

# **SECOND ST. COMMUNITY SCHOOL NEWSLETTER**

**For the Family of Schools:**

**Second Street, Ecole Armstrong, Ecole Cariboo Hill**

**November 2023**

**SECOND STREET COMMUNITY  
OFFICE**

**Community School Coordinator:**  
Gayle Beavil — 604-836-3290  
[gayle.beavil@burnabyschools.ca](mailto:gayle.beavil@burnabyschools.ca)

**School Principal**  
Christy Redmond  
[Christy.redmond@burnabyschools.ca](mailto:Christy.redmond@burnabyschools.ca)

## *A Note from the Community Office*

At our October Community and Parent Advisory Council (CPAC) Meeting at Second Street, we had another great turnout! We like to begin these meetings by having an activity or a topic which we can connect around. To continue with a topic the students and staff have been thinking about, I had the parents and community members do an activity that had them reflect on what conditions they need in order to thrive. We used the same 5 conditions that research shows, is essential for all of us – including our children -- to thrive. These five conditions are that we feel: **safe, supported, engaged, challenged** and **healthy**.

We talked briefly about what kids need in order to feel these things, and then we switched to what we need, as adults. Not surprisingly, the answers were quite similar. Here is some of what the parents and community members shared:

**In order to be engaged (in the school), we need:** connections to others and to the school and community, an invitation to participate, opportunities to meet staff, ways to be involved such as community events, having our voice be welcomed and feel like we have the chance to make an impact and, knowing our communion purpose or intention.

**In order to feel safe, we need:** to feel understood, to feel we belong, to feel physically safe, to feel at ease, to feel someone has your back and, to not feel judged but free to speak mind.

**In order to feel supported, we need:** a person or people who will listen to me, co-workers who have some of the same goals, time to work as a team, to have a genuine role to play, someone to lean on and seek advice from and, knowledge of what role each person plays and when they are available.

**In order to feel challenged, we need:** a range of ways to contribute so I can be myself and bring my strengths, an invitation to share my gifts and talents, an environment that values diversity because we see diversity there.

**In order to feel healthy, we need:** a balanced diet with good nutrition, a balanced life, with less stress and some play, a feeling of some empowerment and motivation, being supported with love, care, attention and time, being able to be myself, regardless of introvert or extrovert, an atmosphere where I can be creative and imaginative, a feeling I have resilience and can face problems and solve them.

This is rich food for thought and we, as a staff, will reflect on these and think about how we are creating an atmosphere, not only for our students to feel safe, healthy, supported, engaged and challenged, but also one in which our families feel these things as well. These are universal needs and I think an over-arching theme to these responses, when we look at them as a whole, is that we need varied ways of being, so that we all – no matter who we are and where we come from – can thrive and feel welcomed and included in this community. This is important for us as a staff to consider, and for you, as community members and neighbours, to consider, as well, when thinking of those around you.

Together Strong, *Gayle Beavil*

**Free parent course here at Second Street**  
**Two Tuesdays in a row! Come to both or drop-in!**



## FREE COMPUTER DROP-IN

Need help using a computer or a phone?

Not sure how to do things online?

Bring your questions, learn new skills!

Laptops available for use !



**Translation available in  
Hindi and Punjabi**

**SECOND ST. COMMUNITY SCHOOL**

**Tues Nov 7 & 14**  
**1:00 - 2:30pm**

**See you in the Community Room!**

Burnaby Neighbourhood House is a charitable, non-profit organization. We are a volunteer- driven, community-funded agency with a unique focus on neighbours supporting neighbours.

With funding from



In partnership with



## **Let's Build Community!**

All parents and community members are welcome to join  
Community School Coordinator, Gayle Beavil, at



### **"CommuniTEA TIME"**

**Special Guest: Lynn Leong –  
Thrifty shopping & cooking tips in these expensive times!**

**Cook and shop on a budget!**

**Wednesday, November 8<sup>th</sup>  
9:00 am – 10:30 am  
In the Second Street Community Room**

**Join us, for coffee, conversation and community connections.  
Toddlers are welcome.**

*"The greatness of a community is most accurately measured by the compassionate actions of its members."  
Coretta Scott King*

**If you're a low-income family, you may be eligible for Telus's Internet for Good program:**

<https://www.telus.com/en/social-impact/connecting-canada/connecting-for-good-programs/families>



Internet for Good for low-income families | TELUS

Eligible low-income families get low-cost internet when they apply for Internet for Good.

[www.telus.com](http://www.telus.com)



## FAMILY SERVICES of Greater Vancouver

- ☞ **Pacific Post Partum Support Society offers free postpartum/anxiety telephone or text message support** for anyone with children under 3 years old or those supporting them. Virtual support groups are also available.

Hours of operation - Mon-Fri 10AM - 3PM

Telephone/text support - 604-255-7999

[www.postpartum.org](http://www.postpartum.org)

- ☞ **Young children who are able to identify, understand, express and manage a wide range of feelings experience long-term benefits to their mental health and wellbeing** (Source: Kids Help Line AU). Learn more @[feelingsfirst.ca](http://feelingsfirst.ca)

Talking about feelings creates more:

- empathy for others
- stable relationships
- resilience and coping skills
- resilience and coping skills
- self-confidence positive attitudes

### Join this FREE On-line English Conversation Circle!

Adults at all levels are welcome.

Learn, have fun, make connections and practice your English skills!

- **Wednesday EAL Conversation Circle (starting Wednesday, Nov 15)**

1:00- 2:00 pm

<https://us06web.zoom.us/meeting/register/tZ0kc--upjgpEtJnoup1i4inz3Sy55aCinkx>

- **Saturday EAL class for Beginners (starting Saturday, Nov 18)**

10:30- 11:30 am

<https://us06web.zoom.us/meeting/register/tZEvcu6hrzltG9lpZvJi1IGDLAoACHzAM7-r>



Cooking class suitable for all skill levels, beginner to experienced.

Participants are kindly asked to help with cleanup after class.

FREE  
ENTRY  
SPONSORED BY  
UNITED WAY



Registration link :  
<https://forms.office.com/r/mRa438g95D>

Hurry up and grab your spot!  
Registration ends as soon as the seats are taken.

Syrian & Lebanese  
**FOOD**



# Cooking Class



December 1st

**2023**

Discover the Flavors of Lebanese & Syrian Cooking Class

- Learn to make authentic Lebanese dishes
- Explore the secrets of Lebanese spices and flavors
- Sample delicious Lebanese cuisine



When?

December 1st, 2023 from 9:30 AM - 2:00 PM

Registration link

<https://forms.office.com/r/wk8ARYn8uK>



Edmonds Community School (Community Room)

7651 18th Ave

Burnaby BC, V3N 1J1

**FREE  
ENTRY  
SPONSORED BY  
UNITED WAY**

Discover the Flavors of Lebanese  
Syrian Cuisine Cooking Class





Cameray  
Child & Family Services

CAMERAY CHILD AND FAMILY SERVICES

...Cameray...

**Infant/Toddler  
meet-up**

**November 9th & 23rd**

**9:30am - 11:30am**

**12:30pm - 2:30pm**

**A drop-in for parents and caregivers with  
babies aged 6 months to 18 months.**

In this 2-hour  
program, parents can enjoy playtime with the  
child, meet other parents, and discuss any  
concerns regarding child development and  
growth in a safe and relaxed environment.

2038 Rosser Ave  
Burnaby BC  
2nd floor

**Cameray Child and Family Services** has  
several ongoing family drop-in programs  
and workshops this month -

**Social Emotional Learning Workshop** on  
Nov 17<sup>th</sup> 10-12PM 2038 Rosser Ave,  
childcare provided, limited free parking  
underground.

**Free Parent and Child Drop-ins:**

Infant/Toddler meet-up (2038 Rosser Ave)  
November 9<sup>th</sup> & 23<sup>rd</sup> morning and  
afternoon sessions

Preschool Room on 2<sup>nd</sup> Floor of University  
Highlands Elementary

1<sup>st</sup> & 3<sup>rd</sup> Thursday of each month from  
9:30-11:30 (ages 0-5 yrs)

CAMERAY CHILD AND FAMILY SERVICES

... **Free parent-  
child drop in** ...

For families with children ages  
0-5

Email:

[pspgroupsignup@cameray.ca](mailto:pspgroupsignup@cameray.ca) to sign up for workshops.

**Preschool room on the 2nd floor  
of University Highlands  
Elementary**

**1st & 3rd Thursday of  
each month**

**9:30am - 11:30am**

**Playtime  
Light snack  
Circle time**



**Cameray**  
Child & Family Services

Contact Renée Austin for more  
information  
[renee.austin@cameray.ca](mailto:renee.austin@cameray.ca)

## BURNABY CHRISTMAS BUREAU

### Applicant Registration Information

Wednesday, November 1 – Saturday, December 9, 2023



#### **LOCATION:**

**The Amazing Brentwood** (Brentwood Town Centre Mall)

4567 Lougheed Hwy, Old Sears Store location, Main mall level, next to Children's Play Area

Arrival by Skytrain – walk through food court, go down to Main Level

Arrival by Car – street parking or parking lots at Save on Foods or Solo Whole Foods (fee); enter off Beta Avenue from Lougheed, park on top level, elevator/ stairs to Main Level

**TIMES: Monday – Friday, 10am – 4pm; Saturday, 10am – 3pm.**

**Please note, we close for lunch from 12:30-1pm.**

*(Note: we are CLOSED on Sundays and on Statutory Holiday of Monday, Nov 13<sup>th</sup>)*

Qualifying families will receive new toys for their children and food gift cards.

#### **To qualify, applicants are families who:**

- Live in Burnaby
- Have children from newborn to 16 years old
- Are working families with low income, or families receiving Income Assistance

#### **Proof of Income will be required:**

- Working Families **must** have a **Proof of Income Statement (C-Print)** for **EACH** adult - To obtain one, please call: 1.800.959.8281, press \* to speak to an operator, or for an automated service, call 1.800.267.6999. You can also access your Proof of Income Statement online at: CRA My Account > My Account for Individuals > Sign In > Tax Returns > Proof of Income Statement (this is the C-Print doc)
- If you are on Income Assistance (Welfare), you need to request a **Release of Information** from your Ministry Office. This will replace the C-Print.

#### **You will also be required to bring:**

- Identification for each child (e.g. BC Services Card/Care Card, birth certificate, child tax benefit statement, passport, Permanent Resident card)
- Proof of **current address** (e.g. bills from Fortis, Hydro, internet or phone provider, or current residential tenancy agreement)

\* We will have **health & safety protocols** in place during Christmas Bureau registration and toy pick-up. We will follow guidelines set out by BC Ministry of Health.

\* *We request that only 1 family member per household enter our Christmas Bureau location to both register and pick-up gifts. Please arrange for child care early.*

We look forward to seeing you! If you have any questions, please call **Marney @ (604) 292-3900**.



## BURNABY CHRISTMAS BUREAU



### The Amazing Brentwood Centre Pickup Location & Parking

December 1 - 21, 2023

Arrival by Car – Enter off Beta Avenue from Lougheed, park on top level, take elevator or stairs to main level and turn right. Toyroom opposite play area.

Arrival by Skytrain – Brentwood Skytrain station, follow signage to food court, take elevator or escalator down to main level and turn right. Toyroom opposite play area.

