

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 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 Fire Fighters Visit classes Hot Lunch
October 16	October 17	October 18	October 19	October 20
	Noon – Choir Practice 2:45 – Staff Meeting	Cross Country @ Valley View	9:45 – Shake Out BC Noon – Leadership	Pro- D Day – No School

Upcoming dates to note:

- October 23 – Photo Retakes
- 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 - You are invited! **GENERAL MEETING OCTOBER 11th at 6:30pm** in the School Library. We will be looking for volunteers to join open committees including the fundraising, events, fun fair, and mental health committees.

What is a PAC?

The Parents Advisory Council is the officially recognized collective voice of the parents of MBE.

The PAC's main objectives are to:

- provide opportunities to educate and inform parents about the school;
- involve parents in volunteer activities; and
- openly discuss parents' concerns and aspirations for their schools.

All parents and guardians of students registered in the school are able to participate and are members of the PAC. By attending the meeting, you can participate in your child's school experience. We hope to see you there!

Cross Country

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

Congratulations to Brea in grade 6 for finishing in 1st place at the Cumberland School Race. Well done to all the runners who worked hard and represented our school well.

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

October 11	Huband Elementary
October 18	Valley View Elementary
Oct 25	Brooklyn Elementary

Fire Prevention Week – On October 13th Fire and Rescue members from the Oyster River Fire Department will be visiting the school to talk with classes about fire prevention.

This year's campaign, **Cooking safety starts with You. Pay attention to fire prevention™**, works to educate everyone about simple but important actions they can take to keep themselves and those around them safe when cooking. Visit the National Fire Protection Association's (NFPA) official [Fire Prevention Week website](#) for tons of great information, activities, ideas, resources and more!

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

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

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



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 if you have any questions or comments.

Respectfully,

Zale Darnel

Principal, Miracle Beach Elementary