



Langley Fundamental Elementary School

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Langley Fundamental Elementary website: <http://www.sd35.bc.ca/schools/lfe/default.aspx>
School District #35 (Langley) website: www.sd35.bc.ca

Principal: Mrs. Deah Paton
Vice-Principal: Mr. Neil Powell
Administrative Assistant: Mrs. Tricia Mein
P.A.C. President: Mrs. Melynn Krausse

Date: Thursday, March 14, 2019

Dear Parents:



A huge thank you to the Grade 5 classes and their teachers for our first ever Entrepreneurial Fair. The students were busy the last few months learning what it takes to be an entrepreneur and develop a business. Each student created a business plan which includes their goals for their business, their product description and business operations. Our gym was transformed into a busy marketplace with many creative and interesting products to purchase. The students did an amazing job of marketing and selling their products and learned some important life lessons on sticking to a budget and how important it is to have a plan. Thanks again to you, the parents, who supported this project during the entire process. It was hard work but taught our students so many valuable lessons and character traits along the way.

Ava Krahn and Chase Lo are featured selling their products.



Reminders for Parents

Please refrain from cutting across the parking lot or the street. It is difficult to see pedestrians when they are not in crosswalks and serious injuries can occur even at low speeds. Please use the marked crosswalks to cross with your child.

Please be aware of what your children are watching on youtube etc. There are some inappropriate and scary images that are embedded in videos that they could potentially watch. Always monitor their screen time and what they are watching.

April is autism month. At the end of this newsletter is information on an upcoming bottle drive where all the proceeds will go to the Canucks Autism Network.

Learning Commons News

Reading Link Challenge: Yesterday we had eight teams competing in our in-school challenge. The "Flash Of Lightning" team consisting of Leyla Odabasigil, Tiyanan McCarthy, Kate Li, Caitlyn Ha, Hana Timmins, and Moon Zhang won and will be moving forward to the Langley Challenge on Wednesday, April 10th from 1 – 2pm at Lynn Fripps Elementary School where there will be competing against 15 other Langley schools. This is a record year for student participation since we had 46 students involved this year. We are looking forward to the next level of competition!

Langley Book Of The Year: Congratulations to Alexander Samaroo and Brooklynn Smeaton for qualifying for our celebration lunch in May.

Upcoming Events

Monday, April 1	Schools reopen
Friday, April 5	Speech competition. Primary at 9:00 am/Grade 4 and 5 at 10:40 am
Tuesday, April 9	Coin Drive assembly for Gandidzanwa sister school
Friday, April 12	Collaboration. Early dismissal at 1:25 pm
Wednesday, April 17	Class Photo Day
Thursday, April 18	Hot Lunch/Future self Spirit Day/Movie Night
Friday, April 19	Good Friday. Schools not in session
Monday, April 22	Easter Monday. Schools not in session
Tuesday, April 23	Last day of the coin drive
Wednesday, April 24	Family Numeracy Day at 2:00 pm

House Points

Here are the point totals from our last spirit day and cumulative totals:

	Pink/Red/White Day	Total
Canadians	481	2106
Canucks	434	2094
Lions	424	2066
Whitecaps	486	2177

A very close race. Next Spirit Day is tomorrow March 15; Crazy Hat Day.

School Goals

Respect: Here are some helpful tips for teaching respect at home. We are continuing with our respect character trait until May.

Numeracy: Be sure to play math games with your child over the break to keep their numeracy skills sharp. On April 24 we will be holding our Family Numeracy Day at 2:00 pm. Please mark this on your calendars and plan to come and play some math games with your child.

TEACHING KIDS RESPECT
6 Highly Effective Tips

STAY CALM
Do not react to seemingly disrespectful behavior. The only way to not pass on negative emotions is to model the behavior you want.

IDENTIFY THE CAUSE
If a child's need is unmet, they may act out and, considering its relation to their own responsibility of meeting that need.

MODELING RESPECTFUL
Remember, we are parents to young children. It is important to be respectful to all people, even those who are not your own.

BE POSITIVE THINKING
Use self-talking strategies such as, "I'm going to model how to be respectful when others make mistakes. Remember, we all make mistakes. There is no shame in this."

TAKE, BUT DEMAND RESPECT
Do not demand your child to be respectful. Instead, you can be polite. This means you can be polite to your child.

APOLOGIZE FOR MISTAKES
A parent's ability to apologize models responsibility and acceptance of one's own mistakes. Model this.

PLANNED TO Brain
To learn parenting tips... visit www.plannedparenthood.org

Sorry!

Mrs. Paton

100% of All Proceeds go to Canucks Autism Network

STOP! SAVE YOUR BOTTLES FOR WORLD AUTISM AWARENESS DAY!

CANUCKS AUTISM NETWORK & MURRAYVILLE FIREHALL 6 FIREFIGHTERS WITH THEIR FIRE TRUCK WILL BE PART OF THE EVENT ON MARCH 31ST!

SHERRY & FRIENDS ARE HOSTING A BOTTLE DRIVE TO BENEFIT CANUCKS AUTISM NETWORK.



WHEN?

March 31, 2019 12 – 4PM



WHERE?

Arthur Rose Park
223rd St & 52nd Avenue, Murrayville, Langley



RAIN OR SHINE.

Refreshments provided!



CAN'T MAKE IT OUT? NO PROBLEM!

Please call us at **778.322.7696** and we can organize pick up for your donation!



In support of:



This communication is not intended to solicit properties already listed for sale.



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The New Canada's Food Guide – What do the changes mean to your family?

The new [Canada's Food Guide](#) helps support healthy eating for you and your family. With the new changes, it's the perfect time to create new habits one small step at a time. Here are some of the more significant changes:

Healthy Food Choices

- **The four food groups have been replaced with a picture of a healthy plate.** Aim to fill half of your plate with a variety of vegetables and fruits, and the other half with equal amounts of protein and whole grain foods.
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- **Milk products are now listed as a source of protein** along with beans, nuts, seeds, lean meats, fish, and eggs.
 - Continue to enjoy lower fat dairy products (i.e. milk, yogurt and cheese). Dairy products provide important nutrients like calcium and vitamin D for your family.
 - Choose protein food that comes from plants more often. These delicious [recipes](#) include options for plant-based meals.
 - **Fruit juice is now recognized as a sugary drink** along with iced tea, chocolate milk and soft drinks. Sugary drinks are not recommended; make water the drink of choice.

Healthy Eating Habits

The new Food Guide explains “how” to eat healthy in addition to “what” to eat. Here are a couple of examples:

- **Cook more often.** Children like to be included in the [planning and preparation of meals](#). It helps build their confidence and cooking skills, and is a great way to connect with your child. The new Food Guide includes [tips on preparing meals](#) with kids.
- [Eat meals with your family](#) and be free from distractions such as electronic devices or television.

Accessing the Food Guide

The new food guide is mobile friendly. You can also [print](#) copies or [order](#) copies from Health Canada.

Written by Fraser Health Public Health Dietitians Mar 2019