



December 9th, 2019

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Principal's Message

Dear Parents/Guardians;

With the holidays right around the corner, we all know this is one of the busiest times of the year both at school and home. While the essence of the coming holidays is meant to be of love and giving, we all know it can be extremely stressful due to time and financial commitments. The stress we feel as adults around this time of the year can also manifest itself in our children. Not only do our children sense and respond to the stress in the adults around them, they also have a lot on own their plates. In addition to the regular pressures of school, our children are also busy preparing for concerts, decorating classrooms, and preparing for special school days. The two weeks before Winter Holidays are notorious in the education world as being the most difficult time of the school year for managing student behaviour. Many of these difficulties are rooted in a spike in student anxieties. While we cannot avoid the holiday time, there are a few things we can do to help ourselves manage. Firstly, it is very important to maintain our regular healthy routines such as bed-times, healthy eating, and quality family time. Second, a lot of stress can be minimized when we keep the holidays simple and within our means. Finally, find time to take a breather: go for a walk with your child, read a book together, and don't forget to find some time for yourself! Our Healthy School Committee has provided some parent resources for managing student anxieties which can be found in the "Healthy Schools Moment" section of this newsletter.

We have a few important dates coming up:

- Dec 9th-20th** Cherry Hill Food Drive
- Dec 13th** Cardboard Building Challenge, 12:30pm, gym
- Dec 16th** Pancake Breakfast with Santa, AM
- Dec 17th** Ugly Christmas Sweater Day
- Dec 18th** Wear Red White & Green Day
- Dec 19th** Christmas Concert 10:45am -extended family
1:00pm -immediate family
- Dec 20th** Pajama Day (last day before Break)
- Jan 6th** First Day Back from Winter Break

Food Drive

Our annual Cherry Hill Food Drive has officially begun and a planner insert was sent home on Monday outlining details of the two week long effort. All food items will be donated to our local food bank or used to stock hampers for Cherry Hill families in need. Like in previous years, we encourage participation through a class vs. class competition to see who can bring in the most food items. This year the winning class will receive \$100 to donate to the charity of their choosing. Staff at Cherry Hill felt this to be much more in line with the spirit of the holidays than the pizza party classes have won in the past. Our students are really excited about giving to a charity of their choice this year! Check out the bulletin board at the front of the school to track our food drive progress over the next two weeks. Parents, please remember expired non-perishable food items are not accepted at the food bank and will only end up in our school waste program. Please check dates with your children. A list of "high demand" items was included in the planner insert that went home today.

Pancake Breakfast with Santa

We are excited to announce Cherry Hill will be hosting a pancake breakfast with Santa again this year on Monday, December 16th. Thanks to our always amazing PAC, there are a number of great additions to this year's event. Our local Ricky's Restaurant has graciously offered to provide and prepare the pancake breakfast. A buffet style pancake breakfast will be set-up in gym in the morning. As in past years, Santa will be visiting Cherry Hill and will be handing out gift bags to our students. A huge thank you to our PAC for purchasing and preparing these gift bags. Finally, Cherry Hill parent Michelle Hall (lifesdepictions.com) is donating her time to provide student photos with Santa. All proceeds will be directly donated back to our Cherry Hill PAC. Picture ordering information will be distributed to parents. We are very excited about this event and are grateful for the efforts and donations from our PAC, Ricky's Restaurant, and Michelle Hall.

Christmas Concert

We would like to remind our parent community that our Christmas Concert is being held on Thursday, December 19th. Like in years past, our dress rehearsal is open to

extended family at 10:45am. Our main showing is open to immediate family and will be held at 1:00pm. Space is limited at both of these showings so it is extremely important that individuals do not attend both showings. Should an immediate family member not be able to attend the 1pm showing but would like to attend the 10:45 showing instead, please contact the office to discuss this. Extended family may not attend our main showing at 1pm due to space limitations and may be turned away at the door. The theme of this year's concert is 'Celebrations Around the World'. We chose this theme as a staff to celebrate the diversity of our school community and expose our students to different cultural celebrations around the world. As in years past, our PAC will be selling raffle tickets for some really amazing gift baskets. If you have any questions about the concert please contact the office.

Report Card Envelopes

We would like to remind parents that report card envelopes need to be returned to the school with a parent or caregiver's signature on it. The purpose of this is two-fold. Firstly, it lets teachers know that parents have reviewed report cards and are aware of student progress so far this year. Secondly, it helps us cut-down on paper and related expenses as the envelopes will be used again for Term 2 reporting. If you have any questions or concerns about report cards, please reach out to the classroom teacher for further discussion.

Cardboard Building Challenge

We are excited to announce that Cherry Hill is hosting a Cardboard Building Challenge on Friday, December 13th in the afternoon. Participating classrooms will work in multi-grade groups to tackle a Holiday themed challenge. Cardboard creations will be displayed in our hallways the following week. A huge thank you to Ms. Huffer, our librarian, for organizing this event with our students. If your son or daughter's classroom is participating, you are welcome to attend the event. Please check with your son or daughter to see if they are participating. The challenge will start after lunch. Thank you to those that have donated cardboard!

Parking

I would like to thank parents for their cooperation with school parking requests. If you haven't seen our parking lot map, please visit our website (it is also posted at the front entrance of the school). Thank you Shannon Davison and PAC for your efforts with this.

Healthy Schools Moment

Anxiety is normal. Anxiety means feeling worried, nervous or fearful. We all experience anxiety at times and some anxiety can be helpful and helps us function well. For example, feeling anxiety before a test, interview or public-speaking event can help you prepare for it. Read more about anxiety on the Fraser Health School Health webpage:

<https://www.fraserhealth.ca/health-topics-a-to-z/school-health/mental-wellness-for-children/anxiety-in-children-and-youth#.XAGOn8uWx9A>

'Great Things' at Cherry Hill



Our intermediate basketball team won 4th overall in the entire District this year. Job well done!



Ms. Allison, our Strong Start facilitator, hosting a Master Chef day at Cherry Hill. Our Kindergarten classes were invited to participate.