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# FEBRUARY NEWS

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PROMONTORY ELEMENTARY  
PH: 604-824-4885

PRINCIPAL: KIM KASS // KIM\_KASS@SD33.BC.CA  
VICE PRINCIPAL: JUSTIN MOORE // JUSTIN\_MOORE@SD33.BC.CA

After the unusual freezing temperatures and record snowfall that fell in January, we know many are more than happy to welcome the month of February that has begun with back to normal temperatures and sunshine!

February is also the month where schools explicitly focus on the character traits of Kindness and Friendship. It is also a time throughout Canada where schools take a stand against bullying. On February 28th students and staff are encouraged to wear **PINK** to highlight the importance of being inclusive and kind.

All students at one point or another will encounter a disagreement or a conflict. As a school, we work with students to understand how to positively resolve disagreements or conflicts and develop their repertoire of strategies for navigating various social situations, particularly peer to peer issues that arise. Conflicts occur due to a variety of reasons as result of different interests or opinions, feelings of not being included, changes in friendships or having feelings hurt. Frequently this results in students stating s/he was or is being bullied.

Bullying is an important issue and is addressed by school staff. It is important to differentiate between bullying and unkind, inconsiderate, or mean behaviour. Developing an understanding and being able to identify the difference, allows students to use tools or strategies to specifically address the behaviour appropriately.

**What is Bullying?** Bullying is different from conflict. **Conflict** is a disagreement or argument where each side holds a particular viewpoint. **Bullying** is negative behaviour directed at someone where the individual or group of individuals intentionally target a person or a group with repeated, unwanted words or actions.

**Unicef identifies 3 key Hallmarks of Bullying:**

- Repetition
- Intentionality
- Imbalance of Power

**Bullying Behaviour** is usually correlated with low self-esteem and/or a perceived lack of empowerment. As a result, bullying is an intentional aggressive behaviour towards another person(s) over time which often involves the threat of continued harassment.

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## PARKING LOT: STUDENT SAFETY

Student and driver safety is of utmost priority.

Please refrain from dropping off your child in the drive through lane and crossing through the parking lot to reach or leave the school. For the safety of all students and adults, everyone is reminded to use the crosswalk both on school property and Stoneview Drive. Unfortunately there have been some very close calls both in the school parking lot and along Stoneview Drive.

Families are encouraged to respect both the school parking lot protocols along with the BC Motor Vehicle Act that gives pedestrians the right of way in a marked or controlled crosswalk.



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## BE WEATHER PREPARED

With the season of inclement weather, families are reminded of importance of dressing for the weather. Students will head outside for most play periods. Families are encouraged to send an extra pair of socks and pants with their child in case of an accidental fall in water or slip in mud.



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## LATE FRENCH IMMERSION

Online applications for Late French Immersion (& more information) for students entering Grade 6 in September 2024 can be submitted/found at any time by visiting <https://sd33.bc.ca/registration> and select either Chilliwack Middle School (LFI) or Vedder Middle School (LFI) as your school of choice.

The **LAST DAY** to register is tomorrow, February 9th at 12:00pm.

Registrations have already surpassed 60 registrants so there will be a lottery.

Any registrations after February 9th will be placed on a waiting list.

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# FEBRUARY NEWS

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CHOCOLATIER

## PAC PURDY'S FUNDRAISER

Purdy's is back with some spring favorites for your sweet tooth!

**Order Online Here:** [Spring Fundraiser](#)

**Order Deadline:** February 28, 2024

**Order Pick Up:** March 13, 2024 (2-3:00pm)

It's a great time to get those Easter Chocolates!

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## 2024-2025 SCHOOL BUS REGISTRATION

Our transportation team has been hard at work developing some new and easier processes for registration next year. Since bus routes are built based on student registrations, encouraging anyone who will be riding the bus to register is essential to starting the year out successfully.

**\*\* Registration will open next week \*\***

**Register Here:** [2024-2025 Registration](#)



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## UPCOMING DATES:

- Feb 9** - Hot Lunch (Taco Del Mar)
- Feb 13** - Boys Triple Ball Game @ Sardis El
- Feb 14** - Red/Pink/White Day!
  - Girls Triple Ball Game @ Promontory
- Feb 16** - Pro-D Day, No School
- Feb 19** - Family Day, No School
- Feb 20** - Boys Triple Ball Game @ Stito:s
- Feb 21** - Girls Triple Ball Game @ Sardis El
- Feb 23** - Hot Lunch (SinAmen Bun Co.)
- Feb 28** - **Pink Shirt Day (Anti-Bullying Day)**
- Mar 1** - **Early Dismissal @ 11:20**  
(buses will be running)
- Mar 8** - Hot lunch (Jim's Pizza)
- Mar 15** - Rainbow & Colour Day
- Mar 16** - Apr 1 - Spring Break
- Apr 2** - Schools Re-open



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# LIBRARY NEWS

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## **Rainy Weather, Water Bottles and Plastic Bags**

Rain, winter weather and water bottles can be very harmful for our library books. If a book is returned with water damage, it will need to be replaced. Please take precautions to ensure your child's back pack is waterproof and will not leak. Please avoid storing any water bottles inside of backpacks. Putting a book in a plastic bag can create a layer of protection around the book.

We are looking for donations of plastic grocery bags. During the rainy winter, we go through plastic bags very fast. Many teachers and students utilize them every day. If you have any clean plastic grocery bags that we can re-use, please send them with your child to school.

## **Kiwanis SUPER READER Program Update**

First day to claim 150 Nights is Feb 8. Prizes will be handed out when students visit the library. The Kiwanis Super Reader program is more than just winning prizes. This reading program is designed to make reading part of your daily routine. Every night a student reads, or listens to their parent reading (for a minimum of 15 minutes) they can check off a square in the green reading log book. Students enjoy checking off the days as they make their way through the reading log book. Making the Super Reader program as part of your daily routine will help you children become lifelong readers.

If you need a new Super Reader Green Log Book please let your child's teacher know or email me directly at [matthew\\_mueller@sd33.bc.ca](mailto:matthew_mueller@sd33.bc.ca)

Happy reading!

## **FRIDAY FAMILY MORNING READING TIMES**

Perfect for preschool kids! The library is open for families to drop in on Friday mornings between 8:25-8:55am. When accompanied by an adult children ages 0-4 years old can come in use the library and check out books. Some weeks we will even have special read aloud. Picture book read alouds start at 8:35 sharp.

Schedule:

**Feb 2:** Open for families.

**Feb 9:** Open for families.

**Feb 16:** Closed Pro D day.

**Feb 23:** Open for families.

**Mar 1:** Closed for classroom visits because of early dismissal.

**Mar 8:** Last Week to borrow books before March Break

**Mar 15:** Library CLOSED

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# LIBRARY NEWS

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## READING LINK CHALLENGE 2023-2024

Get ready to join in the fun and participate in the sport of reading! Promontory will be participating in the FVRL Reading Link Challenge again this year. This competition is open to students in Grade 4 and 5 who are strong readers.

Promontory Heights Elementary has been the top school to beat in the Chilliwack School District and entire Fraser Valley region for the last two years (2022, 2023). Come be a part of our success!

### The Books:

- 1) Astrid the Unstoppable** by Maria Parr
- 2) Because of the Rabbit** by Cynthia Lord
- 3) J.D. and the Great Barber Battle** by J.Dilard
- 4) Linked** by Gordan Korman
- 5) Peter Lee's Notes from the Field** by Angela Ahn
- 6) Upside Down Magic** by Sarah Mlynowski, Lauren Myracle & Emily Jenkins

We currently have six copies of each book at the Promontory Library. Additional copies are also available from the FVRL Chwk and Sardis Branches. The Chilliwack Library has acquired 10 additional copies of each of this year's RLC titles! These copies are not catalogued like the rest of the collection, but instead live at the Information Desk at the Chilliwack Library (the downtown branch). Students can get a copy by going down to the library and talking to one of the friendly staff members. Also, there are ebooks, & audio books for some titles, which can be found on FVRL Tumblebooks or from FVRL Overdrive site.

We have a Promontory Library account set up there. Please donate the credits you receive and we are then able to buy good used books at great prices! Thank you to the families that did that this past year.



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# LIBRARY NEWS

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## CITY WIDE READING CHALLENGE

City Wide Reading Challenge – Sponsored by the FVRL

The FVRL is having a city-wide Reading Challenge. How does this work? Between Feb 3 -Feb 23 read as many days as you can. Podcasts and audiobooks count too! Tell us how many days you read when you enter the prize draw. Submit your ballot by March 1st: online in the ballot boxes at Sardis, Chilliwack, and Yarrow Library in the ballot box at the Bob Chan-Kent Family YMCA by photographing and emailing it to [info@chilliwacklearning.com](mailto:info@chilliwacklearning.com).

Get your ballot and tracking sheet at Sardis, Chilliwack, and Yarrow Library, or [bit.ly/CLSreadingchallenge](https://bit.ly/CLSreadingchallenge) . Please note that a black and white copy has been attached to this email.

Contest runs from Feb 3-23, 2024. Open to all ages. Chances of winning depend on the number of entries received. the ballot entry deadline is March 1. Winners will be selected randomly on March 6, 2024. Winners will be notified by phone or email and can collect their prizes at Chilliwack, Yarrow and Sardis libraries. Winners forfeit unclaimed prizes after 1 month. Limit of 1 entry per person. No purchase necessary.



# PHECSA WINTER PROGRAM GUIDE

PROMONTORY HEIGHTS COMMUNITY SCHOOL ASSOCIATION

Follow us for updates on classes, programs and special events!

[www.phecsa.ca](http://www.phecsa.ca)

Facebook: Promontory Heights Community School Association-PHECSA  
Instagram: promcommunityschoolassociation

## OFFICE HOURS

Monday-Thursday 8:30am - 8:00pm  
Friday 8:30am - 4:30pm  
Saturday 9:00am - 1:00pm

PHECSA provides educational, recreational and social opportunities for community members of all ages and abilities.

## PRESCHOOL (0-5 YEARS)

### Busy Bees Crafts and Coffee

THURSDAYS 9:00-10:30AM

FREE DROP-IN

Join us for morning crafts, cuddles and coffee! Complete a craft, sing songs, and stories revolving around a weekly theme!

### Dandelion Fields Outdoor Preschool

A place for little ones who love to discover, explore, imagine and play in the dirt!

Email for information & registration package: [dandelionfieldspreschool@gmail.com](mailto:dandelionfieldspreschool@gmail.com)

Website: [www.dandelionfieldsoutdoorpreschool.com](http://www.dandelionfieldsoutdoorpreschool.com)

### Chilliwack Isshin-Ryu Karate Club

Little Dragons Ages 4-7 Mondays & Wednesdays

Learn about Karate and Self-Defense in a fun atmosphere.

For information and to register call 604-799-6504 or visit [www.chilliwackisshinryu.ca](http://www.chilliwackisshinryu.ca)

### Little Kickers Soccer

SATURDAYS: OCTOBER-MARCH

Learn through Play! Little Kickers gives your child a positive introduction to sport by teaching high quality soccer skills in a friendly, pressure free environment. For more information call 604-791-3595 or visit [www.littlekickers.ca](http://www.littlekickers.ca)

## SCHOOL AGED (6-12 YEARS)

### PRISM Studio Ceramics

VARIOUS DATES 3:00-4:00PM GRADES 1-5 PER SESSION -\$25.00

Everything you need to complete a fun ceramics project. Join us to complete an Instructor led ceramics project using fun design ideas and techniques..

Session Dates: Wednesday, February 7th - Heart Mugs  
Wednesday, March 6th - Boxes

### Ready, Set, Bake!

Winter Session - New Recipes! 3:00pm-4:30pm \$70.00

Introduce your child to the world of baking! Each 1.5 hour class, students are empowered to bake on their own, which builds confidence, independence and healthy eating habits, all while gaining practical life skills. Participants will learn to measure, whip and mix ingredients to make an assortment of baked goods all from scratch. Let's get baking!

Session Dates:

Mondays - January 15th-February 26th (skip Feb 19th) K-Grade 2 - FULL  
Tuesdays- January 16th-February 20th Grades 3-5 - FULL

### Floor Hockey

WEDNESDAYS JAN 24TH-FEB 28TH 4:00PM-5:00PM GRADES 2-5 \$45.00

Join us for some Floor Hockey fun! Learn the fundamentals of hockey in a safe, fun and positive environment.

### Basketball - REGISTRATION FULL

THURSDAYS JAN 25TH-FEB 29TH 2:30PM-3:30PM (INCLUDES T-SHIRT)

Join BC BOUNCE for six-sessions of After-School Basketball! Sessions will focus on learning and developing skill sets and movements as we progress to controlled games and competition in an encouraging and fun environment.

### LEGO Club

THURSDAYS 2:30-3:45PM GRADES 1-5 FREE DROP-IN!

LEGO lovers a fun way to showcase your creativity! Join us every week and bring your wildest creations to life! Monthly schedule posted!

All participants must have completed registration forms for the 2023-2024 school year on file to attend.

### At Home Alone+

DATE: FRIDAY (PRO-D DAYS)

10+ YEARS

\$40.00

This is an interactive, participatory program that is designed to teach children to make safe choices while At Home Alone.

Next Course-Friday, February 16th from 1:00pm-5:00pm

### Canadian Red Cross Babysitting Course

DATE: SATURDAY 9:00AM-5:00PM 11+ YEARS \$60.00

Basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to younger children in a variety of age groups, and how to prevent and respond to emergencies. Participants will receive a Canadian Red Cross Babysitting certificate upon completion. Please contact the PHECSA office to be added to the wait list!

Next Course-Saturday, February 24th 9:00am-5:00pm

### Chilliwack Isshin-Ryu Karate Club

MONDAYS AND WEDNESDAYS

ALL AGES

Train with mixed age groups. Families have a chance to train together or grow in martial arts together. For more information call 604-799-6504 or visit [www.chilliwackisshinryu.ca](http://www.chilliwackisshinryu.ca)

## PANTHER PEN BEFORE AND AFTER-SCHOOL CARE

Need Before or After-School Child Care?

Panther Pen-Fully Licensed School Aged Program

Monday thru Friday from 7:00am-8:25am and 2:15pm-5:30pm.

Pro-D Day Camps

Winter Break Camps

Spring Break Camps

Sun-N-Fun Camps: 8 Weeks of Summer Fun!

Space is Limited - Must Pre-Register

For Registration Information and Packages

Phone: 604-858-2999

Email: [pantherpen@phecsa.ca](mailto:pantherpen@phecsa.ca)

IMPORTANT REGISTRATION INFORMATION:  
REGISTRATION MAY BE DONE IN PERSON AT THE PHECSA OFFICE, OR OVER THE PHONE PLEASE CALL 604-858-2999  
ALL CLASSES NEED THE MINIMUM REQUIRED TO RUN - SO REGISTER EARLY TO AVOID DISAPPOINTMENT!! PHECSA ACCEPTS PAYMENT BY CASH, OR E-TRANSFER.

Promontory Heights Elementary Community School Association

46200 Stoneview Drive, Chilliwack BC V2R 5W8

PHONE: 604-858-2999

EMAIL: [phecsa@phecsa.ca](mailto:phecsa@phecsa.ca)

WEBSITE: [www.phecsa.ca](http://www.phecsa.ca)

PHECSA





# PHECSA WINTER PROGRAM GUIDE

PROMONTORY HEIGHTS COMMUNITY SCHOOL ASSOCIATION

## YOUTH ZONE

### Promontory Tween Night Grades 4-6

FRIDAYS 6:30-9:00PM

DROP IN \$5.00

Looking for something to do on Friday nights? Check out the many activities offered...sports in the gym, movies, board games, concession, and dance parties. New theme nights each week!!! Join your friends for FUN, FUN, FUN!!

**Tween Night Registration**—Parents of ALL participants MUST complete a one time registration form (for the current school year!) with contact information before attending. Please contact the PHECSA office for Tween Night Registration forms. Maximum capacity 50 participants.

### Promontory Youth Crew 14+ years

Join the Youth Crew at Promontory! Get your work experience hours, help plan activities, special events, help out at Youth Night and qualify to apply for the PHECSA Scholarship. Call 604-858-2999 for information.

## WEEKLY DROP-INS

### Busy Bees Crafts and Coffee

THURSDAYS 9:00-10:30AM

FREE DROP-IN!

Join us for a morning of crafts, cuddles & coffee! Complete a craft, sing songs, stories revolving around a weekly theme

### LEGO Club

THURSDAYS 2:30-3:45PM

GRADES 1-5

FREE DROP-IN!

LEGO lovers a fun way to showcase your creativity! Join us every week and bring your wildest creations to life! Monthly schedule posted.

Must have completed registration forms for the 2023-2024 school year on file to attend.

### Pickleball

TUESDAY AND THURSDAY 5:45-8:00PM

DROP-IN \$3.00

### Primetimers Social

FRIDAYS: 9:30-11:00AM

FREE DROP-IN!

Take time for coffee and conversation. Meet local seniors and enjoy games, field trips and much more.

### Promontory Tween Night Grades 4-6

FRIDAYS 6:30-9:00PM

DROP IN \$5.00

Looking for something to do on Friday nights? Check out the many activities offered...sports in the gym, movies, board games, concession, and dance parties. New theme nights each week!!! Join your friends for FUN, FUN, FUN!!

**Tween Night Registration**—Parents of ALL participants MUST complete a one time registration form (for the current school year!) with contact information before attending. Please contact the PHECSA office for Tween Night Registration forms. Maximum capacity 50 participants.



IMPORTANT REGISTRATION INFORMATION:  
REGISTRATION MAY BE DONE IN PERSON AT THE PHECSA OFFICE, OR OVER THE PHONE PLEASE CALL 604-858-2999  
ALL CLASSES NEED THE MINIMUM REQUIRED TO RUN - SO REGISTER EARLY TO AVOID DISAPPOINTMENT!! PHECSA ACCEPTS PAYMENT BY CASH, OR E-TRANSFER.

## ADULT/SENIOR

### Primetimers Social

FRIDAYS 9:30-11:00AM

FREE DROP-IN!

Take time for coffee and conversation. Meet local seniors and enjoy games, field trips and much more.

### Pickleball

TUESDAY & THURSDAY 5:45-8:00PM

DROP-IN \$3.00

### Hatha Yoga

THURSDAYS 7:00-8:00PM

JANUARY 11TH-MARCH 14TH

\$120.00 (10 SESSIONS)

Relax as you practice Hatha Yoga, blending together the benefits of an active and receptive practice, woven and deeply connected by the breath. Class will include a dynamic, warming all levels sequence and be balanced with a quiet, cooling set of postures for an integrated and nourishing practice to help calm and relax the nervous system. Beginners welcome!  
Drop-In available for \$15.00 per session

### ZUMBA

STAY TUNED FOR MORE DETAILS!

Come on out and join the Zumba party. Zumba is a fun and exhilarating choreographed fitness class that incorporates cardio and Latin-inspired dance. It is a mix of high and low intervals that will get your heart pumping, body moving and put a smile on your face. Ages 13+ and all fitness levels are welcome.

## MUSIC PROGRAM

### Private Piano Lessons

6+ years

Monday-Thursday \$17.00 per 1/2 hour lesson

### Private Guitar & Ukulele Lessons

6+ years

Tuesday & Wednesday \$24.00 per 1/2 hour lesson

Please contact PHECSA 604-858-2999 for lesson information and availability.

## SPECIAL EVENTS

FOLLOW US FOR UPDATES ON CLASSES, PROGRAMS AND SPECIAL EVENTS!  
WWW.PHECSA.CA

FACEBOOK: PROMONTORY HEIGHTS COMMUNITY SCHOOL ASSOCIATION-PHECSA  
INSTAGRAM: PROMCOMMUNITYSCHOOLASSOCIATION

## FACILITY RENTALS

Our school facilities are used throughout the year for birthday parties, meeting, clubs, team practices, and many other social, recreational and educational community gatherings. Contact us about your special event!



CITY OF  
**CHILLIWACK**

Service  
Canada

### FUNDING ACKNOWLEDGEMENT

THIS VENTURE HAS BEEN MADE POSSIBLE DUE TO A PARTNERSHIP BETWEEN SCHOOL DISTRICT #33 AND THE CITY OF CHILLIWACK. PHECSA WOULD LIKE TO GRATEFULLY ACKNOWLEDGE FUNDING RECEIVED BY THE CITY OF CHILLIWACK AND SERVICE CANADA

Stay tuned for upcoming classes, programs & special events!

Have a program idea? We would love to hear about it! Send us an email at: [phecsa@phecsa.ca](mailto:phecsa@phecsa.ca)

Promontory Heights Elementary Community School Association

46200 Stoneview Drive, Chilliwack BC V2R 5W8

PHONE: 604-858-2999

EMAIL: [phecsa@phecsa.ca](mailto:phecsa@phecsa.ca)

WEBSITE: [www.phecsa.ca](http://www.phecsa.ca)



# February Tween Nights

FRIDAYS, 6:30PM-9:00PM

@ PROMONTORY HEIGHTS ELEMENTARY SCHOOL

OPEN TO ALL STUDENTS IN GRADES 4-6

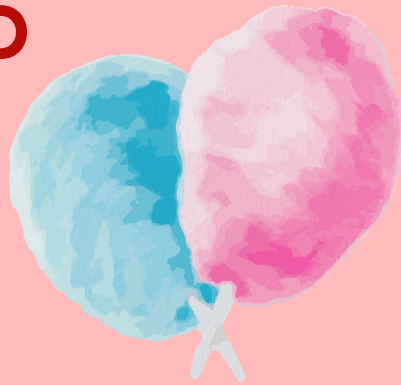
(50 STUDENT CAPACITY)

\$5 ENTRANCE FEE PER STUDENT

LOOKING FOR SOMETHING FUN TO DO FRIDAY NIGHTS?  
BRING YOUR FRIENDS AND JOIN US, CHECK OUT THE MANY  
ACTIVITIES OFFERED; FREE TIME IN THE GYM, CONCESSION (BRING  
YOUR SPARE CHANGE!), BOARD GAMES AND MORE!

## FEBRUARY 2ND

HAPPY (LATE) NEW  
YEAR!!! JOIN US FOR  
NEW YEARS  
CELEBRATION WITH A  
COUNTDOWN AND  
SHIRLEY TEMPLES!



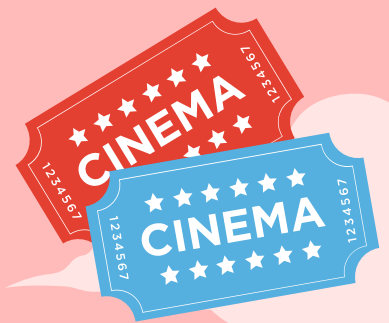
## FEBRUARY 9TH

HAPPY VALENTINES DAY!  
MAKE SOME VALENTINE  
CARDS FOR YOUR LOVED ONES  
AND JOIN US FOR OUR  
VALENTINE'S DAY FORMAL IN  
THE GYM!



## FEBRUARY 23RD

ITS MOVIE NIGHT HERE AT  
TWEEN NIGHT! POPCORN WILL  
BE AVAILABLE TO SNACK ON  
DURING THE MOVIE!



**IMPORTANT INFORMATION - TWEEN NIGHT REGISTRATION**  
PARENTS OF ALL PARTICIPANTS MUST COMPLETE A ONE TIME  
REGISTRATION PACKAGE BEFORE ATTENDING TWEEN NIGHT.  
CONTACT THE PHECSA OFFICE BY PHONE OR EMAIL FOR A REGISTRATION  
PACKAGE.

PHONE: 604-858-2999  
EMAIL: [phecsa@phecsa.ca](mailto:phecsa@phecsa.ca)  
WEBSITE: [www.phecsa.ca](http://www.phecsa.ca)

