



Ladner Link

Ladner Elementary School

5016 44 Ave, Delta BC V4K 1C1

Telephone: 604-946-4158 Fax: 604-946-4150

school website : <http://schools.deltasd.bc.ca/le>



Twitter: @LadnerElem

Principal: Ms. T. Carleton-Gaines

Vice Principal: Ms. S. Matheson

NEWSLETTER #06 February 1, 2021

SCHOOL INFO & REMINDERS KINDERGARTEN REGISTRATIONS



In order to keep traffic to the school low, we will be **using MyED BC for parents to register their Kindergarten student and/or students already accepted into the French Immersion program.** The online district registration will be open for **one week** in February (**16-23**), where families can use the online registration system. It will allow you to upload copies of the needed documents as well as demographic information. Please visit the Delta School District website for more information www.deltasd.bc.ca or call 604-952-5340.

This registration is only for those Kindergarten students who are in-catchment to our school, or have been accepted into French Immersion program. The process for anyone who would like to go to an out of catchment school will have to complete an online application starting February 1st and before March 5th to be eligible to attend an out of catchment school. During the week of February 16-23 you will register your Kindergarten student at Ladner Elementary (your in-catchment school). There will also be pdf instructions available on the district website closer to February.

1. Child's Birth Certificate (**registration will not be accepted until proof of birth is received**)
2. Proof of residency (municipal bill or copy of purchase/rental agreement. **We cannot accept hydro, telephone, etc. or driver's license.**)
3. Proof of citizenship for both the parent and the student (Canadian birth certificate, citizenship card, passport, landed immigrant document, permanent resident card)
4. Care card, medical and emergency contact information.

This year the Ministry is being extremely strict about registering students without the proper documentation. Please ensure that you provide all proper documentation at the time of registration.

ATTENTION GRADE 7 PARENTS!



It is the time of year when we start to make plans for our Grade 7 student's transition to high school. By default, all of our Grade 7s who are currently enrolled in our English program are assigned to attend Delta Secondary School. All Grade 7 students enrolled in our French Immersion program are assigned to South Delta Secondary School. Please contact Mrs. Hann at



shann@deltasd.bc.ca if your child will be attending a school other than as indicated above.

There will be 2 parent info evenings via Zoom this month: DSS on February 25th and SDSS on February 16th. Both will be at 7:00 pm. More info to come.

ADULT CROSSING GUARD



We would like to welcome Mrs. E. Rosen as our new adult crossing guard who will be overseeing the crosswalk on 44th. She will be out there in the mornings from 8:20 til 8:50 and in the afternoons from 2:40 til 3:10. Please give her a nice big welcome and hello next time you are using the crosswalk. Welcome Mrs. Rosen and thank you for making sure our students get across our streets safely.

VALENTINES DAY CELEBRATION



Parents, we are going with paper Valentine's only this year. Unfortunately, our district safety plan does not permit any gifts or treats to be exchanged at school. Please do not send candy, chocolates, cookies, cupcakes, pencils, erasers or any other valentine gifts to school this year. Students may wish to exchange paper Valentines. Taking some time to create original, artistic, paper Valentines by hand or by digital means would be very welcome!

PAC NEWS

PAC MEETING



PAC meeting will be Wednesday, February 17th, 2021 at 6:15 pm via Zoom. Everyone is welcome to attend virtually. Our PAC does a wonderful job enhancing the learning opportunities for our school in many different ways. Please consider being an active member of this very important school committee! For full list of fundraisers, visit our PAC online website at <https://ladner.hotlunches.net> Got questions, email us lepacinfo@gmail.com

MESSAGES FROM THE DELTA SCHOOL DISTRICT

FRASER HEALTH WINTER UPDATE AND RESOURCES FOR FAMILIES



Recently, Fraser Health shared a brief update on how we can all help to prevent the spread of COVID-19 in schools. We encourage you to take a read: [click here](#) to view it. Also, a reminder that the Fraser Health website offers a wealth of valuable resources for families

FAMILY DAY



Family Day is on Monday, February 15. We encourage all families to continue to follow the [public health orders](#). Currently, this means you should limit your Family Day activities to the members of your immediate household. Please do not:

- Invite friends or family to your home
- Host gatherings outdoors
- Gather in your backyard
- Arrange playdates for children

Many thanks for continuing to help keep our community safe.

MESSAGES FROM OUR COMMUNITY

KAL TIRE SUPPORTING OUR LE COMMUNITY



As a part of Kal Tire's initiative to support our community, all LE staff and families will receive the following from Kal Tire Ladner:

- Free tire rotation
- Free Brake Inspection
- Free Air Ups
- Free tire inspections
- Free Wheel Alignment Checks
- Free VIP Discounting on all Purchases

Heart Health

Healthy Heart



Healthy You

Establishing a heart healthy lifestyle early on can help keep the risk of heart disease low. The three key aspects to heart health are:

- eating a balanced and varied range of healthy foods
- living a physically active life
- living smoke free

Healthy eating means a diet comprised of vegetables and fruits, whole grains, lower fat milk and milk alternatives as well as smaller, leaner portions of meats, poultry and vegetarian protein sources such as beans, lentils and tofu. Heart healthy fats should also be eaten; these fats are found in fish, nuts, seeds, avocados, and vegetable oils.

Our heart is a muscle and just like other muscles, it needs extra work on a regular basis to keep it strong. Physical activity exercises the heart and all of us, our children included! Canada's Guide to Physical activity recommends that activities for children and youth add up to 90 minutes every day.

Smoking is bad for your heart. It makes your heart beat faster, clogs the blood vessels (this makes the heart work harder) and less oxygen gets to the lungs. Smoking is harmful and highly addictive; a heart healthy move is to never start.

at Well...Be Active...Live Tobacco Free



CALENDAR REMINDERS



February 3 & 4	Teacher Conferences Via Zoom – Early Dismissal 1:50 pm
Friday, February 12	Valentine Celebrations-Spirit Day-Furry Friends/Lunar New Year
Monday, February 15	Family Day Holiday-No School
Wednesday, February 16	SDSS Parent Info Evening via Zoom @ 7:00 pm
February 16-23	Kindergarten On-Line Registration
Wednesday, February 17	PAC Meeting, 6:15 pm – via Zoom
Thursday, February 25	DSS Parent Info Evening via Zoom @ 7:00 pm
Friday, February 26	Non-Instructional Day – No School
Tuesday, March 9	Term 2 Reports Posted On-line
March 15 - 26	Spring Break
Monday, March 29	School Re-Opens

Self-Care: Juggling Personal Life in the Context of COVID-19

This will be a facilitated dialogue session over Zoom for parents/caregivers.

Participants can expect the following from this workshop:

- to increase their self-awareness around stressors and reflect on their current self-care practices
- be provided some psycho-educational background on self-care and the body-mind relationship
- explore what a self-care plan can look like (what should be included, how to set realistic boundaries, etc.)
- begin developing a tangible self-care plan to implement and utilize following the workshop



Presenter:

Leah Hughes, M.Ed., R.C.C.
Coordinator - Secondary Focus, Inclusive Learning
Delta School District

When: Feb 4, 2021 6:30 PM – 8PM

Register in advance for this meeting:

https://ca01web.zoom.us/meeting/register/u50qcOChrjltEt2l6IVgeMSXdfFoa_YwzxZB

After registering, you will receive a confirmation email containing information on joining the workshop.

PRESENTED BY:



**a free
education seSSION for
parents and caregivers**

**Self care: Juggling
personal life in the
context of covid-19**

PRESENTER:

Leah hughes

space is limited

Email questions for Leah Hughes ahead of time to:
Kirsten Hermanson,
Manager – Prevention and
School Wellness

khermanson@deltasd.bc.ca