



# STONEY CREEK COMMUNITY SCHOOL

## MARCH NEWSLETTER

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**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:

MAR.15.2024

#### Emotional Well-Being

Continuing our discussion on factors influencing emotional well-being, last newsletter, we discussed Sleep & Screen Time; this month, I thought we'd turn our attention to Eating & Stress Levels, but before heading in that direction, I wanted to call your attention to some new resources from our Ed-Tech Committee around technology and mental health which can be found [HERE](#). You will find information on things like when to get a cell phone for your child, Kids & Tech: How much time is too much time, and Digital relationships and how to keep safe.



**NUTRITION:** As you'd expect, a major factor that impacts learning and emotional well-being is student nutrition. We know it is sometimes difficult to ensure that our kids get the proper nutrition, and we are not here to be the "food police", but here are some guidelines that might be helpful to ensure that students are getting the nutrients and energy they need to be great learners and give them the best opportunity to self-regulate their emotions:

Bring a water bottle. Kids need lots of water to keep hydrated and will often be encouraged to keep a water bottle on their desk/table throughout the day. Overall, for elementary students, it is recommended to have 5 – 6 cups a day. Try to avoid juices, powdered drinks, pop, or energy drinks (including Gatorade-type drinks) as they contain WAY too much sugar.

Whole foods are best. Try to avoid processed foods or ones with too many ingredients. They may be convenient, but they are usually detrimental to providing sustained energy. And variety is the spice of life... well, sort of. Try to cover the [3 main food groups](#) (veggies & fruits; grains; proteins).

Again, we are not the "food police", we all enjoy a deep-fried, chocolate-dipped hunk of cotton candy once in a while (yep, I made that up), but hopefully that's a rare treat and we can instill good eating habits while kids are young and growing. When we have nutrient-rich foods, we have fewer mood swings and an improved ability to focus.

**STRESS:** A little bit of stress has actually been found to be a good thing as it heightens our senses and often leads to higher motivation in a variety of activities, including learning. I highly recommend [this great TedTalk](#) on how we perceive stress and how this perception has a massive impact on how stress affects us. However, I said "a little bit". Far too many kids nowadays are overburdened with activities and pressures to perform at school. We need to remind ourselves that they are kids and if we burden them with too much stress and overwhelming demands, then performance, learning, and overall happiness will greatly suffer. So we need to check ourselves sometimes as parents when we find ourselves focusing more on grades, awards, or being the best athlete rather than learning and contributing to the community. As a coach for many of my daughters' sports, I can speak from experience that we often need to step back and really check ourselves to ensure there is a balance in our kid's lives and we aren't expecting too much. We all want our kiddos to be the best they can be, but that requires them to have balance in their lives.



**Math Musings**

When Stoney Creek staff met in August to discuss School Goals, Mathematics came forward as an area we needed to focus on for this year. In particular, we are wanting to improve the Numeracy performance of all students and increase the number of students meeting at their grade level (Proficient or Extending).

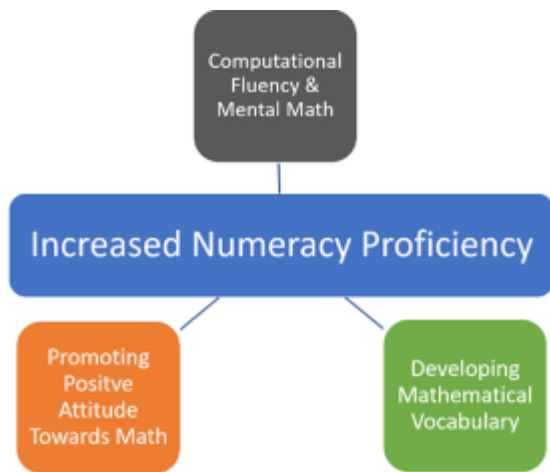
Looking at report card data, Math Assessments, FSA data, and teacher observations, our students seem to be comparable across Literacy and Numeracy, however, staff has been focused on Literacy Professional Development for several years and we were noticing issues in Numeracy, especially in **Number Sense and Computational Fluency**.



To support student competence in Math, we are going to focus on Understanding & Solving (concepts, strategies, problem-solving) through:

1. Developing mental math strategies & computational fluency and abilities to make sense of quantities
2. Developing and promoting a positive attitude towards Math through play & inquiry
3. Using mathematical vocabulary and language to contribute to mathematical discussions

Last month's newsletter was focused on ways to promote positive attitudes towards Math, but as we head into our Spring Break, where students are going to be at home more, I thought it might be helpful to remind everyone that Math can be found everywhere, from shopping, cooking/baking, and even TV. [Here's a helpful website](#) that some of you might like. Have fun finding Math during Spring Break.



**Stoney Creek Steelheads**

This year, with support from our amazing Community Council, we will be purchasing new jerseys for Stoney Creek as our current supply is quite old and we don't have nearly enough, especially as we head into Track season.

As such, we've been looking into whether or not to keep our current Salmon logo (pictured to the right) that is currently on our jerseys, or possibly update the logo. To do this, we did a little research into the types of fish we can find in Stoney Creek (click [HERE](#) to learn more), and it seems our creek is home to Chum, Coho, Pink, Steelhead, & Cut-throat species.



After surveying staff and students, the overwhelming favourite turned out to be the **Steelheads** logo similar to what you see to the left. So, moving forward, our Stoney Creek teams will be known as the Stoney Creek Steelheads.



In addition, we surveyed every school in the district to find out jersey colours as we want to have a distinctive colour where our teams can stand out, especially in large events like Track Meets. Most schools in our district are Blue, Black, Red, or Green. So we will be sticking with **ORANGE** jerseys as there is only one other school (Brentwood Park) that has Orange (and black) and we will be Orange & White; this also allows us to keep our some of our old jerseys that are still in decent shape if needed. Next, I just have to look into finding a great Steelhead Mascot Outfit to wear on a regular basis :) GO STEELHEADS!

## Important Dates

### UPCOMING SCHOOL CLOSURES IN MARCH AND APRIL 2024



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

#### School Meal Program - Cycle 8

Payment for the April 8 - May 3 cycle is due by Tuesday April 2, 2024.

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

We encourage you to pay online via School Cash.

This is a safer and more secure way to submit payment.



#### Creekside Youth Centre

Please note that the centre will be closed for all regular pre-teens activities during the Spring Break, reopening the first week of April.

For more information and for what's happening in your Youth Centre please call 604-294-7607.



Our next Community Council Meeting:

**Thursday, April 18 @ 7:00 pm in the library**

For all parents, guardians & community members  
**All welcome to attend!**



#### STRONGSTART IMPORTANT DATES:

StrongStart will be closed from March 18 - April 2, 2024

**Reopens on Wednesday April 3rd**

The Centre is also closed on April 10, 29, and 30th





## Happening In Our Community



### Cameron Library is Moving

The new temporary library will be in the City of Loughheed Shopping Centre and doors officially open on Monday, April 29. The current library at Cameron Rec Centre will permanently close on Friday, March 29 to allow time to move materials and set up. [Click here](#) for more details

### Earth Day - April 22, 2024

This year's theme: **Planet vs. Plastics**, calls to advocate for widespread awareness on the health risk of plastics, rapidly phase out all single use plastics, urgently push for a strong UN Treaty on Plastic Pollution and demand an end to fast fashion.

Over Spring Break, families can work together to find creative ways to reduce waste and to encourage recycling at home and in our community.

Visit the website <https://earthday.ca/> for more info.



### SAVE THE DATE!

SATURDAY MAY 11, 2024  
10:00 am - 2:00 pm



The Great Salmon Send-Off at Stoney Creek is just around the corner!

This **FREE** family-friendly event, held in the school field and creek, features a fish release, live music, kids activities, a concession and more!

### Salmon Update from Mr. Smyth (Division 7)

We are excited to share an update on our chum salmon project that began on January 10th, when we received 55 salmon eggs at Division 7. Our students have been meticulously caring for these eggs, monitoring the temperature daily, and eagerly anticipating the hatch. We're thrilled to announce that all eggs hatched around February 20th, and we now have alevin swimming in the redd of our tank.

Mr. Smyth invites all Stoney students and their parents to visit our classroom and observe these fascinating creatures at 3 pm daily. This is a wonderful opportunity to witness the early stages of salmon life and understand their significance in our ecosystem.

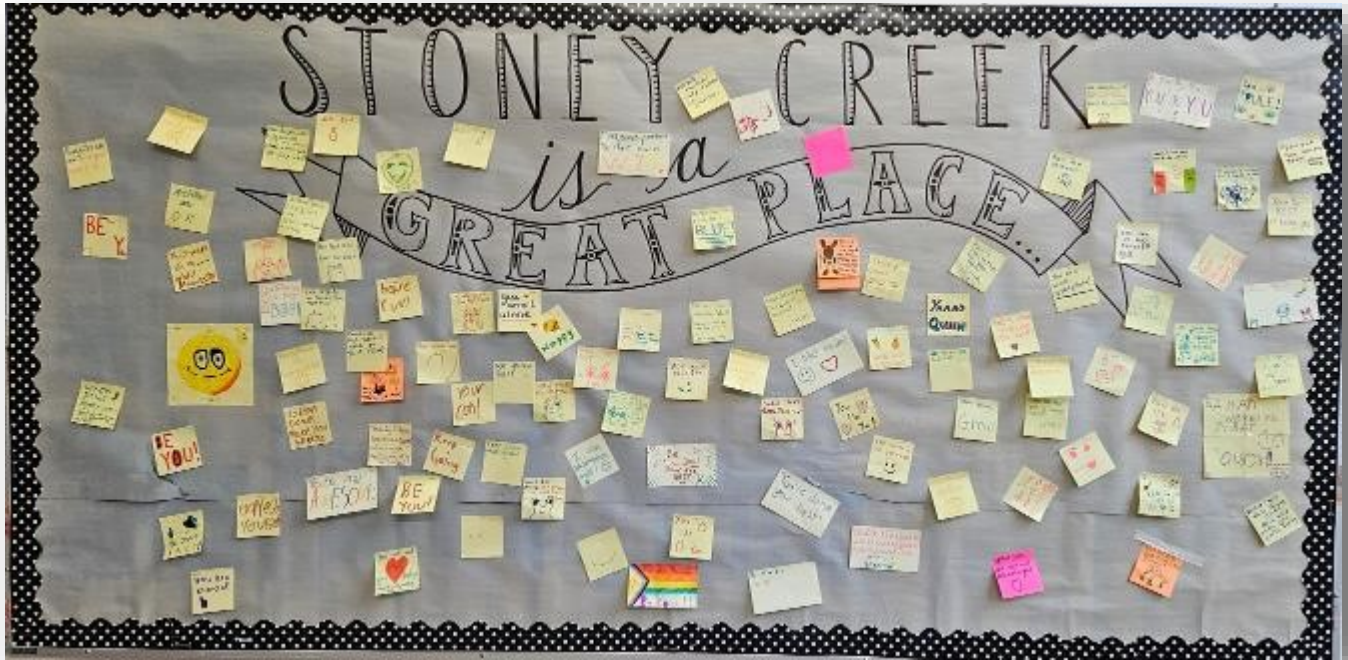
Students of Division 7 will continue to nurture the salmon until they transition to the fry stage, at which point we will release them into Stoney Creek in early May. This project not only offers a hands-on learning experience but also fosters a deeper connection with our local environment.

We look forward to seeing many of you at the viewings and sharing this remarkable journey with our community.

-Mr. Smyth



## In Our Hallways...

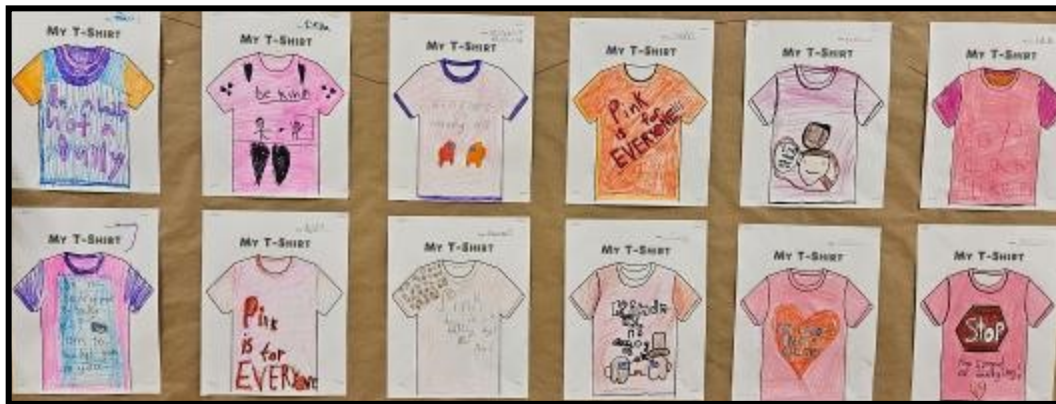


On Pink Shirt Day the Diversity Club created and welcomed students to visit their "Wall of Positivity". A place for students to find encouraging words and pick-me-ups.





# In Our Hallways...





## Highlights of Student Activities

**Primary Days of Music:** Our Grade 2 & 3 students had an exciting opportunity to meet with students from Cameron Elementary, Armstrong Elementary and University Highlands Elementary this week.

The students filled the Cameron Elementary Gymnasium with beautiful voices, singing 11 songs all together and each school performing 2 songs for the other groups. Thank you to the volunteers and staff who helped walk the students and thank you to our fantastic music teacher, Mr. Faoro, who prepared our students for this fun event!



On Pink Shirt Day our Community Coordinator, Ms. Briscoe and four of our Stoney Creek Students met with students from Lyndhurst Elementary, Cameron Elementary, and Burnaby Mountain Secondary at Lougheed Town Centre.

They had the opportunity to hand out positive messages and gift cards to patrons and to see the wonderful Pink Shirt display that students from each of these schools contributed to.

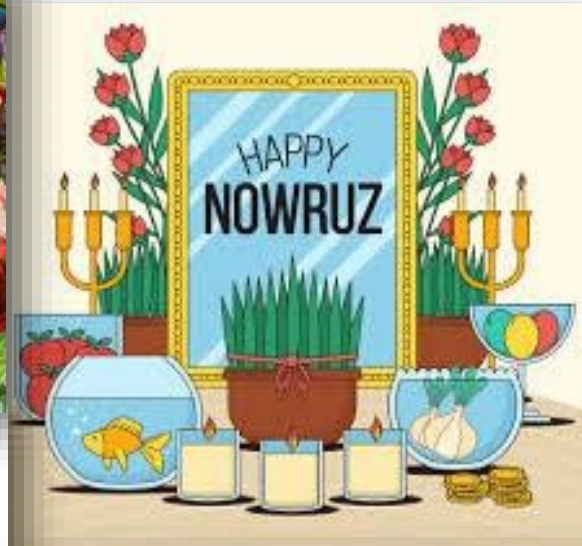
Pink Shirt Day  
Wednesday  
February 27th

**KINDNESS**  
**IS ONE SIZE**  
*Fits All*





**Celebrations in our Community**





## Afterschool Art Programs Running this Spring

*Shadbolt in your Community @*

# Stoney Creek

Community School

Spring  
2024



## Creative Artworks Grades 4-7

Each class brings a new theme especially chosen to stimulate a child's imagination. Children explore a variety of materials and mediums, including drawing, watercolour painting, printmaking & collage.

*\*New projects every set of classes*

**April 23– May 14**  
**Tuesdays (4 Sessions)**  
**3:00pm-4:30pm**  
**Activity # 31206**  
**\$40**

### To Register:

Call or Register in person at any Burnaby-Parks, Recreation and Culture Facility. Fees must be paid when you register. We accept cash, cheque, VISA, MasterCard or recreation credit.

WebReg  
[www.burnaby.ca](http://www.burnaby.ca)

\* Registration opens  
March 7, 2024 at  
10:00am

## Young Artists Grades 2-5

Young artists are introduced to various mediums from acrylic paints and pencils, to charcoal, watercolours, pastels and more. Students explore their creativity in an environment that allows them to make a mess, and develop techniques.

*\*New projects every set of classes*

**May 21– June 11**  
**Tuesdays (4 Sessions)**  
**3:00pm-4:30pm**  
**Activity # 31207**  
**\$40**

*Shadbolt Centre Fine Arts Instructor-  
Thiseni Krishthorubadu*

[www.shadboltcentre.com](http://www.shadboltcentre.com)  
[www.burnaby.ca](http://www.burnaby.ca)

For more  
Information, call:  
**Shadbolt Arts Programmer**  
**Lia Miller**  
604-205-3013



## YMCA Community Program



### Free Spring Program for Families!

Learn about healthy eating, physical activity, and building long-lasting habits as a family in Generation Health. This 10-week program for families with children ages 8 to 12 is FUN and interactive!

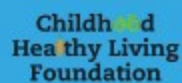
Delivered through YMCA BC starting April 2024 on Tuesday and Wednesday evenings.

Families who join this program will receive a complimentary YMCA membership.

Register today!



[gv.ymca.ca/generation-health](https://gv.ymca.ca/generation-health)  
[generationhealth@bc.ymca.ca](mailto:generationhealth@bc.ymca.ca)





## Fraser Health Message to Families



March 11th, 2024

### Did your child receive the MMR vaccine?

**Measles cases are being reported in many places internationally, in Canada and in B.C.** We would like to remind you to check your child's vaccination records before travelling during Spring Break to ensure they are protected.

**Measles is a serious illness caused by the measles virus. It is very contagious.** It can spread easily through air.

Symptoms of measles include fever, cough, runny nose, and inflamed eyes that are often sensitive to light. These symptoms are followed by a rash, which starts on the face and neck and spreads to the chest, arms and legs.

**Measles can cause complications** like inflammation of the brain (encephalitis), which can lead to seizures, deafness or brain damage. Other complications can include ear infection, diarrhea, pneumonia and death. This is why protection by vaccination is so important.

Getting your child vaccinated on schedule is the best way to protect them from this preventable infection. **The MMR vaccine is recommended for all children and is provided free in B.C.**

In B.C., measles vaccine is given as a series of 2 doses.

- First dose is given as the measles, mumps and rubella (MMR) vaccine on a child's first birthday.
- Second dose is given around the time of starting school (at 4 to 6 years) as the measles, mumps, rubella and varicella (MMRV) vaccine.

**All school-age children and teens who have not been vaccinated should get 2 doses.**

**If you plan on travelling internationally:**

- Babies between 6 months and 1 year should get vaccinated against measles before travelling internationally. This dose is not included in the routine two doses but will add to protection against measles while travelling.
- Children between 1 and 4 years can also get their second dose early if they are travelling internationally before they are due at age 4.

**Make sure your child's immunization records are up-to-date**

Check your child's immunization records by

- Scanning the QR code to Health Gateway
- Going online to [healthgateway.gov.bc.ca](http://healthgateway.gov.bc.ca)
- Using the Health Gateway app



\* Records for children under 12 years old are included on their parent's account.

If your child's online record shows their vaccines are not up-to-date but they did get vaccines from a health care provider outside of public health, please:

- Contact the health care provider who immunized your child and ask for a copy of the immunization record.
- Report these immunizations to Public Health online by either scanning this QR code or going online to [fraserhealth.ca/immunizationform](http://fraserhealth.ca/immunizationform). This will prevent children from missing school in the event of a measles case.



**If your child has not yet had their vaccines, please make an appointment with a public health unit, family doctor or nurse practitioner.** Children 4 years or older, as well as adults, can also be vaccinated in pharmacies. Not all family doctors, nurse practitioners, or pharmacies offer vaccines, so make sure to call ahead and check.

To make an immunization appointment at a public health unit, call:

- 604-702-4906 (residents of Mission, Abbotsford, Chilliwack, Agassiz and Hope)
- 604-476-7087 (residents in all other areas of Fraser Health)

For more information, please contact your local public health unit or visit our website at [fraserhealth.ca/immunizations](http://fraserhealth.ca/immunizations).