

# Miracle Beach Elementary School Newsletter

Hello Miracle Beach Families,

Here are this week's information items. New items are in **Yellow**.

## Week at a Glance

October 2	October 3	October 4	October 5	October 6
Truth and Reconciliation Day – No School	Noon – Choir Practice  2:45 – Staff Meeting	8:45 – Open House  Cross Country @ Cumberland	Noon – Leadership  Noon - Cross Country Practice  Grade 7 Try-A-Trade	Yard Clean Up – Ms. Cadden's Class  Wear Orange  Hot Lunch  1:00 – Assembly
October 9	October 10	October 11	October 12	October 13
Thanksgiving – No School	Recycling  Noon – Choir Practice  2:30 – EA Meeting	Vision Screening for grade 2, 4 & 7  Cross Country @ Huband  6:30 – PAC Meeting	9:00 Full School SBT  Noon – Leadership  Noon - Cross Country Practice	Yard Clean Up – Ms. Cadden's Class  Hot Lunch

Upcoming dates to note:

- October 20 – Pro-D (No School)
- October 31 – Halloween Assembly

## **Terry Fox / Tour de Rock**

This year we hosted the [Tour de Rock](#) riders and held our [Terry Fox](#) run on the same day (September 27). During the weeks leading up to September 27<sup>th</sup> we raised money for cancer research by collecting donations and through a Hotdog lunch. Thank you to the parent volunteers who helped prepare lunch for the students.

Thank you to all the families that helped us raise money for these worthwhile causes. Thanks to your support we were able to donate \$1000 dollar to the Tour de Rock riders and \$866 to the Terry Fox Foundation.

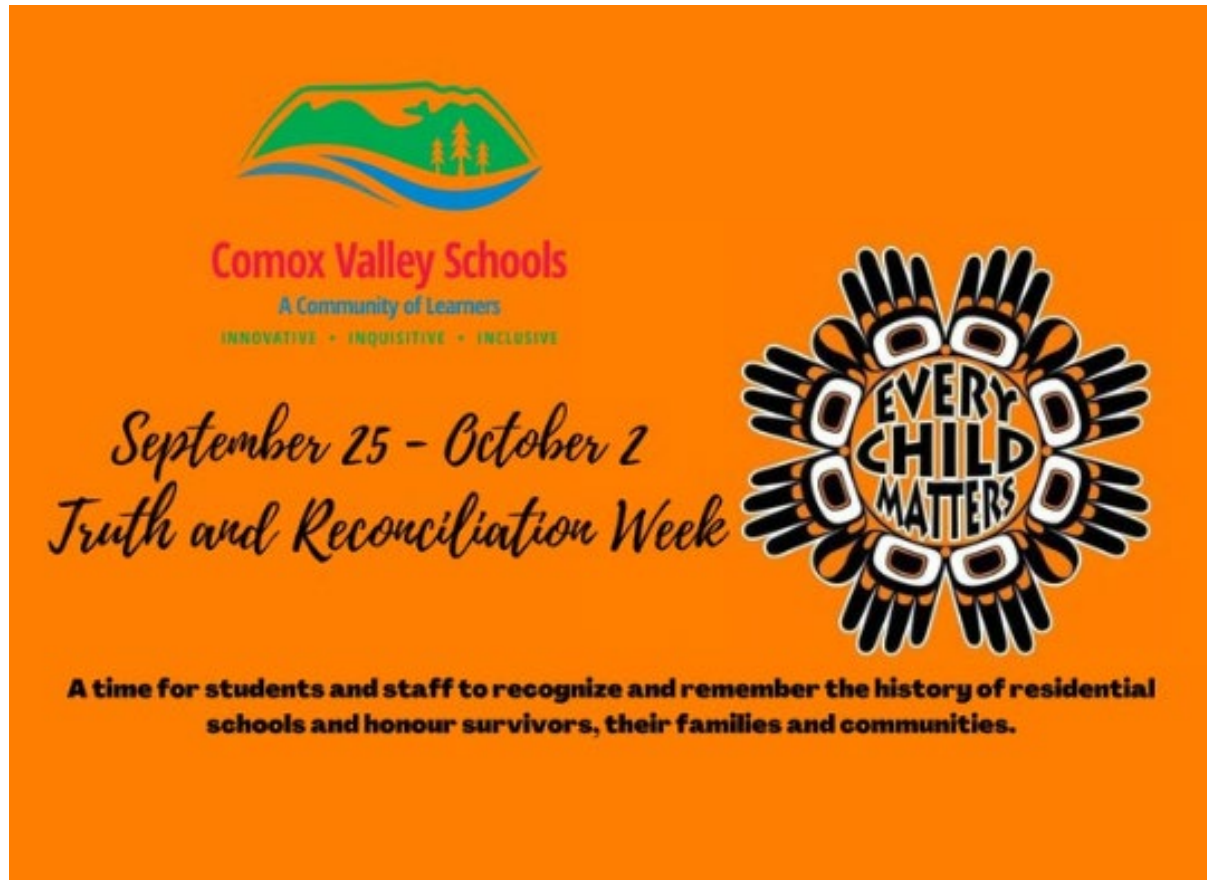
Because we met our fundraising goal for this year, we will be holding a special assembly on October 6<sup>th</sup>. During the assembly each class will get to help Mummify Mr. Darnel and Mr. Biegler 😊

## Open House

On Wednesday October 4<sup>th</sup> Miracle Beach Elementary is holding an Open House. Please join us Between 8:45 and 9:15 to tour the school, see your student's classroom and meet the teacher. This is an informal chance to have your student(s) show you where they learn and what they are currently working on.

We look forward to welcoming you to the school on October 4<sup>th</sup>.

## National Truth and Reconciliation Day – September 30



There are many activities planned within the community for September 30. As an example, admission to the Museum is free. It's a chance to see some of the pieces representing the region's First Nations history. The exhibition exploring the difficult colonial history of the region reflects the voices of the peoples who experienced it. It was co-curated with Chief Robert Joseph of the Gwawaenuk First Nation and Haa'yuuups of the Hupačasath First Nation.

## Hot Lunch

The first hot lunch menu of the year is ready for online ordering. Every family will need to create a new account for this school year. Orders can be placed here:

[mbpac.hotlunches.net](http://mbpac.hotlunches.net)

For those of you who are new to the school, the Miracle Beach PAC does a weekly hot lunch program every Friday. All orders and accounts are done online. There is an ordering timeframe (see below) as to when online orders may be placed for the current menu. The current menu, Fall 1 - 2023 Hot Lunch, includes hot lunch every Friday from October 6th until November 17th. ***Ordering for this menu set will start today, and is open until Wed., October 4th. Late orders will not be accepted so please place your order before this date.***

A couple of things to note regarding payment methods for this school year:

- Payment methods that will be accepted this year are: PayPal or E-transfer. ***No cash or cheques please!***
- PayPal -- pay through your PayPal account, or login as a guest.
- E-transfer -- send payment to: [mbhotlunch@gmail.com](mailto:mbhotlunch@gmail.com).
  - ***Please make sure to note your child's name in the comments section, and what the payment is for (ie. hot lunch).***

The following hot lunches will be available this year: hot dogs, pizza, Pita Pit, sushi, lo mein and Butchers Block (spanakopita, samosas and sausage rolls) with most days having vegetarian options. Extra options include milk, juice and cookies.

**\*\*Please note: on Butcher's Block days, only 60 sausage rolls are available on a first come first serve basis\*\***

All proceeds go towards the Miracle Beach PAC, which supports the school and kids activities. Thanks so much for supporting this fundraiser.

## Cross Country

A huge thank you to Mr. Biegler for coaching Cross Country. The team meets at lunch on Monday and Thursday.

Runs are for Grade 3-7 students and held at the schools listed below. Start time is 3:15:

October 4	Cumberland Community School
October 11	Huband Elementary
October 18	Valley View Elementary
Oct 25	Brooklyn Elementary

## **Choir**

Any student in Grades 4 – 7 who loves to sing is invited to join choir. Practice is Tuesdays at lunch. If you have any questions regarding choir, please contact Miss Boersma.

## **Strong Start**

We are extremely pleased to be offering a Strong Start program at Miracle Beach Elementary again this year! For more information, please visit the Strong Start Facebook page linked below.

<https://www.facebook.com/profile.php?id=61550904178649>

Strong Start will be starting on **October 3<sup>rd</sup>**. We look forward to welcoming all of our pre-kindergarten students to our school community.

## **Local Fruit or Vegetables**

If you have a fruit tree or vegetables and are looking to donate, please keep us in mind. As a school we always have fruit or snacks available and being able to offer locally grown produces would be an added benefit for our program and students.

## **Breakfast Program**

We are excited to be able to offer a breakfast program to all students 5 days a week. A simple and free breakfast will be served in the multipurpose room each day of the week beginning at 8am. Students are to eat their food in the Multipurpose Room before heading outside to play.

Our menu includes:

- Cereal
- Toast (with Jam)
- Fruit
- Yogurt
- Muffins
- Oats

## PAC News



As the new 2023-2024 PAC Chair, my plan is to be on school property at least once per week. Going forward, if you want to connect with me in person, the best days to catch me are Thursdays at pick-up and drop-off. Of course, you can also reach out to me by email at [miraclebeachpac@gmail.com](mailto:miraclebeachpac@gmail.com).

You can also meet the whole Executive if you come to a PAC meeting. Our first general meeting will be at 6:30 in the school library on **Wednesday, October 11th**. Hope to see you there!

Heather Morris, MBE PAC Chair

## School Bus

### Rules for Riding the Bus

- Be at the bus stop 5 minutes ahead of the posted schedule. The bus will not wait for those who are late
- Stay on the shoulder or sidewalk, well away from the pavement, while waiting for the bus
- Do not run beside the bus while it is moving
- Boarding the bus will be in single file
- No saving spots in line or seats on the bus
- Take your seat right away
- The bus driver is always in charge
- Remain seated while the bus is in motion
- No eating on the school bus
- No fighting, bullying or horseplay on the bus
- Do not throw litter out the window of the bus
- Always keep head and arms in the bus

## Volunteering with the School

All parent volunteers will be asked to complete a Criminal Record Check before they are able to drive, volunteer in the classroom or participate in field trips. If you are thinking about volunteering at the school, please take the time to complete the Criminal Record Check process early in the school year. Criminal Record Checks are valid for 3 years once complete and will remain on file at the school.

Miracle Beach Elementary School uses the Criminal Records Review Program (CRRP) online service:

**Online Link:** <https://justice.gov.bc.ca/criminalrecordcheck>

**Access Code:** XGAX6D8B53

Also, a new requirement this year is the NEW volunteer form. All volunteers can complete the volunteer form [HERE](#).

## Information



Parenting isn't easy. It's even harder  
when your child is struggling!

# eConnect Parenting Group

Join us on zoom Thursdays from  
11:30am to 1:00pm  
together we will explore ways to:

- ◆ build on your strengths
- ◆ have the courage to try something new
- ◆ work together to put the pieces together

To join, connect with:

Kristen Carlson  
MH Counsellor for Kids and Families  
[Kristen.Carlson@gov.bc.ca](mailto:Kristen.Carlson@gov.bc.ca)

Nancy Gardiner Jones  
Behavioural Consultant to Caregivers  
[nancy.gardinerjones@jhsni.bc.ca](mailto:nancy.gardinerjones@jhsni.bc.ca)







Connect is designed for all families. It addresses changes that occur between teens and their parents or caregivers. It also helps them keep their relationship strong and positive. This can then help to protect the teens as they move forward in their journey to adulthood.

### Why Connect?

Connect was developed for parents and caregivers of pre-teens and teens. It was designed based on strong scientific evidence in the areas of:

- ☑ Attachment
- ☑ Child and adolescent development
- ☑ Trauma, social, emotional and mental health
- ☑ Parenting and family functioning
- ☑ Prevention and intervention
- ☑ Parents' feedback
- ☑ Short- and long-term treatment effectiveness

\* Research funded by Simon Fraser University and CIHR.

### Does Connect Work?

Connect is an evidence-based and trauma-informed intervention. Parents and caregivers report that the program is extremely helpful for both themselves and their children. For example, they say that they feel less stressed as parents. They feel that they are more effective and competent in their parenting. They report improvements in their relationships with their children. They see fewer behavioural and mental health problems in their children. They also see their children function better in social situations.

We always listen to parents and caregivers. Every time a Connect group is provided, we make sure to get feedback from all the parents and caregivers in the group. We then use these feedback to shape Connect Attachment Programs. We also continue to evaluate Connect as it grows and evolves. For more information about Connect and the latest research, please visit:

[connectattachmentprograms.org](http://connectattachmentprograms.org)



[adolescenthealth.ca](http://adolescenthealth.ca)

To find out more about the upcoming Connect groups in your community, please contact



## Connect for Parents and Caregivers

An Attachment-Based & Trauma-Informed Program for Parents and Caregivers



Information for Parents and Caregivers



Connect Attachment Programs Series

### Pictures













Feel free to email me at [zale.darnel@sd71.bc.ca](mailto:zale.darnel@sd71.bc.ca) if you have any questions or comments.

Respectfully,

**Zale Darnel**  
Principal, Miracle Beach Elementary