff have had a fun week filled with a variety of Literacy activities including a word scavenger hunt, visits from other teachers and Mr. Gurney for classroom story time, literacy quizzes and cozy quiet reading in the classroom.

**Congratulations to Div. 7, winners of the scavenger hunt who received a new classroom book!**



Thanks to our librarian Ms. Neilson for coordinating this week's schedule of fun activities, including the "We Love Books" board with student notes about their favourite books and genres.

Today is the last day to hand in family bingo sheets. The winner will be drawn on Monday! Happy Reading Everyone!

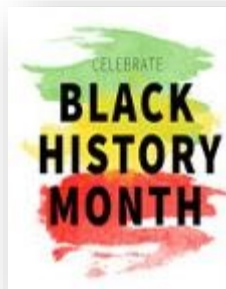
### February is Black History Month

Throughout the month of February students at Stoney Creek will be celebrating and remembering the many ways Black Canadians have contributed to Canada's history and culture. Did you know that the theme for Black History Month 2024 is "**Black Excellence: A Heritage to Celebrate; a Future to Build**".

Here are some great resource links to learn and celebrate Black History Month together at home:

<https://www.cbc.ca/kids/articles/all-about-black-history-month>

<https://www.canada.ca/en/canadian-heritage/campaigns/black-history-month.html>



**This Month at Stoney Creek...**



On behalf of all Stoney Creek Council members and all the school staff, we would like to wish you a **Happy Lunar New Year** and a prosperous Year of the Dragon.



Stoney Creek Community School &  
FamilySmart presents:

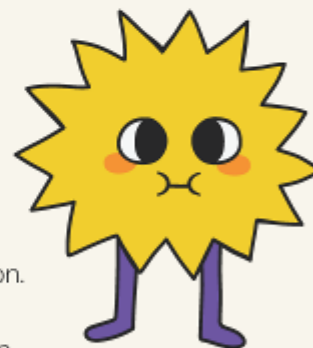
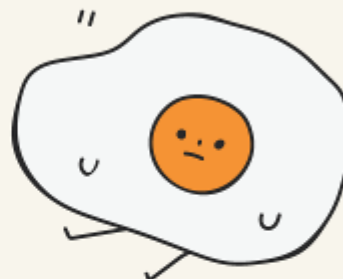


# Managing our Emotions

FEBRUARY 7, 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](#)







AN INFORMATION EVENING

FOR PARENTS OF CHILDREN WITH DISABILITIES AND DIVERSE ABILITIES

Thursday February 8<sup>th</sup>, 2024

6:00-7:30pm

Ecole Alpha Secondary School Library

930 Alpha Avenue, Burnaby, V5C 3E2



For further information and to register for the event,  
scan the QR Code.



IF YOU CANNOT SCAN, CLICK [HERE](#) TO ACCESS THE REGISTRATION PAGE FOR THIS EVENT



# LUNAR NEW YEAR

## YEAR OF THE DRAGON

### LION DANCING

Saturday, Feb. 17 • 12 p.m. to 4 p.m.

Watch Lion Dancers perform a special blessing ceremony for participating Heights merchants on Hastings St. from Boundary Rd. to Gamma Ave.



### LUCKY FORTUNE COOKIES

Starting Feb. 9.

Receive a cookie for a chance to win a \$20 gift certificate to your favourite Heights business. Available at select Heights Businesses. See the list on [burnabyheights.com](http://burnabyheights.com)

Be sure to keep the fortune (voucher) to claim your prize!



[burnabyheights.com](http://burnabyheights.com)

**Mobilizing Fear and Misinformation: Anti-SOGI and ‘Parent’s Rights’ Movements - ONLINE EVENT**

We invite all who are curious about SOGI-inclusive education, the rising ‘parental rights movement’, and trending transphobia to attend this event with an open-mind and curiosity. The event will be broadcasted live and recorded – everyone is welcome to attend!

Click [here](#) for more details.

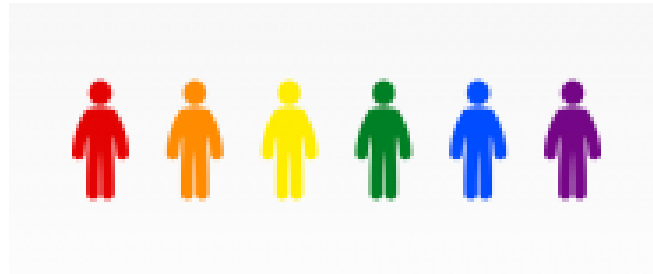
Click [here](#) to register.

**Wed, 07 Feb 2024**

**4:00 p.m. (PT)**

**Online Event**

**A link and password to access this event will be emailed to all registrants via Eventbrite.**



COME &  
LEARN WITH  
US!



**FamilySmart Event for  
Parents and Caregivers**

**DATE:** Monday, February 12th

**TIME:** 6:30pm - 8:30pm

**LOCATION:** Old Mill Boathouse, Port Moody

**COST:** Free

**REGISTER AT:** [Familysmart.ca/Events](https://familysmart.ca/Events)

**DEEPENING OUR UNDERSTANDING AND  
SUPPORT FOR THOSE WITH DISORDERED  
ANXIETY: When it’s Beyond Average and the  
Basics Don’t Cut it**

This workshop is designed for parents and caregivers to take our introductory knowledge about disordered anxiety into deeper territory. After a brief overview of how anxiety operates in the body and is expressed by children and youth, we’ll explore together what it really means to “manage” anxiety, how caregivers can recognise their child’s “go-to” stress response, work with their window of tolerance and built-in super powers, help their kids to move through the stress cycle, and build an advanced tool kit for facing what feels hard. We’ll learn through presentation, stories, reflection, and questions, informed by both research and our lived experience.

**Speaker:** Karen Peters Registered Clinical Counsellor in full time private practice with an amazing team of therapists at ThriveLife Counselling & Wellness. She supports individuals, couples and families in their mental health and relationships through counselling, education, parent coaching and her podcast, “Parenting in the Trenches”. Karen has two daughters and has navigated the mental health system both personally as a parent, and professionally.

*With gratitude, FamilySmart would like to acknowledge the generosity of the Ministry for Child & Family Development for sponsoring this event.*



[Familysmart.ca](https://familysmart.ca)

# MOVIE NIGHT: ONWARD



**Thursday, Feb 15**  
**Doors 6 PM; Showtime 6:30 PM**  
**Stoney Creek Community School**

There will be a concession available, but please order your movie tickets and pizza beforehand through Munchalunch

<https://www.munchalunch.com>



## Pro-D Day: Laser tag Grades 5-7

Creekside Youth Centre is hosting another Pro-D Day adventure! Youth and staff will take public transit as a group to Planet Lazer and then return to Creekside with the group for some fun and games to end the day!

**\*Please come prepared with own food for the day\***

Register online through webreg, or visit/call any Burnaby Community Centre. Participant profile and waiver forms must be completed and returned to the community office at Stoney Creek Elementary or Sarah Barbour at Creekside Youth Centre.

Friday, February 16 9:00am-3:00pm

\$40.00, Barcode: 19734

**Creekside Youth Centre**  
2720 Beaverbrook Crescent  
604-294-7607



@creeksideyouthcentre

