

Friday, April 11, 2025

# Lakeview Elementary Weekly News



Dear Lakeview Community,

On behalf of the Burnaby School District, I am sharing the following message.

Building on our efforts to support students with healthy digital habits and the tremendous interest last year in presentations to families on this subject, we're writing to invite you to a new information evening. The online session is designed for parents and caregivers seeking practical strategies to help their children use technology respectfully and safely at home, while also fostering connections and conversations about their relationship with technology.

Families in the Burnaby School District are invited to join the virtual session with renowned **Youth Specialist Madison Cameron from the Centre for Trauma Informed Practice**. Here are the details for her session: *Not So Different After All - Understanding Social Media Use and Strengthening Family Connections*:

- **Date:** April 23, 2025
- **Time:** 6:30-8pm
- **Format:** Zoom Webinar (pre-registration required)
- **REGISTER:** click [here](#)

The webinar will include a presentation, Q&A session, and valuable insights into:

- popular apps,
- impacts of social media on youth, and
- strategies for connecting with your child to support them as they navigate the digital world.

Resources and additional information about how the Burnaby School District has been supporting students at school with the skills for a healthy digital life can be found on our website [here](#).

Amelia Poitras, Principal Lakeview Elementary

## Dates to note:

- Tues. April 10 – Div 9&10 Burnaby Village Museum
- Wed. April 16&30 – Grade 7 Popcorn Sale
- Thurs. April 17 – LGBTQA+ Club Meeting
- Thurs. April 17 – Grade 4-7 Track Meet
- Fri. April 18 – Good Friday (No School)
- Mon. April 21 – Easter Monday (No School)
- Tues. April 22 – Run for the Earth
- Tues. April 22 – PAC Meeting @ 7:00 pm
- Wed. April 23 – Parent Zoom Webinar
- Thurs. April 24 – Grade 4-7 Track Meet
- Mon. April 28 – Pro-D Day (No School)
- **Thurs. May 9 – Early Dismissal @ 1:45 pm**
- Thurs. May 9 – Student Led Conferences

## PAC Meeting – April 22 @ 7:00



Please join us on April 22 from 7:00-8:00 for a PAC meeting via MS Teams. Please follow the link to join the meeting: [Lakeview PAC Meeting](#)





**Thank you, Lakeview Community, for supporting Division 4's entrepreneurial stores.**

Students loved this valuable learning process and we are looking forward to making a donation to the Make A Wish Foundation with partial proceeds from our sales.



**Division 11 and 12** were surprised to discover lollipops growing out of the planters! Thanks to Ms. Bourne for creating a little bit of magic for our littlest learners.



## Fraser Health: April

### Get Outside and Play

Physical activity is a necessary requirement for optimal health – and the benefits are even greater if you can do it outdoors.

Regular physical activity in childhood and adolescence helps to develop cardiovascular fitness, muscle strength and bone density, and being outdoors is known to improve mental health.

There are many benefits to unstructured, outside play. When children and youth spend time outside, they:

1. Sit less, move more and play longer – key to cardiovascular health and fitness.
2. Have healthier eyes – spending more time outside reduces nearsightedness risks.
3. Sleep better – sunlight helps regulate sleep hormones and sleep patterns.
4. Enjoy improved mood – exercise reduces symptoms of anxiety and depression.
5. Feel more connected to nature – experience calm and develop mindfulness.

Planning active outings doesn't have to be challenging or costly. Here are some ideas that you can try this week:

- Try a new activity – check out [geocaching](#) or [seaweed searching](#).
- Unplug and connect – here are some ideas to decrease recreational [screen time](#).
- Go for a scavenger hunt – try this [nature scavenger hunt](#), [plant scavenger hunt](#) or [backyard activity](#).
- Go for a walk or hike – try these [10 hikes to take your kids on this summer](#).
- Play in a forest or park – try a new [regional park](#) every day for a week or go an adventure playground.
- Explore a local stream – check these [beautiful watershed walks in the region](#).
- Swim at the pool, waterpark or beach – check [beach safety conditions](#) first or stay cool at [a local spray park](#).
- Ride a bike or scooter – explore the [Hope Bike Park](#) or check out the pumptrack at [Vedder Rotary Trail](#)
- Visit farms, fish hatcheries and bird sanctuaries – this [local family fun guide](#) has unique ideas.

Find more ideas to keep your kids active through the year on Fraser Health's website: [Keeping children active](#) - Fraser Health Authority



Learn the  
benefits of  
outdoor play  
and find ideas  
for planning  
active outings.

 fraserhealth

# NOT SO DIFFERENT AFTER ALL

## Understanding Social Media Use and Strengthening Family Connections

Burnaby families are invited to join Madison Cameron, CTIP (Centre for Trauma Informed Practice) Youth Specialist, for a conversation aimed at bridging the digital divide and fostering stronger family connections. This webinar blends valuable insights into popular apps, impacts of social media on youth, and strategies for connecting with your child to support them as they navigate the digital world.

[Learn more about Madison](#)



**Wed. April 23, 2025**

6:30-8:00PM



**Zoom Webinar**

Pre-registration  
required.



**REGISTER NOW**





# Understanding Substance Use in Tweens and Teens

## An Evening for Parents

*This session is focused on substance use prevention:*



- Current substance use trends.
- The importance of decreasing stigma when discussing substance use and addiction.
- Increasing your confidence, competence, and comfort level in discussing drugs and alcohol with your child.

\*Optional (in-person) naloxone training will be offered from 7:45-8:00pm for those interested.\*

**Thur, May 15th 2025**

**6:30-8:00pm**

**Hosted in-person at Canada Way Learning Centre**

**5310 Woodsworth St., Rm 8**

**\*Virtual option will be made available via Zoom\***

**To register please email:**

**shiara.dhillon@burnabyschools.ca**



Boys & Girls Clubs  
of South Coast BC

