

# 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 16	October 17	October 18	October 19	October 20
Yard Clean Up – Ms. Cadden's Class	Ms. Gailloux & Ms. McKay's Class Field Trip  Noon – Choir Practice  2:45 – Staff Meeting	Cross Country @ Brooklyn	9:45 – Shake Out BC  Noon – Leadership  Leadership Juice Box Sale	Pro- D Day – No School
October 23	October 24	October 25	October 26	October 27
Yard Clean Up – Ms. Cadden's Class  Photo Retakes	Recycling  Noon – Choir Practice  2:45 – Health and Safety Meeting		Noon – Leadership	Ms. Gailloux & Ms. McKay's Class Field Trip  Hot Lunch

Upcoming dates to note:

- October 31 – Halloween Assembly
- November 13 – Remembrance Day (No School)
- November 23 – Parent teacher interviews (No School)

**Choir** - We are currently working on 2 pieces that need to be ready in the beginning of November. Please encourage your child to be practicing these songs at home. Everything is on the Choir page on Miss Boersma's website. <https://jboersma4.wixsite.com/music>

**Thursday, Nov. 23** – Choir Retreat (at school) Morning only (This is on the Parent-Teacher Conferences when students don't have school) More information to come.

## PAC News

Thank you to all the parents that came out to our first PAC meeting of this school year. Overall, it was a success!

At the meeting, we created a number of committees, some of which will need volunteers. If you are interested in helping out, please email [miraclebeachpac@gmail.com](mailto:miraclebeachpac@gmail.com). In the email, please include your name, contact details, and what committee you are most interested in volunteering your time with. I will connect you with the coordinator of the committee. Here is the list of committees that can use some help:

- Events
- Fundraising
- Mental Health
- Process and Policy
- Indigenous Development
- Fun Fair

With all these committees in place now, we anticipate great things from the parent community to support the student experience this school year!

Heather, PAC Chair

## PAC Fundraising Committee



**YOU ARE INVITED TO AN  
ONLINE MEETING FOR:  
PAC Fundraising at Miracle Beach**

Spend 30 minutes of your lunch break and get involved in fundraising at Miracle Beach. Fundraisers support many valuable programs like field trip busing, musicals, and so much more. Join us for a casual and quick meeting.

**TIME:**

 12:30pm  
 October 17th

Zoom Details Below

Questions? Email the Fundraising Coordinator  
[Kate.decotils@gmail.com](mailto:Kate.decotils@gmail.com)

Meeting link:

<https://us04web.zoom.us/j/7382760313?pwd=dkQ4cm1kMjB4Wm5PalZpTVFYNmZtQT09>

## Family Learning Sessions

Three virtual [erase](#) learning sessions for families will be held on November 8, 28, and 30, focusing on establishing safe, caring, and respectful digital communities. These online sessions are best suited for families and youth aged 10 and above.

### ***Family Session: Establishing Safe, Caring, & Respectful Digital Communities – Everyone Welcome!***

**Details:** Recommended for Parents/Caregivers/Grandparents and youth aged 10 and up as a way to facilitate the conversation of safe and caring use of technology at home and in the community. This session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sexortion. Some of the most prominent concerns currently surrounding use of social media platforms, smartphones, and artificial intelligence will be discussed.

#### **Schedule:**

**November 8, 2023      6:30pm – 7:30pm**  
<https://www.eventbrite.ca/e/732334942527?aff=oddtcreator>

**November 28, 2023      7:00pm – 8:00pm**  
<https://www.eventbrite.ca/e/732343096917?aff=oddtcreator>

**November 30, 2023      6:30pm – 7:30pm**  
<https://www.eventbrite.ca/e/732346587357?aff=oddtcreator>

**Leadership Juice Box Sale** - Leadership students are selling juice boxes on Thursday, October 19th to raise money for leadership program activities. All students will have the ability to purchase a juice box for .50 cents.

Leadership students will be visiting classes in the morning on Thursday, if you would like your child to be able to purchase a juice box, please send them with .50 cents on October 19<sup>th</sup>. The limit is 1 juice box per student.

## **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 18                      Valley View Elementary

**Lost and Found** – Our lost and found has been growing since the school year started. If you recognize any of the items below, please reclaim them 😊



## 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





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

**Nancy Gardiner Jones**  
Behavioural Consultant to Caregivers  
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