

SECOND ST. COMMUNITY SCHOOL NEWSLETTER APRIL 2024

SECOND STREET COMMUNITY OFFICE

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School Principal
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A Note from the Community Office

Grab a Neighbour and Make it Happen!

So much has been surfacing in the past year or so about the power of social connections on our health and wellbeing. You may have heard the startling statistic that the US Surgeon General cited in his most recent book: **"Together: The Healing Power of Human Connection in a Sometimes Lonely World"**, describing the impact on our mortality, due to being lonely or disconnected, is similar to, the impact of us smoking 15 cigarettes a day!

Dr. Bruce Perry also highlights the impact of social connections on our wellbeing:
"Our major finding is that your history of relational health—your connectedness to family, community, and culture—is more predictive of your mental health than your history of adversity.... This is similar to the findings of other researchers looking at the power of positive relationships on health. Connectedness has the power to counterbalance adversity."

We are so fortunate in this community, as we endeavour to build and strengthen relationships through formal and informal means, as we gather together, plan together, welcome in neighbours, focus on service and kindness with our students, and have our school act as a hub of information, service, resources and of course, relationships.

Knowing we can always increase our bonds and care for one another, I wanted to make sure you all knew about the **Neighbourhood Small Grants (NSG) project provides grants of up to \$500 for projects that connect people socially or involve sharing skills or talents with each other.** The NSG website explains: *"Why are we doing this? Because magic happens when neighbours connect. It forms friendships, makes our communities safer and more vibrant. We have helped make communities in British Columbia stronger, safer and more welcoming since 1999."*



I urge you to have a look at the website. I have seen many of these projects in action and they are wonderful and don't have to be fancy to be powerful ways to connect us. **Applications are open until April 18th, for this round of applications.**

Grab a friend and apply! Create a Neighbourhood BBQ? Have a weekly knitting Club? Gather friends to do some gardening or art? Have a neighbourhood Family Dance at the end of your street? Have a picnic at one of the parks nearby?

Get creative and connect! It's fun -- and healthy!

Here is the website to register and learn more:

<https://neighbourhoodsmallgrants.ca/community/burnaby/#stories>

Together Strong (LITERALLY!!!!), Gayle Beavil

BOTTLE DRIVE & SPORTS GEAR COLLECTION – HAPPENING THIS WEEKEND!

SATURDAY, APRIL 6TH 9:00 – 11:00AM



We want your Refundable Containers!

Bag your refundable containers (water, soda, milk, juice, etc.), in a clear or blue bag and drop them off in the undercover area at Second Street Community School (17th Avenue & 1st Street) from 9:00 – 11:00am, and we'll take them to the depot.

All funds raised go back to the student experience – field trips, music program and classroom activities.

If you can't make drop off, contact us (text: 778 229 4703) and we'll arrange another time for pick up/drop off.

Or drop off any time!

Any time throughout the year, you can drop off refundable containers at any Express Return-It Depot - visit <https://www.return-it.ca/locations/metro-vancouver/> for a full list of locations.

Use the school's phone number to connect your drop to us: **604-296-9029**

★ SPORTS GEAR ★
Collection Drive

April 6

**DROP OFF:
9 – 11 am
undercover
area**

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

Drop off at the undercover area on Saturday, April 7 from 9 – 11am. Or contact us to arrange pick-up: secondstreetschoolcouncil@gmail.com

Sport Gear Collection

Do you have sports balls, basketball, soccer, football, rubber frisbees, small cones and hula hoops, that you no longer need? Drop them off this weekend for our students to use during lunch and recess.

Drop them off in the undercover area this **Saturday, April 6th from 9 – 11am.**

Contact secondstreetschoolcouncil@gmail.com

to arrange pick-up if you cannot make it.

Me-n-Ed's

PIZZA PARLORS

PIZZA NIGHT FUNDRAISER!

Mention **SECOND STREET SCHOOL**
when you order for take-out,
dine-in, or delivery
on **THURSDAY, APRIL 25TH**

Me-n-Ed's will donate 20% of the sales back to the school!



Burnaby 604-521-8881

Help support Second Street and get the night off from cooking!

On Thursday, April 25th, order from Me-n-Ed's pizza and they will donate 20% of sales back to the school!



It's that time of year - **tax time!** Burnaby Neighbourhood House is here to help with their **tax clinics**. The BNH Income Tax Clinic is now open for Burnaby residents! Take the first step by **checking your eligibility** and filling out our pre-screen online form by clicking [here](#).

Registrations is required for appointments. All tax services are free of charge, but you must be a member of the BNH. Individual \$5 or Family \$10 (cash or cheque only).

- **Brentwood House** - Tuesday 10 am-1 pm (In person Appointments)
- **North House** - Thursday 10 am-3 pm (In person Appointments)
- **South House** - Saturday 10 am-3:30 pm (In person Appointments) Learn more

at <https://burnabynh.ca/volunteer-income-tax-program/>

Our annual Senior's Tea is coming up soon. Friday, May 3rd.

Invitations will be available next week.



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, April 15**
TIME: **9:30am**
PLACE: **Community Room (upstairs)**



Coffee and snacks will be provided

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!

At these meetings:

- Strengthen the school community and neighborhood through conversation and connection with other parents and the community members
- Hear from the Principal and Community School Coordinator to find out what students are engaging in
- Learn how you can support the students' activities and learning
- Get answers to your questions about school and learning
- Help make decisions about what happens at the school

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



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

"CommuniTEA TIME"

Wednesday, April 24
9:00 am – 10:30 am
In the Second Street Community Room



How are we doing as a community? Let's gather, check-in and share ideas.

Coffee and light snacks will be provided.
Toddlers are welcome.

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

There are still a few spots left for Second Street's Adult Yoga and Zumba classes. Register online here:

https://anc.ca.apm.activecommunities.com/burnaby/activity/search/detail/25799?onlineSiteId=0&from_original_cui=true



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
April 18 - June 6, 7pm-8pm
Activity #: 31286



Registration starts Thursday March 7th 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/25799

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, 7 sessions
Second Street Community School; Community Room
May 2 - June 13, 9:30am-10:30am
Activity #: 31285



Registration starts Thursday March 7th 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/25798

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



Preschool at Second Street

To register, call 604-297-4838 or visit any Burnaby recreation centre. There are two sessions to choose from, Tuesdays or 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.

Tuesdays, \$130.50, 9 sessions

Second Street Community School; Portable
April 9-June 4, 9:30am-11:30am
Activity Number: 25918

Register early! Burnaby.ca/webreg

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

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

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



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Thursdays, \$130.50, 9 sessions

Second Street Community School; Portable
April 11-June 6, 9:30am-11:30am
Activity Number: 25917

Register early! Burnaby.ca/webreg

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

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

For more information please contact: Brett Boland
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604-297-4831 | brett.boland@burnaby.ca



CPAC BULLETIN BOARD

Check out how you can help at Second Street, what the council is up to and how you can help fundraise for our school.

🔑 Check out the “Job Jar” for volunteer opportunities:

https://docs.google.com/document/d/1iUWOuxxBr5sK7LFDmpWI6fm2g_NACA6C4FktJtWbzDE/edit

In addition to volunteering, the following are on-going ways to contribute to our school.

- **Refundable Containers** - Drop off empty containers at an Express Return-It Depot and credit the school using: **604-296-9029**
- **YOGA MATS** - Donate your old/unused yoga mat so we can create a class set of sit pads for when our students learn outside. Drop them off at the Community Office.
- **Cash for Clothes** – Have clothes you are getting rid of? Drop off bagged clothes to Second Street School Community Office. The school earns money for each bag donated to our school.

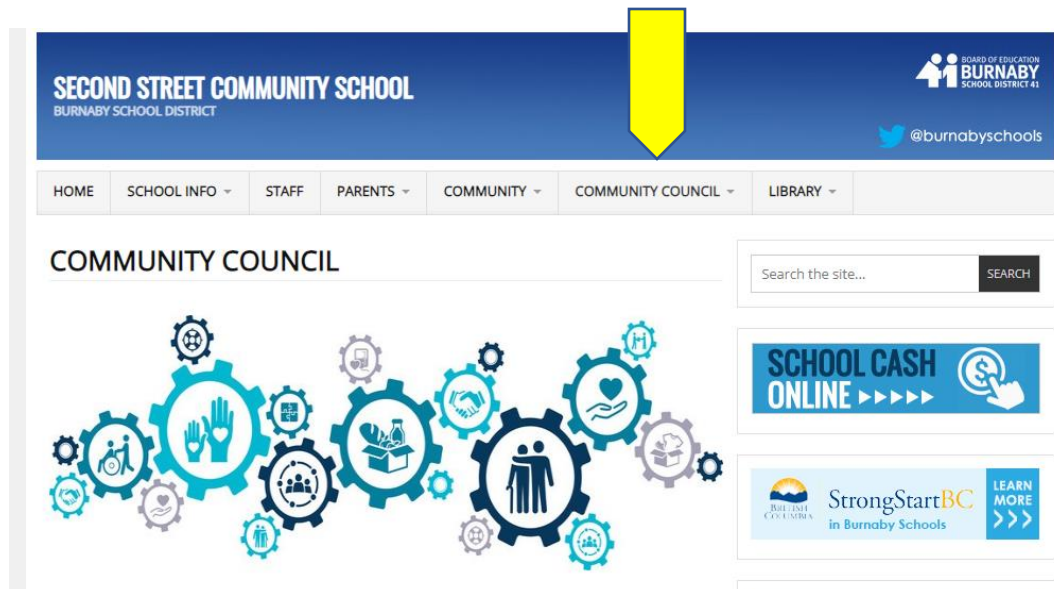
Come to our monthly CPAC meetings. Upcoming meeting dates:

Monday, April 15th 9:30am

Monday, May 13th 6:30 pm

Click [here](#) to view February Meeting Minutes.

And be sure to check out the [Community Council](#) tab on our webpage and [Facebook](#) page.



The screenshot shows the website for Second Street Community School, Burnaby School District. The header includes the school name and logo, and a navigation menu with tabs for HOME, SCHOOL INFO, STAFF, PARENTS, COMMUNITY, COMMUNITY COUNCIL (highlighted with a yellow arrow), and LIBRARY. Below the navigation is a search bar and a large graphic of interlocking gears with various icons representing community and education. To the right of the gears are two promotional banners: "SCHOOL CASH ONLINE" and "StrongStartBC in Burnaby Schools".



Free Spring Program for Families!

Learn about healthy eating, physical activity, and building long-lasting habits as a family in Generation Health. This 10-week program for families with children ages 8 to 12 is FUN and interactive!

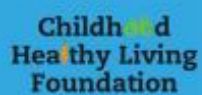
Delivered through YMCA BC starting April 2024 on Tuesday and Wednesday evenings.

Families who join this program will receive a complimentary YMCA membership.

Register today!



gv.ymca.ca/generation-health
generationhealth@bc.ymca.ca



**University
of Victoria**





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 Bottle Drive/ Sports Gear Drive 9-11am
8	9	10	11	12 Popcorn Day (am)  Talent show (pm)	
15 CPAC Meeting 9:30am	16 Adult Art Class Begins 9:30 – 11am 	17	18 Pizza Day  Adult Yoga begins * registration required	19	
22	23	24 Tea Time 9 – 10:30 	25	26	
29 Pro D Day NO SCHOOL	30				

Upcoming Dates:

- May 3 – Seniors' Tea
- May 10 – Popcorn Day
- May 17 – Sports Day / Pizza Day
- May 31 – Freezie Sale