

MARCH

newsletter

Ph: 604-824-4885

Principal - Kim Kass // kim_kass@sd33.bc.ca

Vice Principal - Justin Moore // justin_moore@sd33.bc.ca

With the end of the second term, students have a lot to feel proud about and celebrate. They have grown academically as well as socially and emotionally. It is wonderful observing each student's growing confidence as a learner and as an individual.

Families are encouraged to discuss your child's report card with them and the progress they are making. Together, note the many things being done well and areas of success to celebrate. As well, talk with your child about what they feel they need to get better at, goals they may have and ways they can grow in their learning. Families are also encouraged to talk about areas needing further attention, develop a plan of action and remind your child that by putting forth their very best in all that they do, they will yield positive results. Lastly, please remind your child that you, their teachers, and all the staff at Promontory are there to help and support them.



In addition to how your child is progressing academically, students are also working on further developing and refining their learning skills. Learning skills include the following competencies:

Organization: how well you keep your work, supplies and spaces organized; how prepared you come each day ensuring you have all your learning materials.

Self Regulation: how well you understand and manage your behaviour and your reactions to feelings and things happening around you.

Responsibility: how well you do the things you are supposed to do, at level to which reflects the best of your ability -you make smart choices, you are accountable for your actions and/or decisions.

Collaboration: how well you work with others and provide you thoughts and input, but also listen to the thoughts and input of others during group work and discussions.

Independence: how well you can work on a task for a given length of time on your own or with minimum need for your teacher's or other adult's support.

Initiative: how well can you begin a task on your own, finding ways to show greater learning and looking for ways to improve upon or extending your learning or understanding.

From all of us at Promontory, we wish you and your family a fantastic Spring Break. May it be filled with many fun adventures, wonderful memories and hopefully a lot of sunshine.

See you back at school Monday April 2nd!

~Ms. Kass

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CONVERSATION POINTS

A strategy for talking with your child about their school day -ask a S.O.C.K. question:

S.O.C.K.

- Specific
- Open-ended
- Creative
- Kid-friendly



CONVERSATION PROMPTS

Getting to know about your child's experiences:

- What was the most surprising part of your day?
- What was something challenging you faced?
- Can you tell me about how you felt when ...?

Learning about your child's friends and classmates:

- Who did you spend the most time with today?
- Is there someone new you met or talk to?
- How did you feel when you're with [friend's name]

Inquiring about your child's discoveries:

- What's one new thing you learned today?
- Did anything make you curious or wonder why?
- What was the coolest thing you saw or did?
- Was there something you didn't understand but want to?

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JUMP ROPE FOR HEART

Jump reinforces the healthy habits kids need, eating right, being active, and drinking plenty of water. After all, what's more important than your kids growing up to be healthy and active? ...The donations raised help fund life-saving research, education, and other Heart & Stroke initiatives. ~Anita, Jump Rope for Heart Mom from jumpropeforheart.ca

JUMP ROPE FOR HEART

Thank you for all your donations during our Jump Rope for Heart Campaign! We set a school fundraising goal of \$1250 and **raised an amazing \$2831.10** Congratulations to Mrs. Wouda's class who raised \$545 and won a class smoothie day, kindly donated by Booster Juice (Vedder & Promontory Location)



Heart & Stroke



Foundation



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PROMONTORY CHOIR

A HUGE congratulations to Mrs. Solomon and all of our Choir Students on their 1st place win, yesterday, in the Elementary Choral Division at the Chilliwack Festival of Music. Your hard work and dedication to Choir has paid off and we look forward to seeing other performances throughout the rest of the school year. Great job!



Congratulaitons!



1st Place!



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UPCOMING DATES

Mar 8 - Hot Lunch

(Jim's Pizza)

Mar 10 - Spring Ahead!

(time change)

Mar 13 - Report Cards
sent home

Mar 15 - Rainbow/Color Day

Mar 15 - Free Hotdog Lunch
Provided by PAC

Mar 16-Apr 1 - Spring Break

Apr 2 - School Reopens

Apr 19 - Jersey Day

Apr 26 - Pro-D day

PAC UPDATES

We'd like to offer our sincere thanks to our wonderful PAC who continuously put in the work and effort towards our schools fundraising efforts and hot lunches every month!

This month on March 15th, they will be graciously providing a FREE hotdog lunch to each student in our school.

THANK YOU SO MUCH!

LOST & FOUND

All items in the lost & found will be out on display from March 6-14th. Any unclaimed items after those dates will be donated. Please make sure to label your items!



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SPRING BREAK CAMP

March 18-21 - 2024



Join US

U6 - U7 Players	9:00-10:00 am
U8 - U10 Players	9:00-11:00 am
U11 - U14 Players	9:00-11:00 am

4

DAY CAMP

U6 - U7 Players	\$50.00
U8 - U10 Players	\$60.00
U11 - U14 Players	\$75.00



TOWNSEND PARK TURF

45130 Wolfe Rd, Chilliwack BC
V2P



FREE CHILLIWACK FC T SHIRT !!



Chilliwack FC wants to provide a safe inclusive, and fun environment for any child looking to partake in our spring break camps! Campers will partake in soccer activities, fun games, and will be engaging with our Chilliwack FC staff and volunteers.

**BRING YOU
BRING EVERYONE**

604-792-0090
info@chilliwackfc.com



CHILLIWACK FC FORD SPRING LEAGUE

April - June



MONDAY	U5/U6 Boys - U13/U14 Boys - U13/U14 Girls - U15/U18 Co-Ed
TUESDAY	U4 - U5/U6 Girls - U11/12 Girls - U11/12 Boys
WEDNESDAY	U7/U8 Boys - U9/U10 Boys
THURSDAY	U7/U8 Girls - U9/U10 Girls



FORD SPRING LEAGUE WILL START APRIL 8TH



U4 -	\$95
U5-U7	\$180
U8-U10	\$195
U11 - U18	\$230

BRING A FRIEND TO FORD



Refer a new friend to the FORD Spring League and receive a \$25 credit on your account towards future programs with us!

EXHIBITION PARK

45456 Spadina Ave, Chilliwack, BC
V2P 1V4

MONDAYS- WEDNESDAYS - THURSDAYS

CHILLIWACK SENIOR SECONDARY

46363 Yale Rd, Chilliwack BC
V2P 2P8

TUESDAYS

The Chilliwack FC Ford Spring League program is open to all players from U4-U18 and will follow a game play format. Within the Ford Spring League program, players will receive one game day session per week. This program is for players looking for a lighter load and still have that passion for playing the game!



BRING YOU - BRING EVERYONE

INFO@CHILLIWACKFC.COM
604-792-0090

LIBRARY NEWS

BOOKS OVER MARCH BREAK

All student library books are due back to school before spring break. Please return all library books during the week of March 11th -15th or earlier. Students will have to read classroom books or books from home during the last week of school.

DAMAGED/LOST BOOKS

Some families will receive bills for lost or damage books. Please send a cheque or exact cash to pay for the book. Cheques can be address to Promontory Heights. No change is available. Please pay for any missing or damaged books promptly so your child can continue to use the library.

READING LINK CHALLENGE

BATTLE OF THE BOOKS

The school competition will be held on March 13. The team that has the most correct answers will be named Promontory Champions, and will get to move on to the next level of competition versus other schools in SD33.

If your child is participating in the Reading Link Challenge please celebrate this and congratulate them for reading all 6 books. It is amazing that they were able to rise to the challenge. Reading all of the books is no easy feat, and I am extremely proud of all of our students who participated and tried. The Reading Link Challenge will be back again next year.

LIBRARY NEWS

SUPER READER PROGRAM UPDATE

PRIZE ALERT: The earliest date for 200 nights is April 2. At 200 nights students win a brand-new book. Picture books, chapter books and graphic novels are available. The graphic novels are for Grade 4 and 5 students. The prizes are first come first serve. There are enough books for every student but we have limited numbers of each specific books. We have run out of new booklets.

MAKERSPACE

We're in need of
CLEAN 2L pop
bottles.
students can bring
them to their
classroom teacher,
or to the office.



FRIDAY MORNING FAMILY 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 aloud starts at 8:35am sharp.

Schedule:

Mar 1 - Closed

Mar 8 - OPEN

(Last Week before March Break)

Mar 15 - Library CLOSED

April 5 - CLOSED

April 12 - OPEN for families!



PHECSA SPRING PROGRAM GUIDE

PROMONTORY HEIGHTS COMMUNITY SCHOOL ASSOCIATION

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

www.phecsa.ca

Facebook: Promontory Heights Community School Association-PHECSA

Instagram: [_PHECSA_](#)

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

Website: 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

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, April 17th
Wednesday, May 8th
Wednesday, June 5th

Floor Hockey

WEDNESDAYS APRIL 10TH-MAY 15TH 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.

Cupcake Decorating

MONDAY, APRIL 15TH 3:00PM-5:00PM \$30.00

Learn how to decorate your cupcakes like a pro! Learn to use different tips and create six fun and creative cupcakes that will showcase your skills and creativity. Cupcakes will be pre-baked so there is more time to decorate. Each participant will take home six amazing and irresistible cupcakes.

Cake Decorating

MONDAY, APRIL 29TH 3:00PM-5:00PM \$30.00

Join the fun in learning to fill and decorate your own cake. You will learn the basics of how to cover a 6 inch cake and personalize your creation by adding flowers, leaves, borders, and more. Each participant will take home their delicious creations. Cakes will be prebaked to allow for time to decorate.

Art & Craft Workshop

MONDAYS MAY 6TH-JUNE 3RD (SKIP MONDAY, MAY 20TH) GRADES 2-5

Join Carla for four-session to learn some new crafty skills! Every week participants will create at least one project to take home. We will get creative with clay, beads, wire, paint, paper, rocks and more! For registration forms contact the PHECSA office.

NO COST - SPACE IS LIMITED

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! One-time registration form required 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, April 26th 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, May 25th from 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

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: 7 Weeks of Summer Fun!

Space is Limited - Must Pre-Register

For Registration Information and Packages

Phone: 604-858-2999

Email: 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, DEBIT OR CREDIT CARD.

Promontory Heights Elementary Community School Association

46200 Stoneview Drive, Chilliwack BC V2R 5W8

Phone: 604-858-2999

EMAIL: phecsa@phecsa.ca

WEBSITE: www.phecsa.ca



PHECSA SPRING 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.

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 APRIL 4TH-JUNE 13TH (SKIP APRIL 25TH) \$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

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! One-time registration form for the current school year is required 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.

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!

IMPORTANT REGISTRATION INFORMATION:
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ALL CLASSES NEED THE MINIMUM REQUIRED TO RUN - SO REGISTER EARLY TO AVOID DISAPPOINTMENT!! PHECSA ACCEPTS PAYMENT BY CASH, DEBIT OR CREDIT CARD.



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



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Phone: 604-858-2999

EMAIL: phecsa@phecsa.ca

WEBSITE: www.phecsa.ca



MARCH TWEEN NIGHT

**LOOKING FOR SOMETHING FUN
TO DO FRIDAY NIGHTS?**

BRING YOUR FRIENDS AND CHECK OUT THE MANY
ACTIVITIES OFFERED; FREE TIME IN THE GYM,
CONCESSION (BRING YOUR SPARE CHANGE),
BOARD GAMES, CRAFTS, MOVIE NIGHTS AND MORE!



FRIDAYS 6:30PM-9:00PM

**@ PROMONTORY HEIGHTS ELEMENTARY SCHOOL
OPEN TO ALL STUDENTS IN GRADES 4-6
\$5.00 ENTRANCE FEE PER STUDENT**



MARCH 8TH



JOIN US FOR OUR
ST PATRICKS DAY
THEMED TWEEN NIGHT!
A NIGHT OF GAMES,
DANCING AND MORE!
SHOW OFF YOUR SPIRIT
BY WEARING GREEN!



IMPORTANT INFORMATION - TWEEN NIGHT REGISTRATION

Parents of ALL participants MUST complete a one time registration package
before attending Tween Night for this school year
Contact the PHECSA office by phone or email for a registration package.



PHONE: 604-858-2999
FAX: 604-824-5925
EMAIL: phecsa@phecsa.ca
WEBSITE: www.phecsa.ca