



Connaught Heights Elementary



Weekly Newsletter – May 14, 2026

Important Dates

May 15	Pro-D Day (No school for students)
May 18	Victoria Day Holiday (School Closed)
May 22	PAC Bubble Tea Afternoon Math Fest
May 26	Papa John's Pizza Fun Lunch
May 29	PAC - Teacher Appreciation Lunch Raffle Tickets due back

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,

On behalf of our entire staff, I would like to take the opportunity to recognize the ongoing support and tireless work that our current Connaught Heights Parent Advisory (PAC) Executive does to shape a positive, connected and supportive school culture for the entire school community.

A strong PAC helps build meaningful partnerships between families and the school, creating a sense of shared responsibility for student success and well-being. When schools and families collaborate in meaningful ways, it strengthens relationships, supports student growth, and contributes to a welcoming and vibrant school community.

Here at Connaught Heights, we encourage all parents and families to become involved in our school PAC to ensure that we all continue to work together to nurture a safe and thriving school environment for our students.

With gratitude, Mr. Elves



From L to R: Heather (DPAC Rep.), Raman (Co-chair), Fusami (Secretary), Jamie (Vice-chair), Hiromi (Co-chair), Miko (Treasurer)

Work with Knowledge Keeper

Mrs. Nadine McSpadden, a local knowledge keeper is spending time in schools across New Westminster to work with our Indigenous students to honour their personal stories and cultures to nurture a sense of pride and understanding for all members of our school communities. A proud member of the Secwepémc Nation (Shuswap Band) located in Invermere, B.C., Mrs. McSpadden offers a broad tapestry of experience and perspectives to address how we are making school a safe place for students to connect with all members of their school communities in culturally safe ways.



Math Fest



On Friday May 22nd in the afternoon, the classes will be taking part in a Math Festival in the gym. Led by our District's Math Facilitator, Mr. Angiola, along with some grade 5 leaders, students will take part in a variety of fun experiences and challenges with the overall aim of inspiring joy through math. As part of our school's growth plan in the area of numeracy, our aim at Connaught is to create an environment where every child sees themselves as a mathematician who can solve problems using their critical thinking skills.



Moose Hide Campaign



Today we have the opportunity to wear a small square of moose hide as part of the Moose Hide Campaign. This

important Indigenous-led movement that began in 2011 aims to end violence against women and children in Canada, with a particular focus on Indigenous women, girls and Two-spirited people.

PAC News

Thank you to all those that attended the PAC Meeting. Minutes will be shared next week.

A vibrant, tropical-themed poster for a 'SUMMER BASH' event. The background features a bright blue sky with a yellow sun, white clouds, and two green palm trees on a sandy beach. The ocean is a deep blue with white waves. In the foreground, there are pink and orange hibiscus flowers and a yellow food truck with a red roof. The text is centered and uses bold, colorful fonts. The event details are listed in red and white text. At the bottom right, there is a beach ball and the text 'Presented By: Connaught Heights PAC'.

Raffle

Each child received a booklet of 10 tickets at \$5 per ticket. Please read the instructions included with the booklet carefully to avoid any confusion. We hope you will be able to sell tickets to friends and family, or purchase some yourselves, for a chance to win one of our [16 amazing prizes!](#) The division that sells the most raffle tickets will win a pizza party!

As well, if you have any summer- or beach-themed decorations at home that we could borrow for Summer Bash, please let us know.

Bubble Tea Afternoon at Connaught!

Drinks will be distributed after school in the courtyard on May 22nd.

A flyer for 'Bubble Tea Afternoon at Connaught'. It features a cartoon character of a bubble tea cup with a straw and a smile. The text lists the menu items: BROWN SUGAR MILK, STRAWBERRY LEMONADE, MANGO MILK, and STRAWBERRY YOGURT DRINK. Prices are listed as Large \$8.50 and Small \$4.50. It also mentions 'Order on School Cash Online May 4-11' and 'CONNAUGHT HEIGHTS PAC FUNDRAISER'.

PAC News



Thanks-a-Bunch Lunch – Teacher Appreciation Event - Friday, May 29th

We are excited to celebrate our wonderful teachers with a special appreciation lunch! Families are invited to contribute a favorite dish to help make this event special.

We will meet in the gym at 11:30 AM to set up and serve lunch.

If you are unable to attend during lunchtime, you are welcome to drop off your item in the office in the morning.

Please note that this event is for teachers only. Students will remain in their classrooms and enjoy their regular lunch routine at school.

While participation is not required, we encourage you to sign up [here](#) and indicate what you plan to bring so we can ensure a good variety of dishes. Please also note if your item is gluten-free or dairy-free.

Thank you for supporting our teachers!

PAC Message

Message from the PAC Executive

It has been such a pleasure to be involved as PAC executives this year. We have truly enjoyed being part of our school community, supporting teachers, and helping make decisions about how PAC funds can enhance our children's school experience and provide meaningful opportunities for our children.

One of the most rewarding parts has been seeing the children enjoy the activities and events, creating lasting memories, and watching their pride and confidence grow throughout the year. We are also grateful for the teamwork and continued support from our volunteers and families who make these experiences possible.

We are proud to help raise funds that will continue to support future students and ensure that next year's children can enjoy the same opportunities, resources, and experiences.

Thank you for helping make our school community such a caring, supportive, and connected place for our children to learn and grow.

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

Community News

Caprice Artistic Swimming Try-It Program

Does your child love the water?

Try artistic swimming this June at Fred Randall Pool in Burnaby.

Sessions run Sunday evenings (6–7 pm or 7–8 pm) for ages 8+ who can swim 50 m. Space is limited.

For details or to register, email registration@capriceswim.ca.

Try-It

Caprice

ARTISTIC SWIMMING



Does your child love the water?

Join us for Artistic Swimming Try-It sessions - the perfect way to discover a sport that combines swimming, dance, and gymnastics!

Space is limited; sign up today!

Ages 8 and over.

Need to be able to swim 50m unassisted.



FOR MORE INFORMATION

E-Mail: registration@capriceswim.ca

Sunday Evenings in June
6:00-7:00pm or 7:00-8:00pm
Fred Randall Pool, Burnaby

New Westminster Family Place

New Westminster Family Place Free parent support groups

Middle Matters

Wednesday, May 20, 6:30–7:30 pm

New Westminster Family Place, Quayside

For parents and caregivers of children ages 6–12

Middle Matters is a monthly discussion group for parents and caregivers navigating the middle years. This month's topic is friendships and social worlds: changing friendships, conflict, connection, belonging, and how parents can support kids as relationships become more complex.

Thrive Parents Support Meet-Up

Friday, May 22, 6:30–8:30 pm

New Westminster Family Place, Quayside

For caregivers of neurodivergent children 0-10

Thrive Parents is a free monthly peer support meet-up for caregivers of neurodivergent children. This adults-only space offers a chance to connect with other parents and caregivers, share experiences, and feel supported. Snacks and fidgets are provided.

Registration and details are available at:
newwestfamilies.ca



Douglas College Summer Camps

Douglas College Youth Camps registration is now open for **Summer 2026**.

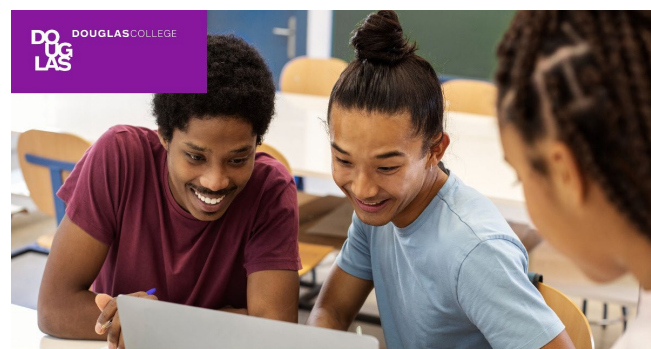
Camps will run from **June 29th to September 4th, 2026**, with a variety of fun and engaging programs available for children and youth, including sports, computers, arts, leadership, and more.

Camps will be offered at both the **New Westminster** and **Coquitlam** campus locations.

Families can view the full camp schedule and register through Eventbrite here:

<https://www.eventbrite.com/cc/2026-douglas-college-summer-camps-4835035?utm-campaign=social&utm-content=creatorshare&utm-medium=discovery&utm-term=odclsxcollection&utm-source=cp&aff=escb>

If you have any questions, please contact youthcamps@douglascollege.ca.



SUMMER CAMPS

Computer programs for children & youth 6-14

Choose from coding, art, writing, and more!

Programs run from
**June 29 -
September 4**

youthcamps@douglascollege.ca

For more
info or to
register use
the QR code

