



WINDSOR ELEMENTARY SCHOOL

David Heard: Principal
Angela Dukic: Secretary
Shahzyah Juma: Community School coordinator

Shelley Janvier: Head Teacher
Wendy Linnington: Community Connect Worker
Bill Brassington: School Trustee

**November
2020**



Greetings Windsor families!

October has brought us many joys and as we move into November we want to celebrate and prepare for the next month! Limited programs will now be available for students and our Connect Worker, **Wendy Linnington** has brought much joy and creativity with her yoga and needle felting classes! Welcome to our new Music teacher, Ms. Ruby Seah.

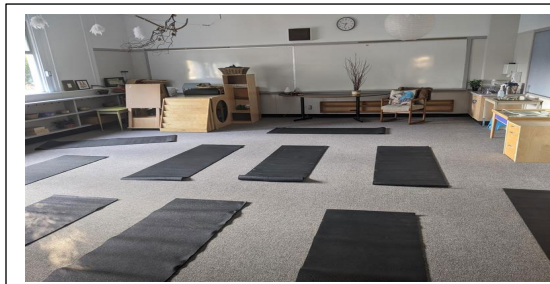
Last month we celebrated Halloween and thanksgiving in our Windsor Way and in November, we will have a special Remembrance Day event. A reminder to return hot lunch envelopes if your child would like to participate. The next deadline is November 9, 2020. For remote learning program students and families, please contact our principal, **David Heard**, to discuss a return to school when ready.

Happy November!

Please contact shahzyah.juma@burnabyschools.ca if you require any support or are interested in more information within the community.

Hi Caitlin & the Callia Team 😊

Thank you so much for your very generous gift to our school community! We went class to class to share the 5 bouquets of flowers and read your card to everyone. Your random act of kindness filled many hearts in our community and our teachers were touched by your gift cards, as well! Your kind gesture provided a genuine example of kindness to our children and it gave our teachers another opportunity to reinforce this with their class. All the Best & Thank You!





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FALL PROGRAMS AT WESBURN COMMUNITY CENTRE

OUTDOOR PARENT & PRESCHOOLERS ON THE GO! 3-5 yrs with an adult
 Through outdoor explorative play, active games and sports children learn body and movement awareness. Children must be accompanied by an adult.

F, October 16, 1:30-2:30pm
 \$32.60, 6 sessions 560582



For Everyone's Safety

We have made changes following enhanced health and safety guidelines to keep participants and staff safe:

- Smaller program ratios
- Maintaining physical distancing
- Masks for staff
- Focus on outdoor activities
- Daily health screening
- Enhanced facility and equipment cleaning
- Increased hand washing
- Individual craft supplies for each participant
- Designated spaces for activities
- Sign in and pick up area located outside the facility.

OUTDOOR PARENT & PRESCHOOLERS SCIENCE ADVENTURES 3-5 yrs with an adult
 Each week you and your preschooler will explore the nature in the park in an exciting and playful way. Children must be accompanied by an adult.

M, October 19, 10:00-11:00am
 \$39.40, 6 sessions 560206

BABYSITTERS TRAINING 11-15yrs
 Children learn valuable skills, emergency procedures and tips on childcare. Certificates are awarded to those who successfully complete the course, which uses Canada Safety Council Babysitter's Guidelines. They recommend that children under 12 not babysit without adult supervision.

F, October 16, 4-6pm
 \$78.60, 6 sessions 560622

FAMILY WORKSHOPS IN THE PARK 3+ yrs with an adult
 Learn new skills and create lasting memories at these fun family workshops! There are three exciting workshops to choose from: Creative Pumpkin Carving, "Do It Yourself" Spa Gifts and Festive Wreath Making. All supplies included. The program will take place outside, rain or shine. For more information please visit www.burnaby.ca or call Rohan Matts 604-297-4531



REGISTER EARLY!
 Online: burnaby.ca/webreg Or call a Burnaby recreation facility. Fees must be paid when you register. We accept VISA, MasterCard, or AMEX.

Saturdays, 10am-12pm, \$18.80/child, 1 session
 Family Pumpkin Carving Workshop Oct 17 560041
 Family Spa Gifts Workshop Nov 14 560043
 Family Wreath Making Workshop Nov 28 560048

Wesburn Community Centre
 4781 Parkwood Ave | 604-297-4572 | burnaby.ca/active



Are you grieving the death of a partner?

Meet with others who are grieving the death of their partner. Led by a Registered Clinical Counsellor, you will be invited to share your feelings and personal experiences with grief and loss, and provide support for one another in a safe and non-judgmental environment free from unsolicited advice and platitudes. In doing so, you will have the opportunity to discuss the variety of emotions and experiences following a death with other bereaved partners.

Each week the group will discuss grief-related topics. Gain knowledge and practical tools to integrate and honour your grief, live with the loss and cope with the challenges you may be facing.

TO REGISTER AT NO COST:

Join us Online

1:00pm - 2:30 pm, every Tuesday,
 from October 27th to December 1

Registration is required to participate

604-520-5024
counselling@burnabyhospice.org

*Completing an online intake form is required to determine if we are the best fit for your needs. We will provide referrals if needed.
 *Group members are asked to make a commitment to attending all six sessions and to notify the counsellor in advance if they are unable to attend a session.
 *Group guidelines & technical requirements to participate will be emailed to participants after an intake is completed.
 *This group is limited to 8 participants.



FAMILY WORKSHOPS AT CONFEDERATION PARK 3+ years

Learn new things and create lasting memories at these fun family workshops! There are three exciting workshops to choose from: Creative Pumpkin Carving, "Do It Yourself" Spa Gifts and Festive Wreath Making. All supplies included. The program will take place outside, rain or shine. For more information please visit www.burnaby.ca.

Saturdays, 10am-12pm, \$18.80/child, 1 session

Family Pumpkin Carving Workshop Oct 24 559369
 Family Spa Gifts Workshop Nov 7 559390
 Family Wreath Making Workshop: Nov 21 559394

Register early! Burnaby.ca/webreg or call 604-298-7946

For more information please contact: Rohan Matts
 Program Coordinator, Northwest Community Programs
 604-297-4531 | Rohan.Matts@burnaby.ca



FAMILY WORKSHOPS AT WESBURN

Learn new skills and create lasting memories at these fun family workshops! There are three exciting workshops to choose from: Creative Pumpkin Carving, "Do It Yourself" Spa Gifts and Festive Wreath Making. All supplies included. The program will take place outside, rain or shine. For more information please visit www.burnaby.ca.

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Vancouver & Lower Mainland Multicultural
 Family Support Services Society

Mother & Child Emotional Power Program

A program for parents with children ages 0-6 years
 New Immigrant Families and Refugees are welcome!



Connect with us through this program to learn more about your child's
 emotions and much more while having fun

This program includes:

- Exploring the role of emotional well-being in early childhood
- Become aware of your child's emotions
- Encourage healthy expressions of emotions
- Parenting
- Children's developmental stages
- Self-care plan and emotional support for parents and caregivers
- Community resources and appropriate referrals



Ongoing online support over the phone, e-mail, and Zoom
 Platform

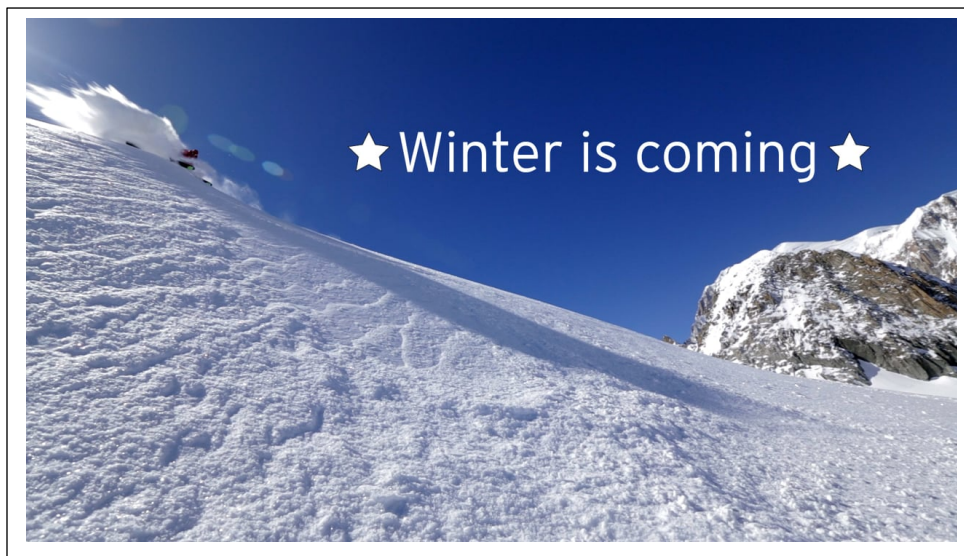
For more information, please contact one of the Children's Department workers
 Libane - Mae - Ramzan
 Email address: cmw@lmfs.ca or Tel: (604) 436 - 1025
 Our website: <https://www.lmfs.ca/>



PARENT SUPPORT PROGRAM ONLINE GROUP CALENDAR

NOVEMBER 2020				
Mon	Tue	Wed	Thu	Fri
2 9:30am - 10:15am Let's Talk About... Friendship # 10:30am - 12:00pm Helping Children Develop Good Eating Habits Online Groups	3 9:30am - 11:00am Early Einsteins: Laughing and Learning with our Little Ones # (Week #3 of 6) GROUP FULL	4 10:00am - 11:30am Dealing With Separation Anxiety 6:00pm - 7:30pm Indoor Activities for Rainy Days Online Groups	5 9:30am - 10:30am Mistake Couples Make 11:00am - 12:30pm "Good Enough" Parenting in Stressful Times (Week #1 of 5) Online Groups	6 10:00am - 11:30am Circle of Security™ Parenting Program (Week #4 of 8) Online Group
9 9:30am - 10:15am Let's Talk About... Being Kind # 10:30am - 12:00pm Common Childhood Colds and Illnesses Online Groups	10 9:30am - 11:00am Early Einsteins: Laughing and Learning with our Little Ones # (Week #4 of 6) GROUP FULL	11 NO GROUPS Online Groups	12 9:30am - 10:30am Seven Principles for Making a Marriage Work 11:00am - 12:30pm "Good Enough" Parenting in Stressful Times (Week #2 of 5) Online Groups	13 10:00am - 11:30am Circle of Security™ Parenting Program (Week #5 of 8) Online Group
16 9:30am - 10:15am Let's Talk About... Manners # 10:30am - 12:00pm Child Care Questions Answered: YMCA CCRRC Guest Speaker Online Groups	17 9:30am - 11:00am Early Einsteins: Laughing and Learning with our Little Ones # (Week #5 of 6) GROUP FULL	18 10:00am - 11:30am The Family Mission 6:00pm - 7:30pm How to Stay Calm When Your Child is Not Online Groups	19 9:30am - 10:30am Understanding Love and Attachment in Couples (Part 1 of 2) 11:00am - 12:30pm "Good Enough" Parenting in Stressful Times (Week #3 of 5) Online Groups	20 10:00am - 11:30am Circle of Security™ Parenting Program (Week #6 of 8) Online Group
23 NO GROUPS Online Groups	24 9:30am - 11:00am Early Einsteins: Laughing and Learning with our Little Ones # (Week #6 of 6) GROUP FULL	25 6:00pm - 7:30pm Parent-Child Communication Online Groups	26 9:30am - 10:30am Understanding Love and Attachment in Couples (Part 2 of 2) Online Group	27 10:00am - 11:30am Circle of Security™ Parenting Program (Week #7 of 8) Online Group
30 9:30am - 10:15am Let's Talk About... Self-Confidence # 10:30am - 12:00pm Parenting with Brain Development in Mind Online Groups	Online Groups	Online Groups	Online Group	Online Group

These groups are for Burnaby and New Westminster residents with one or more children under the age of 5 years old.
 Email us at psp@burnaby.ca or psp@cameray.ca to sign up for groups
ALL EDUCATIONAL GROUPS WILL INCLUDE ADDITIONAL TIME AT THE END OF EACH GROUP FOR QUESTIONS AND DISCUSSION





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2020 BURNABY CHRISTMAS BUREAU REGISTRATION

November 2nd – December 4th

LOCATION

Brentwood Town Centre
 Old Sears Store, CRU100 - 4567 Lougheed Hwy (off Willingdon Avenue)
 Main mall level, across from the children's play area.

TIMES

Monday - Friday: 10am - 4pm; Saturday: 10am - 3pm

All Christmas Bureau applicants must live in Burnaby.

Qualifying families will receive new toys for their children (birth-16 years).

This includes:

- Working families with low income
- Families receiving Income Assistance (Welfare)

Proof of income will be required:

- Working Families must provide a CPrint for EACH adult, to obtain one please call: 1.800.959.8281. Press* to speak to a CRA agent or access online at: MyCRA -> My Account -> Proof of Income -> Option CPrint

- If you are on Income Assistance (Welfare), you need to request a "Release of Information" from your Ministry Office. This will replace the CPrint.

You will also require:

- Identification for each child (care card, birth certificate, passport, PR. card)
- Proof of current address

*Covid-19 Safety Protocols are in place during Christmas registration and toy pickup: The Christmas Bureau staff will be enforcing the BC Ministry of Health guidelines for maintaining physical distancing. All visitors will be required to wear a mask, sanitize their hands, have a temperature check, and complete a questionnaire prior to entering the site. We will provide a face mask to those who do not have their own.

Please note, for safety reasons:

- * Only one family member may attend for registration and toy pickup.
- * No children will be permitted on site.

If you have any questions or concerns, please call (604) 292-3902.



YWCA Youth Education's Guide to High School – Fall 2020

The YWCA's Youth Education Programs are after school programs that aim to strengthen the social and emotional health of young people and help them successfully transition from elementary to secondary school. These programs have been successfully running in Vancouver since 2004, in Surrey since 2012, and in Richmond since 2013. Due to Covid-19, programs have been adapted and offered online since the Spring 2020.

The programs aim to:

- Support program participants in their transition to high school
- Promote resilience in participants by further developing participant's healthy self-esteem, healthy relationship skills and responsible decision-making skills.
- Foster mutual respect between boys and girls as equals

Program Structure

The program includes both interactive video conferencing sessions led by YWCA staff via Zoom, and supplementary independent activities participants can complete on their own schedule. Each weekly live session runs online for 30-45 minutes. The program will conclude with a special panel event co-led by current Grade 10-12 students. Families will receive a Family Chat-time Booklet, which can act as a discussion guide for topics covered in the program.

Program Sessions

	Name	Topics
1	Introduction and welcome	<ul style="list-style-type: none"> • Introduction to program topics and online platform • Get to know facilitators and other participants
2	Media Messages	<ul style="list-style-type: none"> • Analyze media messages and build critical thinking skills • Decision making online as it relates to self-esteem, safety, and healthy friendships
3	Values and Identity	<ul style="list-style-type: none"> • Explore values and how they affect decision making
4	Healthy Friendships	<ul style="list-style-type: none"> • Discuss and recognize the importance of quality friendships and healthy relationships • Discuss peer pressure and strategies to resist it
5	Healthy Living & Stress Management	<ul style="list-style-type: none"> • Explore aspects of holistic health • Recognize signs and symptoms of stress • Develop strategies to deal with stress
6	Closing / Celebration	<ul style="list-style-type: none"> • Reflect on the what they've learned from the program and how this will help them in high school
7	High School Panel	<ul style="list-style-type: none"> • Participants from all programs will come together for a question and answer panel co-led by local High School students

Food Hub Listing:

<https://www.uwlm.ca/food-hub-locations/>



SPA GIFTS FAMILY WORKSHOP AT CONFEDERATION PARK 3+ years

Get a head-start on your holiday shopping with this workshop! We will show you how to make pillow spray, essential oil rollers, bath bombs and a lip scrub - All perfect gifts for the holiday season. All supplies are provided, as well as recipes to take home. Each family will be provided with their own table, and asked to stay in that space to respect physical distancing throughout the program. The program will take place outside rain or shine.

\$18.80/child, 1 session
Saturday, Nov 7, 10:00am-12:00pm, 559390

Register early! Burnaby.ca/webreg or call 604-298-7946

For more information please contact: **Rohan Matts**
 Program Coordinator, Northwest Community Programs
 604-297-4531 | Rohan.Matts@burnaby.ca



Cameray
 Child & Family Services

The Parent Support Program at Cameray Child and Family Services is hosting a free online 5-week discussion group.

"Good Enough" Parenting in Stressful Times

Parenting always has its challenges but COVID-19, Zoom fatigue, and the "new normal" have added even more stress to our daily family lives. Striving for parenting perfection only leads to disappointment, as we know it doesn't exist and we are bound to make mistakes along the way.

In this group, we will discuss:

- How to set reasonable parenting expectations
- How to support your child when they are under stress
- How to manage your stress
- How to help your child thrive
- How to stay curious rather than judgmental

WHERE: Zoom Online Group
 WHO: Burnaby and New Westminster parents with children age 0-8 years
 WHEN: Thursday Nov. 5, Nov. 12, Nov. 19, Dec. 3 & Dec. 10, 2020, from 11 AM – 12 PM
 (No class Nov. 26)

HOW TO REGISTER: Registration is required - To register, please email pspgroup@cameray.ca or call 604-436-9449.

Stronger Children, Stronger Families, Stronger Communities

825 Imperial Street, Burnaby, BC, V5B 1G1 Admin Office: #601 Program Office: #203
 Phone: 604-436-9449 | Fax: 604-436-1902 | www.camerayv.ca