



Connaught Heights Elementary



Weekly Newsletter – April 17, 2026

Important Dates

Apr. 22	Earth Day PAC Bake Sale 3:00-4:00pm
Apr. 24	Spirit Day – Blue & Green Community Walk 2:00pm (Families are welcome to join)
Apr. 27	Pro-D Day (School closed for students)
Apr. 28	White Spot Fun Lunch
Apr. 30	3-Way Conferences (Early dismissal - students are dismissed at 12:05pm)
May 1	3-Way Conferences (Early dismissal - students are dismissed at 12:05pm)

Attendance

If your child will be absent or late, please let the office know. You can report an absence the following ways:

[Use the Report an Absence form](#)

Phone: 604-517-6010 (voicemail available 24/7)

Email: connaughtheights@sd40.bc.ca

Please remember that the morning bell rings at 8:50am and your child's attendance is taken at that time. If your child is late for school, they MUST check in with the office before they go to class.

Principal's Message:

Dear Connaught families,

The students and staff have enjoyed a full week of Hip Hop and street dance this past week at Connaught Heights. Serena Ten from Jess Dance has been working with each of the classes to learn and perform their dances, culminating in an exciting performance this afternoon in the gym. Thank you to the families who joined us for this celebration.

Hip Hop is a culturally rich dance form that was born from rebellion and expression from the Black and Brown American community in New York in the 1970s.

For our students, they were fortunate to learn not only the steps and foundational movements of Hip Hop Dance, like their bounces and rocks, but have also been learning about the history of Hip Hop and its elements.

In the words of Serena, 'They smashed it all week!'

With gratitude, Mr. Elves




Division 1 Striking a Pose with Serena

PAC News

Here are the [minutes](#) from last week's PAC Meeting.


Bake Sale

Please join us on Wednesday April 22nd from 3pm to 4pm for our "Bake the Planet Better Bake Sale". Please remember this is a CASH ONLY event. Bring your own reusable containers for your purchases and baked goods being donated do not need to be individually wrapped. Here are [more event details](#). We will need the help of our lovely parents for the bake sale, please sign up in the [volunteer form](#).



Month of April
Recycling Challenge

Let's work together to protect our planet and support our school! Throughout the month of April, we are inviting all students, families, and staff to take part in our Earth Day Recycling Challenge. Help us reduce waste by collecting and returning as many cans, bottles, and milk containers as possible!



How to Participate:

- Gather your refundable containers at home
- Bring them to school
- Drop them in the Return-It bin located in the school courtyard

Why It Matters:

- Helps keep recyclable materials out of landfills
- Teaches students the importance of environmental responsibility
- Raises funds for our School PAC to support enriching programs and activities

Our Goal:

- Last year, we raised \$900—amazing work!
- Let's come together and beat that total this year!
- Every container counts—big or small.
- Together, we can make a difference for our planet AND our school!
- Let's make April a month of impact!

Fun Lunch - New Vendor!

We are trying a new vendor for the May 8th Fun Lunch - The Peri Peri Shack! School Cash Online opens Monday. View the menu [here](#).

Stay Connected

Follow us on Instagram: @connaughtheightspac
Join the [PAC WhatsApp Group](#) for general updates and reminders.

Join the [PAC Volunteer WhatsApp Community](#) to get involved with events and fundraising.

Email us at chpacchair@gmail.com or chpacvchair@gmail.com

After-School Programs at Connaught

STEM Builders (Grades 2 - 5)

Explore the basics of STEM through fun, hands-on engineering activities. Students will work on simple projects using components like circuits and LEDs while also building friendships in an interactive learning environment.

Connaught Heights - Library
Thursdays, 3:00 – 4:00pm

Date: May 14 - Jun 18

Registration Fee: \$107

To register, please visit the link below:

[Kids Innovative Registration](#)

Sports of all Sorts (Grades 1 - 3)

Grab your friends for an afternoon of fun playing sports...of all sorts! Sports being played include soccer, basketball, fun relays and more. Each week you will learn new skills and play games. Wear running shoes and bring a water bottle. Suitable for all skill levels.

Connaught Heights - Gym
Wednesdays, 3:00 - 4:15pm

Date: Apr 29 - Jun 3

Registration Fee: \$58.80

To register, please visit the link below:

[Sports of all Sorts Connaught Heights](#)



Spirit Day

Friday, April 24th will be BLUE & GREEN Day here at Connaught to celebrate Earth Day!

Wear blue and green to show your Earth Day Spirit!



PAC Bake Sale



BAKE THE PLANET BETTER BAKE SALE

WEDNESDAY, APRIL 22ND

3:00 – 4:00 PM

SCHOOL GYM

ALL PROCEEDS SUPPORT OUR SCHOOL PAC AND HELP FUND SCHOOL ACTIVITIES.

CONTRIBUTIONS WELCOME
HOMEMADE OR STORE-BOUGHT

• PEANUT-FREE ONLY

EARTH-FRIENDLY REQUESTS

- PLEASE BRING YOUR OWN CONTAINER(S) FOR PURCHASES
- IF YOU HAVE TONGS, PLEASE INCLUDE THEM WITH YOUR DONATION (WE WILL NOT BE USING PLASTIC WRAP)

DROP-OFF
AT THE OFFICE THE DAY BEFORE, OR WEDNESDAY MORNING

THANK YOU FOR SUPPORTING OUR SCHOOL COMMUNITY



Community News

Neighbourhood Small Grants Program

Youth ages 12–24 can apply for up to \$500 to bring a community-building idea to life in New West. Projects can be big or small and might include things like art, games, clean-ups, workshops, cultural events, or other creative ways to bring people together.

Last year a student at Fraser River Middle School put together a collection of Boardgames for the school with one of these grants, and a group of kids from Lord Tweedsmuir and Glenbrook worked together to create a Capture the Flag Tournament at Hume Park to kick off summer vacation!

Youth Neighbourhood Small Grants

For youth ages 12–24, and for the general public
Apply by April 30th

More information and application:

<https://neighbourhoodsmallgrants.ca/grants/youth/>



Y.N.S.G. Turn your ideas into action
Apply for \$500 Grant

YOUTH NEIGHBOURHOOD SMALL GRANTS

For neighbours ages 12-24 in the Metro-Vancouver Area

Contact us & learn more:
neighbourhoodsmallgrants.ca
ensgnetwork

With your neighbours, you can:

- Inspire Connection
- Teach Insightful Skills
- Build Community
- Share Your Story

vancouver foundation

ASSOCIATION OF NEIGHBOURHOODS SOCIETIES BC

Intentions for 2026-2027

Are you moving, and/or will your child NOT be attending Connaught Heights next year?

If yes, and you have not already done so, please let the office know as soon as possible.

- connaughtheights@sd40.bc.ca

It is important for us to have a clear understanding of which children will be returning to Connaught Heights Elementary in September, and which children are moving on to different schools.

Kelty Foundation / Wellness Institute

Parenting a child with ADHD can feel overwhelming and, at times, exhausting. The Kelty Foundation has partnered with The Wellness Institute to offer a **free, practical workshop** designed to help parents better understand ADHD and learn strategies to respond to behaviour more effectively.

Event Details

The ADHD Toolbox: Strategies for Positive Behaviour and Executive Function

Date: Tuesday, April 21, 2026

Time: 5:00–6:30 PM PDT

Location: Virtual (a recording will be sent to all registrants)

Register here: [The ADHD Toolbox](#)



the wellness institute

PROJECT L'Chaim

The Kelty Foundation

The ADHD Toolbox

Strategies for Positive Behavior and Executive Function

Dave Anderson, PhD
Senior Psychologist, ADHD and Behavior Disorders Center,
Vice President of Public Engagement and Education,
Child Mind Institute

Tuesday, April 21
5:00-6:30 p.m. PDT
Live on Zoom

go.wellnessinstitute.org/ADHD

Cost: \$18 per person
Use promo code: L'ChaimTKF
For all questions, email info@wellnessinstitute.org

Produced by The Wellness Institute,
a division of the Flourish Jewish Learning Institute (LJI)

kind mind

PROGRAM

THANK YOU FOR PARTICIPATING!



Dear Kind Mind Participant,

Thank you for taking part in the **Kind Mind Program**! We hope you had a wonderful month of kindness and that the challenges inspired meaningful conversations in your homes and classrooms.

The **Kind Mind Program**, an initiative of **The Kelty Foundation**, is designed to provide students, educators, and families with tools and resources to build resilience, support mental well-being, and create meaningful connections. This program is made possible through the generosity of our donors—and with your continued support, we can reach even more schools in British Columbia and across the country.

To help us keep the momentum going, here are three simple ways you can make a difference:

- 1. Share Your Feedback:** Your insights help us grow and improve the program each year. Please take a few minutes to complete our short feedback form here: www.thekeltyfoundation.org/kind-mind-feedback
- 2. Record or Write a Testimonial:** We'd love to hear what Kind Mind meant to you and your students! Whether in video or written form, your stories help inspire others and attract new donors to support our mission to reach as many schools and families as possible.
- 3. Support Kind Mind in Your Community:** The Kind Mind Program is 100% donor-funded, and every contribution helps us continue reaching more schools. If your school enjoyed the program, please consider sharing our website or hosting a small fundraiser to help keep Kind Mind growing.

To learn more about The Kelty Foundation and the work we do, visit www.thekeltyfoundation.org. For any questions and to submit a testimonial, please email our team at contact@thekeltyfoundation.org

Thank you for being part of this journey — together, we're spreading kindness and supporting mental well-being, one school, one student, and one family at a time.

With kindness,
The Kelty Foundation

 **The Kelty
Foundation**