

October 2021

Dear Parents/guardians of Albert McMahon students,

We had a wonderful start up here at Albert McMahon. It is a pleasure to see so many of our students return to classes this fall and equally impressive to see our staff settle into daily routines with their students. Please continue to do a Daily Health Check on your child and to keep them home when they are feeling unwell.

We have successfully completed our first fire drill of the year and will continue to practice and review all of our safety drills (fire, earthquake, lockdown, and hold & secure) throughout the year.

Our Terry Fox run raised our largest donation yet! Check out the pictures of Mr. Sliziak getting "soaked" by the house team that collected the most donations, Sabe.



As always, for more information about your child's progress at school, please contact the classroom teacher.

Sincerely,

Shane Sliziak
Principal

Karina Zimmerman
Vice Principal

MARK YOUR CALENDARS

- Oct. 22nd - ProD Day - **NO SCHOOL**
- Nov. 1st - Non Instructional Day- **NO SCHOOL**
- Nov. 2nd - Picture re-take day
- Nov. 11th - Remembrance Day - **NO SCHOOL**
- Nov. 12th - Dismissal at 11:00 am
- Nov. 26th - Non Instructional Day-**NO SCHOOL**

PARKING LOT

Our school parking lot can be very busy at the beginning and end of each school day. For the safety of all, we ask all drivers to follow these guidelines:

- Drive slowly - 15 kph or slower
- Avoid using the bus lane
- Use handicapped parking spaces only if you have a handicap parking tag
- **Do not leave your vehicle unless it is in a designated parking spot**
- Drop off children at the flag pole crosswalk
- Be courteous: you are setting an example for elementary school students.



VISITORS TO THE SCHOOL

We would like to remind everyone that the general public is not allowed to enter the school. We encourage everyone to make an appointment with the staff member you would like to meet with. You can do this via email or telephone. If you do come to the school without an appointment and need to speak with someone, please phone the school (604-826-0274) to let us know you are here and we will come out and talk with you. Thank you everyone for your continued cooperation with this.



Halloween Events

On Friday, October 29th, our primary classes (K-3) will have a costume parade through our school. Students are encouraged to wear a facial covering (non medical mask) that can be worn all day. Please ensure your child does not bring any costume with grotesque, scary imagery or weaponry to school. There will also be a virtual Halloween assembly in the afternoon.



INCLEMENT WEATHER

In case of problematic weather arriving and causing school closure decisions, district-wide or partial, please check the district website at:

http://www.mpsd.ca/districtinformation/closures_via_w.aspx which is updated daily with any unscheduled school closures, or listen to the radio for unscheduled closures.

- CBC Radio One
- CKNW - 980 AM
- Country - 107.1 FM
- CKWX (News 1130) 1130AM
- STAR FM - 98.3 FM

REMINDER* Students will go outside in all weather. Please check the forecast before sending your child to school to ensure they are dressed appropriately (coat, gloves, hat, boots).

PACKED LUNCHES

Please do not send food items that need hot water or microwaves to be heated. We do not have the ability to boil water for students or microwave food items. If your son or daughter enjoys heated food or soup for lunch, please purchase a thermos that will keep the food hot until recess or lunch. These are extremely efficient and affordable. They can be purchased at several retail outlets in Mission. We are a pack-in pack-out school meaning you may get empty wrappers back in lunch kits at the end of the day. Also, a reminder to pack a water bottle each day as our water fountains have been turned off. We have a touchless water bottle filling station with delicious filtered water.



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We are a Nut Aware School

Our entire school has gone nut-free starting tomorrow, March 29th. This includes both peanuts and tree-nuts (and all food products containing them). For further

information on how to maintain a nut-free environment, please use the following links:

- <https://foodallergyca.ca/allergies/peanut/>
- <https://foodallergyca.ca/allergies/tree-nuts/>

PAC NEWS

Our AME PAC has just released a new Fundraiser with Meridian Meats. If you haven't already signed up, please sign up on their hot lunch/fundraiser website <http://www.mcmahon.hotlunches.net/> and click on "REGISTER". If you have any questions, please email mcmahon.hotlunches@gmail.com.



NO DOGS ON PLAYGROUND

Parents are reminded that School District Policy prohibits dogs from being on school grounds at any time. (Even well-behaved, leashed & muzzled dogs!) This policy is in place for health and safety reasons. Some children are allergic to dogs - others are dog phobic. And even the best-behaved dog can panic when surrounded by dozens of enthusiastic children. We appreciate those parents who are walking "Rover" to and from school but are respecting our policy by waiting off school grounds for your children. Your cooperation and citizenship is greatly appreciated - thank you!

SCHOOL WEBSITE/TWITTER

Our school website contains helpful information about our school, including upcoming events, newsletters, PAC information and more. Go to:

<http://albertmcmahon.mpsd.ca/>

OR

Find us on Twitter @AlbertmcmahonE1

Albert McMahon Elementary's

MERIDIAN FARM MARKET FUNDRAISER!

Begins October 15!



Sign up your kids on the hot
lunch/fundraiser website!

<https://mcmahon.hotlunches.net/>



Choose the number of items
you wish to purchase and pay
for them online by Oct 31!

Your order will be delivered
to the school for pick up.



If you have any questions please
reach out to
mcmahon.hotlunches@gmail.com



THANKS FOR YOUR SUPPORT!



Farm Fresh FUNDRAISER



ABOUT MERIDIAN & RALPH'S

Our family business began 30 years ago with a small butcher shop on Coast Meridian Road in Port Coquitlam (hence the name Meridian!). Fast forward to today, despite having a few more stores, we're still trying our best to replicate the same business we started in 1989.

Meridian is an old-fashion style butcher shop specializing in **100% grass-fed beef, free-run poultry, local pork, sustainable seafood and the latest plant-based protein**. Ralph's and our Farm Market locations also include local fresh fruits & vegetables, artisan deli, fresh baked breads and grocery essentials.

Visit us online at:

meridianfarmmarket.ca or ralphsfarmmarket.com

Or, shop online for **Butcher Bundles** and specialty items like **free-range turkeys**: shop.meridianfarmmarket.ca

ABOUT OUR FUNDRAISER

We've developed our **Farm Fresh Fundraiser** to be as simple (and profitable!) as possible. We're celebrating Meridian's 30th anniversary by giving **30%** of the proceeds of all gift cards sold directly to participating organizations.

Meridian and Ralph's gift cards never expire. They're 100% redeemable at any one of our eight (and growing, thanks to you!) convenient Meridian or Ralph's locations throughout Vancouver and the lower mainland.

Learn more, or apply for your **Farm Fresh Fundraiser** at:

meridianfarmmarket.ca/fundraising

THANK-YOU!



RALPH'S FARM MARKET

MERIDIAN FARM MARKET LOCATIONS

MERIDIAN MEATS & SEAFOOD LOCATIONS

MURRAYVILLE • MAPLE RIDGE • MISSION • TSAWASSEN • NORTH VAN • PORT COQUITLAM • LANGLEY • WHITE ROCK



We Are Families

and we serve families

Are you looking for help or information about mental health support and services for your child or youth?

We know how important you are, and that you might need some support now too. We are also parents of kids with mental health and/or substance use challenges. We are here for you and we want to help.

Here are some of the ways we can offer support to you and your family:

PARENT PEER SUPPORT

We provide emotional support, information, resources, and help in navigating services for parents & caregivers of a child, youth or young adult with a mental &/or substance use challenge.

EVENTS

Every month, we host events called 'in the know.' We watch a video and share experiences and strategies that help in the hard moments. We help focus on strengthening our understanding & connection with our kids. Events are facilitated by FamilySmart Parent Peer Support Workers. Offered online and in person in some communities.

RESOURCES + VIDEOS

Our website has free resources and videos on topics important to families who are parenting a child or youth with a mental health and/or substance use challenge.

WORKSHOPS + TRAINING

We offer workshops for parents and caregivers whose child/youth has been a patient in a psychiatric unit. It's really tough when your child is struggling and ends up in crisis - and we want to help.

We also offer training that brings together young people, parents/caregivers and professionals to learn with and from each other to help experiences between them go better.

OUR SERVICES ARE FREE. NO WAITLIST. WE GET IT.

Email: info@familysmart.ca
Phone: 1 (855) 887 8004

familysmart.ca



‘intheknow’

Information and Support

For families and caring adults who
are parenting a child or youth with
mental health challenges.

Every month, we host events for families called ‘in the know’. We watch a video, or listen to a speaker, and share experiences and strategies that help in the hard moments. We help focus on strengthening our understanding and connection with our kids.

Beyond Behaviours: When Is It More? What It Looks Like at Ages 9 to 12

Why can it feel so tricky to tell if our kids are on track, going through a phase, as opposed to struggling with something more, or beyond behaviours? In this video conversation, a parent and counsellor talk about the developmental stages of 9 to 12 year old children.

Communities: [Mission](#)

Cost: [Free of Charge](#)

Date: [October 27, 2021 at 6:30pm](#)

Registration Required:

www.familysmart.ca/events

Events are facilitated by Parent Peer Support Workers.

9TH ANNUAL PULLING TOGETHER

**FRIDAY OCT
22ND 2021
9:00AM-
2:30PM**

**BROUGHT TO
YOU BY THE
MISSION CHILD
AND YOUTH
COMMITTEE &
MISSION
PUBLIC
SCHOOLS**



holding hope

**A FREE
ONLINE DAY OF
LEARNING FOR ALL
WHO WORK WITH OR
CARE FOR CHILDREN
AND YOUTH AND
FAMILIES**

**WELCOMING
MARIKA SANDRELLI
AS OUR KEYNOTE**



**SUPPORTING THE WELLNESS
OF OUR CAREPROVIDERS,
CHILDREN, YOUTH, FAMILIES**

**REGISTRATION VIA EVENTBRITE:
[HTTPS://2021PULLINGTOGETHER.EVENTBRITE.CA](https://2021pullingtogether.eventbrite.ca)**

**FOR MORE INFORMATION CONTACT:
CINDYMISSIONCYC@GMAIL.COM**

**THIS FREE EVENT
INCLUDES:**

**WORKSHOPS
PRIZES**

Learn to Skate

PRESCHOOL CANSKATE & CANSKATE

Skate Canada's flagship program, developed to teach the fundamentals of skating. Designed for beginners of all ages, the focus is on fun, participation and basic skill development. This program is the foundation for figure skating, hockey, speed skating & ringette



REGISTER TODAY!



PRESCHOOL (AGES 3-5)

Tuesdays & Thursdays
9:30 - 10:15AM



EVENINGS

Tuesdays & Thursdays
5:15 - 6:00PM



WEEKENDS

Saturdays
9:45 - 10:30AM
10:30 - 11:15AM



Mission Leisure Centre. 604-820-5350. Register at www.mission.ca

On the Road: Earthquake Actions for When You are Driving

When the shaking starts

- An earthquake while driving may feel like something is wrong with your car. Take note of your surroundings. You'll feel jolting and potentially see swaying or falling objects.
- Slow down until you can safely pull over and stop.
- Avoid parking near overpasses, power lines, bridges and buildings. Your car will provide little protection from heavy falling objects.
- Turn off the engine and put the handbrake on. Stay in the car until the shaking stops.
- If a power line falls on your vehicle, remain inside until a trained person can remove it.

When the shaking stops

- After the shaking stops, turn on the radio and heed any warnings or directions from officials.
- Depending on the level of damage, it may be best to stay where you are.
- Keep emergency response routes clear and be aware of potential hazards, such as downed power lines, falling debris and collapsing infrastructure.
- The exception would be if you're in a tsunami risk area. In that case, immediately move to higher ground on foot and stay there until directed otherwise by authorities.



Preparedness on the go

Don't count on being home when there's an earthquake or emergency. Create grab-and-go bags for your vehicles that contain:

- Food and water
- Flashlight and batteries
- AM/FM radio
- Seasonal clothing
- Blanket
- Medications
- First aid kit
- Whistle
- Mobile phone charger
- Personal toiletries



SLOW DOWN



PULL OVER



STAY INSIDE