



Tiger Times

December 2025



Principal: Mrs. Heather Kimmie ~ Vice Principal: Ms. Christina Coletta
Head Teacher: Mrs. Georgia Loukopoulos ~ Admin Assistant: Ms. Lora Delorme

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

December has been a month filled with change, growth and discovery! We congratulate Mrs. Singh on the recent birth of her daughter, and welcome Ms. Trinh as the new teacher of Div. 15. Ms. Coletta, Vice-Principal, and I are currently reading each child's report card, and we are impressed with the progress your children have made over the past few months.

On Wednesday, December 17th, report cards will be sent home to families. This "learning update" is designed to give you insight into how your child has adjusted to classroom routines and expectations, how they are developing socially and emotionally, and their progress in academic areas. Reports include proficiency scales, teacher comments, and your child's own reflections. Together, these perspectives create a meaningful opportunity to celebrate accomplishments, recognize areas of challenge, and set new goals for the upcoming term.

When reviewing the report with your child, we encourage you to ask:

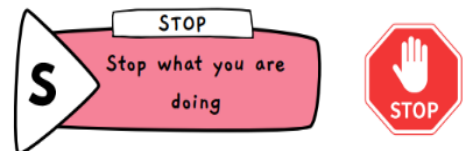
- What did you enjoy learning the most this term?
- What are you most proud of?
- What goals would you like to set for next term, and how will you work toward them?
- How can we support you at home to reach those goals?

As always, if you have questions or need clarification, please connect with your child's teacher. We deeply value working alongside you as partners in your child's educational journey.

We are also looking forward to hosting Student-led Conferences on Wednesday, March 11th from 2:15-6:15. This will be an opportunity for your children to lead you through their own learning. There will be early dismissals on Wednesday, March 11th and Thursday, March 12th at 2:00. Please mark your calendars with all of these dates.

We have a new SEL (social emotional learning) goal this year targeting social skills and focusing on problem-solving. Unfortunately, we have seen an uptick in children trying to solve their frustrations using physical actions and unkind words. We need to prioritize showing 'care for others' by keeping our hands and feet to ourselves and using kind words with one another. Frustrations will arise, and one thing we are working on is developing common problem-solving language using a STEPS acronym. Each month or so, we will unroll a letter of the plan and explicitly teach language and strategies. We will also share this information with families so you can also reinforce the STEPS and language. In Nov. and Dec. we are focusing on **S=STOP**:

PROBLEM SOLVING STEPS



- Focus on self-regulation: Stop what you're doing and calm your mind and body before talking.
- Use strategies such as walking away, taking deep breaths, counting to 10, etc.
- Notice others' signs of "stop" (people's words and their body language) and stop what you are doing.

Students can also be recognized and nominated as 3 Cs Care Captains when a staff member sees a student exhibiting Care for Ourselves, Care for Others and/or Care for Our Community. Slips are placed on a board by the office and students are recognized for their positive efforts on the PA each month.

Looking ahead, on December 11th and 12th our students will showcase their fine arts learning led by Ms. Seah and Ms. Petrovska. Ms. Willis is also coordinating the student artwork you will see adorning our walls during the performance. This year's performance, "Holly Jolly Jalopy", is the result of your children's creativity and hard work. We hope you'll join us to celebrate their learning and talents.

Warm 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.

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Newsletter: Mrs. Karyn Carr

3Cs Community Newsletter

DECEMBER 2025

About Care Captains 3Cs Community

Each month, Brentwood Park staff look for moments when students show exceptional care—whether it's including someone on the playground, taking responsibility for their belongings, offering help to a classmate, or contributing positively to our school environment. When a caring action is spotted, that student is nominated as a Care Captain. Their name, division, and caring action are proudly written on our yellow recognition slips and displayed on the bulletin board outside the office.

What are the 3Cs?

.....

C

Care for Self

C

Care for Others

C

Care for Your Community

IN TERM 1, WE CELEBRATED THE CARE SHOWN BY:

Gianna in Div 6	Penny in Div 4	Quintin in Div 6	Matisse in Div 10	Louie in Div 1
Zoe in Div 6	Moon in Div 11	Sepehr B in Div 5	Arta in Div 13	Zoey in Div 14
Jason in Div 14	Koji in Div 10	Marco in Div 6	Juliana in Div 14	Max in Div 6
Abigail in Div 12	Luna in Div 9	Dima in Div 11	Romeo in Div 6	Noya in Div 7
Eva in Div 21	Hinata in Div 6	Ronin in Div 5	Livia in Div 3	Roman in Div 6
Marcus in Div 6	Kobe in Div 16	Kailen in Div 4	Tessa in Div 3	Paige in Div 7

INVITATION FOR FAMILIES

We invite families to stop by the display whenever you're in the school. It offers a joyful snapshot of the kindness, leadership, and empathy that make our community such a special place. We also encourage families to have conversations at home about the ways you show care in your own homes and neighbourhoods. Small acts of caring make a big difference—both at school and in the wider community.

PLEASE NOTE!

Care Captains are celebrated monthly within the school, and we will share a summary of each term's Care Captains here in the newsletter so families can join in the celebration at home!!

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.

BRENTWOOD PARK LSS NEWSLETTER



DECEMBER 2025

The Buzz Word: Neurodiversity

What is Neurodiversity?

According to Harvard Health, "Neurodiversity advocates encourage inclusive, nonjudgmental language." Neurodiversity describes the idea that people experience and interact with the world around them in many different ways; there is no one "right" way of thinking, learning, and behaving, and ***differences are not viewed as deficits. It's a viewpoint that recognizes and embraces neurological differences like autism, ADHD, and dyslexia as part of human diversity, much like differences in ethnicity or gender.***



How to help your child become better at Self-Regulation Skills over the Holidays:

Manage the Environment & Schedule

1. Maintain consistent mealtimes and bedtimes to support routine.
2. Avoid over-scheduling during busy periods.
3. Limit overstimulation by creating a quiet area at home with comforting items (e.g., books, music).

Model & Co-Regulate

1. Stay calm and model emotional regulation, even during holiday chaos.
2. Instead of saying "calm down," demonstrate calming strategies like taking deep breaths or counting down from 10 so your child can mirror you.

Spend time together as a family

1. Lights at Lafarge in Coquitlam
2. Heritage Christmas at Burnaby Village Museum
3. Shipyard Christmas Market in North Vancouver
4. Get your children involved in baking or cooking!



ACCESSIBILITY IN BURNABY SCHOOLS

The Burnaby School District is committed to creating an inclusive and accessible learning environment for all students and families. Part of this commitment involves working with community to help inform our work.

You may not be aware that the District has advisory and working committees to gather information about accessibility and assist in identifying barriers in the District. We encourage feedback. You can find information about how to share your feedback via an online form, email, phone, or regular mail [here](#), where you can also learn more about Accessibility in Burnaby Schools.

We welcome your input to help us improve accessibility across our schools and programs.



DRESS FOR THE WEATHER

We are lucky to live in a relatively moderate climate. However, some days will be wet and some days will be cold. What matters is that we all learn to dress appropriately for outdoor activities no matter the weather.

Outdoor play is valuable and fresh air is healthy. Our students have two opportunities daily to be outside (recess and lunch) as well as times planned by teachers throughout the week. We believe in outdoor play and education and encourage students to enjoy their environment.

As we are in the rainy, cold season please be sure your child has:

Rainy Day:

- Waterproof hat
- Waterproof jacket
- Waterproof pants
- Warm socks
- Waterproof boots



Snowy Day:

- Toque that covers ears
- Heavy jacket for warmth
- Snow Pants
- Warm socks
- Snow boots
- Gloves or mittens



All children should have a full change of clothes at school. Please label extra clothing to leave at school such as socks, shoes, underwear, pants and shirt.

ADOPT A GRANDPARENT

This year to show 'care for our community' (a part of our school motto), Brentwood Park School will be supporting "Adopt a Grandparent". It is in conjunction with Rideau Residence, a care home that Div. 22 students visit every month. There is a Christmas tree placed in the front entrance of our school. The tree has tags on it with names of the residents living at Rideau Residence and something they like. As many of the residents do not have family, our Brentwood Park School community is hoping to brighten the Christmas of the residents living at Rideau Residence. If you are able to participate, please purchase a small gift based on the information on the tag, then bring the wrapped gift to your child's class with the tag taped to it by Friday, Dec. 12th at the latest.



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/santacorner

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 or on our website under the School Information tab.

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.

BOOK FAIR

The 2025 Brentwood Park Book Fair was a great success! Thank you to everyone in the Brentwood Park community who participated by visiting the fair. In addition to getting books into the hands of our children, the Book Fair generated over \$5,300 in Scholastic credits that we use to purchase books for our school library, books for classroom use, and other materials that support student learning. Special thanks to the team of parents and staff who volunteered their time to help run the Book Fair. We could not have done it without you!!

WINTER CONCERT

This year's winter concert will take place on Thursday, December 11th and Friday, December 12th in the gym. Our concert will have four matinee performances:

<u>Thursday, December 11th</u>	<u>Friday, December 12th</u>
11:00 am – Red Group	11:00am – Green Group
1:30 pm – Green Group	1:30 pm – Red Group

Red Group: Div. 1/3, 5/6, 9/10, 13/15, 17/19, 21/23, 25/27
Green Group: Div. 2/4, 7/8, 11/12, 14/16, 18/20, 22/24, 26/28

There will be a limit of **1 ticket per student** to attend the concert. We are limited to 300 tickets per concert due to gym capacity. Each person in the audience will be required to have a ticket. We will collect cash donations at the door. All proceeds from the Christmas Concert will go towards supporting the arts and musical productions in our school.

Ticket order forms were sent home last week and need to be returned by December 4th. Tickets will be sent home with kids on **Monday, December 8th**.

Extra tickets will be available starting **Wednesday, December 10th**. Parents can come to the library at 8:40am or 3:10pm on Wednesday if they would like **1 extra ticket**. It will be a first come first served basis. After this, any remaining tickets will be kept at the office and families can come and request another ticket.



Dear Brentwood Park Community

My name is Ms. Carter, and I teach Grade 2/3 here at Brentwood Park Elementary. I have a passion for fiber arts, including sewing and crochet, and I'm excited to share this passion with students through a new extracurricular Crochet Club for Grades 5–7.

The club meets Thursdays at lunch, offering a welcoming space for students to learn crochet and develop creativity.

To support this initiative, we are seeking yarn donations. If you have any extra yarn at home —any color or type — we would greatly appreciate your contribution. If possible, please roll the yarn neatly and place it in a labeled bag marked "Crochet Club."

Students who are participating in the club may bring donations directly to the club on Thursday. If your child is not participating but you would still like to donate, the labeled bag can be dropped off at the main office, and I will pick it up.

Thank you for helping us provide this creative opportunity for our students!

LOST & FOUND



Are your children missing any items? We have many unlabeled items that are missing an owner. All items will be on display on December 11th & 12th during the Winter Concerts. Please check the table next to the outside gym entrance to claim your items. Any unclaimed items will be donated to charity.



PAC CORNER

Hello Brentwood Park Families,

It's hard to believe it's already December! We hope you're enjoying the last few weeks of school and looking forward to the winter break. Thank you to everyone who ordered sweet treats through our Froyo Friday fundraiser, as well as to everyone who signed up for the Stay Safe and Babysitting courses.

We have some festive fundraisers and activities happening this month, and we hope you will join us to help support your school community!

Upcoming events:

We are looking for parent volunteers to help us with our annual **Santa Breakfast** on December 19th! We need help decorating the gym, making and serving pancakes, and cleaning up after the event. This is always a fun activity for everyone! Please [sign up here](#) to let us know how you'd like to help.

We need **volunteer crossing guards** on Delta! Thanks to parent advocacy at Brentwood and Holy Cross, and city councillor Daniel Tetrault's efforts on our behalf, the city will be installing a pedestrian signal in September, and the school district has added an afternoon crossing guard. However, we are looking for parent volunteers in the mornings to help our kids get to school safely. Please [sign up here](#), and reach out to us with any questions.

What do you think about the current state of provincial **school funding**? Please take a moment to complete [this survey](#) and tell the DPAC (District PAC) about your experiences. They are looking for feedback about things like programming cuts, portables, and staffing.

We have an ongoing fundraiser with Mabel's Labels. Order labels for your kids' clothing and lunchboxes through our [fundraising link](#), and 20% of your order will go to our school. If you order the Logo Label Pack, your labels will feature the Brentwood Park logo! (Note: make sure you search for "Brentwood Park Elementary," because several other organizations use the name "Brentwood.")

Our hot lunch program runs every Thursday with local vendors, including Peaked Pies and Sushi Yoi. [Sign up with Munchalunch](#) to order lunch!

Just a few more days to submit your order to **MagnetifyPics**, a local business that specializes in custom photo magnets and magnet calendars. Until December 10th, you can order personalized magnets for friends and family, and 20% of your order will go to the Brentwood Park PAC. Your magnets will be delivered on December 17th. [Order here](#) or use the code **BRENTWOODPAC10** at checkout.

Stay in touch:

We are always looking for volunteers to help us with our activities! You can sign up for our general [volunteer list](#) to get involved. Please reach out to brentwoodpac@gmail.com if you have any questions, and don't forget to follow us on [Instagram!](#)

Thank you for your support!

The Brentwood Park PAC



SUPPORT PAC
GIVE THE GIFT OF MEMORIES

This holiday season, skip the generic gifts and give something truly meaningful! Create custom photo calendars & magnets with your own memories, and help support our school PAC.

MagnetifyPics
YOUR MEMORIES,
OUR MAGNETS,
CUSTOM KEEPSAKES THAT STICK



HOW DOES IT WORK

- To order - scan the QR code (discount auto-applied) or visit magnetifypics.com and enter code **BRENTWOODPAC10** at checkout
- Families receive **10%** off their order
- PAC earns **20%** back to support school programs
- Your magnets will be ready to pick up at school on December 17th.

WHAT CAN YOU TURN INTO MAGNETS

- ✓ Kids Drawing
- ✓ School Photos
- ✓ Family Memories
- ✓ Special Occasions
- ✓ Sports & Activities

WHY YOU'LL LOVE IT

- Affordable
- Unique, meaningful, and practical gift idea
- 100% handmade locally
- Directly supports PAC

ORDER HERE



LAST DAY TO ORDER *December 10th, 2025*

Thank you for supporting Brentwood Park PAC! Together, we're turning memories into keepsakes.

QUESTIONS? sales@magnetifypics.com | www.magnetifypics.com

CONSTRUCTION UPDATE

Unitech has been busy working on the new addition, erecting the structural steel roof and floors. They have also been working on backfilling the new gym area. It is exciting to see the progress in both areas. We have also been given walking access back around the south side of the school which has been great!



COMMUNITY INFORMATION

BURNABY MINDR LACROSSE CLUB

REGISTRATION OPENS DECEMBER

BOX LACROSSE 2026



SCAN FOR MORE INFO
@BURNABYLACROSSE
WWW.BURNABYLACROSSE.COM