

École Ladner Elementary

5016 44 Ave, Delta, BC V4K 1C1
School website: <http://le.deltasd.bc.ca>
Phone: (604) 946-4158
Admin Assistants: Mrs. Hann
Mrs. Pechuanco

Principal: Ms. Potter
Vice Principal: Ms Matheson



Monthly Newsletter

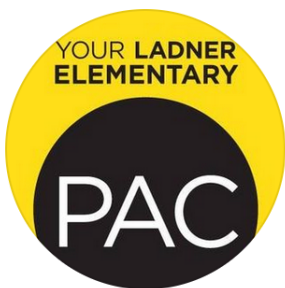
March 2023

Principal's Message



Happy March, Ladner families! It is surreal that we are now rounding the corner to the end of Term 2. Report Cards will be available for viewing on Parent Connect on Tuesday, March 7th, and we hope that you will celebrate your child's learning and accomplishments together. I do not think I have ever written a March newsletter with snow sitting outside, but here we are! It just shows how the weather can be unpredictable and we encourage students big and small to be prepared by having appropriate outerwear/extra change of clothes. To celebrate the last week before Spring Break, we will be having a spirit day on the last day, Friday, March 10th called Tacky Tourist Day! We welcome students to dress up in their version of a tacky tourist. Have a wonderful Spring Break everyone! See you back on the 27th!

PAC Email List



Don't miss out on exciting PAC news! Visit www.ladnerelpac.com to read and sign up for their newsletters. You can also follow on Facebook, [Instagram](#) and [Twitter](#).



Lost & Found

If at all possible, please come check out the Lost and Found racks before the start to Spring Break. We place the racks out front and sometimes at the back of the school. There are many clothing items that need a home! Anything leftover will be donated. To prevent items from being lost and not found, please identify your child's clothing with their name on a label. Thank you!

Track and Field



Track season will begin shortly after Spring Break! Students in grades 4-7 will begin to train for the Regional Track Meet, held on Tuesday, May 9th at SDSS. Practice times will be determined at a later date, as will all information pertaining to the Track Meet.

Parent and Caregiver Sessions:



ParentSmart invites you to our March "In the Know" virtual events. All of the information to register is found in the attached poster, or you can click on the link below. As always, the events are free to attend.

Virtual Event: A Conversation for Families About Digital Wellbeing & Mental Health

Description: As parents it's not easy to know how much time on technology is too much and how to set boundaries that don't create conflict. Join us for a conversation with a digital wellbeing expert to learn some practical solutions to our everyday concerns and challenges around our kids' use of screens and their mental health.

This event is offered at various dates and times so that you can make it to the one that works best for you.

Registration: [FamilySmart - Events](#)

Dates:

Monday March 6th 6:30-8pm

Thursday March 16th 9:30-11am

Wednesday March 22nd 12-1:30pm

Tuesday March 28th 6:30-8pm

Thursday March 30th 5-6:30pm

They still have seats available for the free IN PERSON event for parents and caregivers on February 28th in Burnaby. Advance registration is required at the link below (poster attached).

In Person Event: Caregivers as Critical Agents of Change: Strategies to Keep in Mind When Your Young Person Struggles with Emotional Dysregulation

This presentation will focus on supporting parents and caregivers with information and strategies to cope with emotional dysregulation and the challenges which many young people (ages 10-18) begin to experience as they enter and move through the adolescent years. It can be overwhelming and frustrating to watch young ones struggle this way with mental health concerns, especially when they refuse to engage in accessing counseling or other support. We will be exploring the critical role which parents and caregivers play in creating the environment for positive change for their young people especially when things can be the most challenging.

Speaker: Nicole Allen is a Registered Clinical Counsellor working as a Group and Family Therapist at Short Term Assessment Response Treatment (START) East. She has a background working with adults as well as young people and their caregivers where elements of crisis or acute mental health issues are present.

Date: Tuesday February 28th

Time: 6:30pm - 8:30pm (Doors Open at 6pm)

Location: BCIT - Burnaby Campus

Registration: [FamilySmart In Person Event](#)

IMPORTANT DATES TO REMEMBER

March 7	Term 2 Report Cards Available On Parent Connect
March 10	Tacky Tourist Day! Last Day Before Spring Break!
March 13-24	Spring Break
March 27	First Day Back
April 7	Good Friday