

February 2020

Ecole Inman Newsletter



Principal - Mr. K. Chow
Head Teacher - Mrs. F. Giacomazza
Administrative Secretary - Ms. M. Melo

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It's a Matter of "*Principal*"

All parents know that good sleep is important for their child's health. This knowledge can easily be forgotten, though, in our busy modern lifestyles. Good sleep, both of our own and that of our children, is often one of the first things to be neglected when we have too much to do. Recent scientific research is discovering that quality sleep is crucial to our overall physical, mental, and emotional health. For children, quality sleep may mean the difference between normal and abnormal development and learning. Parents need to take sleep very seriously. Many people know that good sleep is necessary for our bodies and brains to rest and reset.

Educators recognize the critical importance of sleep in students, and we're committed to promoting mental health and well-being for all. Inadequate sleep has been linked to numerous physical and mental health issues. Inadequate sleep can lead to attention hyperactivity issues in children. Children who don't sleep enough have difficulty regulating their emotions properly, which can lead to problems in many aspects of their lives. And, as any teacher can tell you, sleep deprived children simply don't learn as well.

The public health agency of Canada offers the following science-based recommendations for how much children should sleep. Children aged 5-13 should get between 9 to 11 hours of sleep per day, children between the ages of 14 to 17 should get 8 to 10 hours of sleep per day.

Besides getting enough sleep, children and parents should also practice good "sleep hygiene" to make getting to sleep easier. Electronics such as TV, iPads, and cell phones should be removed from the bedroom. Because the blue light emitted from the electronic devices interferes with the brains' ability to fall asleep, children should not use any screens (tablets, phones, computers, TVs) at least 30 minutes before bed.

Speaking as a parent and not just as an educator, the hardest challenge of adhering to a sleep routine tends to depend on your outside sports activities, parent's work schedules, and family events. What's the solution? If you understand the importance of sleep and the effects it will have on a child's development, and if you have honest conversations within your family to figure out a plan to address sleep then you will find ways to make it work, even if it means making hard decisions about family plans. Remember your child is only young once. Child mental health is critical to life success.

Good sleep and good learning go hand in hand. Make getting good sleep a priority for both your children and yourself. To find out more information about the district's Mental Health strategy visit: <https://inman.burnabyschools.ca/sleep-what-families-need-to-know/>

Sincerely,

Kelly Chow
Principal

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Upcoming Important Dates

February 7th	MunchaLunch: Asian (PAC Hot Lunch) School Wide Run 2pm
February 14th	Domino's Pizza (Gr. 6/7 fundraiser)
February 17th	Family Day—School Closed
February 26th	Pink Shirt Day & Assembly
February 27th	Domino's Pizza (Gr. 6/7 fundraiser)
February 28th	Pro-D Day—Students do not attend

FEBRUARY IS REGISTRATION MONTH FOR THE 2020-2021 SCHOOL YEAR:

Registration for new students for the 2020-2021 school year begins **February 3rd, 2020**. Our office will be accepting applications from **9:30am to 11:30pm** and from **1pm to 2:00pm**, Monday to Friday.

Please check the district website at <http://www.burnabyschools.ca/registration/> to find out details about which school is your catchment school, the registration process and the documents required at time of registration. You can also download the Student Information form and the Medical Information Form.



A Parent/Guardian can register their child for **kindergarten**, if the child turns 5 on or before December 31, 2020, i.e., **the child was born in 2015**.

Students must be registered in person by a parent or a legal guardian and bring the following original documentation:

- 1) **Proof of birth date for the student** (birth certificate or passport)
- 2) **Proof of guardianship** (parents' or guardians' as shown on birth certificate or other appropriate legal documentation such as landed immigrant paper or guardianship order). Note that a notarized custodial guardian appointment is not the same as a guardianship order granted by the courts
- 3) **Proof of citizenship for both the parent and the student** (Canadian birth certificate, citizenship card, passport, landed immigrant document, permanent resident card)
- 4) **Proof of residency of the parent or guardian and student**. This must include two items, at least one being from Category A below:

Category A: proof of ownership of dwelling or long-term lease or rental of dwelling; legal documents indicating BC residence; parent or guardian filing income tax returns as a BC resident

Category B: BC hydro bill, BC cable bill, Provincial driver's license, provincial registration of automobile, Canadian bank accounts or credit cards

5) Immunization records

- 6) A completed Burnaby School District [Student Information Form](#)
- 7) A completed [Burnaby School District Medical Information Form](#)

Note: Severe Health Concerns require additional forms. These can be obtained from the school that you are applying to attend.

8) **Copy of the student's most recent school marks** (including summer school), such as:

- a) an official copy of marks from the student's Permanent Record Card; or
- b) the student's most recent report card; or
- c) a transcript of academic record; or
- d) a transfer form with marks

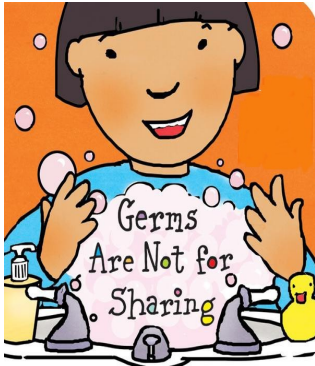
9) An **emergency telephone contact number** of a local person who is available during school hours

10) **The name and telephone number of the family doctor or medical clinic**

- **Cross-district Transfer Applicants** Burnaby students wanting to transfer to another school in the district must submit a Cross-district Transfer Application to the desired school.
- **Out of District Applicants** Students living outside Burnaby can apply to attend a Burnaby school by submitting an Out-of-district Transfer Application to their desired school.
- **French Immersion** The school district has established catchment areas for district programs, including French Immersion. Students wanting to enroll in Early or Late French Immersion need to apply at the program location for their designated catchment area and fill out a **District Language Program Application Form**.
- **Admission and Placement Criteria** The school district has established criteria to determine admission and placement of students. Priority will be given to those applications received between February 3 and February 27, 2020. Additional ranking criteria will be used to determine admission should space in a desired school or district program be limited.

****Please note: If you are applying to come to our school cross-district, you must first go to your home school to register and have your home school's principal sign the cross-district form. You must have your application in NO LATER than February 27 to be considered for the first round of applications. For more information please visit: www.burnabyschools.ca/registration**

Winter Health and Safety Tips



Handwashing is the simplest most effective way to stay healthy. Germs can be spread by contact with virtually any surface, from doorknobs to railings to money. Once you get germs on your hands, they are easy to spread, even by simply rubbing your nose or your eyes. As the flu season continues hand washing can help you stay healthy.

We ask that parents keep their children home when they are sick to prevent others from becoming sick. Your support in this matter is critical to maintaining a healthy school during the winter months!



February 2020

INMAN PAC NEWS

Monthly Email Newsletter curated by Inman PAC

All About MunchaLunch

Starting today, Inman PAC will use a new online ordering system called "MunchaLunch"!



munchalunch.com/schools/Inman

Why are we switching?

Switching from School Cash Online to MunchaLunch reduces extra accounting work for school administrators and it simplifies the online ordering experience for PAC members.

What can we order on MunchaLunch?

We are using MunchaLunch for the Milk program, Hot Lunches and Grade 6/7 field trip Pizza Day Fundraisers.

When does it start?

MunchaLunch is available now! Please follow the attached instruction sheet to create your account and start submitting your orders online.



Access MunchaLunch today by registering for an account on
munchalunch.com/schools/Inman



Please email inmanpace@gmail.com if you have any questions.

If you have any questions or comments, please contact us at inmanpac@gmail.com.

Ecole' Inman Elementary School Hot Lunch Program

Including Milk Program, Grade 6/7 Pizza Fundraising Campaign, and Hot Lunch Program

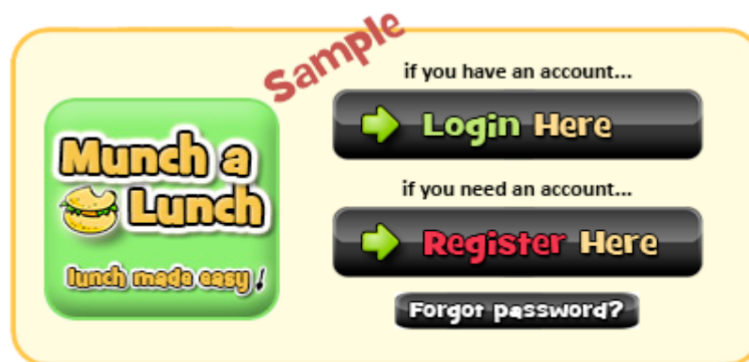
Hello Parents!

Our ordering system is going **GREEN!** Instead of filling out a paper order form, parents will place their hot lunch orders online using **MunchaLunch.com!**

< You can pay for your orders online by credit card (Visa/Mastercard) >

HOW TO REGISTER:

- 1) Go to: <https://munchalunch.com/schools/inman>
- 2) Click the **"Register Here"** button (as shown below). The system will guide you through
- 3) After adding your children, click the green "Order Lunch!" button to order
- 4) Next time, just click the **"Login Here"** button to access your account.



ORDERING DETAILS:

- Online ordering will be OPEN from <January 21, 2020>
- If you need assistance with ordering, or do not have access to the internet, please contact Peter Fang at inmanpac@gmail.com

< Please note if your child is ill on a lunch date, you are welcome to come and pick up their lunch by 11:45am; otherwise please consider it a donation for a child who does not have a lunch. Consistent with previous years, there are NO REFUNDS as this is a PAC fundraiser.> We appreciate your support for our hot lunch program as the funds go towards Level Readers, and general fundraising within the school.

We are always in need of **Volunteers!** There is a volunteer page in the online system where you can checkmark which dates you are available. The lunch coordinator will then contact you with a proposed schedule.

Our thanks to the Ecole Inman Elementary parent community for supporting this important fundraiser and to our wonderful Volunteers who help make this program a success!

Family Day! Winter Festival

Monday, February 17

Bill Copeland Sports Centre

Bring your family for ice skating, face painting, crafts and more!
Enjoy a delicious pancake breakfast courtesy of the Burnaby
Lougheed Lions Club (with minimum donation of \$5.00 per person).

Check out all Burnaby Family Day events at
burnaby.ca/familyday

Breakfast
9-11:30am

Toonie Skate*
9am-1:30pm

Entertainment
9:15am-1:30pm

*Toonie admission includes
skate & helmet rental.



FREE EVENT- PRE-REGISTRATION REQUIRED



BURNABY GIRLS COME TRY HOCKEY



EQUIPMENT, COACHES & REFRESHMENTS PROVIDED



**SUNDAY FEB. 23 @ 1:30PM (1PM CHECK-IN)
KENSINGTON ARENA - 6159 CURTIS ST.**

CLICK HERE TO REGISTER OR GO TO
WWW.BURNABYMINOR.COM/GIRLS-FEMALE-HOCKEY/
BURNABYGIRLSTRYHOCKEY@GMAIL.COM



New Players

New players ALWAYS pay the early bird fee and receive a lacrosse stick and ball for just \$10 (mini tyke/tyke) & \$15 (novice/up).

2020 In Person Registration Dates

Copeland Sunday Feb 2 1:00 to 4:00 pm
Copeland Saturday Feb 29 1:00 to 4:00 pm

Copeland Arena 3676 Kensington Ave, Burnaby
(Lakeview Room off the main lobby)

New Players **MUST** bring to registration (or email to Susan Kirkby if registering online) their Care Card, Birth Certificate, and 2 proof of residency (utility bill, property tax, driver's license)

Payment by Visa/MasterCard/American Express or cash only. NO CHECKS ACCEPTED

Out of district players (non Burnaby residents) cannot register in Burnaby until releases are approved by the LMMLC commissioner. Register and apply for a release with your home club.

Jumpstart - please register in person at one of the in person dates. Forms can be found on our website. Please bring completed forms.

BOYS -- Born 2004 to 2015

GIRLS -- Born 2012 to 2015 play with the boys in Mini-Tyke & Tyke divisions

GIRLS -- Born 1999 to 2011 play on girls' only teams in their own divisions with limited contact rules

Birth year is Jan to Dec so player can be 4 years of age when starting the season



BOX LACROSSE

Lacrosse season runs March to July
CANADA'S NATIONAL SUMMER SPORT

For more information contact:

Club Registrar: Susan Kirkby 604-312-6181

Email is preferred registrarbmlc@gmail.com

www.burnabylacrosse.com

Rep Tryouts for Novice & up boys only

commence in February 2020.

Players must be registered & pay a \$30 fee online/in person when registering to tryout.

Below are Early Bird fees on or before February 2nd. Cutoff for early bird rate is 11:59pm Feb 2nd. Register early to save \$40!

2019 Fees

Boys & Girls

On or before Feb 2/After Feb 2

Mini-Tyke (2014-15)	\$170 / \$210
Tyke (2012-13)	\$230 / \$270
Novice (2010-11)	\$275 / \$315
Peewee (2008-09)	\$285 / \$325
Bantam (2006-07)	\$300 / \$340
Midget (2004-05)	\$310 / \$350
Junior Girls (1999-2003)	\$310 / \$350

Family Rate – families with 3 or more players receive \$100.00 refund.

Full Time Goalies – Receive 50% discount on fee
Registration includes shorts, team photos, free admission to Junior and Senior A Lakers games, use of jersey and BCLA insurance.

Returning Players

RETURNING PLAYERS REMEMBER TO
REGISTER ON OR BEFORE
FEBRUARY 2, 2020 FOR EARLY BIRD RATE

2020 Online Registration opens

December 1, 2019

New Players ONLY must email 2 proof of residency when registering online
www.burnabylacrosse.com

To Register Online

Please follow the online registration instructions on our club website www.burnabylacrosse.com on or after December 1, 2019. Online we accept VISA/MasterCard only. Cash will be accepted at the new player registration dates for returning players who do not have a credit card.

NO CHECKS WILL BE ACCEPTED

If you are a non-grandfathered, out of district player, **DO NOT** register online. You must register and apply for a release with your home club. LMMLC places all out of district players that are not grandfathered with a club.

If you have used lacrosse equipment to donate to our low income families, please bring to any in person registration date or drop off at 4607 Irmin St, Burnaby. Thank you!