

Blair’s Week-At-A-Glance (WAAG) for Families:

February 26 – March 1, 2024

This week Blair teachers are hosting Parent Teacher Conferences for your child’s Learning Update #3! This is an opportunity for families to connect with your child’s teacher(s) around the learning that has been happening in Term 2. For our parents and caregivers, we invite you to come in and celebrate the learning growth your child has experienced!

You are also asked to walk by our Lost and Found tables, which will be set up in our Front Foyer of the school from Tuesday afternoon until Friday morning, with many student items that need to be claimed. Unclaimed items will be donated. We look forward to seeing you next week!

-Mr. Livingston

Notes from the Office:

If your child is going to be absent from school for an extended period of time, contact the office for an Extended Absence application form and please let your child’s teacher know.

Highlights For Next Week Include:

<p>Monday February 26</p>	<ul style="list-style-type: none"> • PAC Pizza Monday • Girls Basketball Game at Blair vs. Spul’u’kwuks
<p>Tuesday February 27</p>	<ul style="list-style-type: none"> • Boys Basketball Game at Blair vs. Garden City
<p>Wednesday February 28</p>	<ul style="list-style-type: none"> • Pink Shirt Day – Wear pink for Anti-Bullying • Pink Shirt Day Assembly • Early Dismissal at 11:50am; Parent Teacher Conferences • PAC Meeting (virtual) @ 8pm
<p>Thursday February 29</p>	<ul style="list-style-type: none"> • Boys Basketball Game at Garden City
<p>Friday March 1</p>	<ul style="list-style-type: none"> • Grade 7 Fundraiser Frozen Yogurt delivered at 2:45pm

For individual class/club/team activities please check with the specific Blair staff member

Upcoming Important Dates and Special Events:

Feb 28	Pink Shirt Day
Feb 28	Learning Update (conferences) Early dismissal at 1:45pm
March 14	Last Day of School before Spring Break
March 15 – April 1	Spring Break No school in session
March 29	Good Friday No school in session
March 31	Easter Sunday No school in session
April 1	Easter Monday No school in session
April 2	School Re-opens

Significant Dates in our Community



February 28th is:
👕 Pink Shirt Day 👕

February 29th is:
🏹 Leap Year! 🏹

March 1st is:
🇺🇸 Zero Discrimination Day 🇺🇸



Information Items for Families:

District Updates

Social Media Awareness Family Sessions; February 28

Safer Schools Together, in partnership with the Ministry of Education and Childcare, is offering “Social Media Awareness” family sessions. These sessions are designed to support families and caregivers navigate the digital world. Dates, times and information to register can be found in the link below.

[Please share this link](#) with families.



**SUPPORT THIS YEAR'S GRADE 7
CLASS BY PURCHASING SOME
HEALTHY FROZEN YOGURT!**

- chocolate
- vanilla
- cotton candy
- bubble gum
- cookies n'cream
(contains gluten)
- strawberry
- pink lemonade sorbet
(dairy free)

\$4.75 per 6 ounce cup

**FRIDAY MARCH 1ST
DELIVERY - END OF
DAY**

Ordering closes February 23 11:59pm

Thank you for your support!

Thanks to the generous donations from our families and our PAC, Blair now has a new beautiful piano to support our music program!

Ms. Kordyback and Ms. Quan are thrilled to have a new piano in their classroom. They are extremely grateful to all the parents and families who donated to make this possible!

Thank You
FAMILIES FOR SUPPORTING THE
BLAIR PIANO FUNDRAISER!

ANONYMOUS	JIA (CINDY) LIU	CELINE WENG
ANONYMOUS	VIVIAN MAK	LYNN WU
VERONICA CHAN	JINGJING MENG	CHEN (ALVIN) XI
SUN (EMILY) CHAO	SANDY MO	WEIHONG XU
XU (SHARON) CHEN	DONGXIN (JOYCE) NIU	CHRISTINE YANG
TY CHIN	XINHUA PAN	LIUCHUN YANG
JOE DENG	YEHONG (RICHARD) QIAN	MANDY YANG
SUSAN DENG	YONGXIN (ALEX) SU	NING (KIMMY) YANG
ZHAO XIA DU	YACHUN TSENG	OLIVIA YEN
FIONA FAN	EMILY TU	PANPAN (PENNY) YIN
FANG FANG	COCO WAN	XIAO LI (VICKY) YIN
BARBARA FRAUCHIGER	ANNIE WANG	TINA YUE
ZHENFANG FU	CHRISSE WANG	MINGHONG ZENG
YINGHUA HUANG	HAO LIN WANG	XINGZHUNG ZENG
JUANYUN KUANG	IRENE AND RICHARD WANG	LIN ZHANG
FUNG KWAI LI	RAINIE WANG	NADIA ZHANG
JIE (CINDY) LI		SARAH ZHANG
LISA LI		SISI ZHANG
YAWEN (IVY) LI		XINGNI (ANNIE) ZHANG
YE LI		JIANG (KARIN) ZHU
ANGEL LIN		JUN JUN ZHU
XIUYING (LYNN) LIN		PAULA ZHU



Registration for September 2024 opens soon!
Children born in 2020 may apply

Our preschool program is specifically designed for 4-year old children (born in 2020) to attend Just B4 with the hope of inspiring and supporting the creation of rich, joyful early childhood spaces. Our approach is emergent, play-based and focuses on children's natural inquiries.

"The image of the child is upheld in the belief that children are strong and capable in their uniqueness and full of potential."

PROGRAMS

Just B4 – Lee Elementary

M/W/F Program (9:00 – 11:30 am)

Just B4 – Lee Elementary

T/Th Program (9:00 – 11:30 am)

Just B4 – Grauer Elementary

M/W/F Program (12:30 – 3:00 pm)

Just B4 – Grauer Elementary

T/Th Program (12:30 – 3:00 pm)

Just B4 – Grauer Elementary

M/T/W/Th/F Program (12:30 – 3:00 pm)

Apply online in the beginning of March 2024:

<https://sd38.bc.ca/programs/early-learning-programs/just-b4-preschool>



TRY SOFTBALL!



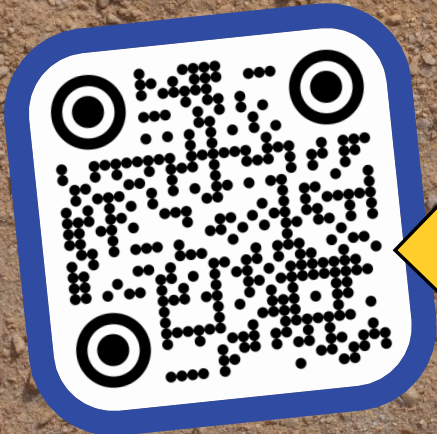
Monday Mar. 4

Ages 6-10: 6³⁰ -7³⁰

Ages 11-13: 7³⁰ -8³⁰



This **free session** is open to youth aged 6-13 who want to learn more about softball.



REGISTER NOW!

 [rgsa_bc](https://www.instagram.com/rgsa_bc)

'intheknow'

Connect and Learn

MONTHLY ONLINE EVENTS FOR PARENTS & CAREGIVERS WINTER 2024

Every month, we host events for parents & caregivers who are parenting a child or youth with a mental health and/ or substance use challenge called "in the know."

JANUARY

Supporting a Crisis at Home
Speaker: Lu Ripley, BC Crisis Centre and Tammy Music, Parent Peer Support Worker, Surrey Memorial's CAPSU

FEBRUARY

For Families: A Conversation about Eating Disorders
Speakers: Carmen Kauffman, Eating Disorders Therapist & Educator with Jessie's Legacy, Rylee McKinlay, Young Adult with Lived Experience, Terri McKinlay, Parent with Lived Experience

MARCH

Beyond Behaviours: When Is It More? What it Looks Like in Ages 13-18
Speaker: Karen Peters, RCC ThriveLife Counselling and Wellness

Join us to watch a video and talk with other families about what helps. Online events are facilitated by FamilySmart Parent Peer Support Workers.

familysmart.ca/events






generationhealth



A FREE 10-week family program to inspire healthier BC families with kids ages 8-12.

Learn together about:

- Healthy Eating
- Physical Activity
- Positive Mental Health
- Screen Time
- Sleep Routines



Family activity credits and cooking classes included!

In-Person at The Cambie Community Centre in Richmond BC.
Sundays 1:00 - 3:00pm, February 11 - April 14, 2024

Register for the programs today at:

info@generationhealth.ca

www.generationhealth.ca



University of Victoria



Generation health is a FREE program for families with children **ages 8-12 years old** offered in communities across B.C. The program is for families who want to be on a healthy lifestyle path. It is for families to complete together, **at least one parent or caregiver must attend the sessions with the child** (it does not need to be the same parent or caregiver each week).

The program is offered both Virtually via Zoom for families across British Columbia, and In-Person in many communities.

It was designed in B.C. by healthy lifestyle and behaviour change experts.

- The program supports participants to make family changes to health behaviours such as **healthy eating, physical activity, positive mental health, screen time, and sleep.**
- The focus is on practical, fun activities that build family connectedness while building both the parent and child's skills to make lasting changes. The positive mental health components aim to build resilience and self-confidence.

During the 9-week program, families in Weekly Group Sessions are also offered:

- 3 virtual group cooking classes led by a Registered Dietitian
- 1 virtual group Q&A / info session with a Registered Dietitian
- 1 virtual group Q&A / info session with a Mental Health Specialist
- After successfully completing the program, **families will receive a family recreation centre pass**, continued access to the mobile App, and our monthly healthy living e-newsletter.

The Richmond program is offered at the Cambie Community Center:

Dates: Sundays February 11 – April 14, 2024. Registration will be open until February 18, 2024.

Times: 1:00-3:00pm

Locations: Cambie Community Centre

**Does this program not work for your family's schedule? We also have BC wide virtual via Zoom programs, visit www.generationhealth.ca to see all the program times and locations.

To register, find exact program dates, or find out more about the program:

Phone: 604-251-2229

Email: registration@generationhealth.ca

Website: <https://generationhealth.ca/registration-contact/>

Early Learning for Families Events

RICHMOND
SCHOOL DISTRICT NO. 38

Early Learning

Check out
the
schedule
below!

Do you have a 3 - 5 year old preschooler? The Richmond School District welcomes your family to the **Early Learning for Families (ELFF)** events. Join us for fun and engaging learning experiences while meeting new friends and building home to school connections. It's also a great opportunity to ask questions all about Early Learning.

Each ELFF event will include:

- hands on and collaborative activities
- music and movement experience by Ginalina
- opportunities to connect with families and Richmond Early Childhood Educators

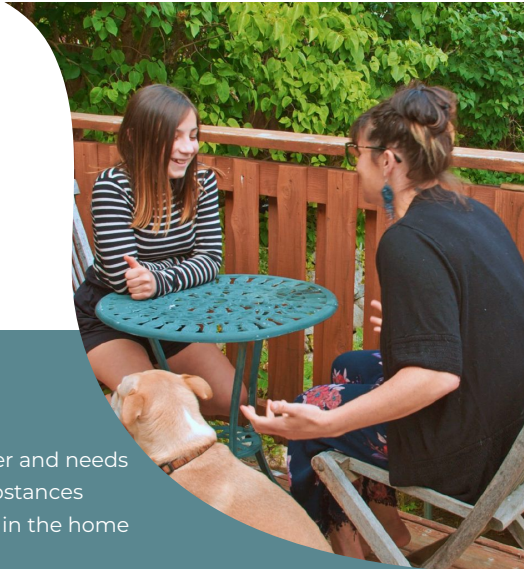
Elementary School	Date	Time
Steves Elementary - 10111 Fourth Ave.	April 8	9:30 - 11:00 am
Thompson Elementary - 6211 Forsyth Cres.	April 8	1:00 - 2:30 pm
Tait Elementary - 10071 Finlayson Dr.	April 9	9:30 - 11:00 am
Cook Elementary - 8600 Cook Rd.	April 9	1:00 - 2:30 pm

Ginalina is a Juno-nominated Musician and Multidisciplinary Artist who uses music, stories, and movement to connect with audiences to celebrate nature, community, and the connections we share. Ginalina is featured on [BC Kids Knowledge Kids Network](#). Visit [Ginalina's website](#) to learn more.



SUBSTANCE USE PREVENTION

An Online Presentation for Parents



KEY TAKEAWAYS

- 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

Presentation Overview:

This presentation will focus on **tools and strategies** that you can use to speak to your children about substances in a way that encourages **positive decision-making** through a psychological lens. You will learn the causes of youth substance use and be introduced to a framework for **creating open communication** on this topic in your home.

There will be a focus on prevention and harm/risk mitigation in order to **empower** you to help your children think critically about their own behaviours, motivations, and choices.

In this session, you will be provided with the **specific language to use** when conversations arise about substances. There will also be opportunities to ask questions about the specific challenges you are facing with your children.

Online Session Information:

February 20th, 22nd or 28th

6pm-7:30 pm PST

Note. The same presentation will be delivered on each date

REGISTER



Presenter:

Dr Hayley Watson

Clinical Psychologist & Founder of Open Parachute

(PhD Clin Psych, MA Clin Psych, MA Transpersonal Psych, PG Dip Psych, BA Criminology)



Dr Hayley Watson is a Clinical Psychologist from BC, specializing in children and adolescents with a PhD in school bullying interventions, along with four further academic degrees in the field of mental health.

She has been working with young people and their families globally for the past 20 years.

We acknowledge the financial support of the Province of British Columbia through the Ministry of Education and Child Care.