



NEWSLETTER #8

April, 2023



WELCOME BACK!

We hope you had a fun and relaxing long weekend and Spring Break! Things are picking up again here at school as we look ahead to Term 3

and warmer weather. As usual, the next few months will fly by as we move into the final term of the school year.

CIRCUS SCHOOL

Next week, we are excited to welcome Sand Northrup to our school as she leads our students through 3 days of Circus School. Circus School will run April 17, 18, and 19 and we are looking forward to learning a few "circus skills" such as balancing and juggling. A huge thanks goes to our amazing Mitchell PAC for funding this event!



PAC MEETINGS

Our next PAC meeting is Wednesday, April 26th from 6:00 – 7:00 p.m. Check out the school website:

(https://mitchell.sd38.bc.ca/parents/parent-advisory-council/) and Mitchell PAC's Facebook page (https://www.facebook.com/MitchellElementaryPAC) for more details on PAC.

BREAKFAST CLUB

Breakfast Club has expanded and is now operating on Mondays and Wednesdays! Students can arrive at the school at the north-east entrance to the building in our new wing anytime between 8:00 – 8:30 for breakfast, provided by volunteers from Fraserview Church and Mitchell Staff.



TRACK AND FIELD

This year's Zone Track Meet will take place on Wednesday, May 24th at Minoru Track. Our goal is to have as many children as possible participating in the events at the track meet. More information will be coming home as we near the Zone Track Meet.



MENTAL HEALTH WEEK - MAY 1-7

Information Session for Parents, Guardians, and Caregivers Tuesday, May 2, 2023 (on Zoom)

6:30 – 8 pm

Holding Onto Our Kids in a Digital World

Dr. Deborah MacNamara

As if parenting wasn't hard

enough in having to deal with screens, peer pressure on kids - and then we had to add a pandemic on top of it! How can we hold on to our kids so we can influence and guide them? What do kids really need from us so as to grow into socially and emotionally responsible beings? This presentation will discuss issues from technology to peer problems and how parents are the ultimate answer for what kids need most of all. Practical suggestions for (re)building strong relationships with kids from preschoolers to teenagers will be discussed along with managing challenging behaviour - including screen time!

BIO

Dr. Deborah MacNamara is the author of Rest, Play, Grow: Making Sense of Preschoolers (or anyone who acts like one), and her children's picture book, The Sorry Plane. She is on Faculty at the Neufeld Institute and Director of the counselling practice, Kid's Best Bet.

Parents, guardians, and caregivers can click here to register by Friday, April 28, 2023.



- Apr. 14 Spirit Day (Anything But a Backpack)
- Apr. 14 Vaisakhi
- April 17-19 Circus School
- April 21-22 Eid
- Apr. 21 PAC Hot Lunch (Subway)
- Apr. 26 PAC Meeting
- Apr. 28 Spirit Day (Twin Day)
- Apr. 28 PAC Treat Day (Ice Cream)
- May 5 PAC Hot Lunch (Pizza Hut)
- May 12 Spirit Day (Tie Dye Day)
- May 18 PAC Hot Lunch (Subway)
- May 19 Pro-D Day (School Closed)
- May 22 Victoria Day (School Closed)
- May 24 Track Meet at Minoru (Gr. 4 -7)
- May 26 PAC Treat Day (Ice Cream)



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SUMMER LEARNING PROGRAMS

Attention Richmond families! Did you know that Richmond Continuing Education Summer Learning Program is FREE for BC students who are Canadian Citizens,

Permanent Residents and students who have Refugee status?

With an array of exciting and enriching courses and camps to choose from, your child is sure to have a memorable summer. Choose from Elementary Enrichment, Summer Exploration, Summer Fine Arts, Academic Full Credit, Academic Completion, Secondary Enrichment, and Secondary Enrichment Skill Building Courses. We also offer Summer Camps for both elementary and secondary students, with options for ages 6-16. Don't miss out on this opportunity to grow and learn in a fun and engaging way! Keep your child's learning journey going strong this summer and sign up now for Summer Learning 2023.

For more information go to our website at www.RichmondCE.ca