



Kirkbride Elementary School

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Principal: Mr. Martin Bobik

Vice Principal: Ms. Rhonda Aldus

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

April 8, 2021

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

Principal's Message: I hope everyone had a safe and active Spring Break! It is wonderful to see all the happy students as they return to school after spring break. The cherry blossoms and daffodils mean that Spring is here! Spring is a time of renewal and I hope that all students are fresh and eager to learn in the third term.

Dates to Remember:

April 8	Virtual Grade 7 parent meeting with LA Matheson
April 14	Spirit Day – Vaisakhi/Formal Wear day
April 15	Early Dismissal day at 1:40/Interim Reports
April 21	EASE Anxiety at Home Presentation at 7:00 PM (virtual)
May 7	Pro D Day – No School

Medical Health Officer Orders

New safety measures for masks:

This Order requires all K-12 staff and all students in grades 4 to 12 to wear non-medical masks in all indoor areas, including when they are with their learning groups.

For K-3 students, the Medical Health Officer strongly recommends and encourages the wearing of a non-medical mask.

Play Zones

Students should only be within their designated play zone on the designated day.

Ongoing Playground measures for students include:

- refrain from contact with each other
- keep at least one metre distance from each other
- are encouraged to wear masks outside
- wash their hands before going outside and upon entering the school

All parents and students are asked to exit school grounds immediately afterschool.

Thank you for keeping everyone safe.

EASE Anxiety at Home Workshop

EASE Anxiety 'At Home' **Ways for Parents and Caregivers to help their Children Succeed**

Hello families,

Worries, and feeling either nervous or anxious are becoming more common experiences for children - and even adults. Especially during this time of Covid 19.

Anxiety in our children can often look like:

- repeatedly not wanting to let go of your hand to enter the classroom at the start of the day
- staying home from school with (manageable) stomach aches or headaches, when they are actually feeling anxious about something
- panicking about tests, presentations, and assignments
- even feeling as though they MUST be perfect at everything they do...



As parents you want to help your kids, but protecting them from natural challenges often makes it harder for children the next time. A child's growth and success comes from being *supported through* (rather than being sheltered from) these uncomfortable feelings.

Coming up on **April 21th at 7:00 PM**, our counsellor Mr. Wohlgemuth will be hosting a live event on Microsoft TEAMS. This event is also being supported by the school PAC. He will speak briefly about the topic of Anxiety, and also share a 70 minute video from the resource counsellors and trainers in our district. You will learn about the ideas your children may be struggling with, how they are feeling, and (*most importantly*) many simple and fun ways to help them! Please search and download the **EASE Live Event** handout from the school website, and follow the link below to attend this event.

https://teams.microsoft.com/l/meetup-join/19%3ameeting_MmI5YmVjMTgtMWQzYi00NmE5LWE5MWQtOWRIYTM4NDM0N2Rk%40thread.v2/0?context=%7b%22Tid%22%3a%2208b4e9cf-8113-420d-ba07-52f7d4df8acd%22%2c%22Oid%22%3a%22cd0c9497-bbef-4001-a768-b9ed718ba164%22%2c%22IsBroadcastMeeting%22%3a%22true%7d&btype=a&role=a

