

# Coghlán Fundamental Elementary School

4452 -256<sup>TH</sup> STREET, ALDERGROVE, BC V4W 1J3

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## **Rocky Raccoon Weekly Update** **February 26 – March 8, 2024**

Monday, February 26:	Design and Assessment Day – Students DO NOT Attend. Student Inclusive Conferences by appointment (afternoon only).
Tuesday, February 27:	Pick up Blueberry orders at 1:30 – 2:30. ALL orders MUST be picked up!
Wednesday, February 28:	Pink Shirt Day Student Inclusive Conferences by appointment. Late afternoon/evening from 2:45 pm to 6:30 pm Popcorn
Thursday, February 29:	Student Inclusive Conferences by appointment (early morning & afternoon only)
Friday, March 1:	Coding Club. 12:00 pm Student Inclusive Conferences by appointment (early morning & afternoon only)
Monday, March 4:	Student Inclusive Conferences by appointment (early morning & afternoon only) Pokémon Club. 12:00 pm
Tuesday, March 5:	Girls and Boys Basketball Teams Jamboree at DW Poppy Student Inclusive Conferences by appointment (early morning & afternoon only)
Wednesday, March 6:	2 hour early dismissal at 12:30 pm Student Inclusive Conferences 12:45 – 3:45 pm
Thursday, March 7:	All day Student Inclusive Conferences (students only attend if they have booked a conference for this day) NO SCHOOL FOR STUDENTS
Friday, March 8:	Superhero Day – dress up like your favourite superhero! Hot Lunch Student Inclusive Conferences by appointment (early morning & afternoon only)
Saturday, March 9:	Gr. 7 Garage Sale. 9 am to 3 pm

### **Student Inclusive Conferences**

Thank you for booking an appointment with your child's teacher for our upcoming Student Inclusive Conferences. A friendly reminder that Wednesday, March 6<sup>th</sup> is a 2-hour early dismissal at 12:30 pm, and students do not attend school on Thursday, March 7<sup>th</sup>, unless they have booked a conference with their teacher.

Thank you for being a part of your child's learning journey with us! We are excited to embark in a new and improved model of communicating student learning.

### **Diversity and Respect Week**

The Langley School District's Diversity & Respect Week is coming up on Monday, February 26<sup>th</sup> until March 1<sup>st</sup>. This is a week to recognize, appreciate and celebrate our diverse backgrounds, and a reminder to show respect and kindness to everyone. Each day will come with a theme, and students have the opportunity to dress in different colours pertaining to the theme day if they wish:

Tuesday, February 27 – Black Excellence Day – Red, Yellow and Green

Wednesday, February 28 – Pink Shirt Day – Pink

Thursday, February 29 – Orange Shirt Day (Truth & Reconciliation) – Orange

Friday, March 1 – Rainbow Day – A variety of different colours!

## **Girls and Boys Basketball Season**

We have been very pleased with our Girls and Boys Basketball Team this season. Our students showed leadership, dedication, and sportsmanship throughout the season. Our regular games have now ended, and we are looking forward to the Jamboree on Tuesday, March 5<sup>th</sup> at DW Poppy. More details to come closer to the date. Thank you to Mr. Hegquist, Mrs. Okada, Mrs. Jdi and Mrs. Conway for working hard with our students throughout the season and preparing them for the upcoming Jamboree!

## **Vancouver Giants – Ticket Orders due to Office Feb. 27th**

Thank you to those students who have completed the Be A Giant Program! Upon completion, you will receive a complimentary ticket to an upcoming Giants game. Teachers have sent home ticket ordering forms to families, and the forms will be due to the office by next Tuesday, February 27th. For those who will be attending, we will be watching the Sunday, March 3<sup>rd</sup> game at 4 pm, at the Langley Events Centre. The Vancouver Giants will be playing against the Seattle Thunderbirds. We hope to see you there!

## **#thatWellnessThing - March 6<sup>th</sup>**

Join several of our community partners to learn more about mental health and wellness at the 5<sup>th</sup> Annual Open House & Community Resource Fair. Please see the poster attached for more details. Wednesday, March 6<sup>th</sup> from 4:30-7pm at the Langley Education Centre (21405A 56<sup>th</sup> Avenue).



Join us to learn more about mental health and wellness at our fifth annual open house & community resource fair!

### **PRESENTATIONS & INFORMATION TABLES**

- Mental Health & Wellness
- Substance Use Resources
- Healthy Living
- Counselling
- Family Support
- Post-Secondary Info
- Employment

**4:30 - 7:00 PM**

**WEDNESDAY  
MARCH 6 2024  
21405A - 56 Ave.  
Langley**



For additional information or to participate as an agency, please contact Amanda: [arawle@sd35.bc.ca](mailto:arawle@sd35.bc.ca)

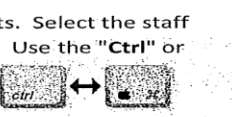
EVERYONE AGE 16+ IS WELCOME	REGISTRATION NOT REQUIRED	DOOR PRIZES!	LIGHT REFRESHMENTS	OPPORTUNITIES TO TRY YOGA
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**SchoolAppointments.com**  
Scheduling Parent Teacher Appointments  
Can be Easy for Everyone!



### School Appointments - Parent Instructions

1. Go to our school appointments web site for your school.
2. Register for an account by clicking the "REGISTER" menu tab and filling in the on-line form. Choose a user id and password for yourself and then click the "Register Now" button.
3. Add your children into the system by clicking the "Add a Student" button. Click "Insert New" button to add more children.
4. Click the "date" icon beside each child's name to schedule appointments. Select the staff you wish to book appointments with and the "View Calendars" button. Use the "Ctrl" or "Command" key to select multiple staff to view at the same time. 
5. Click on available time slots to book your appointments to make your bookings.

# **Coghlan's Parents Night Out**



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## **Tomorrow!**

**at Bob's Burgers and Brews**

**The event starts at 7:00**

Students will be bringing home bright pink tickets, please bring them with you as they will get you entered in for the door prize. If you forget it, we will have extras on hand.

Gratuuity is not included in the ticket price so please tip your server.

There will be toonie toss, a silent auction, wine wall and 50/50 with all proceeds going to our school. Please bring cash to participate.

Etransfers will be available for silent auction items.

If you did not purchase a ticket you are welcome to join us for some fun, drinks and play the games, you can order off the menu.

Thank you to all the parents and businesses who have contributed! We have some incredible prizes and are looking forward to a great night!

**PLEASE** arrange for a safe ride home if you will be drinking.

Let's raise some dough for the Grade 7s and purchase a dozen Krispy Kreme donuts!

Order on MunchALunch: <https://www.munchalunch.com/>

\$15/box

**Sales end: Friday, March 1st @ 3pm**

Pick up after school Friday, March 8th at the basketball court





**Coghlan Fundamental**

# **GARAGE SALE**

**SATURDAY MARCH 9TH**

**Where: Coghlan Fundamental Gym  
Time: 9-3pm**

**Come check out this awesome sale &  
support Coghlan Grade Sevens!**

**COFFEE - BAKED GOODS - DONUTS**





**Coghlan Fundamental**

# **GARAGE SALE DONATIONS NEEDED!**



**On Saturday March 9th we will be hosting a Garage Sale inside the Coghlan Gym. We need donations for this to be a success! Cleaning out the house? Please consider donating items to help support our Grade 7s. Please drop off donations at the office on or before March 8th. Please drop off large donations March 8th between 2-4pm or contact [sarahpeat@hotmail.com](mailto:sarahpeat@hotmail.com) to arrange drop off.**

**★ clothing, toys, books, household/kitchen items, home decor, baby items  
No mattresses accepted - Good used condition items only please! ★**

## **Free Virtual Sessions for Parents on the Topic of Substance Use**

The Ministry of Education and Child Care, in partnership with adolescent Clinical Psychologist, Dr. Hayley Watson, will be hosting free virtual sessions on youth substance use for parents/guardians, caregivers and caring adults. Dr. Watson will provide valuable insights, practical tips, and resources to equip participants with the tools needed to guide their children and youth toward making positive choices when it comes to substance use.

### *Key Takeaways for Participants:*

- *Learn why children/teenagers are drawn to substances.*
- *Understand what causes and maintains substance use disorder and needs.*
- *Increase your child's ability to make positive choices about substances.*
- *Acquire practical conversation tools for discussing substances in the home.*

*Participants must register in advance due to limited capacity. Session dates are:*

- *February 20, 6:00 – 7:30 pm PST - **[Click here to Register](#)***
- *February 22, 6:00 – 7:30 pm PST – **[Click here to Register](#)***
- *February 28, 6:00 – 7:30 pm PST - **[Click here to Register](#)***

*Please email **[educ.mentalhealth@gov.bc.ca](mailto:educ.mentalhealth@gov.bc.ca)** with any questions.*



# SPRING INTO WELLNESS



## Family Gathering

HOSTED BY THE S.D. #35 ABORIGINAL PROGRAM  
AND LOWER FRASER VALLEY ABORIGINAL SOCIETY

**Where?** H.D. Stafford Middle School  
20441 Grade Crescent

**When?** Friday, March 1st from 5-8 pm

**What?** Join us for an evening of healing and wellness as we come together as a community to celebrate our culture. You'll be treated to cultural performances and informative displays by local organizations, and have the chance to participate in a smudging and cedar brushing station. Dinner provided.



We will be accepting donations of non-perishable food items (canned foods, pasta, sauce, rice, etc.) as well as new toiletries (toothpaste, toothbrushes, feminine products, deodorant etc) at the door.

SEE YOU THERE!

All events are at the Aldergrove Public Library. You can register on our website at [fvrl.bc.ca](http://fvrl.bc.ca) under "Events."

### Events for Everyone

#### Repair Café

**Saturday, March 16, 10 am - 2 pm**

Drop in for help repairing anything that needs fixing! Our volunteers will do their best to repair bikes, clothing, toys, and more. This event is hosted in partnership with the Langley Environmental Partners Society.

#### Shrinky Dinks

**Saturday, March 16, 2 - 3 pm**

Come make shrinky dinks at the library! Turn your designs into key chains, pins and magnets. **Registration Required.**

#### Family Fun in Nature with Metro Vancouver Regional Parks

**Tuesday, March 19, 1 - 2 pm**

Explore nature in your backyard or local park with fun family activities and games! A Metro Vancouver Regional Parks Interpreter will lead you in discovering the world through your senses. **Registration Required.**

#### Bhangra Dance for Everyone

**Wednesday, March 20, 6 - 7 pm**

Everyone is invited for a fun and invigorating hour of dance! Bhangra is a style of traditional Punjabi dance that will get your heart pumping with its vigorous movements.

### Events for Kids

#### LEGO and KEVA Club

**Tuesdays, 3:30 - 4:30 pm**

Love LEGO and KEVA? We provide the LEGO and KEVA planks, you bring your imagination.

### Spring Bring Events for Kids And Adults

#### Babytime

**Thursdays, 10:30 - 11 am**

Enjoy bouncing, singing and rhyming with stories. Babytime is a fun, social bonding activity for babies and caregivers.

#### Monday Crafternoon

**Monday, March 18, 3:30 - 4:30 pm**

Let your imagination lead the way. Get creative with a new craft project each month. **Registration Required.**

#### Storytime

**Wednesday, March 20, 10:30 - 11 am**

Children and caregivers will be entertained with stories, songs, rhymes and more. Storytime prepares children to learn to read.

#### Pyjama Storytime

**Thursday, March 21, 6 - 6:30 pm**

Tuck into a story! Children and caregivers will be entertained with stories, songs, rhymes and more.

#### Create with Air-Dry Clay

**Friday, March 22, 1 - 2 pm**

Get creative with air-dry clay! We provide the supplies and you create. What will you make? **Registration Required.**

Questions please contact:

Fraser Valley Regional Library – Aldergrove  
[p] 604.856.6415

Read. Learn. Play. | [www.fvrl.ca](http://www.fvrl.ca)

## Science World On The Road

**Wednesday, March 27, 10 - 11 am**

On the road...and in your local library! Science World is visiting libraries in the Fraser Valley this spring break to ask "What's in the air up there?" Explore the ingredients of the air that make up our atmosphere and how CO<sub>2</sub> and other factors impact the planet we live on.

## STEM Club

**Thursday, March 28, 3:30 - 4:30 pm**

Learn Science, Technology, Engineering, and Math the very best way — through play!  
**Registration Required.**

**Tweens & Teens (you may still wish to share this for the grade 5s)**

## Teen Writing Contest & Exhibition

**March 4 - April 8**

Calling all teen writers! Aldergrove Library invites you to submit your own work for our exhibition and a chance to win a \$50 Indigo/Chapters gift card. Contest instructions and rules are available on our website at [fvrl.ca](http://fvrl.ca) > [Events](#).

## Tween & Teen Frankenstuffies

**Tuesday, March 26, 1 - 2:30 pm**

Take recycled stuffies and make them into something new. Something of your own. Something cute or something horrible!