



MITCHELL ELEMENTARY SCHOOL

3800 #5 Rd, Richmond BC V6X 2T7

Phone 604-668-6225 | Early Warning 604-668-6229

Website: [mitchell.sd38.bc.ca](http://mitchell.sd38.bc.ca)

Principal/Directrice: Mme V. Carrière - Vice Principal/Directeur Adjoint: Mr. K. Narbett



## Newsletter 19 - April 4, 2025

We hope that you all enjoyed a wonderful Spring Break and enjoyed time with your families and friends. This week was busy at Mitchell. We had a fun presentation from the Earth Rangers on Wednesday. Thank you to Jean, our PAC chair, and Boeing for sponsoring Mitchell to get this fun opportunity! Today, we had class pictures. We will send them home as soon as we receive them. The weeks and months to come will fly by. Please continue to read our newsletters diligently to stay updated on all the events that will be coming up.

### Upcoming Events/ Important Dates

April 9 - PAC Meeting at  
6:30PM

April 11 - Spirit Day: Kids/Adults  
Swap

April 15 - 17 Grade 6/7 Camp

April 18 & 21 - No School

April 25 - Reports published on  
MyEd

### DISTRICT FRENCH IMMERSION VIDEO

We are excited to share with you the link to the SD38's new French Immersion video, featuring Mitchell's division 8 students and Mme Chang Dar Woon. We are very proud of their contribution to this important project!

<https://sd38.bc.ca/programs/elementary-programs/french-immersion>

Are you curious to know more about Mitchell? Please go to our school website, where you'll find updates on our school goal and more at: [mitchell.sd38.bc.ca](http://mitchell.sd38.bc.ca)

## ACCESS TO MYED FOR LEARNING UPDATES

Please see the reminder below on how to access your child's formal learning update (report card) once they are posted. We strongly recommend that you go online prior to that to make sure you can access the site.

Term 2 Learning updates will be available online only. No paper copies will be sent home. They will be published on April 25, 2025.

At Mitchell Elementary and across the District, we access children's school information directly online. SD38 has initiated the MyEducation BC PARENT PORTAL which will allow parents and/or guardians to access attendance, term grades, report cards and other information on their child(ren). Each parent/guardian have their own separate account.

You would have received an email a while ago from "[sysadmin@myeducation.gov.bc.ca](mailto:sysadmin@myeducation.gov.bc.ca)" with your login ID and temporary password. Instructions on how to login and navigate the Parent Portal can be found on our school website.

Access the Parent Portal at: <https://www.myeducation.gov.bc.ca/aspen/logon.do>

- o The first login must be done from a workstation, laptop or computer. Do not use an iPad, tablet, or cell phone. After the initial log in you may use any device to access your parent portal account.
  - o Enter the login ID and password provided in the MyEd BC email.
  - o The first time you log on to your account you will be asked to change your password.

\*\* Please print or download the report card each term as they will be removed from MyEd approximately one month after being posted. \*\*

### Account Problems?

Accounts have been created using email addresses previously provided to the office. If you did not provide your email address or need to update your address, please send an email to [mitchell@sd38.bc.ca](mailto:mitchell@sd38.bc.ca).

If you have issues logging into MyEd please send an email to the District MyEd Support Team at the following email address: [MyEdParentPortal@sd38.bc.ca](mailto:MyEdParentPortal@sd38.bc.ca) In the subject line please put Parent Portal, and in the message, include the following: Student's Full Name, Pupil #, Parent/Guardian Name and email address.

### Security

MyEducation BC is a secure student information system used in most school districts in the province of BC. Security is guided by the rules and regulations of the School Act and Freedom of Information and Protection of Privacy Act (FOIPPA). If you have any additional questions, please contact our school office at 604-668-6225.

# FIREBIRD CORNER

## SCHOOL HOURS

**CLASSES START:** 8:45

**RECESS:** 10:10 - 10:25

**LUNCH RECESS:** 11:50 - 12:20

**LUNCH BREAK:** 12:20 - 12:42

**CLASSES END:** 2:45

## OFFICE HOURS

8:00 AM - 4:00 PM



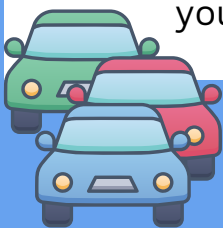
## VISITORS TO THE SCHOOL

The main doors to the school remain unlocked during office hours from 8:00 – 4:00. Visitors are **required to check into the office** when entering the building. This is for everyone's safety. Thanks for your cooperation!



## PARKING/TRAFFIC AT MITCHELL

Help keep our students safe by using the drop off zone for picking up and dropping off students only. Do not leave your car unattended in the drop-off zone or roundabout; if you need to come into the school, please park in a designated parking space at the west end of the school. Also, a reminder that there are no left turns permitted before and after school when leaving our parking lot. Thanks for your cooperation!



## IN CASE OF ABSENCE OR LATE ARRIVAL

Please inform the school by telephone when your child will be late or absent due to illness or an appointment, etc.

Our Early Warning line - **604-668-6229** - is available 24 hours a day for parents to leave a message. Please clearly state your child's first and last name, division and reason for absence. If no prior notice of absence is received, we will call home to determine the reason for the absence. Students arriving after 8:45 a.m. are required to enter through the main doors and check-in at the office before going to class.



# NEW LOOK .....

# ..... SAME SPIRIT

**MITCHELL ELEMENTARY**

# **SPIRIT WEAR**

**Show Your Spirit!**

**We've got new new hoodies (\$45) and tees (\$25)**

**in both Youth and Adult sizes**

**We are FIREBIRDS!**



**ORDER NOW ON MUNCHALUNCH!**

**Ordering is open NOW until Thursday, April 17th.  
All Sales Final**



# FRENCH MOVIE

## Night

*With  
English subtitles*

**FREE**

# KATAK

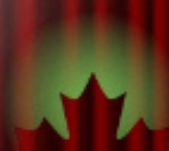
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**WED APRIL 16 | 5:30 PM**

**WHITESIDE ELEMENTARY GYM**

**NATIONAL  
CANADIAN  
FILM DAY**



**CANADIAN  
PARENTS  
FOR FRENCH  
BRITISH COLUMBIA  
& YUKON**

**RICHMOND CHAPTER**

For more info: [cpfrichmond@gmail.com](mailto:cpfrichmond@gmail.com)



TO REGISTER

# FESTIVAL CULTUREL FRANCOPHONE

 **ÉCOLE SECONDAIRE MCROBERTS**  
8980 Williams Road, Richmond

 **LE 10 AVRIL 2025, 5:00 - 8:00 PM**

The Richmond School District is excited to host its third annual Festival Culturel Francophone. This event is open to everyone regardless of age, background, or French language proficiency. Join us to celebrate, connect with others, and explore la francophonie! Admission is free, so be sure to bring your friends and family along.

**RSVP BEFORE  
FRIDAY, APRIL 4TH  
CLICK HERE**



## ACTIVITIES

- ✓ MALICOUNDA DRUMMING
- ✓ LOCO BEAT AFRO DANCE
- ✓ PHOTO BOOTH CRÊPE
- ✓ WORKSHOP FOOD
- ✓ TRUCKS LIVE MUSIC AND
- ✓ MORE



**FREE ENTRANCE**

CANADIAN PARENTS FOR FRENCH  
**CONCOURS** d'art oratoire  
Canada's French Public Speaking Contest™



Students in grades 6-12 who have advanced to the District level competition will compete for a chance to participate in the provincial concours, hosted annually by Canadian Parents for French. This competition is designed to help students strengthen their French oral communication skills and to build their self-confidence. Click here for more information.

**ENTRÉE GRATUITE**

**AVEZ-VOUS DES  
QUESTIONS?**



Kristine Canas:  
kcanas@sd38.bc.ca

Linda Chau:  
lchau@sd38.bc.ca





**Now Registering students from McNeely & Mitchell Elementary in our licensed After School Care program for the 2025/2026 school year**

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**Heron After School Care - located at Mitchell Elementary - is now Registering for the 2025/2026 school year**

Accepting children from Mitchell Elementary and McNeely Elementary (children from McNeely will have Heron staff do a supervised "safe walk" from McNeely to Mitchell Elementary)

**Ages K - Grade 7**

**Times:** 2:45 - 7:00, Monday to Friday, as well as all early dismissal dates.

**Cost:** Kindergarten aged students - 311.00 / month  
Grade 1 - 5 - 516 / month

**We accept ACCB** - if your family earns less than 111 000 / year, you may be eligible for ACCB, which is a child care subsidy to reduce your tuition payment.

Professional days, Winter break / spring break and summer break daycamps all available at an additional cost.

Contact **registration@ssocc.ca** to enrol; visit [ssocc.ca](http://ssocc.ca) for more information about our programs.

Learn about the power and purpose of play



BENEFITS OF PLAY



TYPES OF PLAY



GETTING INVOLVED

# THE POWER OF PLAY

*Why play is essential to child development*

Your children need to play. It helps them build all kinds of skills that are necessary for healthy development. And it's **your job as a parent** to support them in developing these skills.



## Research shows important benefits of play



### Cognitive (Brain) Benefits<sup>4,5,6,7</sup>

- Boosts academic performance
- Improves focus and attention
- Enhances creativity and imagination
- Improves problem solving skills



### Social and Emotional Benefits<sup>1,2,4,5,6,7</sup>

- Increases empathy
- Reduces stress levels
- Improves mood
- Reduces aggression
- Increases impulse control



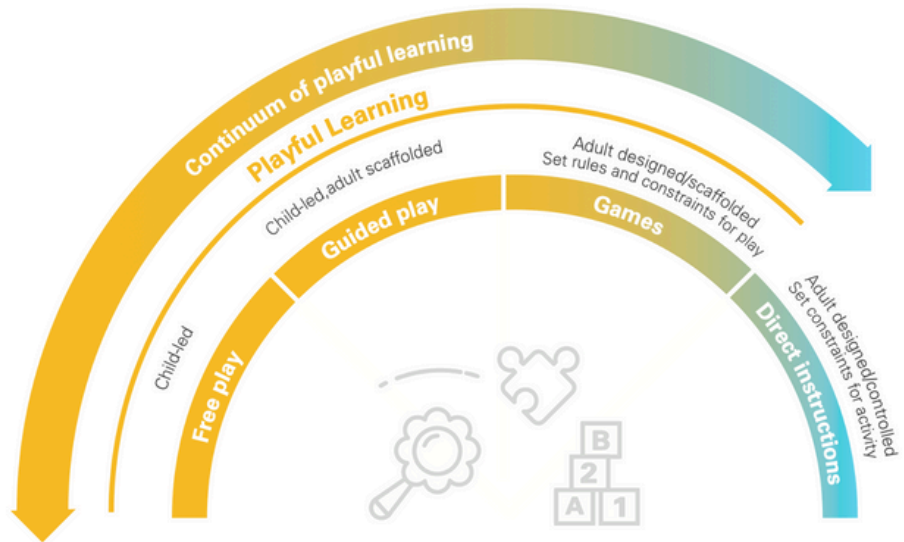
### Physical Benefits<sup>2,3,5,8</sup>

- Increases activity and fitness levels
- Reduces nearsightedness
- Increases vitamin D levels
- Improves sleep



Figure 1. Continuum of Playful Learning

# The different types of play



Source: Adapted from Zosh, Jennifer N., et al. Learning through play: a review of the evidence. LEGO Foundation, 2017.

## Unstructured or Free Play

Kids lead the way with their **imagination and creativity**. It's crucial for cognitive development, as it encourages independent thinking and problem-solving. **Examples: Building a fort with pillows, playing dress-up, and exploring nature.**

## Structured Play

These are games or activities with rules, helping kids learn about **organization, teamwork, and strategy**. It also builds focus and self-discipline. **Examples: Playing board or card games, engaging in team-based strategy games like capture the flag or a scavenger hunt, or playing rule-based sports.**

## Solo Play

Time alone in play allows children to develop **independence, focus, and self-confidence**. It's perfect for building self-reliance and fostering creativity. **Examples: Drawing or painting, building puzzles or Lego sets, and reading.**

## Social Play

Playing with others helps kids learn how to **communicate, collaborate, and resolve conflicts**. It also builds important social and emotional skills. **Examples: Games like tag or hide-and-seek, group projects, collaborative board games, and team sports.**

## Active Play

Physical play is essential for health and motor development, helping children **improve coordination, strength, and stamina**. **Examples: Running races, playing with a ball, jumping on a trampoline, biking, or dancing.**

## What you can do to encourage play

- \***Limit Screen Time:** set family rules and use parent control tech to set limits for screen time. Model and encourage non-digital play.
- \***Create Play-Friendly Spaces:** have art supplies and toys where kids can create, build and explore or play board games and card games.
- \***Encourage Outdoor Play:** whether it's a bike ride, a nature walk or a game of tag, spend time outdoors together.
- \***Incorporate Play into Everyday Tasks:** turn daily chores or routines into fun activities.
- \***Join in the fun:** even 15 - 20 minutes of connecting with your child as they play in some way shows them that you value play and spending time together.

