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## NEWSLETTER No. 20-03

November 9, 2020

Principal's Message for Newsletter

November 9, 2020

This week is our Reading Break, and we hope that everyone will benefit from the time to reenergize and enjoy the crisp fall weather together as a family.

This weekend our Provincial Health Officer announced increased restrictions on travel, some businesses, and on social gatherings. To respect these restrictions, the school requests that if a child has travelled out of their home community this week, or participated in gatherings larger than their family bubble, that parents inform the school and parents have their child tested for COVID prior to returning to school. Until a negative test result has been received, the child must remain at home. With the recent increase in the number of COVID-19 cases in BC, we ask that all families help us keep your children safe and healthy by making wise decisions about contacts while the children are out of school this week.

This past week we had several changes at Choice, some of which parents may already be aware. We regret to inform you that Mx Jade McGregor, who was the enrolling teacher for Class Spruce, has left Choice School Staff effective November 6<sup>th</sup>, 2020. The six students in Class Spruce will join either Ms Howie's Grade 4 & 5 class, or Mrs. Malinowska's class, which will now be a combined Grade 3 & 4 class. We shared this information with the students of those classes on Friday, and have contacted their parents so that they can prepare their children for the return to class next week. We wish Mx McGregor every future success and thank them for the time they have given us at Choice School.

In addition, on our return to class next week, we are reconfiguring our three cohorts and reducing the number from three to two. The past two months of working with the three-cohort configuration has proven to be challenging for both teachers and students. Students have missed enjoying recess and lunch breaks with their friends and particularly for the Grade 4/5 classes, the pool of friends has been very small. This reconfiguration will allow for a more natural mix of students across the grades. Our students are well-versed in and committed to following the COVID protocols and even with the combining of the two cohorts, we are still at half of the 60 students per cohort that is prescribed by the Ministry of Education. We are comfortable that this new configuration does not pose additional risks for the children or their families, and that there will be significant social and emotional benefits to our students. **The new Cohort 1 staggered start time will be 8:30 and pick up time at 3:00.** There will be no change for Cohort 3, CMS Grades 6 & 7.

With the COVID pandemic, there is an increased emphasis among parents, educators and mental health practitioners to supporting children's physical and emotional well-being. Our staff determined that the school-wide Professional Development goal this year is to expand our learning in the area of mental health and wellness. The first of several Professional Learning workshops with this focus was presented to staff his past Friday afternoon, when we were privileged to work with Dr. Deborah Bell, a child psychologist who specializes in anxiety and attachment theory. Following in this newsletter is registration information regarding an upcoming webinar parents may wish to attend on November 24<sup>th</sup>. *Screen Time & Our Kids' Well-Being: Heart-Mind Live Webinar* is to be presented by the Dalai Lama Centre for Peace and Education ([info@dalailamacenter.org](mailto:info@dalailamacenter.org)) with an expert panel of renowned educators.

Enjoy this week, and stay well!  
Lynn

# IMPORTANT REMINDER

Please remember that we have serious food allergies among our students, and for their safety, all of Choice School is EGG FREE AND NUT FREE. Parents are reminded that the following products contain eggs and MUST NOT to be brought to school:

- Mayonnaise
- Ranch dressing
- Hard boiled egg
- Egg salad
- Egg fried rice
- Caesar salad dressing
- Protein powder
- Egg noodles
- Alfredo and other creamy sauces

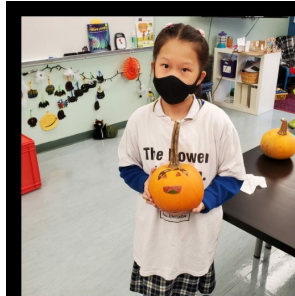
If parents have any questions about the safety of a food product, Mary Tran (Logan's mum) is happy to speak with them.

Halloween Parade  
at Choice  
Don't we look  
great?



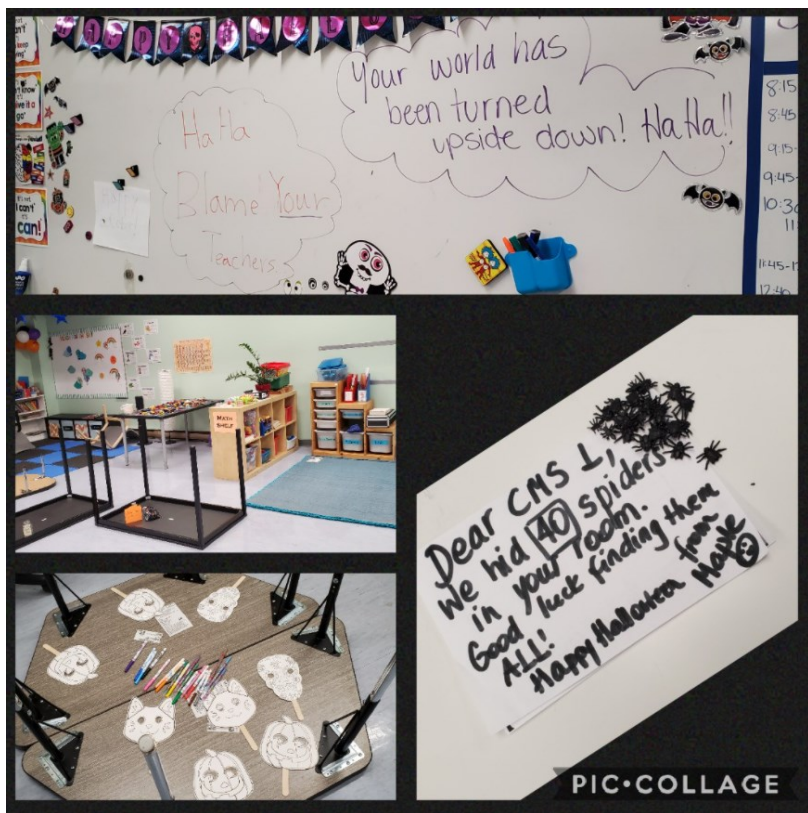


# More Halloween Fun



## Cohort 1 making Halloween slime

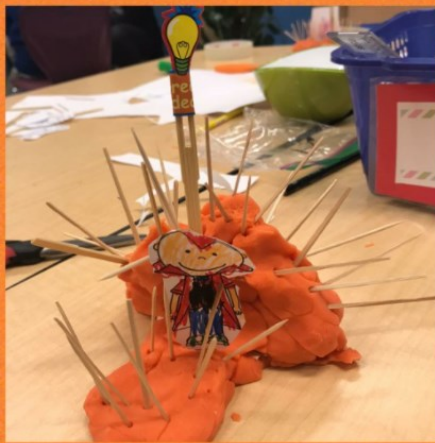
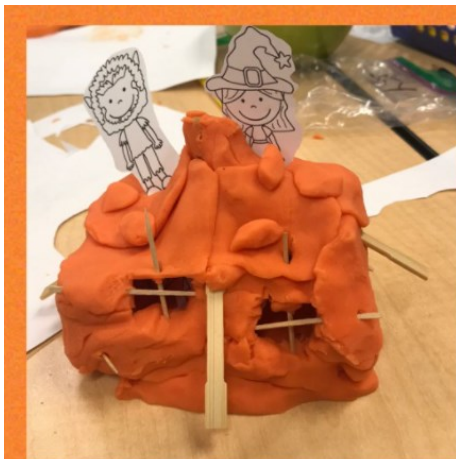


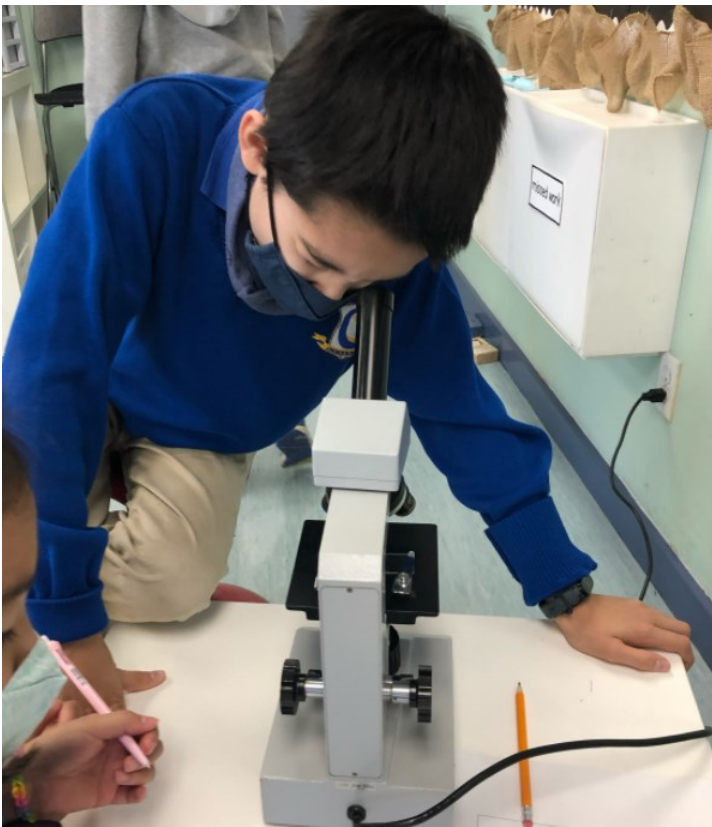


## Halloween Pranks

### Watch Out!

## Pumpkin creations in Maple Class





Choice Scientists:  
Hard at work



What fun!  
Interested in joining our Board of Directors?



Thank you Jason & Kyle.  
Jason, this was definitely above and beyond the  
call of duty of a Board Director.

The Dalai Lama Center for Peace and Education is pleased to announce our third  
*Heart-Mind Live Webinar:*  
**[Screen Time & Our Kids' Well-Being!](#)**

Join experts in **developmental psychology, mental health, and social & emotional learning** in this **special-event webinar**.

**Learning how to skillfully navigate an increasingly digital world with the children and youth in our lives is an ongoing challenge.** How can we help young people use technology in constructive and beneficial ways, while protecting them from the adversities of screen time? How can technology be used as a way to strengthen rather than deteriorate relationships within families.

This webinar will explore **evidence-informed, practical and self-empowering ideas** on how to support children's well-being and help them to self-regulate in our digital culture.

**Fiona Douglas-Crampton** will host our featured panelists:

**Dr. Dan Siegel**

**Dr. Jennifer Shapka & Natasha Parent**

**Dr. Shimi Kang**

**Webinar Details:**  
**Tuesday, November 24, 2020**  
**9:30 - 11:00 AM PST**

**[REGISTER NOW!](#)**

<https://www.eventbrite.ca/e/screen-time-our-kids-well-being-heart-mind-live-webinar-tickets>





*Introducing Malik James Zion Peterson*

*Congratulations Mrs. Peterson!*



# Holiday Art from Artsonia Giftshop!!!!

Hello! The holidays are coming! You may wish to order special items from Artsonia as gifts. Please read the information below to help you with your holiday ordering.

**Artsonia** is the **World's Largest Student Art Museum.**

<https://www.artsonia.com/gifts/products/>

Yet it's so much more than that! It's a free, safe, educational program designed to connect parents and families with their child's creative activities at school. Every student will have their artwork in Artsonia if you choose to grant permission to have it posted. Your child's last name is NEVER posted. After I post artwork on Artsonia they

will contact you to give permission to post it onto their website. Every time after that it will automatically be posted or kept private. It is a very safe secure website that we have been using for quite a few years. If you purchase their products Choice School is rewarded 20% which I use to purchase more art supplies. **Thank-you for your support!**

Connect to your child's account on Artsonia, and then you can ...



## **View your Child's Artworks**

New artwork is often uploaded by your child's art teacher at school, but you can also upload artworks [with your smartphone](#) that may be sitting around the house!



## **Start a Fan Club**

Invite family and friends to join your child's official "Fan Club" so they can receive notification when new artwork is posted.



## **Approve Comments**

Friends and family can leave positive comments about your child's artwork. Review and approve these comments so they can be posted on your child's gallery.



## **Get Feedback from the Teacher**

Teachers may enter feedback or assessment of your child's artwork that is privately viewable by parents.



## **Support the Arts Program**

You may purchase high-quality [custom keepsakes](#) with your child's art. The school arts program receives 20% of your purchase towards art materials and other supplies.

Questions may be directed to [info@artsonia.com](mailto:info@artsonia.com) Please visit our Artsonia site often for photo updates!!!!

Thanking you in advance for supporting our art program! Ms. Cathy - Art Teacher @ Choice School



# Important Dates to Remember

November 9 – 13	Reading Week (school is closed)
November 11	Remembrance Day
November 20	IEPs sent home
November 24	Board of Directors <i>AGM</i> via Zoom at 7:00 (Please RSVP to Jameela by November 22, so we can send you a Zoom invitation)
December 11	Winterfest
December 18	Report Cards go home
December 21 - January 1	Winter Break (school is closed)
December 25	Christmas Day
January 1	New Years Day
January 4	Classes Resume

# HAPPY BIRTHDAY!



## November Birthdays

Livia November 3

Nathan W. November 6

Brendan November 16

Kayden Z. November 24

## December Birthdays

Joshua December 21

Alex S. December 25

Akaal December 30



# The Sunday Funnies

