

# PROMONTORY

# NEWSLETTER



APRIL  
2024

## Welcome Back Everyone

It has been great welcoming everyone back from Spring Break and hearing about the adventures taken, the fun had and the memories made. Sharing smiles and stories and reconnecting has been a great way to mark the return from the 2 week break.

Spring brings many joyful moments both in nature and in school. Students have returned more confident, independent, eager to continue learning and in many cases have grown both in height and/or shoe sizes! With the last term of the school year now upon us, we know students will flourish and we look forward to supporting them in all areas of their learning.

Over the last month, there has been a lot of discussion about Cell Phones in school with the provincial government restricting cell phone use in schools along with recent research is revealing the impact of social media on children's development. A study by social psychologist Jonathan Haidt on the impact of smart phones on children's mental health, particularly the rise of anxiety that you may wish to review entitled The Anxious Generation along with his conversation with Simon Sinek.

~Ms. Kass



## Are You Moving?

We are currently starting our planning for the 2024 - 2025 school year. In order to determine our staffing allocations and classes for next year, it is important that we have accurate enrollment numbers. **If your family will be moving from the neighbourhood or from Chilliwack and know that your child will not be attending Promontory next year, please let the office know, as soon as possible.**

Students will not be withdrawn from the school until an official registration request from the new school has been received. To ensure that your child has a placement at their new school, families are encouraged to register once the move has become official. If you have any questions about registering at a new school, please contact the office.



## Upcoming

- Apr 12 - Hot Lunch (Jim's Pizza)
- Apr 19 - Jersey Day
- Apr 24 & 25 - Spring Performance
  - 6:00pm
- Apr 26 - Pro-D Day, No School
- May 10 - Decades Day
  - Hot Lunch (SinAmen Bun Co)

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## Solar Eclipse 2024

A partial solar eclipse will be happening on April 8, 2024. This is an event that occurs when the moon passes in front of the Sun, causing a shadow to fall on the Earth and is fairly rare. The complete (total) solar eclipse will be taking place in Eastern Canada. Here in Chilliwack the sun will be partially blocked at 17%. The Moon's shadow will start moving across the sun starting at 10:43 am, peaking at 11:30 am and ending at 12:20pm.

Any solar eclipse must be viewed with precaution. Sunglasses DO NOT offer enough eye protection to view a solar eclipse. Special solar viewing glasses can be used, or other simple, safe, and effective ways to view the sun. Find some safe viewing methods [here](#). Alternatively the total solar eclipse can be viewed online for free at [www.space.com](http://www.space.com)



## Parking Lot

A reminder that the school has extremely limited parking for families. *The area along the front of the school is for drop off and pick up only and is a no idling zone. Drivers must remain with their vehicle.* **Families are asked to model for children the importance of using sidewalks and the crosswalk on Stoneview Dr. when needing to access the opposite side of the parking lot or road.**

When parking along the Stoneview Dr. please respect the no stopping or parking areas along with being mindful to not block homeowner's driveways.

## Lost & Found

Reminder to label children's belonging so any misplaced or 'lost' items can be returned. Prior to Spring Break several bags of clothing and personal items were donated to charity. We hope to reduce the number of items in our lost and found area.

Principal - Kim Kass

• [kim\\_kass@sd33.bc.ca](mailto:kim_kass@sd33.bc.ca)

Vice Principal - Justin Moore

• [justin\\_moore@sd33.bc.ca](mailto:justin_moore@sd33.bc.ca)

Ph: 604-824-4885

# LIBRARY NEWSLETTER



APRIL  
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## Super Reader Celebration Assembly

**What:** We will be celebrating all the students who got to 100 nights(or more) of reading. Members of the Kiwanis club will be joining us to congratulate all the students. We will also be recognizing the students who participated in Reading Link Challenge during the intermediate portion.

**Where:** The Gym. Family members and guardians can start loading the gym at 12:40pm. There will be limited seating, but some standing room.

**When:** Friday, May 3rd

**Time:** Primary Students (K,1,2,3) 1:10-1:35  
(Approx. 25mins)

Intermediate Students (3,4,5) 1:40-2:10pm  
(Approx. 30mins).



## Mature Content Books

If your child in Grade 4 or 5 would like to take out the 'mature content -preteen/teen books' we have in the library, he or she may get a library permission slip. These are books that have some violence, coarse language or mature subject matter e.g. The Hunger Games, Maze Runner Five Nights at Freddy's, and some various comic books and Japanese manga series (Maximum Ride, Dragon Ball Z, My Hero Academia). This only needs to be done once, as it is kept on file.

## Super Reader Program

How does Super Reader Program work?

Every night a child reads for 15 minutes they receive a check mark in their green reading log booklet. Every 50 nights of reading, please return the booklet back to your classroom teacher for a reading prize.

**PRIZE ALERT:** The earliest date for 200 nights is April 2. At 200 nights students win a brand-new book! Our Book Fair credit has been invested in to new book prizes to give away. Grade 4 and 5 students will have a chance to claim a new graphic novel. All prizes are first come first serve. We are currently all out of green books, but recording sheets are available at the office and library. A recording sheet has also been attached to this newsletter. Please print off and use.

### SUPER READER PRIZES:

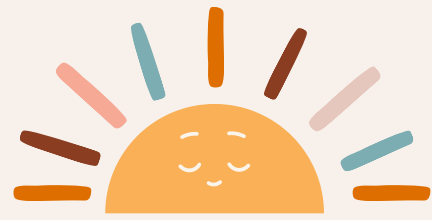
- 50 Nights- 2 for 1 Stickers or a Bookmark, sticker or temporary tattoo.
- 100 Nights- Kiwanis Club Prize & McDonald's coupon
  - K - t shirt & goodie bag
  - 1 - picture book & goodie bag
  - 2 - chapter book & goodie bag
  - 3 - water bottle & McD coupon
  - 4 - water bottle & McD coupon
  - \*\*water bottles to be hand washed.\*\*
  - 5 - stylus pen & McD coupon + Chapter Book

• 150 Nights -  
Toy or Stationary Item - POKEMON key chains, poppets, snap bracelets, puzzle cubes, and other toys available. While supplies last.

• 200 Nights -First Day for APRIL 2  
•Book Prize - New book selection this year thanks to our last successful Book Fair.  
•Graphic Novels for grade 4 and 5.

• 250 Nights  
\$8 Cole's Books gift certificate from the Kiwanis Club.

# LIBRARY NEWSLETTER



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## Lost Book Check List

Are your children missing any library books? Below I have included a check list that can be used while searching the house for these lost books. Please use the check list to help your search.

**AT SCHOOL:** (mark each space after looking)

- ALL the classrooms you go in
- Your desk and book bin...take everything out!
- Your backpack
- The classroom library

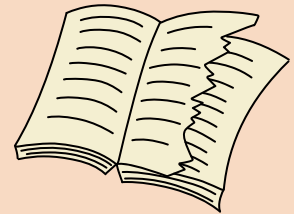
### OTHER PLACES:

- Under all the beds in the house, including between bed and wall
- Under and on top of all other places – furniture, fridge, washer, dryer
- On a bookshelf – check for spine labels, inside & behind other books
- Backpacks, under clothes and shoes
- Inside all your closets/ boxes in closets
- At a buddy's / grandparent's / babysitter's / music teacher's / dance studio / both of your parent's or guardian's houses
- Every vehicle you have been in... under seats and in the trunk
- In luggage / at the cabin / in the trailer / moving boxes
- Doctor's office / dentist / public library



## Damaged or 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. If bills are left unpaid, student will take home "Read and Return" books until their account is clear.

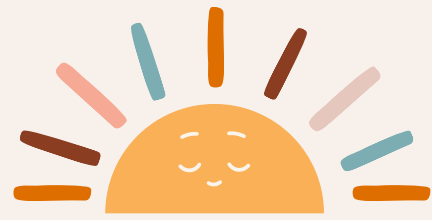


## The Bookman

Reminder to label children's belonging so any misplaced or 'lost' items can be returned. Prior to Spring Break several bags of clothing and personal items were donated to charity. We hope to reduce the number of items in our lost and found area.



# LIBRARY NEWSLETTER



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## Reading Link Challenge

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

### 1st Place Team: The #1 Readers

- Benji Balaka
- Allika Nolan
- Joelle Panuncialman
- Jace Kelsey
- Daniel Iliunin
- Ethan Sinclair

### 2nd Place Team: The Unstoppables

- Eliana Giesler
- Meera Raina
- Halle Erickson
- Audrey Brown
- Emmy Giesler
- Emily Burns

### 3rd Place Team: Upside Down Readers

- Amira Haidary
- Clara Ooms
- Hazel Milliard
- Sienna Baker
- Kalena St Coeur

If your child participated 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. We will be having a popsicle party for all contestants in the spring. The Reading Link Challenge will be back again next year.

**"The #1 Readers" will compete in the Chilliwack FVRL Finals on April 11th 2024.**

## Family Access & Story Time

Please join us for a special story and get to know our awesome staff! This is a great way for future students to start feeling connected to the school community and our amazing library. This is ideal for children who are age 3 or 4. Children can attend if accompanied by an adult. At 8:35 Mr. Mueller will read a picture book to everyone who is in attendance.

Come early and sign up for a family library account. Families can create an account with us and can take out up to 10 books and keep them for 1 week at a time. You can sign out books Friday mornings or after school during the school week.

Family Connection April Schedule:

Dates: 4th, 12th, 18th, (Closed April 25th for the Pro-D Day)

Time: Opens at 8:20am

- Story time will start at 8:35 sharp.
- Close at 8:50am





# PHECSA SPRING 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: [\\_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](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)

## 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

SESSION UPDATE

WEDNESDAYS MAY 1ST-JUNE 5TH 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

SESSION UPDATE

MONDAYS APRIL 22ND-MAY 13TH 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](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: 7 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, 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](mailto:phecsa@phecsa.ca)

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



CITY OF CHILLIWACK



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

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



# April 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

## April 12th:

Happy (late) Easter!  
Join us for Easter  
themed activities  
including an Easter  
Egg hunt!

## April 19th:

Neon night at Tween  
Night! Come dressed  
in your brightest and  
most colourful  
clothes!

**IMPORTANT INFORMATION - TWEEN NIGHT PRE-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.  
Registration will NOT be accepted at the door

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

**PHECSA**





# CHILLIWACK STUDENTS' GARDEN PROGRAM TURNS 120!

Hey—it's our birthday! We're celebrating with new friends 😊

We're turning 120 this year, so we're accepting 120 gardeners in Grades K-5 and 120 gardeners in Grades 6-12 for the 2024 season.

Registration is open to all Chilliwack students—including those from SD33, independent schools, and homeschoolers.

## HURRY! REGISTRATION CLOSES ON APRIL 8TH!

We're also welcoming...

- 10 new garden judges
  - Come to our CSGP Judges meet + greet on June 10th!
- 20 new volunteers
  - Get involved with what interests you—choose how and when you help.
  - Free entry to the Chilliwack Fair if you help staff our display booth there!
- 120 new friends on social media
  - Enjoy tips, tricks, reminders, and inspiration.

*Connect with us on  
Facebook or Instagram to  
be part of the next 120  
years of loving kids into  
loving gardens.*





Registration for the [Chilliwack Students' Garden Program](#) 2024 season is open until April 8<sup>th</sup>. We still have a few spaces open, so register soon to join us...

...celebrating 120 years of “loving kids into loving gardens”!

The first 240 students to register (by April 8<sup>th</sup>) will enjoy everything Chilliwack kids in the program have since 1904:

- learn to grow flowers and veggies at home (options for containers, small, or large garden plots)
- receive seeds, instructions, and tips
- win prizes and enter the Chilliwack Fair

Complete the online application here:

<https://chilliwackstudents.wixsite.com/home/application-form>