

### North Ridge Elementary

13460 – 62 Avenue Surrey, BC V3X 2J2  
Phone: 604-599-3900 Fax: 604-599-7396  
[www.surreyschools.ca/northridge](http://www.surreyschools.ca/northridge)

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#### MS. ELFSTROM AND MR. REDDING'S MESSAGE

Congratulations to North Ridge students and staff for all their hard work through January and February. We have seen many outstanding student projects and assignments and a full season of sports and extra-curricular activities. Teachers have also started working on communicating student learning which will show up through your child's CSL reports or FreshGrade, which will go home March 10th. Make sure you set some quality time aside to share with your child all of his or her successes. With Spring Break sneaking up on us, we wish you a safe and happy two weeks full of fun activities and hopefully some warmer weather as well.

Sincerely,  
Ms. Elfstrom, Acting Vice Principal  
Mr. Redding, Principal

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#### WHY WE NEED YOUR CHILD AT SCHOOL EVERY DAY

Here are some critical reasons why we want and need your child at school, on time, every school day.

1. We love your child! When they are not here, we miss them! They are important and our class community grows around them.
2. Habit is everything: If you let your child frequently miss school or sleep in, you are building a poor lifelong habit. We do not want your child to develop a habit that they stay home if things get tough or if they are a little tired. It is far better to build habits of endurance, perseverance and commitment. These good habits will serve your child well in life!
3. Learning happens best when your child is relaxed, happy and involved. If you let your child miss many school days, they will become more anxious, confused and disconnected; learning will then grind to a halt. Ensure they come every day to keep their learning in a good flow!
4. Research shows that students who attend school regularly are much more happy and emotionally healthier than kids who frequently miss school.

Of course, the exception is when your child has a fever, stomach flu or is really sick. During these times, your child needs to rest and recuperate before coming back to school.

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#### OFFICE HOURS

8:00 am – 3:30 pm

#### **Office Staff:**

Mrs. Pauline Grigoletto  
and  
Ms. Carly Favero

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#### Student Absences

If your child is going to be absent from school, we would appreciate it if you would phone before 9:00 a.m. to let us know. We have a call home policy to ensure student safety on the way to and from school and if we are not informed of a student absence, our secretary must spend a great deal of time calling student homes. We do have an answering machine to leave a message if you are calling during non-school hours. The school phone number is 604-599-3900.

## ADOPT-A STREET NORTH RIDGE



Our Community Service and Events Team are proud to announce that North Ridge is now the official community clean up team on 62<sup>nd</sup> Avenue from 132<sup>nd</sup> Street all the way to King George Boulevard. We have arranged a series of after-school clean up sessions with our leadership team. The City of Surrey is providing safety vests, pickers and garbage bags for our team! A big thanks to Ms. Targerson who has spearheaded and secured this great leadership initiative!

## JUMPSTART 2022

Our JumpStart leaders, Matt and Molly are providing an energetic, fun game time every Monday after school in our gym (2:30-4:30) for our excited Grade 2 students. It will continue to run on Mondays until May 2<sup>nd</sup>. Currently, this program is full due a wonderful response from our Grade 2s!

## BASKETBALL STARS



All three North Ridge teams had excellent seasons with many action-packed games! The Grade 7 boys' team had some excellent games against Strawberry Hill, Cougar Creek and Martha Currie. The Girls team also had a great season with four games against Cougar Creek. The Grade 6 boys' team had a fantastic time playing 2 games against W.E. Kinvig School. We hope to be able to play against the staff before spring break! A special thanks to all our basketball coaches for a great season: Ms. Han, Ms. Godownwala, Mr. Lee, Mr. Naidu, Mr. Pitre and Mr. Redding.

## FLYING BIRDIES

Did you know that a badminton birdie can travel up to 100 meters a second? These fast-flying objects will be spotted all over North Ridge as badminton season starts in March! We will have two teams this year. The Grade 6 and 7 teams will play against other schools in our area. Keep practicing over Spring Break!



## PARENTS AS PARTNERS

### Spring Break Math Activities

**Playing Store:** Use real or pretend money to have your child 'pretend' to buy small items. They can get used to the various coins and what they are worth.

**Counting Cars:** Have your child count the number of cars that pass on the street in a given period of time. Also, you can both pick a car colour and have your child count red cars while you count white cars. Whoever gets to 10 first wins.

**Comparing Grocery Products:** Have conversations with your child about comparing cereals, crackers, milk or other items. You can compare nutrients, prices, sizes, etc.

**Exercise Log:** Have your child keep a record about the number of minutes they exercise and compare it to the number of minutes they watch TV or play video games each day.

**Tracking Commercials:** Use a watch to determine how many minutes of commercials are in a 30-minute TV show. Also, you can track gender role stereotyping in commercials. How many commercials use female actors for household items and use male actors for items such as cars, cell phones, technology, etc.? The results may astound you!

## PINK SHIRT DAY COMING



As we look forward to Pink Shirt Day on Wednesday, February 23<sup>rd</sup>, it is important to remind ourselves to be kind in life, continue to learn how to be kind to all people and how to be reflective if we make a mistake and do something unkind. Being a kind and caring community is something we are extremely proud of; we see many examples of kindness every day at North Ridge, and it is a virtue we continue to strive toward!

## EVEREST WEARS A MASK

A few weeks ago, Everest made a photo display of how and how not to wear a mask. Here is the humour of Everest, below!



The Chin Strap



the Earring



The Hat



The Bracelet



The Blindfold



The Mask

## NORTH RIDGE PAC STARS

Thanks so much to our North Ridge PAC team who have contributed funds in so many different ways to our school and students. From field trip funds to classroom funds to our spirit wear orders to subsidizing many activities at North Ridge including our weekly delicious hot lunches, we are so grateful! They are also helping us raise money for valuable items such as books and technology. Thanks for everything you do, North Ridge PAC!

## NORTH RIDGE SUPER WRITERS

### Why Kids Should Eat Pizza

Do you like pizza? Who doesn't! Pizza is a delicious treat that kids should be allowed to eat at least once in their lives and here's why.

Although pizza isn't the healthiest food to eat daily, it's perfectly fine to eat it in moderation. It makes a nice treat every now and then, and as long as kids eat it every other week or so, it's perfectly fine.

Secondly, it's not that hard to make a pizza healthier. If you love pizza and probably don't want to eat it every other week or so, you can always make changes to a pizza to make it healthier. For example, your pizza can be homemade with a whole-wheat crust, less cheese or vegan cheese and added veggies. Balancing the pizza with a salad even works as well!

Finally, kids should be allowed to eat pizza due to the fact that it's pretty easy to burn off the calories pizza contains. Most kids are active and should be able to burn off the pizza's calories throughout the day by doing exercises, running and doing something outside.

Therefore, in my personal opinion, kids should be allowed to eat pizza because it's a good treat in moderation, it's easy to make it healthier and it's easy to lose the calories you gain from it.

By Reese, Div. 1

### READING LINK CHALLENGE

March 4<sup>th</sup> at 9:00 we will be having our in-school Reading Link Challenge. Chloe and Chris from the Newton Public Library will be hosting the challenge on teams. This year, 8 teams of 6 students from Grade 4 and 5 will be competing. They have worked hard reading this year's books as well as writing practice questions to help themselves prepare for the event. All participants should feel proud of their hard work, commitment and willingness to challenge themselves. A big thank you to Ms. Brar and the Grade 6/7 buddies who are helping students prepare.



### RANDOM ACTS OF KINDNESS

This week, we have been practicing acts of kindness. Students have been encouraged to write positive messages to our school community to include in the display "Spread Kindness Like Confetti". Our display grows every day, it reminds us that kindness spreads and inspires.

Thank you to Mrs. E. Campbell, Mrs. Young, Mrs. Jawanda, Mrs Targeson as well as the Grade 6/7 leadership events and community group for your work in spreading kindness.

Ms. Elfstrom

To acknowledge Random Acts of Kindness Day (February 17, 2022), students at North Ridge Elementary School created cards for health care workers at Surrey Memorial Hospital. The care with which students took to create cards was truly magical. The cards were beautifully decorated and filled with messages of kindness, hope and encouragement. Great job supporting important members of our community, Stars!

Ms. Targerson

# READY, SET, LEARN

## You are invited!

**Who:** Three- and four-year-old children and their parents/caregivers

**When:** Wednesday, May 4<sup>th</sup>, 2022 Time: 1 – 2 pm

**Where:** North Ridge Elementary  
13460 62 Avenue, Surrey  
604-599-3900

**\*\*Please call the school by Wednesday, April 27<sup>th</sup> if you wish to attend\*\***

You're invited to visit our school for this exciting early learning event.

Ready, Set, Learn is a program designed to provide children and families with an opportunity to participate in a series of play-based learning activities within the school setting. This early learning program is part of an initiative sponsored by the Ministry of Education.

Parents/caregivers will receive helpful tips to support their child's learning and development, as well as information about the early learning programs offered by the school district and the community resources available to families. It is a great way for you to get to know your future school and meet the principal, staff and students. The children will receive a book to take home with them.

Please visit the BC Ministry of Education website for the booklet *Helping your preschooler get ready for school* (English and translations available).

[http://www.bced.gov.bc.ca/early\\_learning/rsl/](http://www.bced.gov.bc.ca/early_learning/rsl/)

*Please share this information with anyone you know who has a three- or four-year-old child*

## Upcoming Events

**Feb 21**  
Family Day

**Feb 23**  
Pink Shirt Day

**Feb 24**  
Mucho Burrito -  
PAC

**Feb 25**  
Non-Instructional  
Day

**March 3**  
Subway/Kernels  
Popcorn – PAC

**March 4**  
Reading Link  
Challenge – Gym  
9 – 10:20 am

**March 10**  
Fresh Slice/Yogurt  
– PAC

Report Card #2  
Home

**March 11**  
Last day before  
Spring Break

**March 14-25**  
Spring Break

**March 28**  
School Reopens