

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

February 5	February 6	February 7	February 8	February 9
Yard Clean Up – Ms. Nesbitt & Ms. Ralph's Class Noon – Minecraft Challenge	9:00 – Strong Start Ms. Gravels' & Ms. Cadden's Class Field Trip - Curling Noon – Choir Noon – Drawing Club 3:00 - Staff Meeting @ Airport El	Noon – Inclusion Club Boys Basketball Game @ Home (Vs Lake Trail) Girls Basketball Game @ Puntledge	9:00 – Art Starts Performance Noon - Soup Day Noon- Leadership 2:30 – Fiber Arts Club	Hot Lunch 2:30 – Open Gym
February 12	February 13	February 14	February 15	February 16
Yard Clean Up – Ms. Nesbitt & Ms. Ralph's Class Noon – Minecraft Challenge	Recycling - leadership 9:00 – Strong Start Ms. Gravels' & Ms. Cadden's Class Field Trip - Curling Noon – Choir Noon – Drawing Club EA Meeting	Noon – Environmental Club Boys Basketball Game @ CDI Girls Basketball Game @ Home (Vs. Aspen)	9:00 – Kindergarten Hearing Screening Noon - Soup Day Noon- Leadership 2:30 – Fiber Arts Club	Professional Development Day – No School

Upcoming dates to note:

- February 19 – Family Day – No School
- February 23 – Skills Canada
- February 28 – Pink Shirt Day
- March 8 – Term 2 Report Cards Sent Home (Intermediate only)

Kindergarten Registration – Now Open

Parents are asked to register their children at their current neighbourhood catchment school using the online registration located on our website www.comoxvalleyschools.ca/student-registration. While most, if not all, students living in a school's local catchment will be accommodated at that school, they cannot be guaranteed placement in the catchment area school and may be required to go to the nearest school having space available. To determine your neighbourhood catchment school, please visit our district website at comoxvalleyschools.ca, click on "Schools" and go to "Schools Locator".

If you live in an area where busing is provided, please complete a Bus Transportation Registration Form which is located at <https://www.comoxvalleyschools.ca/student-transportation>

If you do not have access to technology to complete the online registration, please connect with us for support.

Please visit the [Miracle Beach website](#) for more information.

<https://www.comoxvalleyschools.ca/kindergarten-registration/>

PAC Fundraising

The PAC has a new fundraiser launching this spring that you may be interested in! If you haven't heard of Art Cards By Kids, you can check it out here: <https://artcardsbykids.com/>

Your child will be creating a masterpiece that will be put onto a greeting card with their name and age. These cards can be used for any occasion including birthdays, mother's day, father's day, even Christmas. And there are more than just cards available to order.

Please expect a sample of the card to go home with your child sometime around March 1st when ordering will open. Instructions will be included.

In past PACs this has been a very successful event, so we hope this will be something that the parents of Miracle Beach Elementary find value in. If you have any questions, please reach out to miraclebeachpac@gmail.com.

Drawing Club

We are thrilled to announce the launch of our Drawing Club with Ms. Street! Starting Tuesday February 6th at lunch, students can unleash their creativity and join in the artistic fun. Don't miss out on this fantastic opportunity to explore the world of drawing together!

PAC News

SD71 DPAC is thrilled to welcome back the White Hatter by request. Please see the three presentations below. Links will be sent out for live HDMI viewing. All links come with a 48-hour window to watch the presentation if you are busy during the live presentation.

3 PART INTERNET SAFETY PRESENTATION FOR FAMILIES

**TUESDAY
FEB 6TH
7PM-8:15**



**CYBERBULLYING, NUDES & PROTECTIONS FOR
MIDDLE SCHOOL-AGED YOUTH (GR6-8)
AUDIENCE: YOUTH W/ PARENTS/CAREGIVERS**

**THURSDAY
FEB 15TH
7PM-8:30**



**MONITORING, FILTERING AND TOOLS
W/ Q&A FOR PARENTS AND CAREGIVERS
AUDIENCE: PARENTS & CAREGIVERS**

**TUESDAY
FEB 20TH
7PM-8:30**



**ONLINE PORN, RADICALIZATION, SHAMING
& DISINFORMATION W/ Q&A
AUDIENCE: PARENTS & OLDER YOUTH**

***IF YOU HAVE THE LINK YOU CAN WATCH THEM FOR 48HRS AFTER**

1. Tuesday February 6th 7pm-8:15pm Cyberbullying, Nudes & Protections for Middle School Youth (**Grades 6-8**) Audience: designed for youth but encourage to watch as a family.
2. Thursday February 15th 7pm-8:30pm Monitoring, Filtering and Tools for Parents and Caregivers. Audience: Parents with youth if they'd like.
3. Tuesday February 20th 7pm-8:30pm Online Porn, Radicalization, Shaming & Disinformation. Audience: Parents with older youth by permission (**potential 18+ content warnings**).

To get the links please email DPAC at dpac@sd71.bc.ca

Hot Lunch

As a reminder to any families with outstanding Hot Lunch balances, we offer the following payment methods:

- 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.
 - **Please make sure to note your child's name in the comments section, and what the payment is for (ie. hot lunch).**

All proceeds go towards the Miracle Beach PAC, which supports the school and kid's activities. Thank you for supporting Hot Lunch at Miracle Beach Elementary.

SUPPORT OUR FUNDRAISER

mabel's labels
FUNDRAISING

WAREHOUSE SALE

Up to
50% OFF
select products
Feb 1st – Feb 11th

Nash

Nash

Kiran

Kiran

The banner features a teal header with the text 'SUPPORT OUR FUNDRAISER' and 'mabel's labels FUNDRAISING'. Below the header is a large white circle containing the text 'Up to 50% OFF select products Feb 1st – Feb 11th'. To the left of the circle is a smaller white circle with 'WAREHOUSE SALE' and a forklift icon. The background shows two clear bags of snacks labeled 'Nash', a blue water bottle with a 'Kiran' label and a dog illustration, and a blue folder with 'Kiran' labels and dog illustrations.

Go to campaigns.mabelslabels.com and choose our organization from the list!

Physical Literacy

Physical literacy encompasses more than just physical skills—it is the ability to move with confidence and competence in a variety of environments and activities. Just as literacy and numeracy are essential for academic success, physical literacy is crucial for overall health and well-being. It empowers children to lead active, healthy lifestyles and fosters a lifelong love of movement. Learning and practicing the fundamental movement skills at a young age is very important.

Fundamental movement skills are the building blocks of physical activity. They include skills such as running, jumping, throwing, catching, kicking, and balancing. These skills form the foundation upon which more complex movements and sports-specific skills are built. By mastering fundamental

movement skills, children gain the confidence and competence to engage in a wide range of physical activities, setting the stage for a lifetime of active living.

FEBRUARY: PRACTICING LOCOMOTOR SKILLS AT HOME

RUN

- High knee – lift to waist
- Opposite arm to opposite leg
- Swing arm elbow to hips- thumb lips
- Keep eyes up & forward
- Controlled speed (decel/accel)
- Controlled change of direction

JUMP – 2 FT TO 2 FT

- Stand shoulder width apart
- Knees slightly bent 'ready position'
- Arms swing back then forward for momentum
- Explode with legs
- Both feet take off and land at the same time
- Bend knees when landing

SKIP

- Step with lead foot and hop (repeat on other side)
- Drive knee up
- Opposite arm to leg
- Fluid transition from R-L sides



HOP

- Balance on one foot
- Keep other foot off ground
- Arms swing forward and back to maintain momentum and balance
- Bend knee on take off and landing

GALLOP

- Step forward with lead foot
- Back foot slides to catch the lead foot
- Close feet together ("step together")
- Arms at side for balance

SCAN FOR VIDEOS

YouTube: 4 Corner Locomotor Practice Game

YouTube: Watch to see each Locomotor Skill

FAMILY FITNESS CHALLENGE

Strong Start – All Tuesdays and Select Fridays

We are thrilled to share some fantastic news! Starting February 9th, we are expanding our Strong Start program to Fridays! We currently offer Strong Start at Miracle beach School every Tuesday and that will continue. Due to the success and positive feedback from our Tuesday sessions, we have decided to add some Friday's as well. Please know it will only be the following Friday's to start: February 9 & 23, March 8, April 12 & 19, May 10 & 24 and June 7.





StrongStart Programming

Miracle Beach Elementary

8763 Paulsen Rd, Black Creek
9:00-12:00

Tuesdays and the following Fridays
February 9&23, March 8, April 12&19, May 10&24, June 7, 2024
Program Facilitator – Candice Burt



www.ComoxValleySchools.ca/StrongStart

Spare Clothing, Raingear and Water Bottle

As we transition through the seasons, and deal with all types of weather, we kindly request your attention to a few essential reminders:

Spare Clothing: Please ensure your child has a spare set of clothing in their backpack. Unforeseen situations can arise, and having spare attire ensures a smooth transition back to the learning environment.

Weather-Appropriate Clothing: With varying weather conditions, it is advisable to dress your child in layers and provide them with appropriate rain gear. This will enable them to engage comfortably in outdoor activities and be prepared for unexpected weather changes.

Hydration: Please ensure your child has a water bottle to school. Staying hydrated is vital for their well-being and having access to water throughout the day supports optimal focus and concentration.

We appreciate your continued support in helping us provide a positive educational experience for all students.

Music Program Fundraising



Support our Music Programs!

No sorting or standing in line required. Just bring in your clean refundables in a CLEAR or BLUE plastic bag. Go to the Express printer (at the depot) and print off a label using the school phone number. Attach a label to each bag and drop it in the bin! All money will go to support the Performing Arts programs at Miracle Beach Elementary!

1. Use a clear or blue bag
2. Print off a label using 250-337-5114
3. Attach the label
4. Leave the bag in the bin



PAC Fundraising



MIRACLE BEACH Elementary School PAC Fundraiser 2024 Instructions From Good Earth Farms Seeds

Welcome!!!

In order to support this amazing fundraiser please proceed to our online store located at: www.goodearthfarms.ca

Please go ahead and shop for any seeds you need.

As you are shopping make sure to select “**Store Pick Up**” under “**How to get it**” Your order will be delivered to the school, you do not need to come to the farm...

Once you have filled your cart with all you need, please proceed to the “**Checkout**”.

IMPORTANT - Please enter the following coupon code under “+ Apply Coupon or Gift Card”: “**MiracleBeachFundraiser2024**” Do not miss this step as that is how we will track your order as a fundraiser.

Important Dates:
Monday, Jan. 29* Fundraiser Sales Begin
Wednesday, Feb. 21* Fundraiser Sales Cut-off
Monday, Feb. 26* Orders Distributed at School

There are planting and gardening instructions on the website:)

Thanks so much for your Support!!!

Miracle Beach Elementary Open Gym

A PLACE TO CONNECT AND HAVE FUN

Open Gym

- Play Together
- Explore gym equipment
- Fun
- Build community
- Indoor activities

2:35 going until 4:30 join us and other parents with your kids and enjoy some open gym time.

**Every FRIDAY
2:30 to 4:30
Guardians MUST Attend**

Community Information

Youth Basketball Camp



Youth Basketball Camp

February 11 2024 @ Isfeld Secondary Gym

Grades 4-7 Boys 9-11:30 (FEB 11)

Grades 4-7 Girls 12:30-3:00 (FEB 11)

Fundraiser for Isfeld Sr Boys Basketball Program

Cost \$40

Register online via the QR Code

or visit Mark Isfeld Website

Registrations due by Feb 9 2024



SP

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