

February 2022



Dear Parents/Guardians of Albert McMahon Students:

Floor hockey season has wrapped up and we are into volleyball season. Thank you to Mr. Reist and Mr. Stevens and staff for supporting these teams

Also, a big mid-year thank you to all our peer counsellors, lunchtime office monitors and our new morning announcement readers for helping our school community. If you call the school between 11:45 and 12:30 you will most likely first speak to one of our student office monitors. They will be happy to take a message or direct the phone call as needed.

Recently, parents have expressed safety concerns about our parking lot and bus stop area. We encourage all adults and students to use crosswalks instead of walking across the bus lane with children. Also, please watch for pedestrians and reduce your speed as young students behave unexpectedly.

Sincerely,

Shane Sliziak
Principal

Karina Zimmerman
Vice Principal



PINK SHIRT DAY

Pink Shirt Day is on Wednesday, February 23rd.

Wear a pink shirt to support our ongoing support of kindness over bullying.

REMINDERS

- February 11-Dress like an animal
- February 16-Hot Lunch-Subway
- February 18-PRO-D Day - NO SCHOOL
- February 21-Family Day - NO SCHOOL
- February 23-Hot Lunch-Hot Dogs
- February 23 - Pink Shirt Day
- February 25-Half Day-Dismissal at 11:00 am
- March 2-Hot Lunch- Panago
- March 7-Term Two Reports Home
- March 9-Hot Lunch-Chopped Leaf
-Parent/Teacher Conferences 2-7pm
- March 10-PJ Day
- March 11 - Non-Instructional Day - NO SCHOOL
- March 14-March 25 Spring Break

SOFT STARTS AND DISMISSALS

As you know, Albert McMahon began soft starts upon our return in January. Students are encouraged to come in anywhere from 8:25-8:45am each morning. Students will NOT be marked late if they arrive before 8:45am.

In addition, students may be picked up from 2:10-2:23 each day. These soft starts and dismissals have allowed for less crowding and less traffic.

COVID-19 HEALTH AND SAFETY REMINDERS

Please continue to complete a daily health check for 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. Here are some links to help out.

- <https://www.k12dailycheck.gov.bc.ca/healthcheck?execution=e1s1>
- http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/When_to_get_tested.pdf

REPORT CARDS

Report cards for term two will be going home on March 7th. Please return the report card envelopes signed to the classroom teacher.



PARENT TEACHER INTERVIEWS

Our Parent/Teacher interview will take on a variety of forms this term. Interviews may be virtual, by phone, or in person. They will run on the week of March 7th-10th. Please keep a look out for communication from your teacher for how to sign up for a meeting.

MISSION LIBRARY NEWS

Updated Hours - We are open early Monday to Thursday! The updated hours for Mission Library are Monday to Thursday from 9:00 am to 8:00 pm; Friday and Saturday from 10:00 am to 5:00 pm and Sunday, 1:00 pm to 5:00 pm.

Story Walk - Mission Library invites you and your family to enjoy a story walk inside the library. Follow along for a fun children's story!

No more late fines - As of January 1st, 2022, Fraser Valley Regional Library has ended late-fines. We still encourage customers to return items.

February Take and Make - DIY activity kits are available to pick up at Mission Library and take home. Drop by the library to pick up yours today!

Don't forget Mondays are Spirit Wear Days
at AME!
WEAR OUR SCHOOL COLOURS!



CHILDREN'S GRIEF AND LOSS SUPPORT GROUP

Mission Hospice Society is pleased to offer a six week grief and loss support group for children ages 6-12 who have experienced the loss of a family member or friend through death. This program offers a safe, caring environment for children to gather in discussion and expressive play and art activities.

6 week session runs Tuesdays 3:30pm - 5pm

Start date: Tuesday, March 29, 2022

End date: May 3, 2022

PLEASE NOTE: Due to COVID-19, registration is limited to 6 participants.
For more information on our safety protocols, please contact
Mission Hospice Society at 604-826-2235 . Thank you!

To register please contact **Jacqueline Harris**, Child and Youth Coordinator
604-826-2235, ext. 13 or email: childandyouth@missionhospice.bc.ca

The School District has compiled a list of resources to help families with supports during the COVID-19 pandemic. This document was created January 25, 2021. All the information is up to date; however, weblinks and programs can change frequently. We recommend that you call the organization before visiting in-person to ensure time and services have not changed. If a website link is invalid, try searching the organization name or resource name in google to locate the updated information.

Free and low-cost food directory		
Name	Contact Information	Resource
<u>Copper Hall</u>	33129 Railway Avenue	Breakfast 8 - 9 a.m. on Monday/Wednesday/Friday Dinner 6 - 7 p.m. on Tuesday/Thursday/Sunday
<u>My House</u>	7368 Proctor Street, Mission 604-287-7200	Open Monday to Friday 11 am – 5 pm for takeaway food, showers, laundry, and crisis referral
<u>Haven in the Hollow</u>	32646 Logan Avenue, Mission 604-826-3634	Providing three meals per day
<u>Mission Friendship Centre Society</u>	33150A 1st Avenue, Mission 604-826-1281	Lunches via brown bag takeaway on Monday to Friday
<u>Food Centre</u>	32646 Logan Ave., Mission 604-814-3333	Hamper distribution is available for pickup on Monday and Wednesday between 9-11 a.m., and Friday between 9 a.m. - 12 p.m.
<u>St. Joseph's Food Bank</u>	32550 7th Ave., Mission 778-201-5000	Drive through only. Their inventory is slightly down. They take guidance from Food Banks Canada
<u>Starfish Pack – Mission</u>	<u>Rotary Club of Mission</u> Contact: <u>Janet Chalmers</u>	Starfish provides backpacks with 2 breakfasts, 2 lunches, 2 dinners and snacks to students each weekend of the school year.
<u>Snack Pack Society</u>	Nadine Langford nadinesnackpacks@gmail.com 604-786-4932	Snack Pack Society provides school children with food and nutrition aid.
Financial Support		
Name	Resource	
<u>Federal</u>	Funding supports for individuals and businesses.	
<u>Provincial</u>	Funding support for individuals and families.	

Parent Peer Support

Name	Contact Information	Resource
<u>FamilySmart</u>	Monica Thimer Monica.thimer@familysmart.ca	Peer support, information options, resources and mentorship to families who are parenting a child, youth or young adult with mental health and/ or substance use challenges.
<u>Family Support Institute of BC</u>	Kerry Lawson klawson@fsibc.com	Family support specific to families whose children have extra support needs.

Family Support Agencies/ Resources

Name	Contact Information	Resource
<u>Mission Association for Community Living (MACL)</u>	33345 2 nd Avenue, Mission 604-826-9080 macl@macl.bc.ca	MACL supports individuals with developmental disabilities, children requiring extra support, and their families to live meaningful lives in the community of Mission.
<u>Mission Community Services Society (MCSS)</u>	33179 2nd Ave, Mission 604 - 826 - 3634 info@missionmcss.com	Family and individual support therapy, parent education, parent/teen conflict/ mediation, life skills development, Family + Parenting Support and more.
<u>Early Years - MCSS</u>	33179 2 nd Avenue, Mission 604-826-6194 kims@missionmcss.com	Child Care Resource and Referral Centre.
<u>Mission4Kids – Family Place</u>	33179 2nd Ave Mission, BC V2V 1J9 604 - 826 - 3634	Parent education workshops and programs, a Lending Library, clothing exchange and specialty programs.
<u>BC Aboriginal Child Care Society</u>	604-913-9128 reception@acc-society.bc.ca Office Hours: M-F, 9am – 5 pm	Community outreach, education, research and advocacy to ensure every Indigenous Child in BC has access to spiritually enriching, culturally relevant early learning and child care services.

Mental Health + Wellness

Name	Resource
<u>MPSD Curriculum Connections</u>	Wellness Resources for Families.
<u>Child and Youth Mental Health (CYMH)</u>	Mental Health and Counselling. #201 – 7364 Horne Avenue, Mission BC 604-820-4311

<u>Crisis Centre BC</u>	Anywhere in BC 1-800-SUICIDE: 1-800-784-2433 Mental Health Support Line: 310-6789 Vancouver Coastal Regional Distress Line: 604-872-3311 Sunshine Coast/Sea to Sky: 1-866-661-3311 Seniors Distress Line: 604-872-1234 Online Chat Service for Youth: www.YouthInBC.com (Noon to 1am) Online Chat Service for Adults: www.CrisisCentreChat.ca (Noon to 1am)
<u>Kids Help Phone</u>	Get information on equity, emotional well-being, bullying and abuse, school and work, relationships, identity and more.
<u>Open Parachute</u>	Online school wellbeing programs for Canadian Students, Parents, and Teachers
<u>Stigma Free Society</u>	Student Mental Health Toolkit available to youth, educators, school counsellors, and parents/ guardians who want to teach and promote mental wellness to Grades 4-7 and 8-12.
<u>Heart-mind Online</u>	Resources that support the heart, the mind, and the well-being of children to help promote positive social and emotional development.
<u>Wellness Together Canada</u>	Mental health and substance use support, resources, and counselling with a mental health professional.

Activities for Kids

Looking for fun, educational, and interactive online activities kids can do from home or in the classroom? Here's a list to get you started – from virtual museum tours and yoga to coding classes, and more.

Physical Literacy

- **Cosmic Kids Yoga:** <https://www.youtube.com/user/CosmicKidsYoga>
- **GoNoodle (movement and mindfulness videos):** <https://www.gonoodle.com/>
- **Just Dance:** <https://www.youtube.com/channel/UC0VIhde7N5uGDIFXXWWEbFQ>
- **Zumba with Dovydas:** https://www.youtube.com/channel/UCOjZigyo_fg2V7JdGwePSwg
- **Kidz Bop:** https://www.youtube.com/watch?v=sHd2s_saYsQ&t=126s

Space and Science

- **Storytime from Space:** <https://storytimefromspace.com/>
- **NASA image and video library:** <https://images.nasa.gov/>
- **Smithsonian Fun Stuff for Kids and Teens:** <https://www.si.edu/kids>
- **Coding with LEFT:** <https://www.left.io/kids-coding>

Virtual Tours of Museums and Art Galleries

- **Vancouver Art Gallery:** <https://bit.ly/2MkwyDs>
- **National Museums of Canada:** <https://www.historymuseum.ca/exhibitions/#online-exhibitions>
- **Art Gallery of Ontario:** <http://boxwood.ago.ca/>