



Suncrest Parent Newsletter October 23rd, 2023

[School Website Calendar](#) is up and running!

(Please note that some event start/end times have not been entered yet)

Terry Fox Run

Suncrest participated in The Terry Fox “Dear Terry” run on September 26th. The students supported the Terry Fox Run and helped raise funds for Cancer research. Thank you, Ms. Diep and Ms. Tam for organizing this event. Our school community has raised a total of \$1000 for the Terry Fox Foundation. We reached our goal! Thank you for your kind donations.

Photo Information & Photo Day Retakes October 27

Your online gallery from our school photo session on October 6th is now live. Please visit this link to access the gallery <https://weborders.mountainwest.ca>. Your web code to access your images was provided on photo day. Your order deadline is Tuesday, October 24th, 2023. If you like retakes they will be held at the school on October 27th. Parents can book online, visit this link <https://retakes.mountainwest.ca/suncrestelementaryschool> by October 24th.

Safe and Friendly

Students are expected to demonstrate respect for others by being kind and respectful to all members of the school community. At Suncrest, we are using common language within our classrooms: **Is it safe? Is it Friendly? and STOP WALK & TALK**. This will help our students make good choices when playing with their friends at recess and lunch. Students are expected to play safely and use equipment wisely. Here are some safety rules created by students for lunch and recess:

- Always ask yourself is it “Safe and Friendly?”
- Be calm when talking to your friends
- Use kind language and kind body language
- Keep hands to yourself – **NO PHYSICAL CONTACT**
- Sticks are only used for ground use (building)
- Keep items/toys at home

When there is a problem and you feel uncomfortable, remember to:

STOP – use your words, “STOP I don’t like it when...”

WALK – walk away, take deep breaths, go for a walk

TALK – find an adult to help

Here is a link to the [Burnaby School District’s Code of Conduct](#). We encourage families to talk about school safety with their children at home.

Cross Country

Congratulations to the grade 6 girls who finished top in the district! Suncrest will receive a plaque to commemorate this! Congratulations to all the students who participated in Cross Country this year. Big thank you to our coaches; Mr. Sinclair, Ms. Tam, and Mr. Pierlot.

Pumpkin Patch

Please see the attached schedule for the Pumpkin Patch. We will be using the grassy area on the east side of the new upper playground and circle of large stones so that we are closer to the school. Parents are welcome to be on the perimeter of the pumpkin patch to watch but note that students will only be outside for half an hour. If it is raining heavily, we will move the pumpkin patch to the gym. Please send a reusable grocery bag to help your child transport their pumpkin home to carve and then, if you wish, return to school on Monday to be displayed. Thank you to PAC and Ms. Migliuri for helping to organize this event and a huge thank you to all the parent volunteers for picking up our 330 pumpkins!



Halloween Parade October 31

For many people in our school communities the fun and magic of dressing up is an important tradition. Part of creating a safe school community for ALL students on Halloween is making sure racially, ethnically, and culturally based costumes are not part of our festivities. Please note also that no weapons and full-face masks should be part of costumes.

We invite you to reflect on the following questions:

1. Is the costume racially, ethnically, or culturally based?

If so, it will make most folks from those racial/cultural/ethnic group feel unsafe and disrespected.

2. Does the person (staff or student) belong to this group of people?

If the answer is no, this is not okay. Reflect on what it means to borrow someone else's culture, race or religion for a day- because for many people it is not a costume, it's their everyday lives.

3. If the costume is meant to be funny, why is it funny?

A costume that is meant to be funny because it is making light of a religious, cultural, ethnic, gender or racial group is a caricature and hurtful.

4. How would everyone feel if someone wore the costume around this group of people?

If the impact is harmful on any given day, then Hallowe'en is no exception.

5. Is the costume treating gender as a novelty?

The very idea that being a woman (or a trans woman) as a costume is really damaging. That femininity on males should become a novelty, or something humorous, is not okay.

The Halloween Parade will begin at 1:15 p.m. and will start at the end of the primary wing and wind its way through the intermediate wing, the portables and finally the gym. Our plan is to use interior and exterior classroom doors, but if it is raining heavily, we will keep the parade inside the building. Parents

are welcome to watch the parade in progress either from outside (the west or primary playground area will allow you to see the whole parade) or in the gym as students file through at the end of the parade. Thank you for your help in making Halloween an inclusive and fun day for all our students!

Remembrance Day at Suncrest

Our Remembrance Day ceremony will be taking place on Friday, November 10th at 11 am. Parents are welcome to attend.

Math Games Night on November 21st 6:00 pm – 7:30 pm

Learn some fun and engaging ways to play math games that practice important skills, increase math fact fluency, and bring the family together. You'll be introduced to some board games and have some great ideas to take home. Games give students opportunities to explore fundamental number concepts, such as the counting sequence, one-to-one correspondence, and computation strategies. Engaging mathematical games can also encourage students to explore number combinations, place value, patterns, and other important mathematical concepts. We hope you will join us at this fun event to promote math learning! See attached pamphlet!

Next PAC Meeting Monday, November 27th 6:30 pm by Zoom.

All Suncrest parents are welcome to join our PAC meetings. At our meeting we will be discussing updates on fundraising, upcoming events and so much more! [ZOOM LINK](#)

Make dental, hearing and vision checks part of a healthy routine

Health screenings help find issues early which can make treatment easier and more effective. It is important for your child to have regular eye exams and routine dental checkups. It is also important to recognize any hearing loss early as this is essential for speech and language development. Read on to learn when and how to access services for your child.

Dental

Tooth decay is the most common, but preventable, childhood chronic disease. It is important to establish good oral hygiene at an early age and have children's teeth checked by a dentist regularly. To find a local dentist near you who is accepting new patients, visit the BC Dental Association's [Find a Dentist database](#). If you are a member of a low-income family and you do not have extended health coverage, there are several programs that can help you access [affordable dentistry for your children](#). You can also contact the dental program at your [local public health unit](#) and ask about resources available in your community.

Vision

[BC Doctors of Optometry](#) recommends children receive their first eye exam when they are six to nine months old with a follow up exam at least once between the ages of two and five and then yearly once they enter school. You can find an optometrist accepting new patients near you at the College of Optometrists of British Columbia's [Find an Optometrist database](#). In B.C., basic eye exams, one per year, are free up to the age of 18. Some optometrists may charge a small user fee of about \$35 per visit so be sure to ask about any fees before you make an appointment.

Hearing

Good hearing is essential for speech and language development and plays an important part in a child's social and emotional growth. It is important to recognize hearing loss early and seek out testing and treatment if needed. Fraser Health's Public Health community audiologists provide hearing services for children from birth to 19 years of age. If you have a concern about your child's hearing, referrals can be made by a parent or caregiver, a health care provider or education professional to your local public health audiology (hearing) clinic.

Find more information on child health screenings and how to access free vision, hearing and dental exams on Fraser Health's website: <https://ow.ly/oK9z50PegZB>

Upcoming Dates:

Oct 27 – Pumpkin Patch

Oct 27 – Photo Retakes

Oct 31 Halloween Parade

Nov 10 – Remembrance Day Assembly 11 am

Nov 21 – Math Games Night

Nov 24 – Professional Day (no school for students)

Dec 19 & 20 - Musical

December 21 – Last day of school & Report Cards go home

December 22 – January 5 - School closed for Winter Break

[*\(See our website for the full year's schedule\)*](#)