

COMMUNITY NEWSLETTER

SECOND STREET COMMUNITY OFFICE

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For the Family of Schools:

Second Street, Ecole Armstrong, Ecole Cariboo Hill

May 2022



A Note from the Community Office...

Hi Everyone,

I found some useful information about kids and screen time, and I thought I would share with you. I know this is a topic about which many parents have questions. Here are some of the suggestions that I found helpful. Please have a look at the website if you want the full list. I have included the link below.







The website "caringforkids.cps.ca", says:

"Many Canadian parents are concerned about how much time children spend using media. According to recent research from MediaSmarts, parents report that about 36% of their 10- to 13-year-olds spend 3 hours or more per day using digital devices for reasons unrelated to school work. That's at least 21 hours a week!

When kids are on their devices, they are usually not learning, interacting with friends and family, playing, or enjoying the outdoors. Solitary screen time also increases the chance that they'll be exposed to negative or harmful content.

So what can parents do? Actually, quite a bit. The key is to pay attention, get involved, and model positive media habits."

Some especially helpful hints they provide:

-  *Be present and engaged when screens are used and, whenever possible, watch together and talk about the content.*
-  *Discourage media multitasking, especially during homework.*
-  *Make sure daily routines come first: face-to-face interactions, sleep, and physical activity.*
-  *Help children and teens to choose content that's appropriate for their age and stage.*
-  *Be a part of your children's media lives. For example, join in during video game play and ask about their experiences and encounters online.*
-  *Encourage daily "screen-free" times, especially for family meals and socializing.*

They also offer this helpful advice:

How much is too much?

Watch for signs that screen use is becoming a problem, such as:

- *Your child complains about being bored or unhappy without access to technology.*
- *Oppositional behaviour when you set limits on screen time.*
- *Screen use is interfering with sleep, school or face-to-face interactions.*
- *Screen time is interfering with offline play, physical activities or socializing with friends and family.*
- *Negative emotions after interacting online, playing video games or while texting.*

Talk to your child's doctor if these signs persist, or if they interfere with family life.

Here is the link if you would like to know more:

<https://caringforkids.cps.ca/handouts/behavior-and-development/screen-time-and-digital-media>



Screen time and digital media: Advice for parents of school-aged children and teens | Caring for kids - CPS

Many Canadian parents are concerned about how much time children spend using media. According to recent research from MediaSmarts, parents report that about 36% of their 10- to 13-year-olds spend 3 hours or more per day using digital devices for reasons unrelated to school work. That's at least 21 hours a week! When kids are on their devices, they are usually not learning, interacting with ...

caringforkids.cps.ca

Together Strong!
Gayle Beavil



Vail resorts, owner of Whistler Blackcomb is offering a **free 5 day edge card** to all BC school students K-5.

Click the link below for more information:

<https://www.epicpass.com/info/Epic-SchoolKids>



Play to Learn Learn to Play

hosted by the Burnaby Early
Childhood Development,
in partnership with the Burnaby School
District and the City of Burnaby

June 1, 2022
10am to 1pm

- Family Friendly
Fun and Snacks!
- Games for
learning
- Learn about
Burnaby
programs
and services
- Ask questions to
service providers

**FREE
activities!**

Great for
kids 0-6



Live Music: Will Stroet!

EDMONDS PARK

7433 Humphries Avenue, Burnaby

Thanks for your support:

FOR MORE:
email: kidsinburnaby@gmail.com
www.kidsinburnaby.ca



YES! Girls Play Baseball!

Girls Baseball Summer Camp
8 Saturdays, 10am-Noon
July 9th - August 27th
Ages 6-15 from \$100 - \$135
Register at:

www.BurnabyGirlsBaseball.com

Registration Deadline June 30th, 2022

Girls Baseball Made Possible By



Summer Fun Daycamp Registration begins June 1st!

Summer Fun is a day camp for children ages 6 to 12 years old provided by Eastside Opportunities.

Located at Second St. Community School. Our days are filled with ...

Laughter, parks, games & activities, arts and crafts, cooking, and much, much more!



Please contact us at eos.summerfun@gmail.com
to register or for information.

The Right to a Clean Environment

April

Explaining the Right

Children expressed their appreciation for being outside in nature and enjoying the clean air. They like that their communities have parks and trees.

Children mentioned smoking, vaping and pollution as activities they do not like in their communities. They want adults to know so they can help contribute to making the air cleaner.

A few quotes gathered from children during the Charter creation process:

"I like to collect caterpillars. I like flowers."

"Stop people smoking"

Families can:

- Go on walks around your neighborhood – notice the different trees, flowers, bugs or animals you come across
- Celebrate Earth Day by making art with recycled materials (empty cereal boxes and toilet paper rolls work great!)



Book Recommendations for children and families:

The Water Walker by Joanne Robertson
(recommended for ages 3-7)

Earth Day Every Day by Lisa Bullard

Old Enough to Save the Planet by Loll Kirby.

Saving Tally by Serena Lane Ferrari *Library ordering

The Boy Who Harnessed The Wind by William Kamkwamba

The **Burnaby Children's Charter** was developed in 2019 and included the voices of 250 children across Burnaby. The Charter was developed by the Burnaby Children's Community table in partnership with Equitas and is now in the Action Planning Stage, with [multiple agencies](#) having endorsed the Charter. This newsletter is part of a year-long series where we highlight the rights of the Charter each month to support community to action the Charter with us.



BASES FAMILY THRIFT STORE

THE GREAT BOOK GIVEAWAY

Help BASES provide every child
in up to 3 local schools 10 free
books for their summer
holidays

Visit us at BASESburnaby.ca
for more info



Why:

Books are expensive. Not all families have the financial resources to purchase them and not all children can access our public libraries over the summer holidays. BASES wants to give 10 books to every child in up to 3 local Burnaby elementary schools to bridge that gap.

Our goal is to allow every child to choose and have as their very own 10 books of their liking. This will give them the pride of ownership and encourage the joy of reading during their summer break or whenever they want.

We have set a target to raise \$4000 by the end of April to support this unique cause. Help us meet our goal.

Ways to Give:

- drop off cash or a cheque at our thrift store
- visit us at Basesburnaby.ca to donate online

Donations over \$20 will receive a tax receipt

This one's for you dads!

Join Dr. Deneault from **Strong Minds Strong Kids, Psychology Canada** on **May 4th** for a **webinar** about the father's role in parenting. **Fathers are Parents Too, and they matter for children's development** will talk about the unique contributions dads make and why fathers matter in parenting. To sign up for this webinar, [click here](#) - (note the time is EST).



information
children

Information Children is offering “New Parents Group (Birth-4 Years)”, starting **Wednesday May 4th**.

Life in the first weeks, months, and years of a new child can be full of joy, fears, excitement, and sadness with the ever-changing development in early childhood.

Join us in this interactive 6-week series as we explore how we can adapt to this exciting time and expand our understanding of the unique challenges that our little ones face. Topics include: Creating healthy attachment bonds, Understanding temperament, learning about brain development and play, building emotional regulation, setting limits, developing healthy sleep and food skills. Register [here](#).

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New Parents Group

Birth-4 years

Wednesdays: 10am-12pm
May 4-June 8, 2022
Via Zoom
6 weeks

Sign up*

Life in the first weeks, months, and years of a new child can be full of joy, fears, excitement, and sadness with the ever-changing development in early childhood. Join us in this interactive 6-week series as we explore how we can adapt to this exciting time and expand our understanding of the unique challenges that our little ones face.

Topics include

- Creating healthy attachment bonds
- Understanding temperament
- Learning about brain development and play
- Building emotional regulation
- Setting limits
- Developing healthy sleep and food skills

 778.782.3548
 info@informationchildren.com
 www.informationchildren.com





information
children

Online Storytime

Join us on Zoom for a 30-minute Storytime filled with songs, puppets, felt-stories & easy art activities!

May 2022

Tuesdays & Thursdays

5:30-6pm

Sign up *



778.782.3548



info@informationchildren.com



www.informationchildren.com



Online Storytime continues – Tuesdays & Thursdays. 5:30-6pm.

Email: info@informationchildren.com

Information Children is hosting another **Circle of Security** group starting April 26th - June 14th on Tuesdays from 10-12PM. This is a free online parenting group that helps parents understand children's emotional need, strengthen self-esteem, help them manage emotions and so much more! Space is limited, so sign up while you can. For more information and registration, [click here](#).



information
children

Circle of Security

Tuesdays @ 10am-12pm

April 26-June 14, 2022

Via Zoom

8 weeks

Sign up *

The Circle of Security Parenting™ program is based on decades of research about how parent-child relationships can be supported & strengthened.

In this 8-week series, we will explore how to

- understand your child's emotional needs
- help them manage their emotions
- strengthen their self esteem
- honour your innate wisdom & desire for your child to be secure



778.782.3548



info@informationchildren.com



www.informationchildren.com



Information Children has a great free on-line workshop starting, **April 27th from 10am - 12pm.**

Sleep and Bedtimes. In this workshop learn about "normal" sleeping patterns, waking at night, bedtime protests and more. Geared for parents with children 0-5 years old learn some strategies to help encourage better sleep for your little one! For more information and registration, check out the attached poster or [click here](#).

You can help a child feel safe by building predictable daily routines including meals, sleep and play times. It's okay to be flexible – just follow their natural rhythms and change things up as they develop. When kids know what to expect, they feel more grounded and secure, which can help them counteract stress from things beyond their control. Learn more @feelingsfirst.ca. - Anita Olson, Family Services of Greater Vancouver.



Sleep & Bedtimes

(0-5yrs)

April 27, 2022

10am-12pm

Via Zoom

Sign up 

Navigating sleep in the first months after baby has arrived, and into the early years of childhood can be a challenge for caregivers. Questions surrounding what is "normal" sleep for kids, why does my baby keep waking up at night, how do I avoid the bedtime protests, is enough to keep caregivers up at night.

In this workshop geared towards caregivers of children 0-5 years of age, we will build understanding around typical sleep patterns, challenges in infancy, bedtime struggles in early childhood, and strategies to encourage better sleep for little ones.

 778.782.3548
 info@informationchildren.com
 www.informationchildren.com



To help celebrate **National Child & Youth Mental Health Day** on May 7th, **FamilySmart** is **hosting three live events**;

- Healing Parent-Child Relational Stress
- Substance Use
- Building Connections with Our Kids

All are free to register - check them out [here](#) or see the attached poster for more details and registration.



CONNECT AND LEARN WITH US - An Online Event for Parents & Caring Adults

The ABCs of Substance Use and Connecting With Our Kids

MAY
4

Talking about substance use with our kids is important, but we don't always know how. Join us for a conversation with Senior Associates of Youth Substance Use Health Promotion, a Youth Addiction Counsellor, and Parents to talk about the basics of substance use; from pre-experimentation to casual using. We will focus on the importance of our relationships and staying connected to our kids.

This event will not cover chronic use and addiction.

Time: 6pm - 8pm

Register at: familysmart.ca/events

Cindy Andrew is a mother of two, a former teacher and long time health promoter. She is a senior associate on the team leading The ABCs of Youth Substance Use, a BC government funded project focused on supporting schools - and by extension, parents and caregivers, in addressing substance use with youth. A former program consultant with the Canadian Institute on Substance Use Research, Cindy also works with a Vancouver Island based school district in supporting their health promoting schools related efforts, which includes connecting with and support parents and caregivers.

Angela Lawrence is a parent of 2, a certified educator and a registered clinical counsellor. Angela works to support youth who present with substance use issues.

Art Steinmann brings over 40 years of experience in substance use policy, education, program development, advocacy and health promotion work. Art is a Senior Associate, Youth Substance Use Health Promotion, Bunyaad Public Affairs Inc. From 2005 - 2021 Art was the co-founder, co-developer and Manager of Substance Use Health Promotion and SACY (Supporting and Connecting Youth) for the Vancouver School Board.

Victoria Keddiss is a FamilySmart Practice Manager & Facilitator. Victoria is a mom of two adult children and is grateful for the teachings of her children along the way.

As a parent there is a lot you can and likely are doing to help build your child's language. Seemingly simple things like labeling actions and things your child is seeing or doing, expanding what your child says by adding one or two more words, wait a few seconds for them to respond and playing with your child all help foster language development! Check out the attachment from Fraser Health for more information!



Building Your Child's Language

When your child is starting to put words together...

✓ Talk about the things your child sees and does

Throughout the day:

- When playing, label actions like *swing*, *jump*, and *run*.
- When getting dressed, label clothing like *sock*, *pants*, *shirt*.
- At snack-time, label actions like *"Eat the apple"*, *"Open my juice."*

Repeat words over and over.

If your child points to something they want, **tell** them the word they need to use and **wait** for them to try to say it.

✓ Expand what your child says

Add **one or two words** to what your child says.

- If your child says *"Ball"*, you can say *"Kick the ball."*
- If your child says *"Moo"* you can say *"The cow says moo."*

Use different types of words including names of objects, actions, feelings, descriptions, and locations.

✓ Wait

Give your child a chance to talk by **waiting** for them to respond, start, or comment.

For example, if a cup falls on the floor, wait for your child to respond with a look, sound, or word.

✓ Beware of questions!

Turn your questions into **comments**.

- Instead of asking *"What's this?"* say *"I see a truck!"*
- Instead of asking *"What colour is that?"* say *"It's a red ball!"*

Offer choices.

- Instead of asking *"What do you want to drink?"* ask *"Milk or juice?"*

✓ Play with your child

Playing with your child develops skills like listening, talking, turn-taking, vocabulary, and imagination.

Be face-to-face with your child.

Play like a child. Don't worry about following rules or playing with toys in a certain way. You don't need new and expensive toys. Just use your imagination and **have fun!**

Limit screen time (such as computer, TV, tablet). *The Canadian Pediatric Society* recommends **no screen time** for children under two years old, and no more than **one hour a day** for children 2 to 4 years old.



For more information

Contact your Speech-Language Pathologist
or
Your local Public Health Unit

Burnaby Family Life is starting a parenting group exclusively for Arabic speaking parents/caregivers at our Edmonds location on Friday May 6th, 2022, from 12.30 to 2.30pm. Please find all other details in the attached flier.

This group is a wonderful opportunity for newcomer families to meet other parents, share their experiences and learn about:

- Child development
- Canadian school system
- Child-care options
- Positive discipline
- Community resources
- Healthy nutrition and much more



Raising children in a new country is a difficult task and the pandemic has increased the stresses for families creating more anxiety, isolation and uncertainty. Come and learn useful information on :

- Child development
 - Canadian school system
 - Child-care options
 - Positive discipline
 - Healthy nutrition and much more
- while meeting other parents and sharing your experiences.



Free childcare available for children 18 months to 10 years with pre-registration. Snacks and bus tickets are provided, if required.

WHEN: FRIDAYS ,STARTING MAY 6, 2022
12:30PM-2:30PM,

WHERE: EDMONDS RESOURCE CENTRE,
ROOM 104- 7355 CANADA WAY, BURNABY

Facilitator: NISREEN MOHAMMAD

- Register today at bflgrowscommunity.org
- For assistance please call 604-659-2200 or
- email bfl_info@burnabyfamilylife.org



معلومات عن مراحل تطور الطفل
نظام التعليم في المدارس في كندا
مجالات وسبل رعاية الأطفال كل السبل والمعلومات المفيدة:
عن إيجاد أماكن رعاية الأطفال في الحالات الحرجة أو أثناء
(عمل الآباء)
تنشئة أطفال أصحاء وسعداء في مجتمع جديد وثقافة
مختلفة
معلومات ومصادر خدمات اجتماعية تساعدك أنت وعائلتك
الطرق الإيجابية للتربية الحديثة والإنضباط

Fridays, starting
الموعد: الجمعة May 6 , 2022
(جلسات أسبوعية 8)
من 12:30 إلى 2:30
Where: Edmonds Community Resource Centre
Room #104 - 7355 Canada Way,
Burnaby
Facilitator: Nisreen Mohammad

To register call 604-659-2200



EMPOWER ME PROGRAM (5 WEEK SERIES)



Tuesdays from 12-12:45pm
On Zoom

To register, email:
pspgroupsignup@cameray.ca

*Adult Content.
Headphones advised

- May 3 - Changing your Negative Narrative
- May 10 - How to Stop Doing Too Much
- May 17 - Confident Again: Post Partum Body Acceptance
- May 24 - Eating for Joy - Nuggets to Nicoise





Burnaby Camping Bureau 2022

Appointment booking begins on April 26, 2022
Camping Bureau appointments start on May 2, 2022

The Burnaby Camping Bureau provides subsidies for Burnaby children from low income households to attend a week of summer day camp. Our subsidies of \$100 (maximum) will allow children the opportunity to attend a local camp that their families would otherwise be unable to afford. To qualify, you must be a resident of Burnaby, have children ages of 5-12yrs, be of low income and have supporting documentation.

The following documents **MUST** be presented at the time of the appointment:

1. A Proof of Income Statement (CPrint) for year 2021 for BOTH parents (if married/common-law)
 - This is a document that is only available if requested through Canada Revenue Agency (It is NOT your Notice of Assessment)
 - Call 1-800-959-8281, press the * key to speak to an operator
 - Or access the document through 'My Account' online, under Proof of Income Statement
2. Child's ID: Care Card, Birth Certificate, PR card, or Passport.
3. Recent proof of address - copy of home utility bill (hydro, cable gas, internet or landline phone) dated within 2 months of application.

Parents **MUST** know which camp they are sending their child to when they arrive for the appointment as well as have all the required documents. We will not be able to see them if they don't have a chosen camp or are missing any information.

Appointments will take place at: Burnaby Community Services, 2055 Rosser Avenue, Burnaby

To book an appointment or find out additional information, please call Marney at 604.292.3900

Burnaby Community Services
EMPOWERING PEOPLE CHANGING LIVES

2055 Rosser Avenue • Burnaby, BC V5C 0H1 • 604-299-5778 • www.BbyServices.ca

For more information of programs offered by the City of Burnaby, click [here](#) for their full brochure.


Youth Matters

MAY 1-7, 2022 YOUTH WEEK

Celebrate Youth Week in Burnaby. Check out all the **FREE** fun activities we have planned ([page 2](#)).

Drop-in and have fun playing soccer, paint night, tournaments and more! Activities take place at multiple locations throughout Burnaby all week.

Burnaby.ca/YouthWeek



CHILDREN HIGHLIGHTS



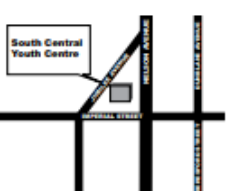

- » Yoga for Families | Starts May 1
- » LEGO® & More | Starts May 2
- » Heritage Adventures Pro-D Day Camp | Starts June 6
- » Family Paint Night | Starts June 10
- » Pro-D Day: Laser Tag | Starts June 6

PRESCHOOL HIGHLIGHTS

- » Little Scientists | Starts May 2
- » Parent & Preschooler Sports | Starts May 11
- » ABC Active Adventures | Starts May 17
- » Preschool Sports & Games | Starts May 13
- » GROOVAROO-Babywearing Dance | Starts May 18
- » Hike Hike Baby! | Starts May 18

Burnaby Youth Centres

Schedules subject to change. Effective until July 3.

 CREEKSIDE 2720 Beaverbrook Crescent (Stoney Creek School site) 604-294-7607 Burnaby.ca/CreekSideYouth Access Features wheelchair ramp, washrooms	 EDMONDS YOUTH LOUNGE 7433 Edmonds Street 604-297-4841 Burnaby.ca/EdmondsYouth	 SOUTH CENTRAL 6749 Nelson Avenue 604-297-4497 Burnaby.ca/SouthCentralYouth Access Features wheelchair ramp, washrooms	 SUMMIT 200 Willingdon Avenue (North parking lot behind Eileen Daily) 604-268-1369 Burnaby.ca/SummitYouth Access Features wheelchair ramp, washrooms
Preteens (Grades 5-7) Games & Activities Monday & Wednesday 3-5 pm	Preteens (Grades 5-7) Games & Activities Monday-Friday 3-5 pm Music Recording Tuesday 5-7 pm Youth Gym Monday-Thursday 3:15-8 pm Friday 3:15-11:45 pm Saturday 3-8 pm Sunday 4-6 pm	Preteens (Grades 5-7) Games & Activities Monday & Wednesday 3-5 pm	Preteens (Grades 5-7) Games & Activities Monday, Wednesday & Friday (June 3, 10, 17 & 24 only) 3-5 pm

recreationburnaby
 @burnabyparksrec
 burnabyrecreation
Burnaby.ca/Youth

