



WEST HEIGHTS COMMUNITY SCHOOL

January Newsletter

32065 Van Velzen Avenue, Mission, BC V2V 2G6 T: 604-826-6401 F: 604-826-9934



January 31st, 2022

Isabella Lam, Principal | T: 604-826-6401 | isabella.lam@mpsd.ca

Principal's Message

Dear Parents/Caregivers,

Welcome back and Happy New Year to all of our families! We are happy to see all of our students back in our building. Although January was a shorter month in school this year, we had started many exciting learning activities in our classroom, and look forward to continuing many more in February.

Our grade 6 volleyball team has commenced this year, and we have been working hard practicing for our play dates coming up in the next few weeks. Please note that due to our current health and safety restrictions, no spectators are allowed, but the players appreciate the support and opportunity to play together.

As February is just around the corner, we look forward to welcoming various celebrations/activities, including Lunar New Year, Valentine's Day, Family Day, and Pink Shirt Day. To follow, we will also be preparing for our Parent-Teacher Conferences for Term 2, and will be in touch with further information in the coming weeks.

On a different note, the winter weather can be chilly at times, please ensure your child is dressed for the weather, and be prepared for outside play time.

Thank you to everyone for doing your part and helping to slow the spread of illness. If your child is not feeling well, please stay home and continue to call the office and report their absence.

If you have any questions/concerns, please do not hesitate to contact me: isabella.lam@mpsd.ca

Sincerely,

Isabella Lam
Principal



Healthy Schools Program

In the new year, we have created a Wellness Committee with our Healthy Schools Public Health Nurse (PHN), Ms. Diaz, to support the work that we are doing as a school community to build health promotion initiatives. Our top priority this year is centered around mental wellness, in addition to priorities which include healthy eating, and connecting that with our school garden. We are looking forward to having Ms. Diaz supporting us with the program this year, and we will keep you posted on our exciting initiatives moving forward!

January Welcome Back Virtual Assembly

We held our second Welcome Back Virtual Assembly on January 13th to welcome our students back to the new year! We engaged in a school-wide read of the story "**I am Human**" by Susan Verde, which is a follow-up to the story "**I am Peace**" (a book of mindfulness) that we read as a school community back in September. This story



book is one that speaks to the power of empathy and compassion, while also emphasizing the power of making good choices by offering kindness to others and more importantly, to ourselves. When we are kind to others, that is how we stay connected to one another. At West

Heights, we are showing our commitment to kindness to our school community by creating a Kindness Bulletin Board, which is located in our front foyer, by our office. When we see that our students are showing kindness to others, they will receive a Gotcha Thunderbird slip with their name and an example of how they have shown kindness. Thank you to Ms. Chris for your support with putting the Kindness Board together for us!

Sexual Health/Healthy Relationships Presentations

We are pleased to welcome guest educator, Samantha Strange, who has been providing presentations to our students on sexual health and healthy relationships, which aligns with our current BC Ministry of Education curriculum outcomes that are mandated by the provincial government. We appreciate the informative and thoughtful presentations from Samantha.

Staff News

We are pleased to welcome our newest staff members who have joined our wonderful school community in the new year:

Ms. Manjot Kaur – Grade 5/6 Teacher
Ms. Lindsay Van Breugal – Education Assistant
Ms. Julianne Shapter – Education Assistant
Ms. Brittany Vanderest – Education Assistant





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Volleyball Team

We are very excited to bring volleyball back to West Heights this year! Ms. Alexandria Crump has been working hard coaching our Gr. 6 volleyball team for the past few weeks to ensure that we are ready for our play dates coming up. Our practices are Wednesday and Thursday after school. This year we will be hosting most games at our school site, with 1 away game. There will be specific health and safety protocols in place, and more specifically, no spectators are allowed. Here are our game days:

Thurs, Feb. 3 rd	Game Day 1 at West Heights
Thurs, Feb. 10 th	Game Day 2 at West Heights
Thurs, Feb. 17 th	Game Day 3 at West Heights
Thurs, Feb. 24 th	Game Day 4 at Mission Central
Thurs, Mar. 3 rd	Playoffs
Mon, Mar. 7 th	Finals



We would also like to say a special thank you to Ms. Meg for helping out with our practices and games!

Breakfast Club

A friendly reminder that we have our Breakfast Club running every morning from 7:45 to 8:15 am in Miss. Coulthard's classroom, room 151. Students will need to enter/exit through Miss. Coulthard's outside doors. There is no need to sign up, but please let us know if your child is allergic to any food items. Please know our offerings are nut free. A big thank you to Miss. Coulthard for all your hard work running this club for our students!

Parking

This is just a friendly reminder that our school parking lot can become very congested before and after school. Please do not leave your vehicle unattended or park in the drop-off zone, as buses and emergency vehicles must have access without being blocked. Thank you for being kind to one another, and abiding by the rules of our parking lot.

Personal Items



A friendly reminder to please ask your child to keep all personal items at home (including electronics, toys, trading cards, etc.). We want to make sure all of these items are stored safely at home. Thank you for your support.

Upcoming Dates:

Feb. 14 th	Red and White Day (Valentine's Day)
Feb. 18 th	Pro-D Day (no school for students)
Feb. 21 st	Family Day
Feb. 23 rd	Pink Shirt Day
Feb. 24 th	Neon Day (Spirit Day)
Feb. 25 th	1/2 Day (students dismissed at 11 am)
Mar. 11 th	Non-Instructional Day (no school for students)
Mar. 14 th -25 th	Spring Break!
Mar. 28 th	School Reopens



Morning Attendance

Morning attendance is an important task that we work through every morning to ensure all of our students have arrived safely to school. This is just a friendly reminder to please contact the office if your child will be absent for the day. Please give the school a call first, and if you're not able to reach us, please send our Secretary an email: carol.harris@mpsd.ca Thank you very much for your support.

Mask Mandate

Please note that we have a very limited supply of both cloth and disposable masks available at the school. Please send your child with extra masks in a baggy in their backpack. Thank you for your support and consideration.

Covid-19 Health and Safety Reminders for Parents

Please continue to complete a daily health check of your child before sending them to school. It is important that they are not experiencing any new symptoms. If they become sick at school, we will call home to have them picked up until they are feeling better. Here are some resources that may help you. We have also posted the K-12 Health Check App on our school website.

Parents/caregivers and students can use the [K to 12 Health Check App](#)

Staff and other adults can refer to BCCDC's [When to get tested for COVID-19](#)

Staff, students and parents/caregivers can also use the BCCDC online [Self-Assessment Tool](#), call 8-1-1 or their health care provider