

SECOND ST. COMMUNITY SCHOOL NEWSLETTER MARCH 2024

For the Family of Schools:

Second Street, Ecole Armstrong, Ecole Cariboo Hill

SECOND STREET COMMUNITY OFFICE

Community School Coordinator:

Gayle Beavil — 604-836-3290

gayle.beavil@burnabyschools.ca

School Principal

Christy Redmond

Christy.redmond@burnabyschools.ca

A Note from the Community Office

We can change the way we have been responding to life and our everyday issues and conflicts. We can learn Nonviolent Communication (NVC) which is kind of a language of care and compassion and a tool for creating and maintaining calm and peace in our homes, and in our communities. NVC is based on the idea that our actions and behaviours come from us trying to get our needs met. When we ignore our needs, or try to forget them or hide them, they grow bigger.

At our CommuniTEA Time last week, we had a powerful conversation led by NVC facilitator (and Second Street parent) Sahar Sanai. Sahar led us through some of the main concepts of NVC and we learned about the metaphors of the Jackal, and the more connected and positive, Giraffe parenting styles. One thought that especially stuck with me was that Giraffe's long neck enables her to see wide and far, and therefore, consider many possibilities and perspectives. This is a very helpful stance for a parent to take, right?

On **Wednesday, March 13, from 9-10:30** am in our Community Room, we will have Sahar back to continue this conversation about using NVC tools in our parenting. We will explore what some children's common behaviours can indicate and how we peacefully handle these situations, even when we (and our kids) are tired and frustrated.

I often imagine the results if we all practiced this kind of behavior, and our children learned this kind of peaceful stance in their relationships with us, and amongst their friends.... What a different world we would have. I love this quote from Marshall Rosenberg:

"Peace requires something far more difficult than revenge or merely turning the other cheek; it requires empathizing with the fears and unmet needs that provide the impetus for people to attack each other. Being aware of these feelings and needs, people lose their desire to attack back because they can see the human ignorance leading to these attacks; instead, their goal becomes providing the empathic connection and education that will enable them to transcend their violence and engage in cooperative relationships."

Please join us at CommuniTEA Time for this time to connect, share and feel supported.

Together Strong,

Gayle Beavil - Community School Coordinator

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

"CommuniTEA TIME"
Guest Speaker Session:
Sahar Sanai

Non-Violent Communication Facilitator

"When our Child "Misbehaves": The Reasons Why and How We Can Peacefully Deal With It "



Wednesday, March 13, 2024
9:00 am – 10:30 am
In the Second Street Community Room

Join us to share stories and solutions, and to gain some tips on what works – for our kids AND for us.

Coffee and light snacks will be provided.
Toddlers are welcome.

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

Second Street Adult Yoga & Zumba
Upcoming dates: More information to come.

YOGA:

9:30am-10:30am
Thursdays, May 2-June 13
7 sessions



ZUMBA:

7:00 – 8:00 pm
April 18 – June 6
8 session



Low Cost and Free Food Programs in Burnaby/ New West

Provide food and emergency hampers. To register bring: proof of address, proof of income source and care cards for every family member. Click [here](#) for a list of food banks. Be sure to call ahead to check hours and location.

You can also go to their website:

https://foodbank.bc.ca/?utm_source=Google&utm_medium=organic&utm_campaign=gmb



**EDMONDS COMMUNITY SCHOOL &
BURNABY FOOTBALL CLUB PRESENT**

SOCCER TRAINING CAMP

**JOIN
US**

\$25
PER PERSON

OPEN FOR BOYS & GIRLS

MARCH 18TH, 2024 - MARCH 22ND, 2024

Start At 10:30 AM - 1:30 PM

AT EDMONDS COMMUNITY SCHOOL

7651 18TH AVE, BURNABY BC V3N 1J1

REGISTRATION & PAYMENT STARTS NOW TO MARCH 8TH, 2024

Burnaby Football Club SPRING
BREAK SOCCER CAMP



[HTTPS://FORMS.OFFICE.COM/R/RF9JSBYKFP](https://forms.office.com/R/RF9JSBYKFP)



Do You Need Tech Help?

North House

Mon: 10:00 AM - 12:00 PM

Tues: 1:00 PM - 3:00 PM

(4908 Hastings St, Burnaby)

604-294-5444

northcomputercafe@burnabynh.ca

Brentwood

Wed: 10 AM - 12 PM

(2055 Rosser Ave, Burnaby)

604-299-5778

northcomputercafe@burnabynh.ca

South House

Mon: 12:00 PM - 2:00 PM

Thurs: 3:00 PM - 5:00 PM

Sat: 10:00 AM - 12:00 PM

(closed on long weekends)

(4460 Beresford St, Burnaby)

604-396-7307

southcomputercafe@burnabynh.ca

Computer Drop-in

No registration
required

- Using laptops, phones, tablets
- Zoom, Google Search, Email basics
- Microsoft Suite Basics

Multiple languages offered



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



THE UNIVERSITY OF BRITISH COLUMBIA
Learning Exchange



FACULTY OF
EDUCATION



Burnaby Parks and Recreation Credit Program

Sign up and join in—opportunities to enjoy a healthy and active life in Burnaby

Burnaby's Recreation Credit program supports Burnaby residents in financial need. Qualifying applicants will receive a credit in our registration system that can be used at any Burnaby Parks, Recreation and Culture facility for registered programs.

Do you qualify?

To qualify you must live in Burnaby and meet the following criteria:

- You are a Canadian citizen, permanent resident or government or privately sponsored refugee.
- You meet the low-income criteria outlined on the application form below.
- You receive government income assistance.
- You are a Canadian Ukraine Authorization for Emergency Travel (CUAET) applicant.

The Recreation Credit application forms below provide more detail and list the supporting documents you'll need to include with your application. Completed applications are reviewed and approved by agencies listed on the forms.

For applicants who qualify as low income or who receive government income assistance, use the form below: [Financial Assistance - Recreation Credit Form.pdf](#)

Free activities for

Burnaby's Grade 5&6 Be Active Program

All grade 5 and 6 students living in Burnaby can receive a **Grade 5 & 6 Be Active Pass**. The pass is a simple, easy way for grades five and six students to be active and enjoy FREE activities at Burnaby recreation facilities, including pools, arenas, gymnasiums and golf driving ranges.

Passes are available starting September 5, 2023 for the 2023-2024 school year



For more information, visit:
[Burnaby.ca/Grade5BeActive](https://burnaby.ca/Grade5BeActive)

Getting the pass is easy! Here's how:

- 1 Complete the registration form on reverse.
- 2 Take the completed form to a City of Burnaby recreation facility (note: a photo will be taken for the card, so the grade 5 or 6 student must be present at this time).
- 3 The student will be issued a Burnaby **Be Active Pass** loaded with a **Grade 5 & 6 Be Active Membership** (valid up to and including September 2, 2024).

Your Personal Information

The personal information you provide during the registration process is collected and used under the authority of the Freedom of Information and Protection of Privacy Act s. 26(c) for the purpose of administering parks, recreation and cultural programs, informing you of our services and benefits and for statistical purposes. If you have questions about the collection, use or disclosure of your personal information, please contact the Admin Office at 604-294-7450.

[Burnaby.ca/Grade5BeActive](https://burnaby.ca/Grade5BeActive)



Free activities for Burnaby's Grade 5 and 6 students

Get out there and be active with Burnaby's Grade 5 and 6 Be Active pass—available to all Grade 5 and 6 students living in Burnaby. This pass is an easy way for kids to try activities at our pools, arenas, community centres and golf driving ranges for free.

We offer this program to give kids a head start on building healthy, active lifestyles that continue long after they graduate.

For the 2022/23 school year, we're pleased to be able to extend the Grade 5 Be Active pass to Grade 6 as well.

Grade 5 and 6 Be Active passes are available starting September 5, 2023 for the 2023-2024 school year.

For Grade 5 active pass parent package, click [here](#)



KIDZCONNECT

8-12yrs

Come hangout on Friday nights and join our fun-filled social club. A welcoming atmosphere where you can make new friends, take part in exciting activities, play games, make snacks and more!

Starting February 16, 2024
(6 Sessions)

FRIDAYS

Time: 6:00-8:00pm

Fee: \$39.84

Activity#: 18737

Register at [Burnaby.ca/webreg](https://burnaby.ca/webreg)
Call 604-320-2222 or visit any Burnaby recreation centre



BOARD GAME BONANZA

8-14yrs

Join us for some fun and games by playing some board games for inspiration. Then, participants will have the opportunity to create their own board game !

Starting February 26, 2024
(6 Sessions)

Mondays

Time: 6:30-8:30pm

Fee: \$39.84

Activity#: 22033

Register at [Burnaby.ca/webreg](https://burnaby.ca/webreg)
Call 604-320-2222 or visit any Burnaby recreation centre



City of Burnaby Spring 2024 Programs

[Click here for list of programs](#)

2024 Spring Activities

**SPRING
ACTIVITIES
AND SUMMER
CAMPS**
registration
starts soon!

Download our Spring Activity
Guide to browse and short list
your favourite activities.

There are plenty of fun and
unique activities to choose from!

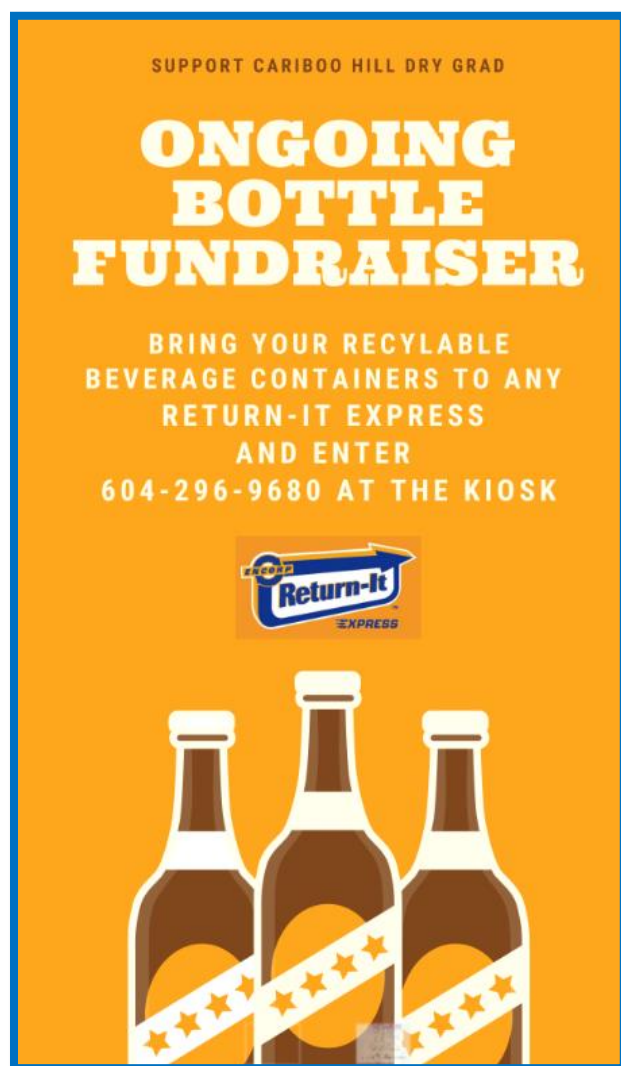
[Burnaby.ca/ActivityGuide](https://burnaby.ca/ActivityGuide)





Help support Cariboo Hill's Dry Grad 2024 with these fun and exciting events.

- ◆ **Thursday March 7th**, get your Krispy Kreme Donuts!!! We will be selling them by the box for \$15.00 or individually for (cash only) at the Fine Arts Night or you can order by the box via [SchoolCash Online](#) and pick up after school in the cafeteria. Proceeds will be shared with the Fine Arts Department.
- ◆ **Sunday March 10th**, Cockney Kings New Westminster is donating **10% of their sales after 4pm** to anyone who dines in or orders take out and mentions "**Cariboo Hill Dry Grad**"
- ◆ We also have 2 fantastic Raffle events. A 50/50 Draw where you could win up to \$10,000 and a \$300 Gift Certificate for Harrison Hot Springs Resort. Deadline to purchase your tickets is Tuesday April 30th at 12:00 Noon. Click this link for details. <https://cariboohill.rafflenexus.com/>
- ◆ Finally, we also have an ongoing Bottle Fundraiser with Return-it Express. **You have helped us raise \$364 so far**. Enter the school's phone number (604-296-6890) at the Kiosk and donate the money directly to Cariboo Dry Grad.



Help Cariboo Hill High School with these fundraisers!



**SPRING
PURDY'S
FUNDRAISER**

SPRING PURDY'S
FUNDRAISER
TAKING ORDERS UNTIL
FEBRUARY 26, PICK UP IS
MARCH 11 @ CARIBOO
HILL SECONDARY SCHOOL
BETWEEN 3 AND 4PM

Use this link to order.
fundraising.purdys.com/1573301-116296

THANK YOU FOR
SUPPORTING CARIBOO HILL
2024 DRY GRAD



FISH&CHIPS

**Cockney Kings
Fish and Chips**

**Dine in or Take out
Sunday March 10,
after 4pm**

**Mention Cariboo Dry Grad
and 10% of your purchase
will be donated our
upcoming event**

New Westminster Location Only.
Unit 130 - 6610th Street Columbia
Square Plaza
604-522-6099



SUPPORT OUR 2024 DRY GRAD

**RAFFLE
CONTESTS**

50/50 DRAW AND
A \$300 HARRISON
HOTSPRINGS RESORT
GIFT CARD

**WIN UP
TO
\$10,000**

**SHARE
WITH
YOUR FAMILY
AND
FRIENDS**

MUST BE A BC RESIDENT TO WIN.
LICENSE #148249 & #148250  **RaffleNEXUS**

GET YOUR TICKETS ONLINE before April 30 @
cariboohill.rafflenexus.com

**Sports Teams in Burnaby this
Spring.**



BURNABY MINOR LAKERS BOX LACROSSE

CANADA'S NATIONAL SUMMER SPORT!
PLAY LACROSSE - REGISTER NOW!
WWW.BURNABYLACROSSE.COM

BOYS & GIRLS 2024 FEES

U7 (2018-2019)	\$185 / \$225
U9 (2016-2017)	\$245 / \$285
U11 (2014-2015)	\$290 / \$330
U13 (2012-2013)	\$300 / \$340
U15 (2010-2011)	\$315 / \$355
U17 (2008-2009)	\$325 / \$365
U22 Female (2003-2007)	\$325 / \$365
Full Time Goalies	\$60
	On or before January 21 / After January 21, 2024

Birth year is January to December; players may be 4 years of age when starting the season.

Family Rate - families with 3 or more players receive a \$100 refund.

All registrations include shorts, dryfit shirt, team photos, use of team jerseys, BCLA Insurance, and free admission to Junior and Senior Laker games.

Refund Policy - Up to Jan 21, 2024, full refund less \$60 admin fee. Between Jan 21 at 11:59pm and April 1 at 11:59pm, 50% refund. After April 1st at 11:59pm, no refund.

Once players are placed on a team, a team fee will be required. The amount of the team fee will depend on costs of tournaments and other team activities.

CONTACT

Club President & Registrar: Susan Kirkby
Email: registrarbmlc@gmail.com
Cell: 604-312-6181
www.burnabylacrosse.com

REGISTER ONLINE

- Go to www.burnabylacrosse.com after December 1, 2023
- Click on the REGISTRATION link
- We accept credit card or e-transfer payments
- If you pay by credit card, a 3% processing fee will be added
- No cheques will be accepted

NEW PLAYERS

- New players always pay the early bird fee
- New players who register after January 21, 2024 e-transfer the lower rate
- New players who register after January 21, 2024 with a credit card, email the registrar for a \$40 refund

RETURNING PLAYERS

- Please register on or before January 21, 2024 to receive the early bird rate
- We accept credit card or e-transfer payments

THE SEASON

- U7 and U9 season starts in early April, and runs until near the end of June
- U11 and above season starts late March, and runs until middle of July depending on playdowns and provincials

PLAYER EVALUATIONS

- Evaluations for U11 and above divisions for A and B teams will commence in February 2024. Evaluations will not take place during spring break.
- Players must be registered and pay a \$40 fee when registering online to be evaluated. Full time goalies do not pay the evaluation fee.

FINANCIAL ASSISTANCE

- If you are applying for financial assistance with Jumpstart or Kidsport please email the registrar
- BMLC also offers the Emily Lavin and Ryan Nagy sponsorships funds; for more information email the registrar



JOIN CANADA'S FASTEST GROWING SPORT

Boys & Girls, Ages 5-19 Years
All Skill Levels
Coed & Female-Only Divisions
Season Runs March to June

Register Now:
metroballhockey.ca



SPRING FLAG FOOTBALL
AGES 6 - 15YRS OLD
PRACTICES START MARCH 2024



REGISTER NOW!



TRY SOFTBALL!

Free event hosted by the
Burnaby Oakeys

- Choose FEB 28 or MAR 6
- For 7 to 13 year olds
- No experience or gear needed

BRENTWOOD PARK ELEMENTARY GYM

U9: 6:30-7:30PM

U11 & U13: 7:45-8:45PM

FOR INFO & TO REGISTER
registrar@burnabysoftball.com

**FEB
28**

**MAR
6**



Oakeys



For more info visit:

<https://rchfc.hyackfootball.com/programs/>