



Tiger Times

December 2023



Principal: Mrs. Heather Kimmie ~ Vice Principal: Ms. Deanna Sue
Acting Head Teacher: Mrs. Georgia Loukopoulos ~ Admin Assistant: Mrs. Giannina Rakic

Care for Ourselves, Care for Others and Care for Our Community

Dear Brentwood Park Families,

November has been a month of tremendous learning and growing! Ms. Sue, Vice-Principal, and I are currently reading every child's report card and are impressed with what your children have developed skills in over the past few months socially, emotionally and academically. In just a few weeks on December 14th, the report cards will be sent home to family members. This 'learning update' will help you understand how your child has adjusted to their classroom routines and expectations, how your child is doing socially and emotionally, as well as providing proficiency scales in academic areas and written comments in some subject areas as well. Our reports are a collaborative effort blending each child's voice, through self-reflection, with teacher observations. The report provides an opportunity to discuss and celebrate accomplishments, identify challenges as well as assist in setting new goals and ways to support learning for the next term. As you sit down and look at your child's report *with your child*, you may want to ask the following questions:

- * What did you enjoy learning the most?
- * What are you proud of accomplishing this past term?
- * What are your goals for next term and the next steps to achieving your goals?
- * What can we do at home to help you accomplish your goals?

As always, if you are unclear about anything in the report or have further questions, please feel free to connect with your child's teacher. We value working collaboratively with you as partners in your child's educational learning journey.

Coming up on the morning of Dec. 8th, we will have an opportunity to showcase your children through the fine arts program under Ms. Seah and Mr. Chen's leadership. This year, the students at Brentwood Park have been working hard at creating a performance titled, 'Celebrations Around the World'.

Warmest regards,

Mrs. Heather Kimmie – Principal



Follow @brentwoodSD41 on X (formerly known as Twitter) to see highlights of events happening within the Brentwood Park classrooms and school. You can also see the X posts on the Brentwood Park website.

Brentwood Park Elementary 1455 Delta Ave, Burnaby, BC 604-296-9003
brentwoodpark.info@sd41.bc.ca <http://brentwood.sd41.bc.ca>
Newsletter: Mrs. Karyn Carr

Sleep: How Much Do Children Need?

(source: www.webmd.com/parenting/guide/sleep-children)

The amount of sleep a child needs varies depending on the individual and certain factors, including the age of the child. Following are some general guidelines:

1-4 weeks	15-16 hours per day	<ul style="list-style-type: none"> • Newborns typically sleep about 15-18 hours a day, but only in short periods of two to four hours. Premature babies may sleep longer and colicky babies may sleep less. • Since newborns do not yet have an internal biological clock, or circadian rhythm, their sleep patterns are not related to the daylight and night time cycles. In fact, they tend to not have much of a pattern at all.
1-4 months	14-15 hours per day	<ul style="list-style-type: none"> • By 6 weeks of age your baby is beginning to settle down a bit, and you may notice more regular sleep patterns emerging. The longest periods of sleep run four to six hours and now tend to occur more regularly in the evening. Day-night confusion ends.
4-12 months	14-15 hours per day	<ul style="list-style-type: none"> • While up to 15 hours is ideal, most infants up to 11 months old get only about 12 hours of sleep. Establishing healthy sleep habits is a primary goal during this period, as your baby is now much more social, and sleep patterns are more adult-like. • Babies typically have three naps and drop to two naps at around 6 months old, at which time (or earlier) they are physically capable of sleeping through the night. Establishing regular naps generally happens at the latter part of this time frame, as the biological rhythms mature. The mid-morning nap usually starts at 9 am and lasts about an hour. The early afternoon nap starts between noon and 2 pm and lasts an hour or two. The late afternoon nap may start anywhere from 3pm to 5pm and usually varies in length.
1-3 years	12-14 hours per day	<ul style="list-style-type: none"> • As your child moves past the first year toward 18-21 months of age they will likely lose the morning and early evening nap and nap only once a day. While toddlers need up to 14 hours of sleep, they typically only get about 10. • Most children from about 21 to 36 months of age still need one nap a day, which may range from one to three and a half hours long. They typically go to bed between 7pm and 9pm and wake up between 6 am and 8 am.
3-6 years	12 hours per day	<ul style="list-style-type: none"> • Children at this age typically go to bed between 7 and 9 pm and wake up between 6 and 8 am, just as they did when they were younger. At age 3, most children are still napping, while at age 5, most are not. Naps gradually become shorter, as well. New sleep problems do not usually develop after age 3.
7-12 years	10-11 hours per day	<ul style="list-style-type: none"> • At these ages, with social, school and family activities, bedtimes gradually become later and later, with most 12 year olds going to bed at about 9 p.m. There is still a wide range of bedtimes, from 7:30 to 10 pm, as well as total sleep times, from 9 to 12 hours, although the average is only about 9 hours.
12-18 years	8-9 hours per day	<ul style="list-style-type: none"> • Sleep needs remain just as vital to health and well-being for teenagers as when they were younger. It turns out that many teenagers actually may need more sleep than in previous years. However, for many teenagers social pressures conspire against getting the proper amount and quality of sleep.

SIX WAYS TO HELP YOUR CHILD GET A GOOD NIGHT'S SLEEP

Source: www.todayparent.com/kids/kids-sleep

1. **Lose the games:** It's hard to cut down on screen time, but a 2007 study published in (the medical journal) *Pediatrics* showed that kids who played one hour of video games before bedtime showed significant sleep disruption. Ensure game play/screen time takes place a few hours before bed.
2. **Breakfast for bedtime:** Some parents try to sneak in extra fruit servings before bed, but it turns out foods that combine protein and carbs, like oatmeal with milk, or toast with natural peanut butter, form amino acids that act like tryptophan, the chemical that makes you feel sleepy after a turkey dinner. Other foods that aid sleep include yogurt, cheese, bananas, poultry, eggs, and tuna.
3. **The environment:** Some kids may have trouble falling or staying asleep because of allergens that cause itching, overheating and congestion. Have your child tested for allergies if you suspect this to be the case, and put them to bed in breathable, low-allergen organic cotton pyjamas and sheets.
4. **Unplug:** Electrical fields given off by appliances can interfere with your quality of sleep by disrupting melatonin secretion. "Place alarm clocks, baby monitors, TVs, cellphones and other electrical devices no closer than three feet from where you sleep," says Joyce Johnson, a naturopath in Belle River, ON. "Even if devices are off, they can emit electrical fields, so unplug them."
5. **Lights out:** The healthiest way to sleep is in complete darkness. "New research indicates that light pollution (any light, especially too-bright clocks or night lights) can disrupt hormone regulation, which affects sleep, and also immune system function," says Johnson. Are your kids afraid of the dark? Put the night light in the hallway and turn it off once they're asleep, or use one that eventually shuts itself off. Also try blackout curtains or sleep masks for kids who wake up unnaturally early from sunlight streaming into their rooms.

WRITE TO SANTA AND HE'LL WRITE BACK

Write to: Santa Claus
North Pole HOH OHO
CANADA



Every child who writes to Santa using a proper return address receives a reply. It's a cherished annual tradition that fosters a love of reading and writing in children of all ages.

Emails can be sent to Santa, or you can watch Santa on YouTube, via: www.canadapost.ca/santascorner



A huge thank you to our community who donated items for Sock it to Poverty. Thanks to your generous donations, we were able to gather over 320 items! These items will all be given to Kilala Lelum—a non-profit organization that supports Indigenous people on the downtown eastside.

EXTENDED ABSENCES

If your child will miss school for vacation beyond a week, you must complete an "Extended Absence" form available from the main office.

Students who are absent for more than one month may risk losing their space. The school may withdraw your child if the space is required for a new student.

Please plan extended vacations during school holidays.



Leadership is hosting their first fundraiser for Children's Hospital on December 14th! We will be selling cookies for \$1 each available to pre-order through School Cash Online from December 4th-12th. Any students who place an order will get their cookie delivered to their class on December 14th. If we have any leftovers, we will sell whatever is left after school on December 14th in the undercover area.

Our next school spirit day is Wednesday, December 13th. It is "Winter Accessories Day"! Wear your favourite toque, scarf, mittens, etc. and get into the spirit of the holidays!

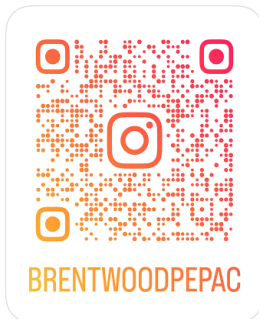


PAC CORNER

Hello Brentwood Park Families!

Thanks for joining us at our very first Family Photo Night Fundraiser! We appreciate everyone who attended and hope you enjoyed the photo sessions. A special thanks to **Krista Ichiki** for organizing this event. Gratitude also goes to all the volunteers who assisted in the setup, managed the sign-up table, and helped with the cleanup afterward.

Exciting news! We've launched our PAC social media presence! Big thanks to **Kate McMahon** for spearheading our setup. Follow us for updates on upcoming events and volunteer opportunities.



Upcoming Events:

- **Pancake Breakfast** : Thursday December 21st. Please look out for more details about this event and a call out for volunteers.
- **Emergency Bin refresh**: We are working to refresh & update the emergency bins and supplies around the school and will be sending out an email for volunteers. This is a fairly big job due to the size of our school and we will need a number of volunteers to get it done.
- **FlipGive, Return It Express and Cobs** are some of our ongoing fundraisers.

If you'd like to **sign up to volunteer** to help with a future PAC event, You can click the link [HERE](#) Questions for us? email us on brentwoodpac@gmail.com,

Wishing you a fantastic Holiday season! Happy Holidays!

Sincerely,

Your Brentwood PAC - Krista, Suzy, Prachi, Kate, Valentyna, Erika & Lisa

COMMUNITY INFORMATION

New Players

New players ALWAYS pay the early bird fee! If you register after Jan 21, 2024 e-transfer the lower rate or email the registrar for a \$40 refund when paying with a credit card.

There will NOT be any in person registrations.

New Players **MUST** email the registrar their Care Card, Birth Certificate, and 2 proof of residency (utility bill, property tax, driver's license)

Jumpstart or Kidsport – If you are applying for financial assistance please email the registrar.

BOYS – Born 2008 to 2019

GIRLS – Born 2016 to 2019 play with the boys in U7& U9 divisions; We may put together a U9 female team if interest allows.

GIRLS – Born 2003 to 2015 play on girls' only teams in their own divisions with limited contact rules (place and push only); Girls wishing to play on a boys team with full contact please contact the registrar.

Birth year is Jan to Dec so players can be 4 years of age when starting the season.

Family Rate – families with 3 or more players receive \$100.00 refund.

Full Time Goalies – Registration for full time goalies is \$60

All registrations include shorts, dry fit shirt, team photos, free admission to Junior and Senior A Lakers home games, use of jersey and BCLA insurance.



BOX LACROSSE

Lacrosse season runs March to July
CANADA'S NATIONAL SUMMER SPORT

For more information contact:

Club Registrar: Susan Kirkby 604-312-6181
Email is preferred registrar**bm**lc@gmail.com
www.burnabylacrosse.com

Rep Tryouts for U11 & up boys only commence in February 2024.

Players must be registered & pay a \$40 fee online when registering to tryout. Full time goalies do not pay the tryout fee.

Early Bird fees are on or before January 21st. Cutoff for early bird rate is 11:59pm Jan 21. Register early to save \$40!

2024 Fees

Boys & Girls

On or before Jan 21/After Jan 21

U7 (2018-19)	\$185 / \$225
U9 (2016-17)	\$245 / \$285
U11 (2014-15)	\$290 / \$330
U13 (2012-13)	\$300 / \$340
U15 (2010-11)	\$315 / \$355
U17 (2008-09)	\$325 / \$365
U22 Girls (2003-2007)	\$325 / \$365
Full time Goalies	\$60

Returning Players

RETURNING PLAYERS REMEMBER TO REGISTER ON OR BEFORE JANUARY 21, 2024 FOR EARLY BIRD RATE

2024 Online Registration opens
December 1, 2023

To Register Online

Please follow the online registration instructions on our club website www.burnabylacrosse.com on or after December 1, 2023. We accept most credit cards or E-transfer online. If you pay by credit card a 3% processing fee will be added.
NO CHECKS WILL BE ACCEPTED

If you are a non-grandfathered, residing outside of Burnaby player, **DO NOT** register online. You must register and apply for a release with your home club. LMMLC places all out of Burnaby players, who are not grandfathered, with a club which requires players.

Refund Policy

Up to Jan 21 at 11:59pm – full refund less \$60 admin fee

Between Jan 21 at 11:59pm and April 1 at 11:59pm – 50% refund

After April 1 at 11:59pm – No refund

If you have used lacrosse equipment to donate to our low-income families, please drop off at 4607 Irmin St, Burnaby. Thank you!

Drawing Classes for Kids

YR
The Power of Drawing
Young Rembrandts

Brentwood Park Elementary

Grades 1st to 6th

This winter, Young Rembrandts artists are in for a treat with an amazing lineup of drawing lessons. From a vibrant pop art dog to fascinating art history and a powerful unicorn, there's so much to learn and love. We prioritize proper technique and excellent colour selection in every lesson. Your child will not only enhance their skills but will also have a blast personalizing cool drawings like soccer players, and robots. Waste no time and enroll your child today to unleash their artistic potential!



classes
Wednesdays
3:05 PM - 4:15 PM
01/24/2024 - 03/13/2024
8 lessons



tuition
\$ 176.00 (tax included)
8 lessons



enrollment
ENROLL ONLINE at
www.youngrembrandts.com/
metrovancover/

ALL NEW LESSONS EVERY SESSION!

YOUNG REMBRANDTS provides all classroom supplies and a trained instructor. Classes are held immediately after school inside the school. Parents are responsible for transportation at class end.

Young Rembrandts is an independent afterschool program and is not affiliated to the School Board

www.youngrembrandts.com/metrovancover/ - 604-345-9053 - metrovancover@youngrembrandts.com

2024 Winter Activities

WINTER ACTIVITIES registration starts soon!

Download our Winter Activity Guide to browse and add your favourite activities to your Wish List.

There are so many fun activities to choose from!
Burnaby.ca/ActivityGuide



Recreation Centres

BONSOR	604-297-4597
BONSOR 55+	604-297-4580
CAMERON	604-297-4452
CHRISTINE SINCLAIR	604-320-2222
CONFEDERATION	604-294-1936
EDMONDS	604-297-4838
EILEEN DAILLY	604-298-7946
WILLINGDON	604-297-4526

Arenas

BILL COPELAND 604-297-4521

Cultural Facilities

BURNABY ART GALLERY	604-297-4422
BURNABY VILLAGE MUSEUM	604-297-4565
SHADBOLT CENTRE	604-297-4440

REGISTRATION START TIME	PRIORITY REGISTRATION for Burnaby Residents				GENERAL REGISTRATION for Everyone	
	Monday December 4	Tuesday December 5	Wednesday December 13	Thursday December 14	Friday December 8	Monday December 18
10am						
START ADDING ACTIVITIES TO YOUR WISH LIST	Recreation Activities (excluding swimming & skating lessons)	Arts & Heritage Activities	Swimming Lessons	Skating Lessons	Recreation, Arts & Heritage Activities	Swimming & Skating Lessons

NEW! REFUND PROCEDURES

These changes include the introduction of a refund fee (10% of the original price), no refunds after the third class in a registered activity, and annual passes and select memberships are no longer refundable.

Some exceptions may apply.

Learn more: Burnaby.ca/Refunds



FREE ACTIVITIES FOR GRADE 5 & 6 STUDENTS

Don't forget! All grade 5 and 6 students living in Burnaby can receive a Grade 5 and 6 Be Active Pass.

The pass is a simple, easy way for grades five and six students to be active and enjoy FREE activities at Burnaby recreation facilities, including pools, arenas, gymnasiums and golf driving ranges.

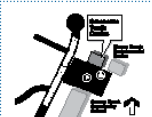
Passes are available now and valid until September 2, 2024.

Find out more Burnaby.ca/Grade5&6BeActive

Free activities for Grades 5-12 For schedules, visit Burnaby.ca/Youth

BURNABY YOUTH CENTRES

Youth have access to wifi, computers, gaming systems, pool tables, foosball tables, open gym nights, card and board games, TV and more!



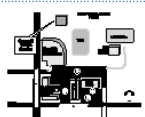
CREEKSIDE
2720 Beaverbrook Crescent
(Stoney Creek School site)
604-294-7607
Burnaby.ca/CreeksideYouth
Access Features: wheelchair ramp, washrooms



EDMONDS YOUTH LOUNGE
7423 Edmonds Street
604-297-4841
Burnaby.ca/EdmondsYouth



SOUTH CENTRAL
6749 Nelson Avenue
604-297-4497
Burnaby.ca/SouthCentralYouth
Access Features: wheelchair ramp, washrooms



SUMMIT
200 Willington Avenue
(North parking lot behind Eileen Daily)
604-268-1369
Burnaby.ca/SummitYouth
Access Features: wheelchair ramp, washrooms

GET YOUR START HERE:
WE'RE HIRING

Start a rewarding career with the City of Burnaby and make a difference in your community. We're hiring recreation clerks, recreation leaders, contract instructors, aquatic staff and building service workers. Be a part of providing facilities and services that support a safe, connected, inclusive, healthy and dynamic community.
Burnaby.ca/Careers



We've moved to a new, user-friendly online registration system!

Learn more: Burnaby.ca/WebReg

NEW SYSTEM FEATURES:

- Simple login using your email and a password
- Personalized calendar
- Improved filter & search
- Wish List feature for future registration

[recreationburnaby](https://www.facebook.com/recreationburnaby) [@burnabyparksrec](https://twitter.com/burnabyparksrec) [burnabyrecreation](https://www.instagram.com/burnabyrecreation) Burnaby.ca/Active

Happy Holidays from the City of Burnaby

Burnaby Village Museum Heritage Christmas
presented by **CONCORD PACIFIC**

Come experience Heritage Christmas presented by Concord Pacific at Burnaby Village Museum. Enjoy the special atmosphere of festive lights and the traditional decorations. Wander the museum's 10 acre venue and take in all the seasonal entertainment, demonstrations and activities.

Enjoy a meal or treat at the new Mai's Cafe, formerly the Ice Cream Parlour, or other offerings from food trucks.

Get admission is FREE. Carousel rides are \$2.52 or a Baker's Dozen (13 rides) for \$30.24. Prices do not include tax.

5501 Deer Lake Ave | 604-297-4565
BurnabyVillageMuseum.ca

Hours
Nov 25-Dec 17, 2023 Monday-Friday 1:30 pm (Nov 24, 14 pm)
Saturday-Sunday, 1-9 pm
Dec 18, 2023-Jan 5, 2024 Daily, 1-9 pm (closed Dec 24 & 25)

Bright in Burnaby
Saturday, December 2, 2023 5-9 pm
Special tree lighting ceremony at 6 pm to officially launch Heritage Christmas. Proceeds during Bright in Burnaby night from the carousel rides will go to the Burnaby Christmas Bureau with Concord Pacific matching the donations.

Holiday Light Display
Enjoy Burnaby's bright lights this holiday season! From Burnaby's parks and public spaces to your own front yard...the city is sure to be decked out in a joyous celebration of light, colour and festive spirit for the holidays.
Starting late November, visit Burnaby.ca/HolidayLights for a complete map and details of the City's light display!

Edmonds Festival of Lights
Saturday, November 25 2:30-5:30 pm
Visit with Santa and enjoy festive music, hot chocolate and holiday crafts with your family. One lucky child will help the Mayor light up the huge tree.
Edmonds Community Centre
7423 Edmonds Street

Visit Burnaby.ca/HolidayFun for more details on events and activities happening this holiday season.
Check us out on social: [cityofburnaby](https://www.facebook.com/cityofburnaby)

[recreationburnaby](https://www.facebook.com/recreationburnaby) [@burnabyparksrec](https://twitter.com/burnabyparksrec) [burnabyrecreation](https://www.instagram.com/burnabyrecreation) Burnaby.ca/Active



PROTECT CHILDREN FROM RESPIRATORY ILLNESSES THIS WINTER

Respiratory illnesses tend to increase as we spend more time indoors. Common colds, the flu and COVID-19 spread through tiny droplets as people who are sick breathe, talk, cough or sneeze. When other people touch these droplets and then their eyes, mouth or nose before washing their hands they may become sick.

There are a handful of steps both children and adults can take to protect themselves and limit the spread of respiratory illnesses:

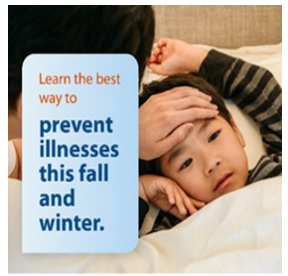
- Wash your hands often with soap and water. Use alcohol-based sanitizer if soap and water is not available.
- Avoid touching your face, especially your eyes, mouth and nose.
- Cough and sneeze into your elbow.
- If you have symptoms, stay home and stay away from people at higher risk of serious illness.

Flu and COVID-19 vaccinations

The best way to protect others and reduce the risk of getting sick with the flu and COVID-19 is to [get immunized](#). The flu and COVID-19 vaccines are safe, effective, and available for free to anyone aged six months and older.

It is much safer to get the vaccines than to get the illnesses. Register your children with the Get Vaccinated system so that you can be invited to book their vaccinations when they are due.

Learn more here: <https://ow.ly/5WWe50PYIYC>



fraserhealth