



Tiger Times

May 2026



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

April has flown by! It has been exciting to see the variety of outdoor learning experiences our children have been involved in, such as observing changes in plants this spring, examining beautiful cherry blossom trees flanking our neighbourhood, exploring Beecher Creek, plus planting potatoes, exploring lifecycles of butterflies and salmon as well as watching chicken eggs hatch. So many hands-on learning opportunities. Many classes also participated in meaningful Earth Day activities during the past month.

Our construction project is moving along and is still on target. Over the next few months, they will complete the new addition and new gym so we can use those spaces next school year. They are also starting to prepare areas for the beginning of phase two which will include seismic work on the north wing and the far east wing of the main building. We will not have permanent bike racks installed until later in the project so for now, we have a temporary triangular yellow fenced bike locking area for children riding bikes to school. See the picture for the location. Please ensure kids riding bikes are wearing a helmet and bring a bike lock. Also, all bikes need to be walked on school property to ensure safety for all students, staff and family members.



If you have volunteered in your child's classroom, as a driver, at a school event, on a fieldtrip, for a school sporting event, as part of the PAC executive and/or helping with hot lunch or any school or PAC sponsored event this school year we will be holding a Volunteer Appreciation Event to recognize and thank all of YOU on Monday, June 15th from 1:45-2:45. Please save the date. More specific details will come out later in May.

As mentioned in earlier newsletters, we are working on using school-wide language to develop problem-solving language using **STEPS**. It would be helpful if you could also help teach and use this language at home. We focused on S = STOP in the fall, T = TAKE RESPONSIBILITY AND TALK in early 2026 and the past two months have been focusing on E=EXPLORE and P=PICK.

Stage of Problem Solving	Teachable Skills	Examples of skills/strategies
<p>S = STOP</p> <p>-Stop what you are doing and calm your body and mind -Stop and notice what others' words and body language are asking you to do</p>	Self-regulation	<p>-walk away -use breathing techniques -count backwards from 10 -what are the words and body language of others telling you?</p>
<p>T – TAKE RESPONSIBILITY AND TALK</p> <p>-take responsibility for your part in the problem -once calm, talk about how you are feeling</p>	Taking responsibility for our words and actions and communicating our feelings	<p>-recognizing our own words and actions and how they might have contributed to the problem -using an 'I statement' to share our feelings eg.) "I didn't like it when you ____, it made me feel ____. Please stop!" or "It makes me feel ____ when you ____, please stop."</p>
<p>E = EXPLORE</p> <p>Explore choices that you can make to work through the problem</p>	Brainstorm ways you can solve the problem. What can you do?	<p>-Take a break from playing with the child or group -Clarify the rules of the game with everyone playing -Play a different game or activity</p>
<p>P = PICK</p> <p>Pick the best choice that is kind and fair, then try it</p>	Pick a solution you think will work to help make you and others feel better and help solve the problem	-Role play different problems and possible solutions
<p>S = SELF-REFLECT</p> <p>Did your choice work?</p>	Reflect on the choice and ask yourself, "Did it work?" If not, try another choice. Seek adult help if the choices are not working	<p>-Encourage regular self-reflection of the choices they make -Review who they can seek help from if they need adult help</p>



SLEEP HYGIENE

Over the past few weeks, our Grade 4 and 7 students completed a Student Learning Survey. One of the questions asked students about sleep and the results are quite alarming. They are not a complete surprise though as through discussion with children exhibiting mental health challenges or acting outwards with behaviours, these children often report that they feel tired. Below are the results:

Grade 4 question: How many days a week do you wake up feeling tired?

Never	12%
1-2 times a week	22%
3-4 times a week	19%
5-6 times a week	11%
Every day	34%

Grade 7 Question: How often do you usually get a good night sleep?

Never	2%
1-2 times a week	19%
3-4 times a week	23%
5-6 times a week	25%
Every day	29%
Don't Know	3%



Research shows that getting a good night's sleep is critical for mental health, emotional well-being, physical health and quality of life. The Burnaby School District has put out some resources about the importance of sleep in the following link. Please take a look and discuss with your family. <https://burnabyschools.ca/sleep-what-students-and-families-need-to-know/>

We encourage you to have a conversation with your own child about their sleep and how often your child is waking up feeling tired. If they are waking up feeling tired, perhaps a look at their bedtimes and sleep hygiene habits would be a great place to start to help improve their sleep. See this Fraser Health info for some healthy sleep suggestions. <https://www.fraserhealth.ca/health-topics-a-to-z/children-and-youth/healthy-sleep-for-children>



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 calendar 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.

EARLY PICK-UPS

If you need to pick up your child early from school for an appointment, please email the teacher indicating what time they will be picked up so they can send your child to the office to meet you. Please try to make appointments outside of school hours to minimize the disruption to teachers and classmates. If pick up has to happen during school, please pick up by 12:00pm or after 1:00pm. We understand that unexpected situations arise. If this is the case, please call the school before you arrive so that we have time to locate your child, as they are not always in their classroom.

LATE DROP-OFF'S



Late drop-off's are disruptive to student learning and teaching. Please try hard to get your children to school by the **8:55am** bell. If your child arrives after 9:00am, please sign them in at the office.

SPIRIT DAYS

ANYTHING BUT A BACKPACK DAY- MAY 8TH

Get creative and leave your backpack at home! Carry your school supplies, snack and lunch in anything but a backpack. Let's see those unique ideas! Just remember: it should be school appropriate, safe, and easy to carry. We can't wait to see your creative ideas!

FORMAL DAY SPIRIT DAY – FRIDAY, MAY 29TH

Get ready to dress to impress! On Friday, May 29th, it is **Formal Day Spirit Day**. Students and staff are invited to dress up in formal or semi-formal wear. Whether you go all out or keep it simple, join us in having fun, looking sharp, and showing off your school spirit in style!

- The Spirit Club

TRACK

Brentwood Park is very proud of our Grade 4, 5, 6, & 7 Track Team for their outstanding participation this season. Students competed in practice track meets at Burnaby North Secondary School, as well as the all day meet at Swangard Stadium on April 29th. With 82 students on the team this year, participation was exceptional. Athletes demonstrated commitment by attending early morning practices twice a week, rain or shine, and consistently showed dedication, sportsmanship, and perseverance. Congratulations to all of our athletes on their strong performances at Swangard, with many top 3 finishes across all events. A special congratulations to our Grade 7 Girls "A" relay team for advancing to the relay final and achieving an impressive 4th place finish. We extend our sincere thanks to our parent drivers for their support, and to Ms. Gil, Ms. Di Spirito, and Ms. Lavorata for their coaching. We also appreciate Mrs. Fleming for her help in organizing and supporting students during practices and to Ms. Malito for helping us supervise at the all day meet.

CLASS PLACEMENT

At this time of year, some parents begin thinking about their child's class placement for the next school year. Please know that our staff members work together to thoughtfully place students in classes based on the number of classroom teachers assigned to our school by the Burnaby school district office. This is a complex process, becoming increasingly challenging as we have grown in size and complexity.

When determining your child's class placement, a variety of factors are considered. For example:

- Provincial legislation for class size and composition
- Classroom teacher and school-based team recommendations
- Learning styles
- Intellectual, social, emotional and physical development
- Behavioural challenges
- Need for additional services such as ELL, EA or Learning Support
- Pre-existing conflict between peers
- Supportive peers

We use our professional judgement, existing data/information, and numerous discussions as we create classes, keeping in mind the considerations listed above. It is the responsibility of the school to create classes so that each student has a positive learning environment and teachers have a manageable teaching assignment. We try to ensure that every child has a supportive peer in their class, however, this is not always a 'good friend'. Often good friends can actually be distracting to learning when in the same class. Children, regardless of what class they are in, can always connect and play together during recess and lunch times.

Throughout the year, school staff become increasingly aware of your child's strengths, stretches and what considerations are important to factor in for class placement both through daily interactions with your child and conversations with you. However, if there is specific information you feel is critical to your child's success and wish us to consider when placing your child into a class, please email me at heather.kimmie@burnabyschools.ca by May 23, 2025. Please respect that requests for specific teachers will not be considered.



Attention Brentwood Park families! Our "Brentwood's Got Talent" talent show is coming up in a couple of months. We are letting you know ahead of time, in case your child has a winter sport or activity he/she would like to showcase for the talent show! We will still offer students the opportunity to show talents that cannot be shown live (i.e. skiing, skating, skateboarding, rollerblading etc.), to be entered via video format for online viewing. We will also be having live performances again this year!

What is a talent? A talent is a special skill or area of strength your child has been working to develop over a period of time. It could include: an area of sport, martial arts, performing arts, magic tricks, etc. For the purposes of this talent show, it should be something that has been practiced and is performance ready. We will be screening ALL talent entries this year and we will be looking for: preparedness (is it performance ready?), execution (can you successfully demonstrate the talent?), showmanship (is it enjoyable to watch? Is it unique?), suitability (is it appropriate?). There will be 3 ways to showcase their talents:

1. Visual Art
 - * drawing, painting, sculpture, photography, mixed media, textile arts, etc. **(no digital art)**
 - * displayed in the hallway outside the library for classes to view for a few weeks
 - * due to Ms. Willis by May 29th
2. Virtual
 - * for acts that cannot be performing live (skiing/snowboarding, skating, hockey, some types of gymnastics, ringette, swimming etc.)
 - * submit between May 4th-May 8th to Ms. Helfrich
 - * submit on a **flash drive only** — please label with name and division (will be returned after talent show videos are created)
 - * maximum 1.5 minutes long
 - * online viewing during June 8th-12th
3. Live:
 - * practice! Students should do a mock audition with family/friends to help prepare
 - * students must bring their own music and props and come with any costumes or required outfits for their act
 - * **sign up for auditions outside Room 15 (Ms. Helfrich's room) starting May 4th**
 - * auditions in front of teacher sponsors **June 1st — 5th** (at lunch or after school)
 - * run-through on **June 10th** after school (please save the date!)
 - * performances in school assemblies on **June 11th and June 12th (students will each perform twice).**

MAY 2026

LSS NEWSLETTER

Building Strong Learning Minds

Helping kids build “strong learning minds” at home isn’t about doing more work—it’s about teaching them how to think, plan, and manage themselves. Here’s what that looks like in simple, practical ways:

2 Build Executive Functioning (the “brain skills”)

- Use visual schedules or checklists (morning routine, homework steps)
- Break tasks into small, manageable steps
- Use timers (“Let’s focus for 10 minutes, then take a break”)
- Practice organizing backpacks or materials together

1

Support Focus & Self-Regulation

- Create a quiet, consistent workspace
- Allow short breaks and movement
- Teach simple calming strategies (deep breathing, taking a walk)

3

Teach Thinking, Not Just Answers

- Ask: “How did you figure that out?” instead of giving answers
- Encourage kids to explain their thinking out loud
- Normalize mistakes: “What can we try differently next time?”

JUMP ROPE FOR HEART



Our school is participating in Jump Rope for Heart!

Our school is proud to be participating in Heart & Stroke's Jump Rope for Heart starting on April 14th. Students will learn EASY healthy habits and raise funds to support lifesaving heart and brain research.

Help us reach our fundraising goal by donating or register to create your own fundraising page to share with family and friends. Visit our school's fundraising page to get started:

Our Jump Rope for Heart JUMP DAY is happening on Friday May 22nd for most classes and on Thursday, May 21st for our Grade 4/5 classes.

Let's reach our school's fundraising goal of \$3,000. We are currently at \$2,755!. Go Brentwood!

Every dollar helps fund lifesaving research. Register today to share your child's fundraising page with family and friends to spread the word! Also, when you register online and get your first donation, your child will be entered into the Desjardins Heart Hero Contest and have a chance to win 1 of 200 scooters! Visit our school's fundraising page to get started: [Brentwood Park Fundraising Page](#)

Heart, Heart & Stroke is driving groundbreaking research led by Canada's top medical minds, like Dr. Lori West. Her research has made it possible for infants to safely receive heart transplants from donors with different blood types—saving countless lives.

Watch this [video](https://youtu.be/c-mc5fc1i-c) (<https://youtu.be/c-mc5fc1i-c>) to see Dr. West meet the children and families whose lives have been changed by her discovery and what her work meant for their hopes for a healthier future.

Learn more at jumpropeforheart.ca and support our school's fundraising efforts by donating today!

Who Jump Rope for Heart helps



Our school is thrilled to participate in Jump Rope for Heart this year to raise funds for families like Sophie and Mia's. Both Sophie and her daughter, Mia, were born with the same complex heart defect, but have had very different childhoods and treatment plans because of research and medical advancements funded by programs like Jump Rope for Heart. Watch Sophie and Mia's story to learn more about their journey and the impact of your support. [Watch now!](https://vimeo.com/1056585297?share=copy) (<https://vimeo.com/1056585297?share=copy>)

Help create more survivors like Sophie and Mia by registering and creating a personal fundraising page for your child/student at [Brentwood Park Fundraising Page](#).



MOVING?

If your child will not be returning to Brentwood Park Elementary School next year, please notify us as soon as possible by emailing brentwoodpark.info@burnabyschools.ca. This information helps us plan for next year and prepare student records to be transferred to the new school in a timely manner. We appreciate your assistance.

PAC CORNER

Dear Brentwood Families,

A huge thanks to everyone who signed up to volunteer or donated money or food for our **Staff Appreciation Lunch**, which is coming up on May 6th! We are very grateful for your support, and we are looking forward to showing our amazing Brentwood staff how much we appreciate their hard work.

Movie Night is coming up on May 8th! Gym doors will open at 3:15, and *How to Train Your Dragon* will start at 3:45. We will have a cash concession to support our ongoing fundraising goals, which include classroom emergency kits and field trips. [Free tickets are available here](#), and cash donations are gratefully accepted at the door.

The Grade 7 Committee is running a **Family Photo Fundraiser** on May 12th and 13th. [Book your session now](#)—\$30 from every booking goes toward Grade 7 Camp! You are welcome to invite friends or neighbours to book sessions as well.

Sports Day is May 15th! We are running a special Friday hot lunch that day; order pizza through MunchaLunch now through May 7th.

Our **PAC Annual General Meeting** will be on May 26th at 7 pm. Join us for important updates and our annual elections. If you're interested in joining the PAC executive next year to help us fundraise and plan community events, we'd love to hear from you! Please reach out to us at brentwoodpac@gmail.com. The PAC executive is a welcoming, supportive, and fun community of parents, and we can always use more hands to help us!

Our next **Froyo Friday** is on May 29th! Place orders through [MunchaLunch](#) from now until May 24th, using the "Fundraisers" link in the "Order Lunch" tab.

Ongoing:

We still need **volunteer crossing guards** on Delta! We need a few more parent volunteers to help our kids get to school safely. Please [sign up here](#), and reach out to us with any questions.

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

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: search for "Brentwood Park Elementary"—several other organizations use the name "Brentwood.")

We are running a **Secondhand Spirit Wear Drive!** Drop off your gently used spirit wear at the PAC kitchen, and we will resell it to the school community. All proceeds will go to classroom emergency kits.

Stay in touch:

We are always looking for volunteers to help us with our activities! You can sign up for our [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

RAISE MONEY FOR OUR SCHOOL!

FAMILY PHOTO FUNDRAISER!

BOOK YOUR SITTING ONLINE!
www.photoexpressions.ca/portraits/fundraisers

Tues May 12, Wed May 13 at Brentwood Park Elementary



- Professional Portraits from Photo Expressions
- FREE 8x10 portrait print of your choice with any paid order
- \$30 goes to our school!

Tell your neighbours, coworkers, family and friends - if they come for portraits, \$30 still goes to our school!



Book Your Sitting at <http://www.photoexpressions.ca/portraits/fundraisers>





BURNABY EAGLES

AUSTRALIAN RULES FOOTBALL CLUB

AFL Auskick CLINIC

SATURDAY

JULY 11 TO AUGUST 22

9AM - 10:30AM

BURNABY LAKE RUGBY CLUB
FIELD #7

REGISTER HERE

BOYS & GIRLS
AGES 5-14YRS



OR AT

BURNABYEAGLES.COM

