

3341 Grimmert Street, Merritt BC., Phone 250-378-2528
Email: mbschool@365.sd58.bc.ca or kmcgifford@365.sd58.bc.ca

Greetings MBE Community!

Parking Lot—We are reminding visitors to avoid parking in the no parking zones. As well, please do not do U-turns in the parking lot. We are working hard to keep drop off and pick up times safe.

Hot Lunch Program—An amazing before school, lunch, and after school program—all thanks to Mrs. Muik. Funding for the supplemental programs is due to our universal food funding grant that was released for this school year.

STUDENT LEARNING SURVEY 2022/2023

The Provincial Student Learning Survey is unique in its scope, size and usefulness to schools. It gathers information from parents/guardians/caregivers, teachers, and students on topics related to school environment, safety, and achievement. The information is used for planning in individual schools and provides a district and provincial perspective.

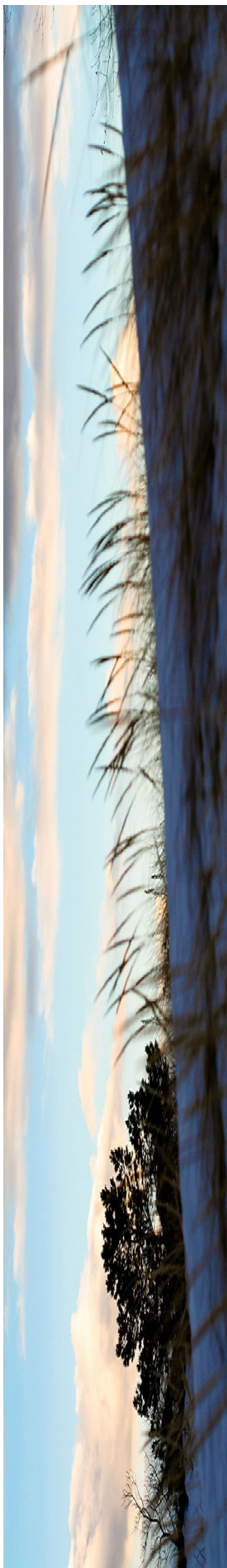
The Student Learning Survey will be administered to students in grades 4 and 7, their parents/guardians/caregivers, and all school staff. We encourage participation in this survey. The surveys contain standard questions for the Province – in addition, questions from the school and/or district that focus on local conditions or issues may be included.

The survey can be completed electronically and can be accessed on the Internet at:

http://www.bced.gov.bc.ca/sat_survey. Any computer with an Internet connection can be used, and access to the e-survey is simple and secure. The survey can be accessed through the link with or without an anonymous logon code by selecting the school district and school name where your child attends school. Provincial, District and School Reports for previous years can be viewed at the same site under the *Results* section.

The e-survey site will be open until April 29th. If you have any questions, please contact the school at 250-378-2528

APRIL—MAY



Parent Engagement Sessions!!



Starting in April, we will be offering information sessions for parents. The topics were identified in a recent parent survey. We are working with a consortium of experts from WellMind Counselling who will be facilitating these sessions/workshops on:

Risky Behaviours—April 18th (5 pm to 6 pm) Library at MBE

Part of being a child is pushing the boundaries and learning our place in the world, which includes some level of risky behaviors. But as a parent, how do we know when those risks are beyond the norm and something we need to address? In this presentation, we'll look at developmental stages and the risky behaviours that are common for each of these stages. We'll also discuss what we can and should do if the risks are outside of the norm.

Exploring family fun and outdoor activities—April 26th (5 pm to 6 pm) Outside Field Areas of MBE

The staff at Bench will offer a session for families and explore a variety of fun filled activities that your family can engage in together—taking time away from screens and some time connecting with your loved ones. This session will take place outside in the field areas of our school. You will leave this session with some fantastic ideas.

Supporting kiddos with mental health concerns—May 4th (5 pm to 6 pm) Location TBD

If your child struggles with ADHD, anxiety, OCD, depression or any other mental health disorder, this presentation will help you learn to support them. We'll discuss some of the foundations of mental health in kiddos and how that can present differently in children than it does in adults. We'll look at co-regulation techniques you can do with your child to help them better manage whatever they are going through. Lastly, we'll look at some of the things you can do support yourself, so that you are better equipped to be there for your child.

Loss, Change and Transition—May 17th (5pm to 6 pm) Location TBD

Whether someone passes away, a family structure changes or it's a big move, loss, change and transition are events that all children experience at some point in their life.

In this presentation, we will go through the key factors that build resilience, seeing how we can apply each of these to your child's life to help them manage through the tough times. For each factor, we'll offer some clear techniques or tools you could try out and we'll also help you brainstorm what that could look like with your individual child.

Body Image—June 7th (5pm to 6pm) Location TBD

Recent statistics have found that anywhere between 52-79% of children as young as 6 years worry about how they look. 35% of these kids experience strong worry because of their appearance. This presentation will focus on supporting our kids in building strong relationships with their bodies. We'll also discuss some of the common signs that suggest you may want to get your child extra support, or signs that they have an unhealthy relationship with food.

Please note that this conversation will not just center on girls and we also strongly welcome parents with boys to attend.

Identity—June 22nd (5pm to 6 pm) Location TBD

Many parents have worries and concerns about their child's exploration of their personal identity. We'll begin our conversation defining some terms to get on the same page, and then talk about best practices around personal identity. We'll discuss the concerns that you may have, and discuss some age appropriate ways to discuss and explore personal identity with your children.

The sessions will take place in person. Snacks, coffee or tea will be provided for those join us in person. Due to the nature of the sessions and need to prepare food, we will be asking parents to confirm their interest in attending. A reminder will sent out prior to the session.

Our first session on Risk Behavior will take place on April 18th and held at Merritt Bench Elementary.

Merritt Bench PAC—Our Parent Advisory Committee meets on the first Tuesday of every month at 6:30 pm. Our current PAC members are: **Stephanie Johnson - President, Sue Sterling - Vice President, Rebecca Fader - Treasurer,, Allysia Rodgers - Secretary, Jenn Paskaruk - Fundraising Coordinator**

This year we will be holding our meetings in both teams and in person, a link to the meetings will be sent out using our School Messenger system.