

November 9, 2009

FROM THE PRINCIPAL



How do we help our children deal with stress? I remember not too long ago a friend asking, "What stress can kids have?" It is an all but true statement that children, even at a very young age, can feel the effects of stress in their lives. Remember that familiar saying, 'Little people - little problems, big kids - big problems'? The issue of stress applies to children just as real as it happens in adult life. Recognizing that our children at home and students at school are dealing with stress can be the first step in helping them not only survive it but also thrive in it.

It is important to first acknowledge the stress they are feeling is very real to them. It's so easy to give advice; after all, we are well experienced in dealing with it in our adult lives. However, it is more difficult to be the empathetic listener and to let them tell their stories. Communication is an effective device in keeping the stress level manageable in their lives. Organization and time management are two other great tools in helping students break down the big picture into manageable chunks.

So what can we do to help today's child deal with stress?

1. Let them talk and keep good communication going
2. Encourage them to find their alone time, i.e., walk the dog, put away the phone and noisy distractions all around them
3. Assure that they are getting enough sleep and eating healthy
4. Help them organize their time and to find a balance in all their activities from sports to youth activities and of course their homework
5. Keep the activity level around them as stress free as possible; we all work better in an environment that encourages productivity and well being.

There are other good suggestions to add to this list but prayer has to be one of the most impactful ways to bring peace into a stressed life. Just the other day my son, now attending university, called to talk to me about being stressed during midterms. We prayed together over the phone. In our busy and too often hectic lives everyone can feel stressed. Let's remember to pray for our children; they can often feel at times very overwhelmed. "Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus." These are words to live by.



Valarie Sawka, Principal

IN THE BUZZ

From the Principal
Calendar
From the Office
MRCS Giving Campaign
Tent for Hire
Scholastic Orders
Upcoming Events
Driver's Abstracts
Community Info
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CALENDAR

November 5-14
London Drama Trip

November 10
Remembrance Day Chapel, 8:45 am

November 11
NO SCHOOL – Remembrance Day

November 16:
NO SCHOOL – K-12 Report Card Writing Day

November 18
Fall AGM 7:00pm

FROM THE OFFICE

REMEMBRANCE ASSEMBLY

All parents and friends are welcome to attend Maple Ridge Christian School's Remembrance Assembly, Tuesday, November 10th at 8:40 am in the school gym. Let us take the time to remember.

STUDENT VISITORS

Visiting students are allowed to visit at lunch time or chapel only and must also sign in at the office. Former students are not permitted to visit classes or spend the day at MRCS. There are many students wanting to visit during class time and it becomes disruptive to the school.

AT 'SHAW' ADDRESSES

Because of the number of e-mail that we send from the school, Shaw has identified MRCS as being a junk mail provider. If you know someone who is not receiving the weekly Buzz' link, or other communication from MRCS, or you are accessing the Buzz through our website, you need to know that adjusting your computer junk mail settings will allow our e-mails to reach you. Instructions are as follows:

Go to your internet and type in 'Webmail.shaw.ca', type in your username and password. Click on 'Settings', then click on 'Spam Filter'. In all likelihood, your settings are at 'Delete Suspected Junk e-mail'. You will need to change it to 'Tag Suspected Junk Mail'.

OPEN HOUSE

There will be another Open House for prospective and interested families on Friday, November 20, from 1:00-3:00 pm and again from 6:30-8:00 pm. If you have any friends or family that may be interested, please let them know.

PARENT FIELD TRIP DRIVERS

An updated list of all eligible drivers is posted on the bulletin board outside of the office. Anyone not on this list will not be able to drive for field trips.

SCHOOL FEES

The following families have not paid supply fees for K-5: (K - \$15.00/ Gr. 1-3 \$45.00/ Gr. 4-5 \$65.00) Chiu, Lynum, Peragine, Watson.

The following families have not paid high fees: (\$30.00 per child) Atte, Balakrishnan, Berkenpas, Bismeyer, Chan, Chu, Craig, Dendys, Donovan, Farion, Frank, Jing, Kong, Lee, Lowen, MacKenzie, Marginean, McMillan, Pederson, Robb, Shariff, Svendsen, Tuik, Vaartstra, van Herwaarden, Yun.

EMPLOYMENT OPPORTUNITY

MRCS is looking to hire a Special Education Assistant starting immediately. This position is for 30 hours per week and focuses on elementary students. If interested, please send a covering letter and a resume, including a Statement of Faith, to mrcs.office@mrcs.ca.



MRCS ANNUAL GIVING CAMPAIGN

the gift of Christian education today, the foundation for tomorrow.

2009/10 ANNUAL GIVING CAMPAIGN LAUNCHED

Hopefully by now you will have received your copy of the 2009/10 Annual Giving Brochure. This year more than ever we are really hoping for full participation in the campaign from our whole community. Every dollar donated by our community will help to meet the financial needs of the school, so we sincerely hope that you will all feel willing to participate. Some of you are able to give more than others, some less, but everyone can give something. No matter how big or small every donation is gratefully received, so we would ask that you look into your heart and pray about this.

Think about it, and give what you can. MRCS is a very special place, with a remarkable history and an equally remarkable future. In the end, when we give, we give not just for our own children, but for all the children who have yet to pass through these doors.

When you have decided what you would like to gift, fill out your pledge form and put it in an envelope marked for the attention of Connie Baxter in the main office. All donations are tax receipt-able and confidential.

TENT FOR HIRE

The MRCS tent, (seen by many of you sheltering the food at our recent welcome back BBQ), is for rent at a rate of \$25 per day. There is a \$250.00 returnable damage deposit. Please contact Natasha MacDonald in the school office if you need more information or would like to rent the tent.

SCHOLASTIC ORDERS



NOVEMBER: A reminder that the November Scholastic order is due today, Monday, November 9, 2009. Please complete your order form in full, making sure that your name and your teacher's name is written at the top as indicated. Please submit all payments in cheque made out to Scholastic Canada Ltd. Thank you and happy reading!

P. S. Orders that are a day or two late will still be accepted, so no worries if you need an extra day or two to get your order in, since I was

unable to get a reminder in last week's Buzz.

DECEMBER: December Scholastic orders are due to Mrs. Lozinski by 3 pm on Wednesday, November 18, 2009. The due date is early in hopes that you will receive your order before leaving for Christmas vacation. A reminder to pay by cheque only, made payable to Scholastic Canada Ltd. Thank you and happy Christmas reading.

UPCOMING EVENTS

November 18

Fall AGM 7:00pm

November 19

School Dance

November 20

Report Cards, K-12 sent home

November 20

Open House for prospective & interested families, 1-3pm & 6:30-8pm

DRIVER'S ABSTRACT RENEWALS

The following drivers need to renew their driver's abstracts, as they are 3 years old:

Balakrishnan, Sam	Levasseur, Angie
Banbury, Carla	Lynum, Lora
Bruendl, Mark	MacKenzie, Alexandra
Bruendl, Roxanne	Madari, Eva
Dendys, Leslie	Miller, Darren
Desterke, Gary	Miller, Julia
Douglas, Leanne	Peters, Jennifer
du Toit, Elizabeth	Ramsey, Karen
Ellingson, Michelle	Robinson, Susanne
Evans, Joy	Schofield, Leah
Fritsch, Ingrid	Shearing, Rod
Geertsma, Lorena	Shearing, Colleen
George, Glenda	Smith, Kathy
Holdcroft, Mandy	Stokes, Claire
Irvine, Lori	Stokes, Tara
Irvine, Stewart	Swatske, Greg
Jakoncic, Kelly	Swatske, Tamara
Knuttila, Arlana	Tuik, Rita
Laluk, Janet	Van Boven, Teresa
Laluk, Rob	van Herwaarden, Vicki
	Walton, Tammy

WANT ADS

FOR SALE:

Soccer table for sale, as good as new. Asking price \$35. Call 778-773-4730.

COMMUNITY INFO

50TH FALL SHOW AND SALE

The Garibaldi Art Club of Maple Ridge presents the 50th Fall Show & Sale at the ACT. It opens Thursday, November 26 and continues through Sunday, November 29. Check the office bulletin board for times.

HANDEL'S MESSIAH PERFORMANCE

Gloria Dei Chorale together with the Canada West Chamber Orchestra, presents 'Handel's Messiah'. Performances will be Sat., Nov. 21 at 8:00pm at New Westminster Christian Reformed Church, and on Sun., Nov. 22 at 2:00pm at Bakerview Mennonite Brethren Church. Tickets are \$15 and are available from the House of James, King's Music, Bakerview Church, or local Maple Ridge resident Bill Schriek at 604-465-5691. (Detailed poster on office bulletin board).

ANNUAL BUSINESS FAIR

Mops is hosting a business fair Wed Nov 18th, from 9:30-11:15. There will be free childcare, food and music. Come do your Christmas shopping early!! Tables include... Discovery Toys, Norwex, Mary Kay, Avon, Stampin'Up, Writing on the Wall, Usborn Books, Tupperware, Stella&Dot Jewellery just to name a few!!! Call Carla Banbury for more information.

POPCORN ORDER FORM

Thursday November 19, 2009 is Toonie Popcorn Day. Please complete an order form for each child and return the form to the school by no later than noon on Friday, November 13, 2009.

____ Toonie Bag of Popcorn \$2.00

TOTAL AMOUNT ENCLOSED \$ _____

Child's Name:

_____ Grade: _____ Teacher: _____

Please place exact change or a cheque payable to MRCS in an envelope with the order form(s) and make sure the form is complete with the child's full name, grade and teacher.

All proceeds go to MRCS ESPERANZA MISSIONS TRIP 2010

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