

## Week at a Glance

### Mon, Mar 2<sup>nd</sup>

New Hot Lunch Orders Open  
Spirit Wear Ordering Begins

### Tues, Mar 3<sup>rd</sup>

### Wed, Mar 4<sup>th</sup>

Hot Lunch – Fuel and Cob's  
Reading Link Challenge Competition in Library 1:30 pm

### Thurs, Mar 5<sup>th</sup>

Divs. 7 and 8 Energy Shift Presentations  
District Science Fair @ KPU

### Fri, Mar 6<sup>th</sup>

Bake Sale by Divs. 3 and 14

### **Intensive French Registration**

If you are considering Intensive French for your child entering grade 6 in September 2020, the cut off to submit your child's name for the Intensive French lottery is 3:00 pm on Wednesday, March 4<sup>th</sup>. Parents will be informed if their child was chosen in the lottery on Friday, March 6<sup>th</sup>. Please email your child's name with the subject "Intensive French" to [bouchard\\_m@surreyschools.ca](mailto:bouchard_m@surreyschools.ca)

### **School Science Fair**

Congratulations to all our students who participated in last week's Science Fair here at Ocean Cliff. The judges were extremely impressed with the quality of the projects and the knowledge of the students. A further congratulations to Shelby in Div. 3 and Laila in Div. 5 who will be representing our school at the District Science Fair on Thursday, March 5<sup>th</sup>.

### **Hot Lunch News**

It is now time to order Hot Lunch for the Spring. Please go to MuchaLunch website to register or to place your orders. <https://munchalunch.com/schools/oceancliff>

### **Spirit Wear Launch**

Ocean Cliff Spirit Wear will be available for ordering between March 2 and March 13. This is a great opportunity to show your OC spirit with new items for children, youth and adults. Please check out following link for details. [OC SPIRIT WEAR Spring 2020.v2.pdf](#)

### **Lost and Found**

Our Lost and Found bin has overflowed and clothes are on the floor of our hallway. Please come into the school to take a look and find those missing clothes that have taken up residence in our hallway.

### **District Budget Input**

The Surrey School District is inviting all staff, students, parents and Surrey/White Rock community members to provide input on what they would like to see prioritized in the 2020-21 district budget. To take the survey and to learn more, [click here](#).

### **SUN Run Training**

If you and your child are preparing for the Vancouver Sun Run, below you will find the training schedule for this week.

#### **WEEK 5 Mar 1<sup>st</sup>- 8<sup>th</sup>**

Session 1        46 min.

Warm-up: Walk slow & easy 5 minutes.

Run 3 minutes. Walk 1 minute.

Do this 9 times.

Cool-down: Walk slow & easy 5 minutes.

Session 2        34 min.

Warm-up: Walk slow & easy 5 minutes.

Run 2 minutes. Walk 1 minute.

Do this 8 times.

Cool-down: Walk slow & easy 5 minutes.

Session 3        42 min.

Warm-up: Walk slow & easy 5 minutes.

Run 3 minutes. Walk 1 minute.

Do this 8 times.

Cool-down: Walk slow & easy 5 minutes.