

SECOND ST. COMMUNITY SCHOOL NEWSLETTER JANUARY 2024

SECOND STREET COMMUNITY OFFICE

Community School Coordinator:
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School Principal
Christy Redmond
Christy.redmond@burnabyschools.ca

A Note from the Community Office:

Our Annual Hamper Project – A Caring Community Working Together

Thanks, are very much in order, for the many community members, partners and organizations who came together to support the families in need in this community. Once again, we came together as a caring community to support our neighbours in need. This past holiday season, we created hampers for almost 100 families. In each hamper, because of the generosity of individuals and organizations, we gave \$50 - \$75 in gift cards, a toy for each of the children in the family, and 3 – 4 bags of groceries.

About a dozen of our families most in need, were directly sponsored by local organizations and groups, as well. As we all know, prices have been steadily rising and costs for families have increased dramatically. These hampers were very much appreciated by the dozens of families who received them. Once again, please accept our most sincere gratitude for your help with this annual “labour of love”. You have eased the stress of many parents, and when parents are feeling more at ease and able to meet the needs of their kids, those kids feel that ease and peace, as well. There are so many people involved in this endeavour – which is part of the beauty of it – as not only is this a project that creates community support, it is also a several week event that creates community engagement, as it brings so many people together in the planning, the communicating, the shopping, the gathering, the wrapping, the assembling, the labelling and the delivering of these hampers. A special thanks goes to:

- ❖ Second Street Community and Parent Council, and Eastside Opportunities (Kidslink) for being the backbone of the project and funding
- ❖ Margaret Widmer (and team!) for helping the community Office lead this beautiful project!
- ❖ The Guru Nanak Free Kitchen for supplying gifts for ALL the children on the list!
- ❖ Save-on-Foods at Highgate for the low price on the fresh food items!

- ❖ Tina and Keith Klimko for being shopping superstars!
- ❖ The following organizations/groups for directly sponsoring families:
 - ✦ Refrigerated Supply
 - ✦ Grand and Toy
 - ✦ St. Albans Church
 - ✦ Grace Lutheran Church
 - ✦ Marilyn and friends
 - ✦ Burnaby Principal, Teresa Veltri, and her many elves for the deluxe student and family gifts!
- ❖ Janice Cole for her Gingerbread House that is the top prize for our raffle (proceeds going to hampers), and also Home Hardware, and Me'n'Ed's Pizza, for donating prizes!
- ❖ Ecole Cariboo Hill for their toy drive!
- ❖ Neighbours and staff members for their generous donations of items and funds!
- ❖ The Burnaby Firefighters Local 323!
- ❖ Burnaby Alliance Church!
- ❖ New West Christian Reformed Church!
- ❖ Armstrong PAC!
- ❖ Burnaby Lions!
- ❖ Lougheed Lions!

Our many wrappers, helpers, shoppers and deliverers! It is inspiring to be part of this wonderful community. Thanks to all who have shown such love and kindness. Happy and healthy new year to everyone!

Together Strong,

Gayle Beavil



Cariboo Hill Dry Grad Bottle and Clothing Drive Fundraiser

Saturday, January 13, 2024

From 9:00 am - 2:00 pm

Drop off items @ Cariboo Hill Back Parking Lot (entrance off Armstrong)

We accept:

- All refundable recycle drink containers
- Men, women, and children's clothes
- Undergarments, socks, pantyhose
- Accessories (purses, wallets, belts, scarves, hat, mitts)
- Shoes and boots
- Towels, linens, tablecloths, curtains
- Blankets, bedding, pillows
- Backpacks and bags



Will be available for \$15 per doz
Cash at event or order in
advance on Schoolcash
Online!

**DID YOU
KNOW**

Cariboo Hill Dry Grad Parent Committee has an **Ongoing Fundraiser — Bottle/Can Return ANYTIME!**

Return your empty refundable beverage containers to any **Return-It Express** depot! Enter 604-296-6890 at the kiosk.

Email your
address for pick up at home!

drygrad.cariboo@gmail.com

**Please
share with
your family
and
neighbours**



Sports Equipment Drive @ Second Street

We are collecting sports balls (basketball, soccer, football, rubber), frisbees, small cones and hula hoops for our students to use during recess and lunch.

Collection will be done outside of the office (2nd floor) during the **week of January 15 - 19**. Or contact us to arrange pick-up:

secondstreetschoolcouncil@gmail.com



Popcorn Day is January 19th! \$1 per bag.

Second Street Community & Parent Advisory Council (CPAC)

Monthly Meeting ***Everyone is welcome!***

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

DATE: **Monday, January 15th**

TIME: **9:30 am**

PLACE: **Community Room (upstairs)**

This month, along with hearing from the Community Office and School Principal, join us for a discussion on kids and food - what to do about picky eaters? What to make for lunches so they don't throw half of it away, and more.

Let's share ideas, support each other, and tap into some resources.

Meeting starts at 9:30, but the room is open at drop off, so feel free to come up early, settle in and enjoy a coffee/tea and snack.

To join virtually, click on TEAMS link or QR code: [CPAC General Meeting Link](#)



RESEARCH SHOWS children's success in school **INCREASES** when parents are involved and interested!

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

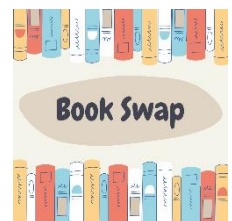
Questions about Council? Go to secondstreet.burnabyschools.ca and click on the "Community Council" tab. Email to contact us at: secondstreetschoolcouncil@gmail.com



Second Street Library Book Swap

On **Wednesday, January 24**, the Second Street library will be hosting a book swap once again!

At the book swap, every student in the school will be able to take at least 1 book home to keep. We are asking for your help. If you have any gently used children's books at home that your family no longer wants, please donate them to our book swap. We will make sure they find a happy new home! We need all levels of children's books, but are particularly short on chapter books and early teen novels. All students will be able to participate in the book swap, even if they did not donate any books. Please drop off your donations to the library **between now and January 23**. The readers of Second Street thank you in advance!



Let's Build Community!

All parents and community members are welcome to join
Community School Coordinator, Gayle Beavil, at

"CommuniTEA TIME"

With Special Guests "The Burnaby Public Library!"

Wednesday, January 24th

9:00 am – 10:30 am

In the Second Street Community Room

Come and join us to:

- Meet the librarians
- Hear about free adult and children's programs
- Learn about types of books and resources
- Find out how to get a library card
- Ask questions!



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



It's cold and flu season. Please keep your child(ren) home if they are showing any signs of sickness. Let's keep our school healthy and decrease the spread.

Please don't forget to call the office, 604-296-9029, if they are away.



Cameray Child and Family Services is offering some excellent workshops and programs this month at their beautiful location in North Burnaby at 2038 Rosser Ave:

- **Self-Regulation through Challenges** is a 6 week program where parents can learn how to regulate in different circumstances, discuss boundaries, conflict, co-regulation and more! **Starts Jan 10th** - check out the poster below or call 604-436-9449 for more information and to register.
- **Sign up** for a free parent-child **Mother Goose Program** with Cameray and the Child Care Resource and Referral! Such an amazing program using songs, rhymes and simple stories to strengthen relationships, language and communication. **Starts soon** - bus tickets and light snack provided! For more information and registration, check out the flyer or email pspgroupsignup@cameray.ca
- **FamilySmart** is a fantastic resource for families who need support after a mental health crisis. Learn about safety plans, how to take care of yourself and family members after a crisis, emotional regulation and so much more. This month FamilySmart is offering **Help for the Hard Times** workshop online - it's **free and very informative!** For more information and to register check out the flyer or [click here](#).

Rather than strive to be perfect, the greatest gift you can give to a young child is your time. Strong, secure relationships are critical to a healthy, happy life in childhood, throughout the teenage years and into adulthood (source: Heart-Mind Online). Learn more @feelingsfirst.ca

- What does being present mean to a young child?
 - Increased self- control
 - Higher levels of resiliency
 - More hopeful attitudes
 - Better mental health
 - More prosocial behaviours
 - More positive feelings about themselves

Self-Regulation through Challenges



When: Wednesdays, January 10, 17, 24, 31
and February 7, 14, 2024

Time: 10:00 am to 11:30 am

This 6-week program is based on Professional Counsellor Lisa Dion's work. During these sessions we will learn how to regulate in different circumstances, and understand our own process of regulation. We will also discuss boundaries, conflict, co-regulation, etc.

Location: Cameray Child & Family Services
2038 Rosser Avenue Burnaby

Email: pspgroupsignup@cameray.ca
Phone: 604-436-9449





Cameray
Child & Family Services



Cameray
Child & Family Services



ccrr
Child Care Resource & Referral

MOTHER GOOSE PROGRAM



COME AND JOIN US!

The Parent-Child Mother Goose Program® is an interactive group in which parents and their young

children enjoy the pleasure of using rhymes, songs, and stories together. It creates a positive family experience; kids have an early experience with language and communication.

TIME: 10:00AM - 11:30AM

8 sessions on Mondays:

January 8, 15, 22, 29

February 5, 12, 26

March 4

Light snacks and bus tickets provided



**CAMERAY
2038 ROSSER AVE
BURNABY**

To register: pspgroupsignup@cameray.ca





Cameray
Child & Family Services



FamilySmart

Help
for the
Hard
Times

WORKSHOP

SUPPORT
FOR PARENTS
AND
CAREGIVERS

Supporting Your Family After a Mental Health Crisis

"Really filled the gap where it was most needed by way of information and moral support. I feel this workshop nailed the exact questions and concerns I as a parent was having."

TOPICS INCLUDE:

- How to support a safety plan at home
- How to take care of yourself and family after a crisis
- How to find the resources you need

THE WORKSHOP IS OFFERED THREE TIMES EACH MONTH FOR B.C. FAMILIES:

- Wednesdays: 5:30pm - 7:30pm (2 weeks)
- Tuesdays and Wednesdays: 12pm - 1pm (2 weeks)
- Thursdays 6pm - 8pm (2 weeks)

The workshop is free and offered online. Registration required.



Foundation

familysmart.ca/workshops



Upcoming Parent Programs at Second Street



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; Gym
January 25 - March 14, 7pm-8pm
Activity #: 23717



Registration starts Thursday December 14th 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/18230

For more information please contact: Brett Boland
Program Coordinator | Southeast Community Programs
604-297-4831 | 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

January 25 - March 14, 9:30am-10:30am

Activity #: 23525



Registration starts Thursday December 14th 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/18038

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



Preschool at Second Street – Tuesdays



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
January 16– March 12, 9:30am-11:30am
Activity Number: 19138

Register early! Burnaby.ca/webreg

To register, call 604-297-4838, or visit any Burnaby recreation centre.

Registration starts 10am Monday, December 4th for Burnaby residents, and
10am Friday, December 8th for non-Burnaby residents.

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



Preschool at Second Street – Thursdays



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
January 18– March 14, 9:30am-11:30am
Activity Number: 19137

Register early! Burnaby.ca/webreg

To register, call 604-297-4838, or visit any Burnaby recreation centre.

Registration starts 10am Monday, December 4th for Burnaby residents, and 10am Friday, December 8th for non-Burnaby residents.

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



A blue poster for a book fair. At the top, the text 'SOTCS/LITERACY NOW' is arched. Below it, the text 'Join us at the SOTCS Office for a FREE book fair!' is centered. To the right, a yellow banner says 'FREE NEW BOOKS!'. The time '4:30-7:00' is in large white letters. Below that, 'Wednesday Jan 24, 2024' is in yellow script. The title 'Book Fair' is in large white letters. At the bottom center, an open book is shown with a burst of white sparkles rising from it. To the left, a yellow banner says 'OPEN TO THE COMMUNITY!'. In the bottom left corner is the 'LITERACY NOW BURNABY' logo. In the bottom right corner, a white circle contains the text 'REGISTER WITH: Reception 604-524-9113 reception@sotcs.ca'. Below this circle, a yellow banner says 'BOOKS FOR ALL AGES!'.

SOTCS/LITERACY NOW

Join us at the SOTCS Office
for a *FREE* book fair!

FREE NEW BOOKS!

4:30-7:00

Wednesday Jan 24, 2024

Book Fair

OPEN TO THE COMMUNITY!

LITERACY NOW BURNABY

REGISTER WITH:
Reception
604-524-9113
reception@sotcs.ca

BOOKS FOR ALL AGES!

A poster for South Burnaby Baseball. The background is a blurred image of a baseball field. At the top center is a circular logo with 'SOUTH BURNABY BASEBALL' around the perimeter and a stylized 'SB' in the center. Below the logo, the text 'Join one of the oldest youth baseball clubs in BC! Spring programs available for kids 4 - 18 years old.' is centered. Below this is an orange rounded rectangle with the text 'REGISTRATION OPEN DEC 01, 2023 - FEB 28, 2024'. Below the rectangle, the text 'For more information or to register, visit: WWW.SOUTHBURNABYBASEBALL.COM' is centered. At the bottom, the text 'Dedicated to youth sports since 1952 Member of BC Minor Baseball Association' is centered.

SOUTH BURNABY BASEBALL

Join one of the oldest youth
baseball clubs in BC!
Spring programs available for
kids 4 - 18 years old.

**REGISTRATION OPEN
DEC 01, 2023 - FEB 28, 2024**

For more information or to register, visit:
WWW.SOUTHBURNABYBASEBALL.COM

Dedicated to youth sports since 1952
Member of BC Minor Baseball Association

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
8 Welcome Back	9	10	11	12
HIP HOP				
15 CPAC Meeting 9:30am	16	17	18	19 Popcorn Day 
SPORTS EQUIPMENT DRIVE				
22	23	24 Tea Time Guest Speakers from the Bby Public Library 	25 Adult Yoga & Zumba Begins	26
29	30	31		

For more detailed school-wide calendar, click [here](#)

Upcoming dates:

February 16: Pro D Day

February 19: Family Day School Closed

March 16 – April 1: Spring Break

