



Kirkbride Elementary School

12150 – 92nd Avenue, Surrey B.C., V3V 1G2

Phone (604) 588-5711

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Principal: Mr. Martin Bobik

Vice Principal: Ms. Rhonda Aldus

School website: www.surreyschools.ca/schools/kirkbride

January 20, 2020

Mission Statement: The staff of Kirkbride Elementary School is committed to fostering positive, supportive relationships between students, parents and school personnel.

Principal's Message

Welcome back to all of our Kirkbride families. Now that Christmas has come and gone, classes have begun working hard in January to cover the second term curriculum. The teachers will be assessing and evaluating their students in preparation for writing their reports, which go out on Thursday, March 12.

We know that not every student will achieve top marks, however, everyone is capable of reaching their own level of excellence. If we all support and value the same ideals, we have an excellent chance of bringing about positive change at our school.

The following is a list of ways you can support the development of "success building" at Kirkbride:

- * Positive reinforcement (encourage children to strive to do their best in all endeavors - academic and social)
- * Make sure school work takes precedence over extra-curricular activities
- * Have students take responsibility for getting to school on time (late arrivals disrupt the learning of your child and their classmates)
- * Expect and encourage truthfulness. We all make mistakes and by acknowledging errors and taking responsibility for our actions, we grow as individuals
- * Take ownership of our school property. Help keep our school and playground tidy, rather than have the "I didn't mess it so I am not going to clean it" attitude
- * Choose not to "be cool" but to be a good person who respects differences.

Success comes in many forms and Kirkbride encourages all children to become involved and aspire to being successful through honouring that which we believe in - RESPECT for self, others, and property. Whether your son/daughter is an A student or a C student, I encourage you to be a positive part of their academic and social development.

Dates to Remember:

| | |
|-------------|--|
| Jan. 23 | Jump Rope for Heart event |
| Jan. 23 | Wellness Family Fair - 6:00 to 7:30 pm |
| Jan. 29 | PALS - for registered three and four year olds |
| Jan. 31 | Beach Day/Spirit Day - Grades 2 to 7 to Sungod |
| Feb. 3 | Delta Gymnastics at school - further information to come |
| Feb. 14 | Spirit Day - wear red and white |
| Feb. 17 | Family Day - No School |
| Feb. 21 | Pro D Day - No School |
| Feb. 26 | Anti-Bullying Awareness Day - Wear Pink |
| March 14-29 | Spring Break |
| Mar. 30 | First day back after school |

Wellness Family Fair

Come out to our Wellness Family Fair this **Thursday, January 23 from 6:00 to 7:30 pm**. There will be Bhangra, Yoga, Fitness Circuit, Healthy Eating, City of Surrey Programs. See the attached recipes.



Kirkbride Elementary
12150 92 Ave, Surrey BC



JANUARY 23, 2020
6pm - 7:30pm

**INFORMATION
BOOTHS**

Healthy Eating
Healthy Lunch Ideas
City of Surrey Programs
Food Waste

ACTIVITIES

Bhangra
Crafts
Fitness Circuit
Sensory Play
Yoga
Dance

EVERYONE WELCOME!

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Kindergarten Registration

Children who will turn five years old before January 1, 2021 (born in 2015) are eligible to begin school in September 2020. Registration has begun. Please come into the office to register and bring the following documents:

- Proof of Birth Date for the student (*birth certificate or passport*)
- Proof of Guardianship (*parents/guardians as shown on birth certificate or other appropriate legal documentation such as landed immigrant paper or guardianship order*)
- Proof of Citizenship for both the parent and the student (*Canadian birth certificate, citizenship card, passport, landed immigrant document, permanent resident card, enhanced driver's license or enhanced identification card*)
- Proof of Residency (*purchase or rental agreement, cable, hydro or gas bill*)
- Health Documents (*Care card, immunization records, medical condition information*)

Basketball

Grade 6 and 7 boys and girls basketball game season has begun this week. Boys' games are on Wednesdays and girls' games are on Thursdays. Parents are welcome to come out and watch our student athletes play against other schools.



Zumba

Thank you to our Zumba instructor, Olga. The students enjoyed participating in Zumba.



Jump Rope for Heart

Our Jump Rope for Heart event is happening on Thursday, January 23. You can donate at www.jumpropeforheart.ca.



Rockin' Readers

Our December Rockin's reader winners are: Roopika - Div. 1, Jasneet - Div. 4, Jaiden - Div. 5, Ikshita - Div. 6, Anayk - Div. 7, Emeke - Div. 8, Manjot - Div. 9, Pavan - Div. 10, Anum - Div. 11, Aneet - Div. 12, Hridayansh - Div. 13, Amera - Div. 14, Gurman - Div. 15, Mehram - Div. 16, Muhammad - Div. 18.

Super Kids' Award

Congratulations to the following students for being responsible: Hridayansh - Div. 13, Jayson - Div. 15, Dhanajay - Div. 7, Harnoor - Div. 12, Karanveer - Div. 15, Zoey - Div. 15, Aryan - Div. 15, Ayaat - Div. 8, Gurpratap - Div. 15, Sarah - Div. 12.

Winter Weather

Please remind your child(ren) to dress warmly for the winter weather. They should have a warm jacket/coat and gloves. It is also a good idea to keep a spare pair of clothes for your child(ren) at school.

Student Absences

If your child is going to be absent for the day, please call the school by 9:00 am at 604-588-5711. You can also leave a message 24 hours a day at 604-588-5711 and by pressing 1.

Easy and Fast
Recipes
for the entire
family!



Need healthy snack ideas?

- Fruit kebabs (with cheese if desired)
- Edamame
- Homemade muffins (see recipe)
- Banana bread (see recipe)
- Vegetables with hummus
- Roasted masala chickpeas (see recipe)
- Yogurt parfait (see recipe)
- Air-popped popcorn
- Protein pinni (see recipe)
- Guacamole and whole wheat tortilla chips
- Homemade nut free trail mix (see recipe)
- Plain yogurt topped with fresh or frozen berries
- Applesauce cup
- Fruit cup packed in water
- Whole grain crackers and cheese

Look inside for delicious and healthy recipes!

Information provided by:

Sehat Program | South Asian Health Institute | Fraser Health
www.fraserhealth.ca/SAHI | southasianhealth@fraserhealth.ca



fraserhealth

Better health. Best in health care.

Breakfast Recipes

Sehat Dalia

Serves: 1

Ingredients

¼ cup dalia
¼ cup water
½ apple, chopped (or fruit of choice)
½ tsp cinnamon
½ cup milk or unsweetened soy beverage

Directions

In a non-stick pot over medium heat, combine dalia, water, and milk. Add in chopped apples and stir often. Cook for about 10-15 minutes, or until almost all of the liquid is gone and the dalia is creamy. Serve with your choice of toppings.

Fun Toppings

Nuts / Seeds: Almonds, chia seeds, walnuts, pumpkin seeds or pistachios
Fruits: Apples, banana, blueberries, dried fruits or strawberries
Others: Dark chocolate, cinnamon, or coconut

Sehat smoothies

Serves: 1

Fruity oatmeal

1 cup milk
½ cup frozen mixed berries
2 tbsp rolled oats

Directions: In a blender, combine all ingredients and blend until smooth.



Berry sunrise

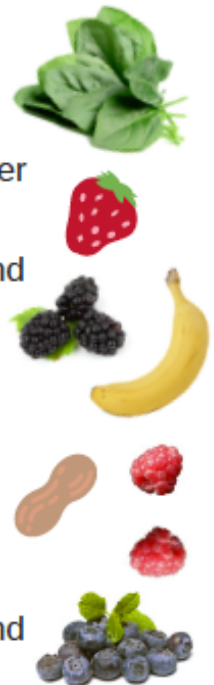
1 cup milk
1 medium banana
½ cup fresh or frozen strawberries

Directions: In a blender, combine all ingredients and blend until smooth.

Peanut banana

1 cup milk
½ frozen banana
1 tbsp natural peanut butter

Directions: In a blender, combine all ingredients and blend until smooth.



Sweet greens

1 cup milk
½ cup frozen raspberries
½ cup spinach or kale

Directions: In a blender, combine all ingredients and blend until smooth.

Snack Recipes

Banana bread

Ingredients

- 1 $\frac{3}{4}$ cup whole wheat flour
- $\frac{1}{3}$ cup vegetable oil such as olive oil
- $\frac{1}{2}$ cup honey
- 2 eggs
- 2 large ripe bananas, peeled and mashed
- $\frac{1}{4}$ cup milk
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ cup chopped walnuts (optional)

Directions

Preheat oven to 325°F and grease a 9 x 5-inch loaf pan. In a large bowl, whisk together the oil and honey. Add in eggs and mix well. Add in the mashed banana and milk. Mix in baking soda, vanilla, salt, and cinnamon. Slowly fold in flour and mix. If desired, add in walnuts until combined. Pour mixture into loaf pan. Bake for 60 minutes or until a toothpick inserted into the center comes out clean.



Parfait Serves: 1

Ingredients

- $\frac{3}{4}$ cup plain greek yogurt
- $\frac{1}{4}$ cup granola or whole grain cereal
- $\frac{1}{4}$ cup fresh or frozen mixed berries

Directions

To assemble parfait, layer yogurt with the berries and top with granola or whole grain cereal.



Sehat Popsicle

Ingredients

- 2 cups Vanilla Greek yogurt
- 2 tbsp. Honey
- 2 cups Blueberries

Supplies Needed:

- 1) Popsicle mold
- 2) Wooden popsicle sticks

Directions

Blend the blueberries until they have a smoothie consistency. Pour the blueberry liquid into a bowl. Stir in honey. Add the yogurt and mix everything together. Pour mixture evenly into each popsicle mold. Freeze for 2 hrs and add a wooden stick in the middle of each popsicle. Continue to freeze for another 4-6 hrs or overnight.

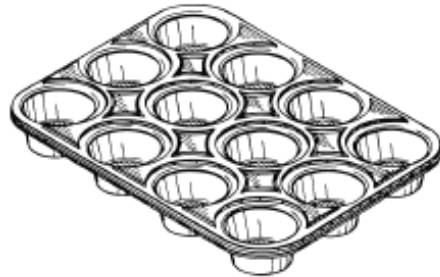


Snack Recipes

Egg-Free Muffins

Ingredients

- 1 ½ cups whole wheat flour
- ½ cup all purpose flour
- ¾ cup brown sugar, packed
- 1 tbsp baking powder
- 2 tsp baking soda
- 2 tsp ground cinnamon
- ½ tsp nutmeg
- ½ tsp salt
- ¾ cup unsweetened applesauce
- ½ cup canola oil
- 1 apple, peeled, and shredded
- ½ cup unsweetened coconut flakes
- 1 tbsp vanilla extract
- 2 cups grated carrot (~ 3 medium carrots)
- ½ cup walnuts, chopped
- ½ cup raisins



Directions

Preheat oven to 400 degrees Fahrenheit. Grease a muffin tin or line with paper liners. In a large bowl add all flour, sugar, baking powder, baking soda, cinnamon, ginger, and salt, and mix well. Whisk in the applesauce, oil, apple and vanilla. Fold in the carrot, raisins, coconut, and walnuts and mix. Divide batter evenly into the muffin cups. Bake for 10 minutes then reduce heat to 350 degrees and bake for an additional 10 minutes, or until a toothpick inserted in the center comes out clean.

Snack Recipes

Nut-free trail mix

Serving size = 1 tablespoon

Ingredients

- ½ cup raw pumpkin seeds
- ½ cup raw sunflower seeds
- ½ cup raisins
- 60 pretzel sticks



Directions

Combine all ingredients in a bowl and mix well. Store in an airtight container for up to 2 weeks.



Protein pinni

*Makes about 24 pinnis

Ingredients

- 1 cup rolled oats
- 2/3 cup unsweetened coconut flakes
- 1/2 cup peanut butter or *nut free butter
- 1/4 cup ground flaxseed
- 1/4 cup hemp seeds
- 1/3 cup honey
- 1 tbsp chia seeds
- 1 tsp vanilla extract



Directions

In a large bowl, combine all ingredients. Let it set in the fridge for 30 minutes. Roll into small balls (about 1-inch size).

Store in an airtight container in the fridge.

*WowButter or NoNut Butter

Roasted masala chickpeas

Ingredients

- 1 can (540 mL) no-salt-added chickpeas, drained and rinsed
- 1 tbsp olive oil
- ½ tsp paprika
- ½ tsp garlic powder
- 1 tsp garam masala

Directions

Preheat oven to 350°F. Combine chickpeas, olive oil, garlic powder, paprika, and garam masala and mix well. Evenly spread chickpeas onto a non-stick baking sheet and bake for about 45 minutes or until chickpeas are crisp. Stir chickpeas occasionally.



Lunch Recipes

Garlicky Tofu Stir Fry

Ingredients

For the stir-fry:

- 1 pound extra firm tofu
- 2 garlic cloves, peeled and minced
- 2 inch (5 cm) piece of ginger root, grated
- 3 cups broccoli, roughly chopped into small pieces
- 2 cups shredded carrot
- 2 cups green bell pepper, chopped
- 1 medium yellow onion, chopped



For the garlic stir fry sauce:

- 1 tbsp low sodium soy sauce
- 2 tbsp lemon juice
- ½ cup no salt added vegetable broth or homemade broth.
- ½ tbsp corn starch
- 1 tbsp olive oil
- Cilantro (optional)

Directions

In a small bowl, whisk all sauce ingredients together and set aside. Heat wok or a large skillet over medium-high heat. Add oil and swirl to coat wok. Sauté onions, garlic, ginger, and tofu for about 10 minutes, or until tofu turns light brown. Add broccoli, carrots, and green bell pepper. Sauté for about 5 minutes. Stir in sauce mixture and cook for a full 3 minutes to allow the corn starch to thicken the sauce. Once cooked, garnish with cilantro if desired.

Tip: To complete your meal, serve your stir fry on top of brown rice, whole grain spaghetti noodles or quinoa. Prepare this recipe in bulk on the weekend and enjoy lunch for the next week. Store leftovers in the fridge.

Note: Stir fry sauce is not spicy.

Avocado prantha

Ingredients

- 1 avocado, big
- 1 cup whole wheat flour
- 1 teaspoon lemon juice
- 1/2 tsp ground cumin
- 1/4 tsp red chili powder
- 1/4 tsp carom seeds (or ajwain seeds)
- 2 tbsp coriander, chopped
- Salt, to taste



Directions

In a bowl, add flour and set aside. In a small bowl mash avocado using a fork and mix in cumin, salt, red chili powder, carom seeds, lemon juice, and coriander. Add avocado mixture to the flour. Knead dough until smooth. If needed use a small amount of water to knead dough

Tip: Enjoy with a side of plain Greek yogurt!

Lunch Recipes

Sehat pizza

Serves: 1

Ingredients

- 1 whole wheat pita or whole wheat naan
- 1 ½ tbsp tomato Sauce
- 1 tsp Italian herb blend
- ½ cup mozzarella or marble cheese, shredded

Directions

Preheat oven to 350°F. Place whole wheat pita or whole wheat naan on to a baking sheet. Spread tomato sauce on top. Sprinkle with Italian herb blend. Top with your choice of pizza toppings and cheese. Bake for 10-12 minutes, or until cheese melts. Enjoy!

Choose at least 2 Toppings:

- Mushrooms, sliced
- Tomato, sliced
- Spinach, shredded
- Green pepper, cut up
- Onions, diced
- Pineapple, cut up



Southwestern Penne Pasta Salad

Ingredients

- ½ pound whole wheat penne pasta (or any pasta of your choice)
- ½ 15-oz can black beans, drained and rinsed (about 1 cup)
- ½ cup chopped red bell pepper
- ½ cup small red onion, diced (about 1 small onion).
- ½ cup frozen corn (defrosted)
- 2 teaspoons lime juice
- 1 tbsp olive oil
- 1/3 cup crumbled feta cheese

Directions

Cook the pasta using the package directions. Drain and set aside. Make the dressing by mixing together lime juice, and olive oil. In a bowl, toss together warm cooked pasta, beans, pepper, corn, and dressing. Top with feta cheese.



Lunch Recipes

Thermos Friendly Vegetable Soup

Ingredients

8 cups water or low sodium vegetable broth
1 tbsp olive oil, extra virgin
1 medium onion, chopped
3 large garlic cloves, minced
2 carrots, shredded
2 celery stock, diced
15 oz can diced tomatoes, low sodium
½ cup quinoa, uncooked
1 large potato, cubed
1 ½ tsp salt
1 tsp, dried basil
1 cup corn
¼ tsp black pepper
1/3 cup parsley, chopped



Directions

Heat a large skillet on medium heat and add oil. Add onions and garlic. Saute until translucent, stirring occasionally. Add in carrots and celery and cook for about 5 minutes, be sure to stir occasionally. Transfer mixture to a large pot, add in the water or vegetable broth, diced tomatoes, quinoa, potatoes, salt, and bring to boil on high heat. Once the mixture has boiled, reduce heat to low, cover pot, and cook for about 15 minutes. Turn off heat. Stir in corn, basil, and black pepper.

Key to this recipe is to use vegetables you have in your kitchen. Ask your child what some of their favourite vegetables are and include them into the soup!

Lunch Recipes

Chickpea Salad sandwich

Ingredients

15-oz can chickpeas, drained and rinsed
2 stalks celery, chopped
1 small red onion, chopped
1 ½ tsp yellow mustard
1 ½ tsp lemon juice
2 tbsp parsley
1 garlic clove, peeled and minced



Directions

In a large bowl, mash the chickpeas with a potato masher until flaky texture. Stir in the celery, green onions, garlic, and mayonnaise until combined. Stir in mustard, lemon juice. Serve with whole grain toast, crackers, wraps, or on top of a leafy green salad

Eggless mayonnaise

* Makes 8 2 tbsp. portions

Ingredients

15 oz can chickpeas
1 Garlic clove, peeled
2 tbsp lemon juice
1 tsp mustard
1/3 cup extra virgin olive oil
Pinch of salt.

Directions

Combine ½ liquid from the can of chickpeas, chickpeas, garlic, lemon juice, and mustard in blender. Blend on high until the mixture becomes smooth.

Lunch Recipes

Balanced Quinoa Salad

Ingredients

For Dressing:

1/4 cup olive oil

1/4 cup lemon juice (from 2-3 lemons)

1 tablespoon apple cider vinegar

2 cloves garlic, minced

For Salad:

1 cup uncooked cooked quinoa

2 cups water

1 can (15 ounces) chickpeas drained and rinsed, or 1 ½ cups cooked chickpeas

1 medium cucumber, chopped

1 medium red bell pepper, chopped

1 small red onion, chopped

1 cup finely chopped fresh cilantro

Black pepper, to taste

1/4 cup crumbled feta cheese



Directions

To cook the quinoa: Combine the rinsed quinoa and the water in a medium sauce pan. Bring the mixture to a boil over medium-high heat, then decrease the heat to simmer. Cook for about 15 minutes or until the water has gone. Remove from heat, cover pan, and let the quinoa rest for 5 minutes, to give it time to fluff up.

In a large serving bowl, combine chickpeas, cucumber, bell pepper, onion and cilantro and set aside.

In a small bowl, whisk together olive oil, lemon juice, apple cider vinegar and garlic.

Once quinoa has cooled, add it to the serving bowl, and drizzle the dressing on top. Season with black pepper, to taste. For best flavour, let the salad rest for 5 to 10 minutes before serving. Be sure to mix well. Top with feta cheese.

Note: This salad keeps well in the refrigerator, covered, for about 4 days.

Lunch Recipes

Whole-wheat veggie wrap

Ingredients

- 1 whole wheat tortilla
- 2 tablespoons hummus
- 2 tablespoons shredded cheddar cheese
- 1 cup sliced fresh vegetables of your choice

Directions

Lay tortilla flat on the counter. Spread hummus evenly onto the tortilla. Add your choice of vegetables and sprinkle with cheese. Roll the bottom of the tortilla over the top, tuck each of the ends in tightly and continue rolling. Cut the wraps in halves and serve.

Choose at least two of the following vegetables:

- Chopped cucumbers
- Chopped bell peppers
- Lettuce
- Shredded carrots
- Chopped tomatoes
- Mashed avocado



Baked Paneer Tikka

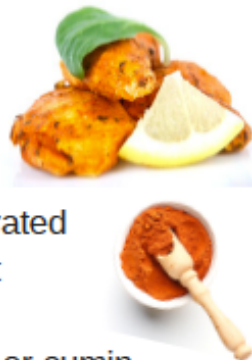
Ingredients

For the paneer:

- 2 cups paneer, cubed into 1-inch pieces
- 1 medium white onion, cut into 1-inch cube
- 1 green bell pepper, cut into 1-inch cube
- 1 red bell pepper, cut into 1-inch cube
- ½ lime

For the marinade:

- 2 tbsp mustard oil
- 2 garlic cloves, minced
- 1 inch piece of ginger, grated
- ½ cup plain greek yogurt
- 2 tsp paprika
- 1 tbsp coriander powder or cumin
- 1 tsp garam masala
- 1 tsp kasuri methi



Directions

Mix all marinade ingredients into a large bowl. Add paneer and toss well ensuring an even coat. Cover and set aside for minimum 1 hour. Preheat oven to 430 degrees Fahrenheit. To make skewers, alternate paneer cubes, onion, peppers, and paneer. Place skewers onto a cooling rack and bake for 15 minutes, turning the skewers half way. For slightly charred tikka skewer broil for 2 to 3 minutes. Remove from oven and squeeze lime juice on top. Enjoy!



**Try these recipes at
home and pack them for
your kid's lunch!**



Information provided by:

Sehat Program | South Asian Health Institute | Fraser Health
www.fraserhealth.ca/SAHI | southasianhealth@fraserhealth.ca



fraserhealth

Better health. Best in health care.

Weather-related closures, class cancellations & delayed openings

In addition to educating children, schools are expected to provide safe, supervised environments. Any cancellation, closure or delayed school opening has a significant impact on tens of thousands of families. Most cannot arrange alternate childcare when classes are cancelled or schools are closed unexpectedly.

Consequently, schools will not routinely be closed due to snow or other weather conditions unless there is damage or other circumstances (e.g., power outage) at a particular school that makes it impossible to operate safely. **No announcement will be made that schools are open; only cancellations, closures or delayed school openings will be announced.**

- **The district supports individual and family decisions regarding safety.** Student and staff safety are a priority of the school district. Parents/guardians have primary responsibility for their children's safe travel to school and staff members also decide if local conditions may be unsafe. If, for any reason, there are personal concerns about the ability to travel safely to school, other arrangements should be made. It is understood some students travel to school on routes that may be challenging on a snow day. Therefore, **no student will be penalized for lack of attendance because of such conditions.** While schools are likely to be kept open, **the decision to attend is the responsibility of each family.** Parents can phone or email the school to notify staff that the student won't be attending. **Weather-related student absences will be excused.**
- **Some schools may announce a delayed opening time.** The delayed opening time will be announced on the district website and through the media. The delay would be to allow more time to address potential issues such as a power outage or staff access to the school.
- **The district will do its best to communicate the status of schools beginning at about 6:30 a.m., when possible.** Weather, power, road and safety conditions can change substantially within a few hours, therefore assessments and decisions are made early in the morning so the information is more reliable.
- **Only closures or delayed school openings will be announced. No announcement will be made that schools are open as normal.**

Busing

Regular and special needs school bus schedules may face significant changes or cancellation as a result of weather conditions. Changes or cancellations will be reported on the district website and through news media

Announcement of closures or delayed openings

In the event of class cancellations or delayed school openings, the Surrey School District will post information on its website at www.sd36.bc.ca and provide updates to the following radio stations.

- CKNW (980 AM)
- News 1130 (1130 AM)
- CBC Radio (690 AM)
- Red-FM (93.1 FM)
- Radio India (1600 AM)
- Radio Punjab (cable/satellite)
- Fairchild Radio (1470 AM)
- CHMB (AM 1320)

Class cancellation/delayed opening information may also be broadcast on some local TV station newscasts. **Please do not call the radio stations** as staffs are very busy receiving updates and preparing newscasts.

Please do not call the schools and district offices. Calling schools and district offices is also impractical since staff members are generally not available to answer telephone calls far in advance of regular school opening time and phone lines typically become congested in any event.