



École Heritage Park Middle School

NEWSLETTER



September 26, 2019 | Issue 1

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MESSAGE FROM THE PRINCIPAL

Dear Parents and Guardians:

We have had a very busy, yet smooth start to the 2019/20 school year. Our opening day went very smoothly. Students were placed in homerooms based on their grade level and the initial letter of their last name. Timetables were distributed in the homeroom classes. As well students attended grade level assemblies where they were welcomed to Ecole Heritage Park Middle School by the school administration. A slide show detailing the Code of Conduct- SOLES, information on Character Education, Dress Code, Hallway Behaviour Expectations, Use of School Lockers, School Boundaries was presented. We encourage students and parents/guardians to read and familiarize themselves with the opening, informative pages in the student agenda regarding school policies and expectations for students.

A NEW Cell Phone policy has been implemented this year. Cell Phone use is NOT PERMITTED during classes for any reason. Cell phones can be used during the lunch break. Feedback from staff over the first weeks of school indicates that students are more focused on their studies without the distraction of a cell phone.

Thank you to all of the families that attended the Welcome Back BBQ on September 11th. It was wonderful to meet many new faces and welcome back current students and their families

Staff is enjoying getting to know their students. We are very pleased with the behavior displayed by our students thus far – outstanding manners and positive behaviours have been observed. Students have been working diligently on assignments and projects.

We look forward to a fabulous school year with our students!

Mrs. Linda Ziefflie

Principal



- ✓ September 30 Orange Shirt Day
- ✓ October 09 PAC Meeting, Library, 7:00 pm
- ✓ October 14 Thanksgiving Day, No Classes
- ✓ October 25 Provincial Pro-D Day, No Classes
- ✓ October 30 Student Photo Retakes
- ✓ October 31 Halloween



Please be aware that staff parking spaces outside the entrance to the Clarke Theatre are for staff only 24 hours-7 days per week. Staff members are frequently in and out of the building for a variety of reasons so the parking spots need to be available upon their return.

Bus Loop Area: This area is for school bus use only. Vehicles displaying handicap parking placards are able to enter this area if a special-needs student is being picked-up from school personnel.

Exiting the rear parking lot onto Stave Lake Street: Please note that turning left onto Stave Lake Street is NOT PERMITTED from 8:30 - 9:30 am and 3:00 - 3:30 pm.

Emergency Access Requirements: Please respect the “No Stopping at Any Time” sign in front of the Clarke Theatre entrance. This allows for complete and safe access to permitted parking spaces, spaces for people with disabilities and access for emergency vehicles if required.

VOLUNTEERING IN SCHOOLS and CRIMINAL RECORD CHECKS (CRC)

To volunteer in our school district, a Criminal Record Check (CRC) is required through your local Police/RCMP detachment. Once completed, the CRC is to be submitted to the School Board Office at 33046 Fourth Avenue, c/o Human Resources.

Please be advised, to apply for a CRC, you must have 2 pieces of government issued identification. Examples of acceptable ID documents are as follows (The BCDL/CareCard combination constitutes as one piece of ID):

- BC Driver's License
- Birth Certificate
- Nexus
- CareCard
- Passport
- PAL

The RCMP/Police do not take Social Insurance Cards as they do not reflect the applicants Date of Birth.



UPCOMING LIBRARY EVENTS

Check out all the latest Mission library events at: fvrl.bibliocommons.com/events/

Scrabble Club

Thursdays, 1 pm – 4 pm

Do you have a way with words? Drop in and test your word power. All ages and experience levels.

Fall Book Sale

Friday, October 4, 10 am – 4 pm

Saturday, October 5, 10 am – 3:30 pm

Come buy some gently loved library materials. Sponsored by Mission Friends of the Library.

Decorate the Library for Halloween

Saturday, October 5, 2:30 pm - 4:30 pm

Help get the library ready for Halloween! Make creepy decorations then use them to decorate the library. For ages 12-18.

FACULTY OF APPLIED SCIENCE
OUTREACH
PRESENTS

go **ENG GIRL** 
GÉNIales, les filles

ATTENTION ALL GIRLS FROM GRADES 7 TO 10

**Come join us at the SE3P SFU building for a series of fun and
engaging engineering activities!**

**This FREE program invites girls from grades 7 to 10 to explore the
realm of engineering through an array of creative and hands-on
activities, developed and run by Simon Fraser University's very
own Women in Engineering (WiE) student group!**

WHEN?

**October 19, 2019 (Saturday)
10am – 2pm (Registration starts at 9.45am)**

WHERE?

**SE3P Building
Located at 10285 University Drive, Surrey**

HOW?

Register at visit www.sfu.ca/fas/outreach now!

**FOR PROGRAM INFORMATION OR ANY OTHER INQUIRIES, PLEASE EMAIL
US AT FAS_OUTREACH@SFU.CA**

GO GIRLS! HEALTHY BODIES, HEALTHY MINDS!



Many of us were lucky enough to have had a mentor step into our lives during our formative years – at that time when we needed them most. A parent. A teacher. A relative. Whomever, it was someone who treated us with respect and in turn earned ours. Who valued our ideas, included us, and encouraged us. Who taught us that doing good is every bit as important as doing well. And who gave us the courage to make tough decisions, the self-esteem to make smart choices and the confidence to be true to ourselves.

Go Girls! is a group mentoring program for girls ages 12-14 that focuses on physical activity, balanced eating and self-esteem. The single, most important goal of the program is to positively shape the lives of young women and girls by helping them build a positive self-image – setting them on a path to reach their full potential in life.

The Go Girls! program consists of 7 mentoring sessions, held over a 7-10 week period, after school within school facilities. Each 2 hour-long session is loosely structured around four themes: physical activity, healthy eating, self-esteem, and communication skills.

The program strives to do the following:

- create appreciation for the benefits of an active, healthy lifestyle
- build understanding of what constitutes healthy eating habits and the risks associated with eating disorders
- promote the importance of positive mental activity and regular physical exercise
- encourage awareness of core values, personal interests, strengths and attributes
- support the development of leadership and life skills
- offer guidance in establishing and maintaining friendships
- and above all, make a difference.

See Mrs. Kooy, HPMS Counsellor, if you're interested...

PARENT

—resources—

Free Apps: To Support Students With Anxiety and/or Stress



Stop, Breathe, Think



MindShift

Book: "Raising an Emotionally Intelligent Child"

~ by John Gottman PhD and Daniel Goleman



INCREASE your Child's RESILIENCE

By Dr G.Singh, Registered Psychologist

When life is tough and toxic, how resilient you are matters!

Adverse experiences are very common in our lives. Suffering from traumatic experiences is painful. Being resilient affords us an opportunity to not stay imprisoned in our pain but to climb out of it. Some research based ideas that may help promote resilience in yourself and your children:

1. Have a positive relationship with at least one caring and stable adult.



2. Have relationships with peers who are doing well.



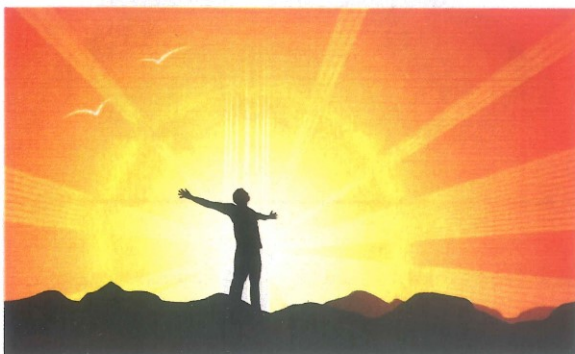
3. Help others. It may be random acts of kindness done regularly or consistent volunteer work.



4. Keep a journal where you record three things you are grateful for and why.



5. Learn positive ways to manage stress. As grownups, we have to be role models for our children. Here are some simple but powerful ideas for you to try and coach your child:



Breathe When feeling stressed, begin to observe your breath; exhale slowly through your mouth and inhale deeply through your nose. Do this for a few minutes, you will feel calmer. Practice this daily for a few minutes, it will become your 'go - to' strategy when overwhelmed. You are developing new neuronal pathways in your brain by using this strategy consistently.



Feel the Beat Put your right hand on your heart and gently press it with your left hand; feel your heart beat and breathe deeply for 20 seconds. It releases oxytocin and calms down your stress response (fight- flight, feign- freeze) system.



Get Moving When stressed, take a movement break: go for a walk, a stretch, a jog or just move from one chair to the other, whatever is possible. A daily routine of 20-30 minutes of physical exercise that increases your heart rate is shown to be a protective factor for managing stress and increasing your immunity.



Use your 5 senses



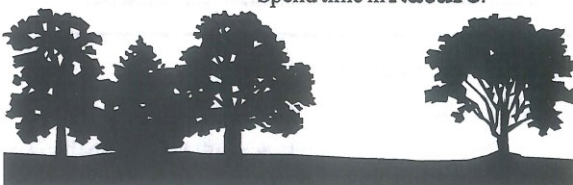
to manage an acutely stressful moment. Look, listen, touch, smell and taste; notice what you see around you, listen for any sounds, feel the texture of your clothing or hair, or hold on to an ice cube; smell something pleasant; or suck a sour candy! Connecting with your senses unglues you from stressful thoughts. Practice this frequently to get the hang of it so you may use it when distressed.

Drink a glass of **Water**. It makes you feel better.



Get a **Hug** from a calm trusted person or hug a pet if you have one.

Spend time in **Nature**.



6. It's hard to be resilient when we are hungry or sick. Eat nutritionally balanced meals, avoid additives and preservatives. Drink plenty of water. Attend to your illness.



7. ZZZZZZ

Get enough rest and sleep. Learn about Sleep Hygiene.

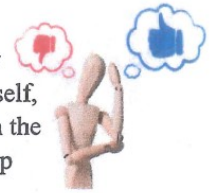
8. Write, draw or paint your experience, when you find yourself perseverating on a difficult issue. It gets your left and right brain communicating and helps process the experience better. Being resilient requires articulating your experience before you can navigate the maze of problem- solving.



9. Learn several words to describe each of your emotions and label your emotions when facing a challenging situation. Ask yourself, what am I feeling? Naming emotions is the first step to managing emotions. "Name it to tame it!"

indifferent	restless	moody
nervous	proud	lost
worried	strange	satisfied
surprised	tense	sad

10. Get to know your self- talk! How much time do you spend criticizing your- self, others or thinking about what's wrong with the world? It's hard to feel good when you keep hypnotizing yourself by repeating critical messages in your mind. Use self- compassion and compassion for others to get over a difficult situation.



GOOD VIBES ONLY

11. Surround yourself with positive messages filled with hope and optimism, like: *I am not what happened to me. I am what I choose to become.*

12. Learn about Mindfulness! I suggest Full Catastrophe Living by Jon Kabat-Zinn. Mindfulness helps you train your mind to experience life moment by moment with love, openness and acceptance. It makes you resilient!



13. Get good at what you love doing and help your child find their strengths. It may be a craft, a sport or a hobby. Being competent at something protects you from getting lost in your pain.

CHALLENGE YOURSELF

14. Talk to someone who may connect you with supportive resources or take the lead and look up www.mission.fetchbc.ca



Find more resources at:

www.mindcheck.ca

www.anxietybc.com

www.keltymentalhealth.ca

www.resiliencetrumpsaces.org

Child & Youth Mental Health Crisis Intervention : 1 – 844- 782-7811