

# **SECOND ST.** **COMMUNITY SCHOOL** **NEWSLETTER** **September 2023**

## **SECOND STREET COMMUNITY OFFICE**

**Community School Coordinator:**  
Gayle Beavil — 604-836-3290  
[gayle.beavil@burnabyschools.ca](mailto:gayle.beavil@burnabyschools.ca)

**School Principal**  
Christy Redmond  
[Christy.redmond@burnabyschools.ca](mailto:Christy.redmond@burnabyschools.ca)

### *A Note from the Community Office:*

We had a wonderful first week of school, during which we welcomed each other back and we reconnected as a community. All of us talked about, wrote about, drew about what “community” means to us. We represented all of the communities we belong to, such as sports communities, cultural communities, family communities, learning communities, neighbourhood communities, and more. We also talked about how we can support our school and other communities – in both big and small ways.



The students got to express their gratitude to 5 of our most impactful community groups who support this school. These groups are:

- Our Community and Parent Advisory Council
- Eastside Opportunities Society
- BASES Family Thrift Store
- Cariboo Hill student leaders and mentors
- Burnaby Firefighters

Do YOU know what these groups do for us? Ask your kids!

We had an assembly on Wednesday to thank them, and classes prepared cards and letters and words of appreciation, for each group. It truly takes a village, and our students are starting the year with the notion that we can all work together, help each other, and lend our strengths to our various communities. In other words, “Together Strong”! Dozens of students did the “Community Bingo” sheets at home, as well. One of our new students (Manat) knew he would be away on a family trip during the week of the Bingo assignments, so he brought me an acrostic poem for “Community”, before he left. Here it is:

Dear teacher. This is what community means to me:

C is for caring

O is for open hearted

M is for meaningful

M is for marvelous

U is for united

N is for never alone

I is for immense love

T is for thankful

Y is for you belong here

I think that sums it up beautifully. Welcome, Manat and family! We are happy for you, and all our other new families to join us.

Together Strong,

Gayle Beavil



**COMMUNITY**

### *Important Dates to Remember:*

<b>September 20</b> – Welcome Back BBQ	<b>September 29</b> – Orange Shirt Day
<b>September 21</b> – Terry Fox Run	<b>October 2</b> – National Day Truth & Reconciliation <b>SCHOOL CLOSED</b>
<b>September 22</b> – Pro D Day <b>NO SCHOOL</b>	<b>October 4</b> – PHOTO DAY
<b>September 25</b> – CPAC Meeting 9am	<b>October 9</b> – Thanksgiving <b>SCHOOL CLOSED</b>
<b>September 27</b> – CommuniTEA 9am	<b>October 20</b> – PRO D Day <b>NO SCHOOL FOR STUDENTS</b>
<b>September 26 – 27</b> - Parents as Partners	<b>October 27</b> – Photo Retakes

## **The Community Office, Community Room, and the Community School Coordinator!**

*“What does Gayle Beavil do, anyway?”*

Burnaby Community Schools (there are 8), have an extra staff member who is a teacher, to support community school goals. That's me! *Gayle Beavil*. I also have a wonderful assistant – Dayna Prest. Kevin (Connect Worker) and I work closely together, on student programs and student connections.

### **What is a community school?**

A Community School is the Hub of the Community. It is people, a place and a set of partnerships between the school and other community resources. Its integrated focus on school success, child and youth development, family support, and community development leads to improved student learning, stronger families and vibrant, healthy communities. The school is characterized by extended services, extended hours and extended relationships. (from ACEbc)

<https://acebc.ca/wp-content/uploads/2017/10/ACEbc-Placemat-v05.pdf>

***THE MOST IMPORTANT THINGS I DO: BUILD RELATIONSHIPS IN THE SCHOOL AND COMMUNITY, WORK TO FOSTER A CULTURE OF CARE AND CONNECTION IN OUR COMMUNITY, HELP FAMILIES FEEL, AND BE, AS STRONG AND WELL AS POSSIBLE AND CREATE PARTNERSHIPS WITH THE SCHOOL SO THAT WE CAN MOVE TOWARD THAT SENSE OF ‘THE VILLAGE’ AND, IDEALLY, HARMONY.***

The Community Office (Dayna and I) support the STUDENTS and FAMILIES in various ways:

- I **meet with families** about various supports they might need, or about ways they can be involved in the school. Please connect with me for information, support, services or if you want to volunteer.
- **Snacks for the students during the day.** We have apples (from the Rotary Club) and sometimes granola bars from the Firefighters. Kids can come down and ask for a snack after lunch. We all know hungry kids don't learn very well!
- **Breakfast program daily from 8:15 – 8:50.** Any students are welcome to come. They must stay in Community Room, however, and not move throughout school.
- **Information for caregivers re supports for low-income families** – We have information about how to access many supports such as Christmas and Camping Bureau, Parks and Recreation Credits, funds from Kidsport and Jumpstart for league sports, etc.
- **Information for caregivers about ELL, Family, Preschool and Childcare** – We have information about our onsite programs as well as programs in the area.
- **2<sup>nd</sup> St. supports for families:** We have the:
  - **Strong Start Centre** (free for 0- 5 year olds with a caregiver. Info on school website. Folks must register.)

- the **Clothing Exchange** (families can donate or take clothing. It is a cupboard in the Community Room. Feel free to donate to it, yourselves, as all clothes not used go to Value Village and we get paid for the weight of clothing (and linens) we donate. We make several hundred dollars a year from this partnership!
- the **Emergency Food Cupboard** (we have some groceries and gift cards for folks having temporary hardship). Families can contact me, or staff let me know if you think a family is struggling, and I will check in with them.
- our **Community Room** for gathering and programs, programs for all ages and more! Info about all of these will be in the newsletter and of course, in the Community Office. This space is for the parents and community, so we try to make you first priority to use the space.
- Twice a month "**CommuniTEA Times**" to connect folks and inform them on different topics. Everyone is welcome to attend.
- Several **adult programs** will be run through the year. Topics for these are based on the needs and interests I see in the community. They will be very low cost and often have free childcare at the same time.

○

I also work with the staff to help enrich the curriculum, find ways to get students out and into the community to help and connect with others, sit on boards and committees in the City and Province (as the City pays part of the Coordinators salaries), and help build awareness and knowledge of the Community School approach.

#### **A bit more about me:**

- *Mom of three and grandmother of 2!*
- *Taught in classrooms (k-7) for 17 years*
- *Faculty Associate at SFU and Sessional Instructor at SFU (Language Arts)*
- *Masters' In Leadership (MA), Certificate of Applied Positive Psychology (CAPP)*
- *Co-host of "Community Room" podcast – on Apple and Spotify*  
<https://www.communityroombc.com/>
- *Host and Creator of "Love Sweet Love" podcast – on Apple and Spotify*

I hope this is helpful. Please reach out for info on these items, or questions about how we can help with information, connection and supports.

Together Strong,

**Gayle** 604 836 3290/gayle.beavil@burnabyschools.ca





## **SECOND STREET COMMUNITY SCHOOL' S WELCOME BACK BBQ**

**Wednesday, September 20**

**4:30 – 6:30pm – Undercover Area**

Come out to our undercover area and meet our new staff and meet the wonderful community of Second Street. Enjoy a FREE hot dog and some activities with your family at our barbeque! We hope to see you there. No need to pre-order. **Food will be served between 4:30 - 5:30pm only.**

Come out, have FUN and enjoy a free meal. (while quantities last). We will be serving beef, chicken and veggie dogs, chips, fruit drink and a treat.

Johnny's Pops will also be at the school again! They will sell for \$1 each. (Popsicles have been generously subsidized by MLA, Katrina Chen's office!)

The Welcome Back BBQ is supported by: The United Way, our CPAC, Eastside Opportunities Society, the Burnaby Firefighters and MLA Katrina Chen's Office.

## **Second Street Community School Refundable Bottles and Cans Fundraiser**

**We will be set up at the BBQ on September 20<sup>th</sup> from 3 -5**

If you miss us at the Welcome back BBQ, you can drop off anytime. We have an account set up with Encorp Recycling. It's easy!

### **Here's how you can support our school:**

- 1.) Put empty, refundable bottles/cans into a clear or blue plastic bag, you don't need to count or sort.
- 2.) Find drop off locations here: <https://www.return-it.ca/locations/metro-vancouver/>
- 3.) Enter in the school's phone number (**604 296 9029**) and number of bags you have. Once labels are printed, stick them on each bag and put the bag/s in the bin - that's it! Money goes directly into the school's account!

Thank you for your support of this fundraiser.



# Second Street Community and Parent Advisory Council (CPAC)

## Monthly Meeting – Everyone is welcome

These are monthly talk times for all parents and neighbours of Second Street Community School.

**Monday, September 25<sup>th</sup>**

**9:30am – 11am**

**Community Room**

At these meetings:

- Join other parents in conversation and make connections. This makes the neighbourhood stronger!
- Hear from the Principal and Community School Coordinator and find out what students are doing and how you can support them
- Ask questions about school and learning
- Help make decisions about what happens at the school

***Coffee and snacks will be provided.***

***If you are unable to join in-person, join via Teams***

[CPAC General Meeting Link](#)

Follow Second Street Community School on Twitter! **@SecondStSD41** and on **Facebook**

Questions about Council? Go to <http://secondstreet.sd41.bc.ca/did-you-know/>

Email to contact us at: [secondstreetschoolcouncil@gmail.com](mailto:secondstreetschoolcouncil@gmail.com)



### did you know?

Accidents Happen. The Burnaby School district does not insure expenses for student injuries that happen on school grounds or during school activities. Parents and guardians are responsible for these expenses. Whether it's playing sports, using playground equipment or simply having fun in the gym or in the schoolyard, accidents sometimes happen. The Medical Services Plan (MSP) either limits or does not cover some charges and group health plans often have deductibles.

Costs that are not covered by MSP or may be limited by group health plans may include:

- Dental treatment • Eye glasses • Physiotherapy

Accident Insurance can voluntarily be purchased through **Family Accident Reimbursement Plan** provided by Industrial Alliance. This voluntary plan provides coverage for students and their families against accidental injury, unexpected medical expenses and critical illness. To apply or to find out more, visit: <https://www.solutionsinsurance.com/aonbc>

## "CommuniTEA TIME"

**Guest speaker Session: Building your Kids' On-Line Skills and Awareness  
with special guest speakers: Counsellor Jen Tan and Connect Worker Kevin Herd**

Join us to gain information and ideas for how to handle and prepare your kids -- and yourselves  
-- for today's online world.



- Ideas to limit/build responsibility re phone use
- Online presence
- Impact on social and academic success

All parents and community members are welcome to join

**Wednesday, September 27  
9:00 am – 10:30 am  
In the Second Street Community Room**



**Join us, for coffee, conversation and community connections. Toddlers are welcome.**

*"The greatness of a community is most accurately measured by the compassionate actions of its members."*

*Coretta Scott King*

Great opportunity for families: **Free Season's pass to Whistler for student K-5**

Click link for more details. <https://www.epicpass.com/info/epic-schoolkids/whistlerblackcomb.aspx>





# PLAY TO LEARN PRESCHOOL AT SECOND STREET

3-5 years

Play activities help children develop physical, intellectual, social and emotional skills. This fun learning environment includes a variety of recreational and educational play using art, music, science, play stations, group activities and routines. Children must be able to use the toilet independently.

**Tuesdays, \$130.50, 9 sessions**

Second Street Community School; Portable  
October 10 - December 5, 9:30am-11:30am  
Activity Number: 8928

**Register early!** [Burnaby.ca/webreg](http://Burnaby.ca/webreg)

Call 604-297-4838 or visit any Burnaby recreation centre

Registration starts 10am Thursday September 7th for Burnaby residents,  
and 10am Monday September 11th for non-Burnaby residents.

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For more information please contact: **Brett Boland**  
Program Coordinator | Southeast Community Programs  
604-297-4831 | [brett.boland@burnaby.ca](mailto:brett.boland@burnaby.ca)







# PLAY TO LEARN PRESCHOOL AT SECOND STREET

3-5 years

Play activities help children develop physical, intellectual, social and emotional skills. This fun learning environment includes a variety of recreational and educational play using art, music, science, play stations, group activities and routines. Children must be able to use the toilet independently.

**Thursdays, \$130.50, 9 sessions**

Second Street Community School; Portable  
October 12 - December 7, 9:30am-11:30am  
Activity Number: 8923

**Register early!** [Burnaby.ca/webreg](http://Burnaby.ca/webreg)

Call 604-297-4838 or visit any Burnaby recreation centre

Registration starts 10am Thursday September 7th for Burnaby residents,  
and 10am Monday September 11th for non-Burnaby residents.

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For more information please contact: **Brett Boland**  
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## Settlement & Integration Program

# COOK AND CHAT!

**Fridays  
10 am - 12 noon**



### Free weekly cooking group via Zoom

- cook new healthy foods
- practice English
- meet new friends
- receive recipes each week by email
- get support with new recipes
- cook from your own kitchen
- learn to save money on groceries
- share cultural experiences

To join Lynn's cooking group, contact Lynn:

**kitchens@burnabynh.ca**

**or call Lynn at 604-431-0400 to leave a message**

**[www.burnabynh.ca](http://www.burnabynh.ca)**

*The Burnaby Neighbourhood House is a Charitable Non-Profit Organization. We are a volunteer driven community-funded agency with a unique focus on Neighbours supporting Neighbours.*

Burnaby Neighbourhood House located on the traditional unceded territories of Coast Salish Nations



4460 Beresford Street  
Burnaby, BC V5H 0B8  
(In front of Metrotown Skytrain)  
(604)431-0400

Funded by:



Immigration, Refugees  
and Citizenship Canada

Financé par :

Immigration, Réfugiés  
et Citoyenneté Canada

**Pacific Immigrant Resource Society (PIRS)** is offering **free Community English Classes for immigrant and refugee women** on line starting Monday, September 18<sup>th</sup> to December 18<sup>th</sup> from 1-2:30pm. Pre-registration is required - call Zarmina at 778-608-4285, email [zali@pirs.bc.ca](mailto:zali@pirs.bc.ca)

## **Community English Class for Immigrant and Refugee Women**

**FALL 2023**

ONLINE via Zoom

**FREE!**



**Sept 18 - Dec 18, 2023**

**Mondays**

**1:00-2:30pm**



We welcome newcomer women with various English Levels (beginner to pre-intermediate). We are here to help you improve your English for everyday conversations, be a part of a multicultural community, gain confidence and learn more about Canada!

**PRE-REGISTRATION REQUIRED**

**CONTACT: Zarmina Ali**

**Email: [zali@pirs.bc.ca](mailto:zali@pirs.bc.ca) | Phone: (778) 608-4285**

**[www.pirs.bc.ca](http://www.pirs.bc.ca)**



Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island

## Are You a Parent, Adoptive Parent, Kinship Parent, or Foster Parent?

Is your pre-teen or teen struggling with depression, anxiety, or other intense emotional difficulties? Are they getting into trouble or having severe behavioural difficulties?



is an evidence-based 10-week attachment-based program that helps parents support youth ages 8-18 years, delivered **in-person** or **online**.

[www.connectattachmentprograms.org](http://www.connectattachmentprograms.org)

**Contact us or visit our website** if you're interested in learning more.

**Starts Thursday Oct 12, 2023**  
**6-7:30pm**

Pre-registration is required. Please contact a facilitator below



[jacqueline.brown@burnabyschools.ca](mailto:jacqueline.brown@burnabyschools.ca) OR  
[jocelyn.bryan@burnabyschools.ca](mailto:jocelyn.bryan@burnabyschools.ca)





## **ADULT ZUMBA® AT SECOND STREET COMMUNITY SCHOOL**

19+ years

Zumba® is an exciting fusion of Latin music and aerobic fitness that is sure to have you enjoying your workout and dancing away your worries! Join an experienced instructor in the guided class. This program is generously subsidized by Second Street Community School.

**Thursdays, \$25.00, 8 sessions**

Second Street Community School; Community Room  
October 12 - November 30, 7pm-8pm  
Activity #: 17530



**Registration starts Monday September 25th at 10am.**

To register, call 604-297-4838, visit any Burnaby recreation centre, or follow the link below/QR code.

[http://ca.apm.activecommunities.com/burnaby/Activity\\_Search/12043](http://ca.apm.activecommunities.com/burnaby/Activity_Search/12043)

**For more information please contact: Brett Boland  
Program Coordinator | Southeast Community Programs  
604-297-4831 | [brett.boland@burnaby.ca](mailto:brett.boland@burnaby.ca)**



## **ADULT YOGA AT SECOND STREET COMMUNITY SCHOOL**

19+ years

Treat yourself to improved flexibility, increased muscle tone and concentration. Join an experienced instructor in a guided yoga class. Please wear loose, comfortable clothing. This program is generously subsidized by Second Street Community School.

**Thursdays, \$25.00, 8 sessions**

Second Street Community School; Community Room  
October 12 - November 30, 9:30am-10:30am  
Activity #: 17529



**Registration starts Monday September 25th at 10am.**

To register, call 604-297-4838, visit any Burnaby recreation centre, or follow the link below/QR code.

[http://ca.apm.activecommunities.com/burnaby/Activity\\_Search/12042](http://ca.apm.activecommunities.com/burnaby/Activity_Search/12042)

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**For more information please contact: Brett Boland**  
Program Coordinator | Southeast Community Programs  
604-297-4831 | [brett.boland@burnaby.ca](mailto:brett.boland@burnaby.ca)





# HOPE AND HEALTH IS COMING TO THE CITY OF BURNABY WITH THE 1ST ANNUAL COMMUNITY CAMP IN SEPTEMBER!

The City of Burnaby and Hope and Health is partnering together to bring to life the 1st Annual Hope and Health Community Camp in Burnaby to honor National Truth and Reconciliation / Orange Shirt Day



- Camp Includes
- Traditional opening circle
  - A dynamic session filled with soccer skills, drills and mini-games
  - Up close and personal mentorship with League 1 BC Nautsa'mawt FC Players & Hope and Health Coaches
  - Arts, crafts cultural stations, face painting + bouncy castles
  - Every participant receives a jersey & a soccer ball!

 Level up your soccer + leadership skills through fun drills, games and activities.

 ALL SKILL LEVELS AND AGES WELCOMED

From Beginners to Soccer Solid to Soccer Star- we will meet you where your at and work to level up!

 LOCATION:  
Burnaby Lake Sports Complex West, Fields 1 & 3

 DATES AND TIME:  
SEPTEMBER 23<sup>RD</sup> 10 AM TO 1PM

*Changing Lives One Goal at a Time*



Register today using Burnaby's ActiveNet Webreg system!  
[anc.ca.apm.activecommunities.com/burnaby](http://anc.ca.apm.activecommunities.com/burnaby)

OR

REGISTER NOW USING ONLINE LINK. FOR ANY QUESTIONS PLEASE CONTACT:  
[bethechange@hopeandhealth.org](mailto:bethechange@hopeandhealth.org)

**For a full list of The City of Burnaby's Fall Programs click here:**

[file:///49-sc/49%20Office%20Users\\$/E15951/Downloads/City%20of%20Burnaby%20-FallReg2023%20\(1\).pdf](file:///49-sc/49%20Office%20Users$/E15951/Downloads/City%20of%20Burnaby%20-FallReg2023%20(1).pdf)



## Nobody's Perfect



An educational and supportive program for parents with children aged 0-6 years, designed to provide a chance to explore parenting ideas in a group setting. Do you find yourself feeling like you don't have enough time for yourself and sometimes becoming too exhausted to be patient with your child? Do you wish to understand your child better and become a more effective parent? This program is designed to help you get to know your child better while equipping you with valuable skills and tools to boost your confidence as a parent. It's essential to remember that none of us are perfect - we all have our challenges. **Nobody's Perfect!!**

**Free childcare available for children 18 months to 10 years with pre-registration. Snacks and bus tickets are provided, if required.**

**When: Tuesdays, starting September 19, 2023 (8 weekly sessions)  
12:30 to 2:30pm**

**Where: 6140 McKercher Avenue, Burnaby**

**Facilitator: Maya Mihajlovic (M.Sc.)**



**To register please visit [www.burnabyfamilylife.org](http://www.burnabyfamilylife.org)**

For assistance, please email [bfl\\_info@burnabyfamilylife.org](mailto:bfl_info@burnabyfamilylife.org) or call 604-659-2200







information  
children

Fall 2023

# Workshops & Programs



SEPT  
12

## ONLINE STORYTIME

Sept 12-Dec 15 | Tuesdays & Thursdays | 5:30-6pm  
Children are read stories while you rest or prepare dinner

OCT  
12

## PARENTING TWEENS

Oct 12-Nov 16 | Thursdays | 10am-12pm | Zoom  
Topics include: navigating big emotions, developing and maintaining connections with your child, and internet safety

OCT  
24

## CIRCLE OF SECURITY

Oct 24-Dec 12 | Tuesdays | 11am-1pm | Zoom  
Open to parents of all ages

NOV  
9

## NEW PARENTS

Nov 9-Dec 14 | Thursdays | 10am-12pm | Zoom  
Open to parents of children 0-4 years

To learn more:

Call: 778-782-3548

Email: [info@informationchildren.com](mailto:info@informationchildren.com)

Visit: [www.informationchildren.com](http://www.informationchildren.com)

Each program is free to join.  
Pre-registration is required.

To sign up, go to  
<https://tinyurl.com/ICfallworkshops>  
or scan QR code





**COME TRY**  
*Ringette*

**RINGETTE PROVIDES AN OPPORTUNITY TO...**

- ✓ DISCOVER NEW SKILLS
- ✓ BE PART OF A TEAM
- ✓ MAKE FRIENDS
- ✓ GET ACTIVE
- ✓ HAVE FUN

**LEARN TO SKATE!**

**AGES 4 TO ADULT**  
**ALL GENDERS**

**Free Trial** Sept 9 - Sept 23  
**BNWRA.CA**

**\$300**

**RINGETTE**  
**5-8 YEARS**

**LEARN TO SKATE & PLAY THIS FUN & FAST CANADIAN TEAM SPORT**  
~20 WEEKS OCT-MAR THURSDAYS & SATURDAYS

**AN INCLUSIVE SPORT WITH A RESPECTFUL CULTURE**  
www.bnwr.ca Limited Spaces Volunteer Powered Program

**RINGETTE**

**Learn skating, teamwork and a love for sport.**

*A Canadian heritage sport invented in 1963*

- Speed, agility and teamwork are essential for success
- Teams are required to pass twice before shooting
- Each team has 30 seconds to shoot
- This strategic sport is fast like hockey with rules similar to basketball & lacrosse

**Belong to a positive and friendly community.**

- Athletes of all genders, abilities and backgrounds are welcome
- Safe, inclusive sport with a respectful culture
- Leadership and community service opportunities are encouraged for 12yrs+

**9YRS+ JOIN NOW!**

**\$425 - \$565**

- September - March
- Twice per week
- Volunteer coaches
- Parent helpers welcome

**FREE TRIAL**

**bnwr.ca**