

COMMUNITY NEWSLETTER

For the Family of Schools:

Second Street, Ecole Armstrong, Ecole Cariboo Hill

APRIL 2022

SECOND STREET COMMUNITY OFFICE

Community School Coordinator:

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A Note from the Community Office:

Hello everyone! I hope you are well and that we will begin to see more of you in the building, very soon! What is Social and Emotional Learning (SEL)? You may have heard this term from your child's teacher, or in your own readings about child development.

Basically, it is how we learn and use the skills, knowledge and attitudes to feel good about ourselves, manage our emotions, achieve goals, feel and show empathy, keep and make supportive relationships and make good decisions. Author and educator, Dr. Lorea Martinez, says that SEL is "an essential tool for creating caring, committed citizens and thriving communities".

I invite you to explore an excellent website: CASEL.org, to learn more about this important topic. There is a whole section for parents and caregivers with resources, strategies, book suggestions and more! Here is a condensed list from their "Parent Packet". For full list visit their [website](#).

Schools, Families, and Social and Emotional Learning

Ten Things You Can Do at Home

1. **Focus** on strengths. When your child brings home a test, talk first about what he or she did well.
2. **Follow up** with consequences for misbehavior. Decide on consequences that are fair, and then carry them out.
3. **Ask children** how they feel. When you ask your child about his or her feelings, the message is that feelings matter and you care.
4. **Find ways** to stay calm when angry. It's normal to get angry or irritated sometimes. Learn to recognize "trigger situations" and do something about them before you lose control.
5. **Avoid** humiliating or mocking your child. This can make children feel bad about themselves. Unfair criticism and sarcasm also hurts the bond of trust between children and parents. Give them the room to make mistakes as they learn new skills.
6. **Be willing** to apologize. Parents need to be able to apologize to their children if what they said was not what they meant. Calmly explain what you really wanted to say. By doing this you're being a good role model.
7. **Give** children choices and respect their wishes. When children have a chance to make choices, they learn how to solve problems. If you make all their choices for them, they'll never learn this key skill.
8. **Ask questions** that help children solve problems on their own. When parents hear their child has a problem, it's tempting to step in and take over. But this can harm a child's ability to find solutions on his or her own.
9. **Read books** and stories together. Reading stories aloud is a way to share something enjoyable and learn together about other people. For example, stories can be a way to explore how people deal with common issues like making or losing friends or handling conflicts.
10. **Encourage** sharing and helping. There are many ways to do this. You can help out elderly neighbors or families in need. This teaches children that what they do can make a difference in the lives of others.



Me-n-Ed's

PIZZA PARLORS

PIZZA NIGHT FUNDRAISER!

Mention SECOND STREET COMMUNITY SCHOOL
when you order for take-out,
dine-in, or delivery

on THURSDAY, APRIL 21ST
@ 7110 Hall Ave Burnaby

Me-n-Ed's will donate 20% of the sales back to the school!



Burnaby 604-521-8881



Intergenerational Traditional Kitchen

Giveaways



Food

Fun

Prizes

Wednesdays 4pm to 6pm April 6th to June 1st Ages 6 to 106

Come learn valuable life skills with us @ Spirit of the Children Society's
Bannock & Beyond Intergenerational Traditional Kitchen.

Children Must Be Accompanied By An Adult

Harvesting Medicines

How To Clean A Fish

Gardening

Kitchen Safety

Registration Required

Cooking Skills

Bus Tickets Available Open to Indigenous Children & their Caregivers

To Register Visit our Website @ <https://sotcs.ca/referrals/>



Spirit
OF THE CHILDREN SOCIETY

Email s.cooper@sotcs.ca

Phone 604-524-9113 ext. 2246

#201-768 Columbia Street

New Westminster, BC

Spirit of the Children Society is hosting an Intergenerational Traditional Kitchen, where people who Identify as Indigenous, of all ages can come & learn & share valuable life skills. It is open to Indigenous children & their care givers and/or Indigenous adults & youth. It will be held at Spirit of the Children's New West office #201-768 Columbia Street New Westminster, **Wednesdays from 4pm to 6pm starting April 6th to June 1st.**

Some of the things they will be doing are: Planting a herb garden, learning & harvesting traditional medicines, how to clean a fish, kitchen safety, gardening, foraging for berries, making smoothies, dandelion tea, Bannock and such. You can register by going on the website and clicking on referrals, or email s.cooper@sotcs.ca or call reception @ 604-524-9113.

SFU Summer Reading Program

It's already that time of year where registration is starting for summer programs.

Every year SFU offers a summer reading program for students that find reading challenging.

- **It is now back in person on the SFU CAMPUS; therefore, the parent has to drive their child there**
- **Families who have done it in the past have really liked the program**
- **It's for students currently in grades 1 - 6**
- **It's free and takes place from July 4th - 22, 4 different choices of one hour time slots**
- **Registration begins Monday April 4th at 8:00am; it is a popular program so the sooner the parent registers, the better**

See letter on next page for more details.

Dear Teachers, Administrators, Parents and Students,

Welcome to Simon Fraser University's 2022 Summer Reading Program! We are happy to announce that we are back on campus and the tutoring program will occur in person again this year! In our efforts to support a safe and supportive experience for all involved in this year's tutoring program, all participants, SFU students, faculty and staff will be required to follow any applicable BC Ministry of Health guidelines while participating in the program. We will follow-up with you concerning specifics closer to the start of the program (late June).

This year, we will again be offering tutoring in reading skills development to students in grades 1 through 6 who find reading challenging. Tutors will be assigned as part of their coursework within an SFU course concentrating on reading strategies to assist struggling and emerging readers. All SFU student tutors are under the supervision of SFU faculty.

If you sign up for the Summer Reading Program your child will receive 14 hours of free one-on-one tutoring from an SFU student. The tutoring will take place daily at Simon Fraser University's Burnaby campus from July 4th to July 22nd (Monday to Friday). The program will take place for one hour per day in your choice of one of four timeslots:

- 9:00am to 10:00am
- 10:30am to 11:30am
- 1:00pm to 2:00pm
- 2:30pm to 3:30pm

If you would like to participate in the program, please visit our website <https://www.sfu.ca/education/creche/summer-literacy-program.html> and click on the "Online Registration" tab. The online registration will open on Monday, April 4 at 8:00 am. Once you register online, you will receive a phone call from one of our program coordinators during the month of May to confirm your interest and commitment to the summer reading program and also to help us assess whether this program is a good fit for your child's needs. The program coordinator will also confirm the time that you want to come during the summer and respond to any questions that you may have about the program. A letter of confirmation of registration and a map of SFU will be mailed to you after this phone call.

If you have further questions, please feel free to email Dr. Robert Williamson robert_williamson@sfu.ca or our program coordinator Nia Pazoki npazokim@sfu.ca and we will respond as soon as we possibly can. We hope to see you soon!

Regards,

Robert L. Williamson

Dr. Robert L. Williamson
Faculty of Education, Inclusive Education, Simon Fraser University, British Columbia,
Canada
Ph./Text: 7789907300; robert_williamson@sfu.ca

2022 Spring & Summer Programs

Summer CAMPS

Details available Monday, March 14 at
Burnaby.ca/WebReg

Kids learn and grow through play: creative arts, the challenge of games, sports and outdoor activities. The value of play to a child's growth is the foundation of our camps. Plan ahead, and check out our camps today.

Registrations begin at 10 am on:

APRIL 4

for Burnaby residents

APRIL 7

for general public

*Be
Active*

SPRING PROGRAM REGISTRATION NOW OPEN

This spring, we have great programs to keep you and your kids active, engaged and creative. Download our [Spring Program Guide](#) for Pro-D Day camps, Family Paint Night, dancing, kayaking, canoeing and more. Click on a program to view a full description on WebReg.

[Burnaby.ca/ProgramGuide](https://burnaby.ca/ProgramGuide)

Recreation centres

BONSOR	604-297-4597
BONSOR 55+	604-297-4580
CG BROWN	604-297-4520
CAMERON	604-297-4452
CHRISTINE SINCLAIR	604-320-2222
CONFEDERATION	604-294-1936
EDMONDS	604-297-4838
EILEEN DAILLY	604-298-7946
WILLINGDON	604-297-4526

Arenas

BILL COPELAND	604-297-4521
KENSINGTON	604-297-4535

Cultural facilities

BURNABY ART GALLERY	604-297-4422
BURNABY VILLAGE MUSEUM	604-297-4565
SHADBOLT CENTRE	604-297-4440



2022 feature programs

BENEFITS OF GETTING OUTDOORS

Getting outside builds confidence, promotes creativity and imagination, teaches responsibility, and gets kids moving. Here are just a few of the cool outdoor programs available this spring.

PROGRAMS FOR CHILDREN

Outdoor Adventure Club

8-12 years | Starts April 22

Heighten Your Hiking Skills

10-14 years | April 26

Kids & Canoes

8-12 years | Starts April 23

Outdoor Photography: Smartphone Workshop

Pro-D Day

8-12 years | April 25




Youth Kayaking

10-14 years | May 1

[Burnaby.ca/Children](https://burnaby.ca/Children)

Be in the know

Be the first to learn about programs and activities at our recreation facilities. Sign up for **eNews**, or follow us on:

 [recreationburnaby](https://www.facebook.com/recreationburnaby)
 [@burnabyparksrec](https://twitter.com/burnabyparksrec)
 [burnabyrecreation](https://www.instagram.com/burnabyrecreation)



PROGRAMS FOR PRESCHOOLERS

Hike Hike Baby

1-24 months with adult | April 13

Frogs & Friends

3-5 years with adult | April 23

Outdoor Explorers

4-6 years with adult | May 27

[Burnaby.ca/Preschool](https://burnaby.ca/Preschool)

FAMILY WORKSHOPS IN THE PARK

Spend time with your family creating fun, exciting projects! Each workshop has a different theme and includes all supplies.

Mason Bee Hotels | March 26 & April 23

Spring Centrepiece | April 9


Fairy Gardens | May 7 & June 4

Orienteering | May 14

Register at [Burnaby.ca/WebReg](https://burnaby.ca/WebReg)

 [recreationburnaby](https://www.facebook.com/recreationburnaby)

 [@burnabyparksrec](https://twitter.com/burnabyparksrec)

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

[Burnaby.ca/Active](https://burnaby.ca/Active)



How to find camps online

1. Visit Burnaby.ca/WebReg, and select the age group you're interested in.
2. Click on:
 - the "Programs" tab at the top
 - age group under "Browse for courses"
 - "Camps"
3. Use the "Complex" filter in the top right to search programs by location.
4. Click on the "show courses" button of the program you're interested in to see all the details.

TIPS & TRICKS

- » You can also search for programs under Advance Search.
- » Enter a description under "Containing Keyword". Examples of keywords are "camp," "swim," "yoga," "dance" and "painting".
- » You can also filter results by selecting dates and days of the week.
- » Once you find programs you're interested in, note the program name so that you can find it easily again when registration opens.

HOW TO REGISTER ONLINE

It's easy. If you need to create an account, contact any Burnaby recreation, arts or cultural facility.

1. Find the course you want to register for.
2. Select the course you want and click "Add".
3. Login with your client number and family PIN.
4. Click on "Go to Checkout", and pay for your course.
5. If you want a receipt emailed to you, click on "My Account" at the top right of the page and click "Thank You" (under "Current / Future Registrations").

The screenshot displays the Burnaby.ca/WebReg website interface. At the top, there are navigation tabs: "Start", "Programs", and "Memberships". A "Cart (0)" button is visible in the top right. Below the navigation, there is a "Barcode Search" section with a text input field for "Enter barcode number" and a search icon. To the left, an "Advanced Search" sidebar is highlighted with a red box. It includes a "Currently searching:" section with "Adults" selected, a "Containing Keyword" field with "camp" entered, and a "Days of the Week" section with "All" selected. The main content area shows a "Course" section with a "Complex" dropdown menu set to "(All)". Below this, three course listings are visible: "Abstract Painting: Form & Texture", "Access - Social Club", and "Acrylic Painting - The Palette Knife". Each listing includes a brief description and a "Show Courses" button. At the bottom, there is a section for "Active Aging Fitness Cameron".



GET YOUR START HERE:

**WE'RE
HIRING** 98.6^{km²}
office 

Start a rewarding career with the City of Burnaby and make a difference in your community. We're hiring **summer program leaders, recreation clerks, lifeguards and building service workers**. Be a part of providing facilities and services that support a safe, connected, inclusive, healthy and dynamic community.

[Burnaby.ca/Careers](https://burnaby.ca/Careers)



**Bring your
neighbourhood
together!**

Neighbourhood
Small Grants
program.

Visit:

www.neighbourhoodsmallgrants.ca for
more details.



**Neighbourhood
Small Grants
Burnaby**

Ideas that Connect Neighbours

The Neighbourhood Small Grants program supports neighbours of any age, experience or background take part in building community.

**Need help with
your application?**



Branka Vlasic
NSG Coordinator
brankav@burnabynh.ca

**Apply for up to
\$500 and bring
your project
idea to life!**

www.neighbourhoodsmallgrants.ca | Facebook & Instagram: [@nsgnetwork](https://www.facebook.com/nsgnetwork)



van^{co}uver
foundation

Online Storytime



information
children

April 2022

Tuesdays & Thursdays

5:30-6pm



Sign up

Join us on Zoom for a 30-minute Storytime filled with

- songs
- puppets
- felt-stories
- easy art activities!



778.782.3548



info@informationchildren.com



www.informationchildren.com

Parent Coaching



information
children

WITH SALLY OR RAHANI

Our free Parent Coaching Program is open to families with children 0-12 years old.

During a session, we can

- Explore your parenting challenges
- Brainstorm strategies
- Provide resources

BOOK A SESSION



Reasons that parents might request 1:1 support

- Sleep, naps, bedtime
- Mealtimes, introducing solids
- Behaviour, tantrums
- Setting limits & boundaries
- Parent mental health & emotions
- Coping with separation & divorce



778.782.3548



info@informationchildren.com



www.informationchildren.com

Need a simple game to play with your children in the park that doesn't require any props? **Try a simple colour hunt.** Ask questions like; Can you find a white daisy? Slide down a red slide? Catch a black ant? Smell a yellow flower? You can make the hunt as difficult or simple depending on your child's need for challenge. **This activity can engage all senses, knowledge of colours, gross and fine motor skills and of course a lovely connection with you!**

Information Children is another wonderful organization that helps support parents on their parental journey. They offer group **workshops** throughout the year, **one-to-one parent coaching** and an **online story time** on Tuesdays and Thursdays from 5:30 - 6PM. If you are interested in any of their services you can **call 778-782-3548** or email **info@informationchildren.com**, visit their website at **www.informationchildren.com**, or **check out the posters!**

As a caregiver, you can reinforce kind behaviour in your child and set the stage for them to handle more emotions and decisions. Children learn most effectively through demonstrations of kind behaviour, opportunities to practice kindness, and attentive and patient caregivers. (Source: Healthy Families BC). Learn more at **@feelingsfirst.ca**.

What you can do to encourage kindness in early in childhood;

- Model behaviour you want to see.
- Create opportunities for kindness.
- Practice kind conversations
- Give praise for good behaviour
- Respond calmly if your child is unkind
- Create clear family rules around kindness



FAMILY SERVICES of Greater Vancouver

- Cameray Child and Family Services and Pacific Immigrant Resource Society are facilitating **Kids Have Stress Too, for immigrant and refugee parents starting May 6 - June 24**. Kids Have Stress Too is **free to parents with children 3-8 years old and child care is available for children 18 months - 5 years old**. Learn about stress management strategies for adults and children! If you are interested in finding out more or to register, **check out the poster below**, call 604-298-5888 ext. 809, email Mariana mgassmann@pirs.bc.ca (English & Spanish) or Rabia rkaihan@pirs.bc.ca (Farsi & Dari).
- Pacific Immigrant Resource Society and Grace Church is happy to be offering **free in-person Mother Goose classes** once again. Join parents and children 0-18 months to sing and rhyme between **1 - 2PM on Fridays! Pre-registration is required** - call 604-298-8277 / 604-298-5888 Ext. 810, email BpgcMothergoose@gmail.com / gxia@pirs.bc.ca or check out the posters.

Parent Child Mothergoose

A program for parents with infants 0-18m

May 6 - Jun 10
Fridays
1:00-2:00pm

Burnaby Pacific Grace Church
3883 Triumph Street, Burnaby
FREE



Program Details

- Join us for an hour of songs, rhymes, and stories
- Learn new ways to cope
- Get Health and Child Development, and Community Resources

PRE-REGISTRATION REQUIRED

(BPGC) 604 298 8277 BpgcMothergoose@gmail.com
(PIRS) 604 298 5888 Ext 810 ANNA gxia@pirs.bc.ca



Kids Have Stress Too!

A program for immigrant and refugee parents/caregivers with children 3-8 yrs

May 6 - June 24
Fridays
9:45-11:45am

Cameray Wellness Center
New Westminster
820 6th Street, New Westminster
FREE



Program Details

Join us to learn about stress management strategies for both parents and children

Parent Sessions: May 6, 27, Jun 10, 24
Parent Child Sessions: May 13, Jun 3, 17

- No session on May 20
- Childminding for children 18m- 5 yrs available during parent only sessions

TO REGISTER: 604 298 5888 ext 809

Mariana mgassmann@pirs.bc.ca (English & Spanish)
Rabia rkaihan@pirs.bc.ca (Farsi & Dari)





Vancouver & Lower Mainland Multicultural
Family Support Services Society

Mother & Child Emotional Power Program

A program for parents with children ages 0-6 years
New Immigrant Families and Refugees are welcome!



***Join us in this weekly program to learn more about your child's
emotions and much more while having fun!***

This program includes:

- Exploring the role of emotional well-being in early childhood
- Become aware of your child's emotions
- Encourage healthy expressions of emotions
- Parenting
- Children's developmental stages
- Community resources
- Connecting with other parents



***Learn together with your child through
Fun Games, Storytelling, Arts & Crafts, Songs***

When: Every Monday 10:30 am – 12 pm
May 02 – 30, 2022
(Except May 23, Victoria Day)

Where: Edmonds Community Resource Centre – Room 208
7355 Canada Way, Burnaby - BC

***REGISTRATIONS ARE OPEN FOR CHILDREN AGES 2 TO 5!
SPACES ARE LIMITED***

For more information, please contact Liliane, Ramzia, or Sophie
cwva@vlmfss.ca or Tel: (604) 436 – 1025
Please bring your own snacks for your children if needed