

RAPTOR REPORT

Feb. 8th 2025

Dear BGMS Families,

What a fun week with all of the snow Aldergrove got! The snow, plus the blowing wind, gave us lots of opportunities for shovelling our school out from under the snow drifts. Huge thank you to the kids who offered to help Mrs. Guthrie and I clear pathways. It was truly wonderful to see our students stepping up and taking the initiative to make a positive difference around our school.

Sincerely, Mrs. Burns



It's that time of year when we see a rise in illnesses impacting students and staff in our school. We are hearing from families about colds, respiratory illnesses, and stomach bugs circulating in our community. As a reminder to help keep our school community healthy and well, we are sharing this online resource from our community partner Fraser Health. Here you will find information about protecting your child from communicable diseases and managing their illnesses: <https://www.fraserhealth.ca/health-topics-a-to-z/school-health/illness-and-immunizations/illness-in-the-classroom>

RAPTOR REPORT

IMPORTANT UPCOMING DATES

Mon. Feb. 10	<ul style="list-style-type: none"> ❖ ProD Day – School Not in Session ❖ Babysitters Course at ACSS for those who pre-registered
Tues. Feb. 11	<ul style="list-style-type: none"> ❖ Popcorn Day
Fri. Feb. 14	<ul style="list-style-type: none"> ❖ Spirit Day: Wear Red and Pink
Mon. Feb. 17	<ul style="list-style-type: none"> ❖ Family Day – No School
Tues. Feb. 18	<ul style="list-style-type: none"> ❖ Div. 73/74 Skating ❖ Grade 8's Complete Course Planning for Gr9
Thurs. Feb 20	<ul style="list-style-type: none"> ❖ PHOTO DAY! Clubs, Teams & Classes
Fri. Feb. 21	<ul style="list-style-type: none"> ❖ Hot Lunch
Mon. Feb. 24	<ul style="list-style-type: none"> ❖ ProD Day – School Not in Session
Feb 25-28	<ul style="list-style-type: none"> ❖ Respect and Diversity Week ❖ Wed. 26 - Pink Shirt Day
Mon. March 3	<ul style="list-style-type: none"> ❖ Aldergrove Night of Music 6:30pm at ACSS
Fri. March 14	<ul style="list-style-type: none"> ❖ Formal Learning Updates (report cards) issued ❖ Last day before Spring Break
Mon. March 31	<ul style="list-style-type: none"> ❖ First Day Back ❖ Exploration Rotation #5 starts
Mon. June 16	<ul style="list-style-type: none"> ❖ House Wars
Fri. June 20	<ul style="list-style-type: none"> ❖ Grade 8 Farewell (AM – Families attend)

Reading is like
breathing in, writing
is like breathing out.

@weareteachers

Be somebody who
makes everybody
feel like a somebody.

@weareteachers

RAPTOR REPORT

This Month in the Arts - February 2025

The Arts are alive and well in Langley schools! Please check out the poster on the next page for a quick glance and overview of all of the amazing Arts events and activities happening across schools in the Langley School District in February!

Virtual Family Math Day - February 22, 2025

The Department of Curriculum and Pedagogy in the Faculty of Education at UBC is hosting a virtual Family Math Fair on Saturday, February 22nd from 10am - 11:30am. UBC Faculty of Education Graduate Students and Teacher Candidates will engage students, teachers and parents in Hands-On, Minds-On Math Activities for all ages. Check out the poster on one of the next pages for more information.

Open Parachute Virtual Parent Night Presentations

The Ministry of Education and Child Care, in partnership with adolescent clinical psychologist Dr. Hayley Watson from [**Open Parachute**](#), will host three, free virtual sessions for parents, guardians and caregivers that will focus on practical skills you can teach your child and youth (ages 0-19) to prevent substance use and mental health needs. These sessions will build on a previous presentation, which focused on practical conversation tools for speaking about substance use prevention with your children/youth. The [**previous session**](#) is not a pre-requisite for this session.

Key takeaways for participants during this session:

- Learn the factors that lead to substance use and mental health needs from a trauma-informed lens
- Focus on prevention rather than intervention/response
- Applies to parents, guardians and caregivers of all age groups (youth aged 0-5, 6-10, and 11-18)
- Learn ways that these skills can be applied to yourself and the rest of your family to support the mental health of parents, guardians and caregivers

Participants must register in advance. Session dates are:

•[**February 20, 6:00-7:30 pm PST**](#)

•[**February 25, 6:00-7:30 pm PST**](#)

•[**February 26, 6:00-7:30 pm PST**](#)

Please share this information within your school community to reach parents, guardians, and caregivers of all ages. If you have any questions, please email the Mental Health and Substance Use team at [**educ.mentalhealth@gov.bc.ca**](mailto:educ.mentalhealth@gov.bc.ca).

THIS MONTH IN THE ARTS

February

19 /
20

NIGHTS OF DANCE

The Bus Stops Here

Langley Fine Arts School

Chief Sepass Theatre 7:00 PM

19-22
26-
MARCH 1

HADESTOWN

Brookwood Secondary School

Brookwood Theatre 7:00 PM

22

JAZZ & JAVA

RE Mountain Secondary

MTN Main Gym 7:00 PM

27 /
28

NIGHTS OF MUSIC

Langley Fine Arts School

Chief Sepass Theatre 7:00 PM

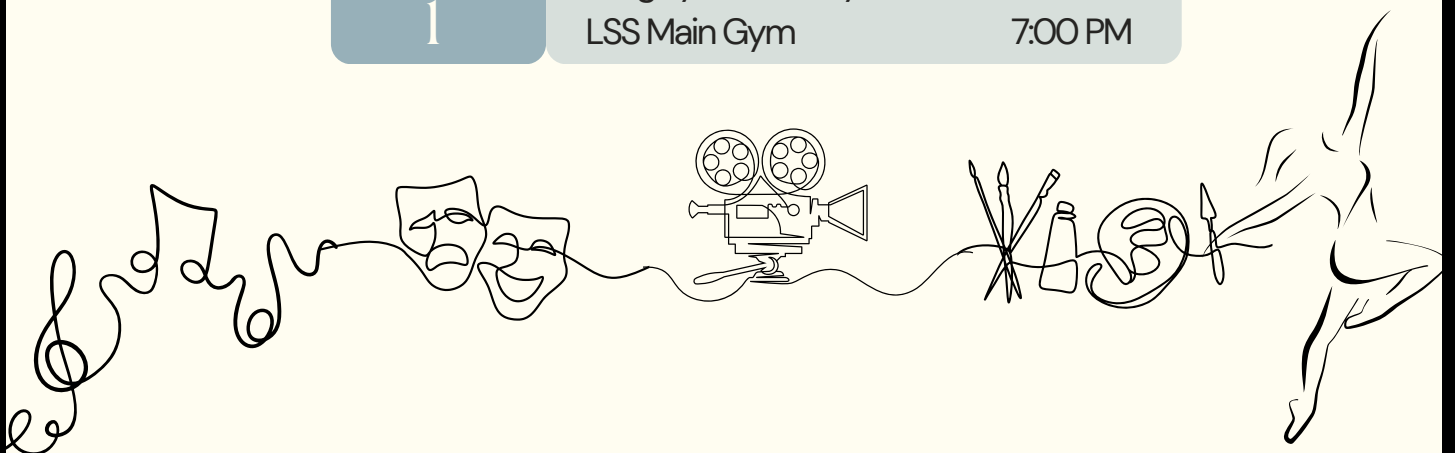
27-
MARCH
1

THE LIGHTNING THIEF

The Percy Jackson Musical

Langley Secondary School

LSS Main Gym 7:00 PM







SUBSTANCE USE PREVENTION: MENTAL HEALTH & DECISION-MAKING

A **COMPLIMENTARY WEBINAR** FOR PARENTS, GUARDIANS & CAREGIVERS

Join leading **adolescent Clinical Psychologist Dr. Hayley Watson** for an online event that aims to help parents, guardians and caregivers gain a **deeper understanding** of substance use prevention and learn **practical tools** for supporting youth mental health.



Key Takeaways:

-  Learn the factors that contribute to youth mental health/substance use
-  Understand the skills that youth need to overcome these needs
-  Acquire practical tools for empowering your child and youth to make positive choices
-  Increase your ability to support your own mental health

Time: 6–7:30pm PST

Date: 20th, 25th, 26th Feb 2025

REGISTER NOW

Scan the QR
Code to Register





THE UNIVERSITY OF BRITISH COLUMBIA
 Faculty of Education
 Department of Curriculum & Pedagogy



For Curious and Inquiring Minds



Photo credits left and right: Paul Joseph|UBC Brand and Marketing

Virtual Family Math Fair

Saturday Feb 22, 2025, 10:00am - 11:30am PT

Virtual through Zoom with
 UBC Faculty of Education Graduate Students and Teacher Candidates



Photo credits above: Janice Novakowski

Sat Feb 22, 2025
10:00am-11:30am PT



Hands-on Minds-on
Math Activities for all Ages!

All Welcome: Families, Teachers, Parents

Event FREE! | Registration Required

For more info and to register:

<https://tinyurl.com/UBCFamilyMathFair2025>

RAPTOR REPORT

Y-Minds: FREE Program for Teens, Youth, and Adults

Y Mind is a FREE seven-week group program for teens, youth, or adults who are managing mild-to-moderate anxiety, stress, or worry. Two facilitators guide the group through evidence-based coping strategies based on Acceptance and Commitment Therapy (ACT), mindfulness, and self-compassion. Group sizes are kept small, with 8 to 12 participants per group to facilitate peer support and connection.

Participants may self-refer, no diagnosis of anxiety is needed, and you do not need to be a YMCA member. All Y Mind Teen and Y Mind Youth participants receive a free YMCA membership for up to 14 weeks, including 10 free guest passes to bring a friend to the Y.

To join Y Mind, you must first register for an information session where you will meet the group facilitators and complete an intake for the program. Spaces are limited, so inquire ASAP to guarantee your spot at an information session.

https://forms.office.com/pages/responsepage.aspx?id=snyDnhYL3E2wNRMe5Joq_bfrfMlzExBJnS5Hx4AQGFdUM0gzRjg5SjhLMDMzRzLZRVdDU1FWSEQxUyQIQCN0PWcu&route=shorturl

LSS Sports Academies Information Night

Are you looking for a way to fuel your passion for hockey, baseball or softball while still achieving your academic goals? Langley Secondary's sports academies may be the perfect fit! These high-performance skills-based programs combine on-and off-field or ice training, strength and conditioning education, and BC school curriculum. Hockey Academy participants will have at least 40 on-ice sessions during the semester, while Baseball/Softball students will spend two blocks every day in academy programming.

Learn more at an upcoming information session, which is scheduled for 7pm on February 11th at Langley Secondary School in the Learning Commons. See poster [here](#) for details. For info on baseball/softball read [here](#) or hockey read [here](#). Please note, this information session does NOT include information on the Langley Secondary Soccer Academy.

RAPTOR REPORT

Our staff will be attending a presentation by Hannah Beach on February 24th and you also have the opportunity to hear her speak!

- Langley DPAC presents Hannah Beach
- February 13, 2025 at 7pm
- Kwantlen Polytech University
- Free Event, Registration Required
- Childminding available

REGISTRATION LINK



Practical Parenting Strategies for Change

FREE Parent / Caregiver Presentation

Today's children face rising anxiety, aggression, and withdrawal, leaving parents feeling overwhelmed. Kids are isolated, glued to screens, and struggling to connect.

Hannah Beach, award-winning educator and author of *Reclaiming Our Students*, is dedicated to helping children build emotional resilience through relationship and play. Her work is transforming how we support kids in schools and at home.



- ✓ Free Event
- ✓ Registration required
- ✓ Childminding Available



February 13, 2025



Kwantlen Polytechnic University
20901 Langley Bypass Langley



7:00 pm

ALDERGROVE NIGHT OF MUSIC



**FREE
ENTRY**

MONDAY, MARCH 3, 2025

6:30 PM @ ACSS LARGE GYM

**FEATURING:
PARKSIDE ELEMENTARY
BETTY GILBERT MIDDLE
ALDERGROVE SECONDARY**

SEAT CUSHIONS FOR
SALE AT THE DOOR &
BAKE SALE FOLLOWING
THE CONCERT





Langley Fine Arts School



Are you looking for a program that encourages secondary students to **EXPLORE, CREATE, and INSPIRE?** This unique, publicly funded, K-12 fine arts school located in historic Fort Langley, combines provincial curriculum with high-level courses that develop aesthetic intelligence in student artists. Students with a passion for the arts will feel at home at Langley Fine Arts. Multiple seats are still available at the Grade 8-12 level for the 2025/26 school year. Please use this QR code to visit our website, and find out more about the application process.

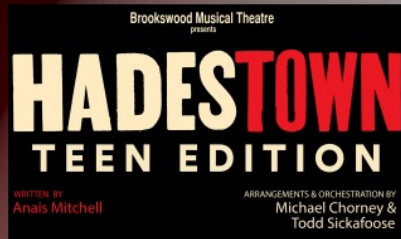


Open House – Tuesday, February 25th

Come visit us between 9:30am and 2:30pm on Tuesday, February 25th as we will be hosting an Open House!



2024 THEATRE SEASON 2025



**Brookwood
Theatre**

Feb 19 - 22 & Feb 26 - March 1
Performance Time: 7PM.
Admission \$18, Reseverd Seating
<https://cur8/projects/bsstheatre>
2025



**D.W. Poppy
Secondary**

February 27th - March 1st &
March 6th - 8th
7PM Shows Contact:
alicia.robinson@sd35.bc.ca
for more info.



**Langley Secondary
School**



7pm Shows: Feb 27 - March 1,
March, 6 - 8
2pm Matinees: March 1, March 8
<https://bit.ly/LSSLightningThief>



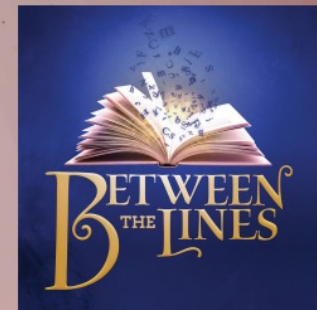
**Langley Fine Arts
School**

Drama Ensemble
April 8-12th
www.cur8.com



**North Otter
Elementary School**

April 28- May 2, 2025
Tickets on SchoolCashOnline 3 weeks
prior to the shows

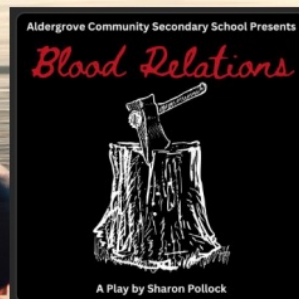


**Walnut Grove
Secondary**

7PM Shows
May 1-3 & 8-10
www.cur8.com



**U-Connect
Secondary**
Chief Sepass Theatre
May 3rd, 4th, 2025
7PM Shows
www.cur8.com



**Aldergrove
Secondary**
May 21-23 & May 28-30
7PM Shows
For more information
<https://acss.sd35.bc.ca>

‘intheknow’

Connect and Learn

For families and caring adults who are parenting a child or youth with mental health and/or substance use challenges.

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED ‘IN THE KNOW’. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

For Families: A Conversation About Eating Disorders

Knowing how to help our kids who are experiencing an eating disorder can be a terrifying, isolating and overwhelming experience. Learn about disordered eating, what to be aware of, the importance of connection, and strategies that help support recovery.

Join us as Victoria Keddis hosts a conversation with Eating Disorders Therapist & Educator Carmen Kaufmann; Rylee McKinlay, a young person with lived experience; and Terri McKinlay, a parent with lived experience.

Come together and watch a video presentation and stay for a facilitated conversation by our Family Peer Support Workers.

Cost: Free of Charge

Date(s):

Wednesday, February 5th at 6:30 pm (most of BC)

Thursday, February 20th at 6:30 pm (most of BC)

Registration required:

www.familysmart.ca/events



'intheknow'

Connect and Learn

For families and caring adults who are parenting a child or youth with mental health and/or substance use challenges.

EVERY MONTH, WE HOST EVENTS FOR FAMILIES CALLED 'IN THE KNOW'. WE WATCH A VIDEO AND SHARE EXPERIENCES AND STRATEGIES THAT HELP IN THE HARD MOMENTS. WE HELP FOCUS ON STRENGTHENING OUR UNDERSTANDING AND CONNECTION WITH OUR KIDS.

ADHD - The Real Deal

ADHD doesn't just affect the person living with ADHD, it also affects those around them. As parents of kids living with ADHD, we can benefit from learning what ADHD is and how to support our kids. Dr. Duncan dispels some myths about ADHD, and explains how and why the ADHD brain works the way it does.

Join us to learn from Dr. Don Duncan, Child and Adolescent Psychiatrist.

Come together and watch a video presentation and stay for a facilitated conversation by our Family Peer Support Workers.

Cost: Free of Charge

Date(s):

Thursday, February 6th at 6:30pm (Most of BC)
Wednesday, February 19th at 12:00pm (Most of BC)
Tuesday, February 25th at 6:30pm (Most of BC)

Registration required:

www.familysmart.ca/events



RAPTOR REPORT



fraserhealth

Better health. Best in health care.

February Health Messaging – Fraser Health

As part of its health promotion for students and families, our community partner Fraser Health is sharing important information on various topics. The theme for February is sexual health.

Sexual Health Information (from Fraser Health)

Health, safety, and wellness continue to be a priority in our schools. To help support our students and families, we are sharing important information from our community partner Fraser Health about sexual health for school-aged children and youth. Please see below for helpful reminders to support your child.

Healthy Childhood and Youth Development includes Sexual Health

Learning about sexual health, including understanding your body and its changes, health conditions, personal hygiene, healthy relationships, consent and sexuality, are all part of growing up. Talking about sexual health can allow young people to identify their values and develop skills that promote healthy decision making and sexuality.

How do I Teach My Child about Sex and Sexuality?

Talking to your children about sexual health is important. Establishing an open and trusting relationship with your child will help them know they can come to you for honest answers to their questions about sex and sexuality.

*For help on how to talk to your child and what to include about sexual health take a look at the following information: **Sexual education for children – Fraser Health Authority***

*Learning about sexual health also means understanding sexual orientation and gender identity (SOGI). Look at these two resources for more information: **Sexual orientation, gender identity and gender expression; Parents' Guide to SOGI in Schools / SOGI 1 2 3***

RAPTOR REPORT

BGMS SPIRIT WEAR

If you are interested in purchasing BGMS Spirit Wear or would like to check out what we have available, please follow the link below, which can also be found on our school website. Clothes usually arrive at the school within 2-3 weeks after orders are placed. Please note that youth sizing is geared toward elementary age children, so for many Middle School students, ordering an adult size works best for fit.

<https://bgms.sd35.bc.ca/student-life/spirit-wear/>



RAPTOR REPORT

LATE or ABSENT?

To report an absence, please call the office at 604-856-8178 and press 1 to leave a voicemail.

**IF YOUR CHILD WILL BE ABSENT OR LATE,
PLEASE LET US KNOW BEFORE 8:45AM.**

Parents can also input an absence using our online form although we have had a few technical glitches with that system so apologies if we do not receive your submission and call to inquire about the safety of your child.

<https://bgms.sd35.bc.ca/our-school/attendance/>

Offering to be a parent driver for one of our sports teams?



First, thank you so much. Without your help we would not be able to attend most of our 'away games'

Second, the District has increased the paperwork you need to complete. Please don't let that deter you, but please do plan ahead:

1. Fill out a volunteer driver form (attached to this newsletter)
2. Provide copies of your driver's license, ICBC insurance, and private insurance (if applicable)
3. Provide your ICBC Driver's Abstract:
<https://onlinebusiness.icbc.com/cliio/>

Finally, if you are able to pop into the office in the days preceding game day, we can help you with making copies of your documents and clearing you to drive without you needing to wait in a long line.

Your help and support is very much appreciated. ☺



VOLUNTEER AUTOMOBILE DRIVER AUTHORIZATION (ELEMENTARY/MIDDLE)

School: _____

Dear Volunteer Driver:

Thank you for volunteering to drive students. Your assistance is much appreciated. The responsibilities in regards to transportation of students can be found in [Administrative Procedure 562 Transportation of Students Travel for Field Trips and Extracurricular Trips](#). To protect our children and you as a driver, we ask that you complete the following. You will need to provide the school a copy of your driver's license, driver's abstract and your current Autoplan Insurance Policy, the policy must include a minimum \$2 million liability insurance.

Name: _____

Address: _____

Driver's License Number: _____ Class: _____ Expiry: _____

Years of Infraction-free Driving Experience: _____

Vehicle Make: _____ Model: _____ Year: _____

Vehicle License Number: _____

Seating Capacity: _____ Booster Seat Capacity: # of no-back _____ # of high back _____

I hereby affirm that I have never been convicted of impaired driving or any other criminal driving offense. If I have a serious traffic violation after providing my driver's abstract, I will inform the school principal and withdraw as a volunteer driver. I acknowledge the requirement that all vehicle occupants must use seat belts and where applicable, booster seats. I affirm that I will operate the vehicle in a safe and legal manner, and I will be responsible for the proper installation of booster seats that are supplied by parents or the school in my vehicle, if they are required. I will not allow any child under the age of 12 to sit in the front seat of the vehicle if it is equipped with a passenger side airbag unless the airbag can be legally deactivated.

Date

Signature of Driver

School Administration Approval:

Copy of Driver's License

Copy of Driver's Abstract
(Confirm no recent serious traffic violations)

Copy of Insurance Coverage
(Confirm min \$2M Liability Ins.)

Signature of Principal

Date

Parents and Guardians

You can take advantage of our Text Messaging Service

Our school utilizes the SchoolMessenger system to deliver text messages, straight to your mobile phone with important information about events, school closings, safety alerts and more.

You can participate in this free service* just by sending a text message of “Y” or “Yes” to our school’s short code number:

For **CANADA-BASED** numbers: **978338**

For **US-BASED** numbers: **61569** (see next page for QR code)

You can also opt out of these messages at any time by simply replying to one of our messages with “Stop”.

SchoolMessenger is compliant with the Student Privacy Pledge™, so you can rest assured that your information is safe and will never be given or sold to anyone.

For **CANADA-BASED** numbers:

**Opt-In from
your mobile
now!**



**Just send “Y”
or “Yes” to
978338.**

(For Canada-based numbers).



*if your number is Canada-based.

School District #35 (Langley)
2024-2025 School Calendar
Middle Schools

MONTH	DATE	
September	Sep 2 (M)	Labour Day (Schools Closed)
	Sep 3 (T)	Schools Open
	Sep 30 (M)	Truth and Reconciliation Day (Schools Closed)
October	Oct 4 (F)	School Improvement Day (students not in attendance)
	Oct 14 (M)	Thanksgiving (Schools Closed)
	Oct 23 (W)	1 Hour Early Dismissal - Parent/Teacher Interviews
	Oct 24 (Th)	1 Hour Early Dismissal - Parent/Teacher Interviews
	Oct 25 (F)	Professional Development Day (Provincial - students not in attendance)
November	Nov 8 (F)	Learning Update Prep/Design & Assessment Day (students not in attendance)
	Nov 11 (M)	Remembrance Day (Schools Closed)
	Nov 29 (F)	Learning Updates Issued
December	Dec 20 (F)	Last Day Prior to Winter Break
January	Jan 6 (M)	Schools Re-Open After Winter Break
February	Feb 10 (M)	Professional Development Day (District - students not in attendance)
	Feb 17 (M)	Family Day (Schools Closed)
	Feb 24 (M)	Learning Update Prep/Design & Assessment Day (students not in attendance)
March	Mar 14 (F)	Last Day Prior to Spring Break
	Mar 14 (F)	Learning Updates Issued
	Mar 31 (M)	Schools Re-Open After Spring Break
April	Apr 18 (F)	Good Friday (Schools Closed)
	Apr 21 (M)	Easter Monday (Schools Closed)
	Apr 30 (W)	1 Hour Early Dismissal - Parent/Teacher Interviews
May	May 1 (Th)	1 Hour Early Dismissal - Parent/Teacher Interviews
	May 16 (F)	Professional Development Day (District - students not in attendance)
	May 19 (M)	Victoria Day (Schools Closed)
June	Jun 26 (Th)	Final Learning Update Issued & Last Day for Students Prior to Summer Vacation
	Jun 27 (F)	Administrative Day (students not in attendance)
July / August		Summer Session

SD35 Board of Education Meeting
 APPROVED: April 23, 2024