



## Langley Fundamental Elementary School

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Langley Fundamental Elementary website: <http://www.sd35.bc.ca/schools/lfe/default.aspx>

School District #35 (Langley) website: [www.sd35.bc.ca](http://www.sd35.bc.ca)

**Principal: Mrs. Deah Paton**  
**Vice-Principal: Ms. Dunja McCrae**  
**Administrative Assistant: Mrs. Tricia Mein**  
**P.A.C. President: Mrs. Tamara Johnston**

**Date: Thursday, January 27, 2022**

### Dear Parents:

This week is Family Literacy Week. Since parents cannot come into the school to read with children, we are promoting this very special event with a Bingo game and draw. I have attached an extra bingo sheet at the end of this newsletter if you don't have one. Just complete two rows in any direction and then have your child bring the sheet to the library on Monday, January 31. We will be drawing for 10 Indigo gift cards. What a great way to support your child's literacy skills and build in some family time.

Back by popular demand is our Rings and Rocks program. For the next 2 weeks students will have the chance to participate in curling during PE classes. Last year the students really enjoyed learning how the game is played and practicing their skills. Thanks to Mrs. Vyse for bringing it back again this year.

We are noticing that many students are stopping by the office to pick up a mask and our supply is running low. If possible, can you please send a box of masks with your child for their own personal use. Thanks.

### Reminders for Parents

#### [Daily Health Check and What to Do When Sick](#)

*As the province continues to update its online K-12 Health Checker, the Ministry of Education is sharing a new document with the school community to help guide families and keep everyone healthy and safe. Please review the **Daily Health Check and What to Do When Sick** guide as needed [here](#). You will notice an update on symptoms and protocols to help manage illness. Families are encouraged to continue using the Thrive **BC COVID-19 Assessment Tool** only to check symptoms and determine if you need a COVID-19 test.*

#### [Reporting School Absences](#)

*The school appreciates the work of families in following our processes when it comes to reporting student absences. As per Ministry guidelines, students and their families are being*

asked to indicate if the reason for the absence is due to illness. As per Ministry guidance, students do not need to disclose if their absence is specific to COVID-19; however, those who test positive for COVID-19 should be diligent in ensuring their school is aware their absence is illness-related. Providing us with accurate information regarding the reason your child is away, is extremely critical in helping keep our school community safe. This data will help our school, the District, and Fraser Health work together to assess and make decisions about closures which could impact operations and student learning. The attendance information families provide remains confidential, will not be shared, and is only used for reporting and planning purposes. If you have any questions about reporting absences, please feel free to contact the school.

### **Supporting the Foundry Langley**

The District continues to prioritize student safety, wellness and diversity. We have made efforts to support youth mental health initiatives in the District and through our local community partners. In show of support, we are sharing the following information regarding the Langley Memorial Hospital Foundation, Encompass, and Foundry's campaign to raise funds to open the Foundry Langley, which is a centre providing youth mental health support.

Did you know that 70 per cent of mental health problems begin during childhood or adolescence? While one in five young people aged 15 to 24 report experiencing mental illness or substance use problems, fewer than 25 per cent of those in need receive appropriate services! Behind these statistics is a vulnerable young person with a future of potential and promise. Let's show them they are not alone!

Join Langley Memorial Hospital Foundation in fundraising to build Foundry Langley, a centre dedicated to providing young people aged 12-24 access to mental health and substance use support, primary care, peer support and social services.

Together, we can raise the \$2.1 million needed to provide Langley's youth the much-needed support. To make a donation to Foundry Langley in support of youth wellness, visit [FoundryLangley.ca](http://FoundryLangley.ca)

### **Update Parent/Guardian Contacts**

Have you changed your email address or phone number? As the District continues preparing procedures and communications for potential school closures, we kindly ask families to ensure their contact information is up to date. If there are any changes, please be sure to inform your school office. If you want to receive **SchoolMessenger** notification text messages in the event of emergencies or urgent communications, you can opt-in by following these instructions [here](#).

## **Learning Commons News**

### **PAWS and READ! Home Reading Program**

## **Home and School Working Together for Student Success**

Prize draws for January will take place February 7 – 10th. Please return all January calendars by the 7th.

### Langley Book Of The Year

Congratulations to Rayleigh P., Jude S., Kathleen D., Raya G., and Alex J. for qualifying for our celebration lunch in May.

### Reading Link Challenge

We are continuing to meet weekly in preparation for the in-school challenge. Since we only have a limited supply of the books, we are encouraging students to also request copies from the Fraser Valley Regional Libraries. The in-school competition will likely take place in March.

### Upcoming Events

|                     |   |
|---------------------|---|
| Friday, February 11 | District Pro-d. Students not in session             |
| Monday, February 14 | Red, white, pink spirit day                         |
| Friday, February 18 | Design and Assessment/Report card prep              |
|                     | Students not in session                             |
| Monday, February 21 | Family Day. Schools closed                          |
| Friday, March 4     | 2nd term report cards issued/Crazy Hat spirit day   |
| Wednesday, March 9  | Early dismissal at 1:30 pm/Student-led conferences. |
| Thursday, March 10  | Early dismissal at 1:30 pm/Student-led conferences. |
| Friday, March 11    | Last day prior to Spring Break                      |
| Monday, March 28    | Schools reopen                                      |

### House Points

|                  | PJ Day | Jersey Day | Total |
|------------------|--------|------------|-------|
| <b>Canucks</b>   | 270    | 255        | 1732  |
| <b>Canadians</b> | 275    | 205        | 1732  |
| <b>Whitecaps</b> | 260    | 240        | 1843  |
| <b>BC Lions</b>  | 250    | 295        | 1904  |

Our next spirit day is on February 14. Wear pink, white, red.

### School Goals

Our three goals this year are: kindness/compassion - responsibility - perseverance/grit. Here is the next segment (website <https://www.psycom.net/build-resilience-children>) with many useful tips for building resilience (grit) in our kids.

### Promote Healthy Risk-Taking

*In a world where playgrounds are made “safe” with bouncy floor materials and helicopter parenting, it’s important to encourage kids to take healthy risks. What’s a healthy risk? Something that pushes a child to go outside of their comfort zone, but results in very little harm if they are unsuccessful. Examples include trying a new sport, participating in the school play, or striking up a conversation with a shy peer. When kids avoid risk, they internalize the message that they aren’t strong enough to handle challenges. When kids embrace risks, they learn to push themselves.*

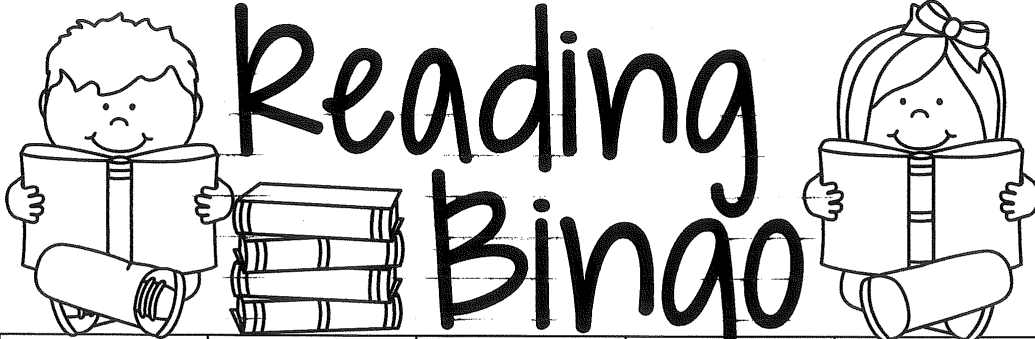
***Resist the Urge to Fix It and Ask Questions Instead***






*When kids come to parents to solve their problems, the natural response is to lecture or explain. A better strategy is to ask questions. By bouncing the problem back to the child with questions, the parent helps the child think through the issue and come up with solutions.*

Mrs. Paton

Name :

Division :



|                           |   |   |                                  |  |
|---------------------------|---|---|----------------------------------|--|
| read on your couch        | read to a pet<br>  | read your favorite book   | read in bed                      | read wearing a hat   |
| read by the window        | read for 20 minutes   | read on Friday  | read your friend's favorite book | read while eating a snack<br> |
| read a book about animals | read outside<br> | free<br> | read a fairy tale                | read in your pajamas   |
| read for 30 minutes       | read a nonfiction book  | read to a stuffed animal  | read in the grass                | read with a flashlight   |
| read to a family member   | read a silly book   | read under a table  | read for 20 minutes              | read out loud<br>             |

# SHOW YOUTH THEY ARE NOT ALONE

TO LEARN MORE

 [FoundryLangley.ca](https://www.foundrylangley.ca)

 604.533.6422



A Partnership for  
**Youth Mental Health**

